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Arizona HOSA- Future Health Professionals

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Mission Report: Operation Recognition

On Saturday, January 28, 2017, the 2017 AzHOSA – AzATA Regional Sports Medicine Conference took place at the Black Canyon Conference Center in Phoenix.

Congratulation to the following students that placed:

1 st Place	Katherine Montgomery	Perry High School
2 nd Place	Desiree Verrier	Mountain View High School – Marana
3 rd Place	Samantha Nabaty	Perry High School

The following chapters participated in the conference.

- Canyon Del Oro High School
- Chandler High School
- Copper Canyon High School
- Deer Valley High School
- Flagstaff High School
- Ironwood Ridge High School
- Mountain View High School
- Perry High School
- Sierra Linda High School

Finally we would like to thank all chapters who participated in online testing! This year there were over 6,800 online tests taken, our biggest year yet! We can't wait to see all competitors at the Spring Leadership Conference from April 19th to the 21st.

Please remember that registration is already open, and that members can only compete in one competition, and in as many recognition events as they would like.

Have something that you would like AzHOSA to know? Email one of your state officers, and you could be featured in next month's synapse!

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Mission Report: Chapter Recognition

DONOR SAYS GIVING A KIDNEY WAS WORTH IT!

By: Glenn Gullickson



Jordan Collin, 22, left, visits with Cristian Gonzalez, 23, last month in the hospital after donating her kidney to him. The Agua Fria High School graduates didn't know each other before the operation.

Jordan Collins remembers that when she was about 12 years old, she knew someday she would like to donate a kidney to someone in need.

Even then, she had a feeling for people and helping them out, she said.

Now 22, Collins got her chance to help someone in a big way when she donated a kidney last month to a man that happened to attend the same Avondale high school she did.

"My faith is the reason why I did it," Collins said. "I believe the world is changed by example, not opinion, and I want to be an example of God's love."

For Cristian Gonzalez, Collins' kidney was the best Christmas gift ever.

After his kidneys failed, Gonzalez was on dialysis for more than two years while awaiting a match.

In September, he contacted Robin Cole, who was one of his teachers at Agua Fria High School and had shared with her students her history of having two kidney transplants.

Cole said she met with the 23-year-old Avondale man and his parents, who needed assurance that there was hope for their son.

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"They wanted to make sure they had done all they could do," Cole said. "He comes from a good family. They care about him and are taking care of him."

After talks, which were translated to Spanish for Gonzales' parents by Cole's neighbor, Cole said they agreed to let her put an appeal for a kidney donor on her Facebook page, which is followed by scores of her former students.

"I felt the donor would come from the Agua Fria community," she said.

And within 24 hours, Cole had a reply from Collins, who was a member of a student Christian club Cole sponsored at the high school and past president of Agua Fria's HOSA – Future Health Professionals chapter.

Cole said she was impressed by the speed of the process between the time Gonzales contacted her and when he got the kidney, noting the average wait on transplant lists is five years, a period of time when the patient's health can decline further.

Cole said she knew Collins was a good prospect because both she and Gonzales have O blood types.

Collins explained that makes her a universal donor, but Gonzales would only be able to accept a kidney from an O donor.

The same blood type seemed to be one of the few things the two have in common. While Gonzalez graduated from Agua Fria in 2012 and Collins graduated a year later, they didn't know each other in school.

After seeing the Facebook appeal, Collins said she "thought and prayed" about making the donation.

"God blessed me with a healthy body," she said.

Collins said she realized she could share that gift with Gonzalez, who didn't have a good quality of life or a lot of options.

The first contact she had with Gonzales was a Facebook message in which he asked, "Are you the girl who wants to donate a kidney?" Collins said.

But before she could make the donation, Collins had to undergo a series of medical tests, which required trips to Phoenix from Wickenburg, where she works as an ambulance EMT and is a volunteer firefighter with the Yarnell Fire District.

"They check everything to be sure you're healthy enough," Collins said.

The kidney donor, recipient and their parents didn't actually meet until a pre-surgery conference a week before the operation at Banner — University Medical Center in Phoenix.

While Collins said she understood donating a kidney would benefit Gonzales, at the meeting she realized how meaningful it would be for his family.

Gonzales' mother cried as she expressed her thanks, calling Collins "my angel."

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Collins, the daughter of the Rev. Marcus and Judy Collins, said the meeting also had an impact on her mother, who had been worried about her daughter's decision to donate a kidney.

Her mother "completely changed her heart," coming around to support the surgery, Collins said.

Cole said she was impressed that Collins never wavered in her commitment to make the kidney donation.

"Once she spoke up, she was in 100 percent," said Cole, who was in the waiting room when the surgery occurred on Dec. 14.

"She always wanted to donate a kidney to someone in need. She knew Cristian would take care of it once he got it," Cole said.

Collins was released from the hospital a few days after the surgery to continue her recovery at her parents' home.

Before Christmas, the families met again and exchanged tamales and Christmas cookies.

Collins said she will need to have blood work for the next two years to be sure her remaining kidney is healthy.

"Most people live normal lives with one kidney," she said.

Collins noted that as a donor, if her kidney should fail she would go to the top of the waiting list for a transplant; something she said was a factor in deciding to donate a kidney.

Collins acknowledged that the process has had costs, including more pain than she expected, a month off from work, several trips to Phoenix and a scar, as well as creating her greatest worry — that the kidney could be rejected.

"It's not the easiest thing," she said. "But in the end, it's worth it."

WESTVIEW GLITTERS

By: Autumn Childers

This year, Westview High School's HOSA chapter participated in an annual school event known as Westview Glitters to raise awareness for our national service project with the National Alliance on Mental Illness. Students worked together to promote the idea of being "Stigma Free" and to not use typical and discriminative stigmas associated with mental health illnesses. Students, staff, and patrons of the community who attended the event took their pledge on the NAMI website and also wrote out on sticky notes of why they choose to be stigma free. Participants of the event were also encouraged to donate to the NAMI and were encouraged to play the game "Operation".

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During this one-night event, Westview's HOSA chapter encouraged over sixty people to take the pledge to fight mental illness stigmas. While also educating countless other members of the community on the facts and myths of people who struggle with mental illnesses. They like to say, "Just because one struggles with a mental illness, does not mean they are less than anyone else."

Autumn Childers
WHS HOSA President

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Mission Report: Past State Officer



For this month's Synapse, we will be recognizing Israel Varela, a past Vice President of the Southern Region from 2009-2010. He is currently getting ready to graduate from the Naval Academy in Annapolis, MD and enter the Navy as a Surface Warfare Officer.

When did you first join HOSA?

I first joined HOSA as a junior at Florence High school in 2007. I was enrolled in CAVIT (Central Arizona Vocational Institute of Technology) in their Medical Assisting Class.

What was your favorite HOSA event to attend? Why was it your favorite?

My favorite HOSA event was attending the National Leadership Conference in Nashville, TN in 2009. I was recently elected at VP of the Southern Region while also competing at Nationals. It was a very beneficial experience to say the least. I met people from around the country who were as passionate as me in the medical field. I

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still have the pins that we would collect from all the states during our free time. I remember staying at the Grand Ole Opry and just being mesmerized by the feeling of music and history all around us. If I had to choose one specific moment I'd chose the moment when Arizona won first place in an event and I grabbed our state flag and ran up and down the conference room. I was so proud of our students!

How has HOSA helped you get to where you are today?

In all honesty it was HOSA that taught me about leadership and professionalism. I was ahead of the game when it came to leading by example, hand, body, gestures and eye contact. I use those basic skills of communication and public speaking on a daily basis enlisting in the United States Navy.



What's your favorite part about the Naval Academy? Has HOSA helped you succeed in your time there, so far?

Wow! I am not sure if there is enough room in this interview to put it into words. In order to fully answer that question I need to explain how I got here. The Navy has blessed me with the opportunity to be part of something great here at the Naval Academy. I was enlisted for 3 years prior to coming here; my rate was that of a Hospital Corpsman. I used the medical skills I learned during my time CAVIT to help me through Corps School. I was fortunate enough to get stationed in Arizona and be able

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to continue working on my Pre-Med degree at Grand Canyon University. Not to honk my own horn but I was an exceptional Hospital Corpsman in my unit. It was HOSA and CAVIT that taught me about hard work, diligence and having a goal. Fast forward five years, I am currently in my last semester at USNA and looking back to my time here I'd say my favorite part is the experiences and memories I have made with my classmates. Come this May we will all be spread around the world serving our country and I know that I can call any of them at any time and I'd be received with open arms. Networking, personal relationships and camaraderie are the best parts of this historic institution.

What are your current career goals?

Career wise I selected to become a Surface Warfare Officer. I will be a Division Officer on a Naval Warship.



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Mission Report: Parli Pro Tips

By Gregory Carnesi, AzHOSA Parliamentarian

Hello Arizona HOSA members! This is your Parliamentarian Gregory Carnesi, with another edition of Parli Pro Tips! With SLC coming up in a bit, we're about to elect in our next group of state officers. But how do you go about electing officers, whether they are state, or chapter? Well, that's what we're going to be covering today! With that said, I call this edition to order!

Officer elections are an important matter, and are therefore typically handled in a different-styled meeting. These meetings run the same as typical ones, except they have time specifically set aside for officer speeches and elections. Before any voting takes place, nominations must first be taken. A nomination is a formal proposal to the assembly suggesting that a specific person be elected into a position. Candidates nominated must both be eligible and willing to run for office. If the candidate does not meet either of those criteria, then they may not be nominated. Nominations can be taken in two ways: From the Floor, and/or By a Nominating Committee.

Nominations from the floor are taken after the chair calls for them, saying, "Nominations are now in order for the office of *insert office here*." From there, any member may call out "I nominate person A," without standing or gaining recognition. No seconds are necessary, and the candidate is then nominated. When there are seemingly no further nominations, the chair asks, "Are there any further nominations? If not, nominations are closed."

Nominations can also be made by a Nominating Committee. The members of this committee are elected themselves, and not appointed by the chair. The committee typically nominates one candidate for each office, securing each nominee's consent first. The Nominating Committee then reports, typically at the election meeting. The chairman of the committee reports to the Chairperson in front of the assembly, saying, "Mr. President, the Nominating Committee submits the following nominations: For President, Person A; for Vice President, Person B;" and so on for each office. The chair then calls for nominations from the floor, saying, "For President, Person A is nominated by the Nominating Committee. Are there any further nominations for President?" The chair continues this for each office. Once there are no further nominations, the chair closes nominations as described earlier.

With all nominations out of the way, elections can finally take place! Elections are commonly conducted via a ballot vote. In a ballot vote, the chairperson appoints a "Tellers Committee" for the meeting, the committee being composed of 1-3 nonbiased

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parties in the election, so they can represent all sides of the assembly. The chair then instructs the assembly on how to fold their ballots, and voting takes place. When voting appears to be finished, the chair asks, "Have all voted who wish to do so?" If there's no response, the chair continues, "Since no one else wishes to vote, the polls are closed." The tellers then collect and count the ballots, typically in another room, while the group goes on to other business awaiting the tellers' report. Once the tellers have counted the ballots, the Chairman of the Tellers Committee seeks and gains recognition before reading their report. The chairperson then repeats the report, which is then added to the minutes, and announces the results of the election. If no candidate receives a majority, then the ballot is retaken until a majority is obtained. Candidates cannot be removed from a ballot unless they voluntarily withdraw. An election is finalized when the chair announces the results and the candidate is present and does not decline, or is absent but has previously agreed to serve. Otherwise, it is finalized when an absent candidate is notified and doesn't immediately decline. If an elected candidate declines, then balloting continues until someone willing to take office obtains the majority vote.

Typically, candidates take office the moment the result of the election is announced by the chair or when they are installed. However, this is based on the provisions within their bylaws. I've talked about bylaws many of times, but what are they? We'll be covering bylaws and more in next month's edition of Parli Pro Tips! Until then!

