ARIZONA HOSA SYNAPESE 2019

LEARN ABOUT WHAT'S HAPPENING IN HOSA

NEW YEAR, NEW MOMENTS TO MAP

REGENERATIVE MEDICINE • LEADERSHIP LOWDOWN • COMPETITIVE EVENTS & MORE!

AZHOSA.ORG
RUNNING FOR STATE OFFICE!

Impact, learning, and memories!

Becoming a state officer is a great opportunity to develop your leadership skills and many other related skills with a team of dedicated individuals. As a state officer, you have great opportunities to network, explore careers, and much, much more. If you are interested in running for state office, the application will be posted on Arizona HOSA’s website on **January 11, 2019**. In order to be eligible to run for state office you must be:

- A high school student in a CTE program or that has completed a CTE course or a college student pursuing a health profession
- A registered paid, an active member of his/her HOSA chapter
- Planning to attend school and live in Arizona during their term as a State Officer

Your completed application will be due February 15, 2019, at 11:59 PM via STEM Premier. We hope you explore your curiosity and take advantage of this great learning opportunity!
Hello Arizona HOSA!

I hope you had a great New Year and welcome to this month’s edition of “Patel-ialementary Procedure!” This year, one of my New Year’s resolutions is to spread my knowledge about parliamentary procedure to as many HOSA members as possible. If you haven’t read my other articles about parli pro, visit azhosa.org, and you can find previous editions of the “Synapse Newsletter” there! In last month’s edition, we went over enforcing and suspending rules, as well as parliamentary inquiry. In the next few editions, we will be going over different types of officers and their roles, and what they are responsible for. There are multiple officer positions, so we will only do a couple at a time, beginning with the president/vice-president, and the treasurer. We are now ready to begin! I call this month’s edition of “Patel-ialementary Procedure” to order!
The president and vice-president have very similar roles most of the time, so it is crucial that both are aware of what they should know to preside a meeting effectively. Here are some tips to follow to make sure that a president or vice-president presides correctly:

1. Memorize! It is important that you know as much about parliamentary procedure as possible. As the president or vice president, everyone will look to you, so it is crucial that you know Robert’s Rules of Order like the back of your hand. It is fine if you have a copy of the book with you to reference occasionally, but you should definitely know the basic rules and procedures to run a meeting smoothly.

2. Make sure that motions are clearly worded. Motions are what a lot of meetings primarily consist of, so it is important that all of the members understand what is being debated and decided on. If the members are uninformed, then little business will actually be conducted.
3. Educate the members! The members likely will know a lot less about parliamentary procedure than the officers, so it is important that they have all of the basics down. There are many ways to educate the members! For example you can make a presentation and present it at a meeting, or even make a small booklet about parli pro that you can hand out to the members. The options are limitless!

4. Use the gavel! The president or vice-president also gains the prestigious responsibility of handling the gavel. There are several different messages that are conveyed with a gavel.

   a. One gavel tap means:
      i. Tells members to be seated.
      ii. Used after president announces the results of a vote.
      iii. Used when the meeting is adjourned.

   b. Two gavel taps mean:
      i. Call a meeting to order.

   c. Three gavel taps mean:
      i. Used to instruct members to stand (e.g. used before the Pledge of Allegiance)

   . Sharp and rapid taps mean:
      i. The president is trying to maintain or regain order at a meeting.
At each meeting, the treasurer is responsible for providing a “Treasurer’s Report”. This report is a summary of the financial activity that the chapter experienced between meetings. The treasurer’s report should contain:

1. Chapter fund balance on hand at the beginning of the period for when the report was made.
2. Receipts (deposits)
3. Disbursements (withdrawals)
4. Chapter fund balance on hand at the end of the period for when the report was made.

Below is an example of a sample treasurer’s report that may be given at a meeting.

**SOCIETY FOR THE PROTECTION OF THE GREAT WHITE WHALE**

**Treasurer’s Report for the Period Ending July 12, 20**-

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance on hand June 14, 20**</td>
<td>$3,280.42</td>
</tr>
<tr>
<td><strong>Receipts</strong></td>
<td></td>
</tr>
<tr>
<td>Membership dues (3 @ $100)</td>
<td>$300.00</td>
</tr>
<tr>
<td>Interest</td>
<td>18.00</td>
</tr>
<tr>
<td>Fish sale</td>
<td>482.00</td>
</tr>
<tr>
<td><strong>Total Receipts</strong></td>
<td>800.00</td>
</tr>
<tr>
<td><strong>Disbursements</strong></td>
<td></td>
</tr>
<tr>
<td>State dues (3 @ $20)</td>
<td>60.00</td>
</tr>
<tr>
<td>Fish</td>
<td>250.00</td>
</tr>
<tr>
<td>Telephone</td>
<td>32.50</td>
</tr>
<tr>
<td><strong>Total Disbursements</strong></td>
<td>342.50</td>
</tr>
<tr>
<td><strong>Balance on hand July 12, 20</strong></td>
<td>$3,737.92</td>
</tr>
</tbody>
</table>
The Treasurer (Cont.)

Sometimes, a chapter will also have an audit occur. An audit is an inspection of the chapter’s funds by an auditing committee to ensure that all funds are properly accounted for and kept track of.

It is therefore crucial that you keep all documents relating to the finances of your chapter organized and ready to present. The annual report should consist of all records of money entering or exiting the chapter account. This report can be presented to the auditing committee.

If you are a newly elected treasurer, it is important that you are trained by the previous treasurer or your advisor in what tasks you must complete. Often times, there are multiple forms (purchase orders, etc.) that are specific to your school, so you should be familiar with filling those out. Aside from that, know how to produce the treasurer’s report and be ready for an audit and your role as treasurer will be fulfilled!
That concludes December’s edition of “Patel-Iamentary Procedure”. Being an officer of a chapter is a special privilege, and in order for the chapter to function smoothly, it is important that each officer knows their role. In this edition we went over the roles of the President/Vice-President, and Treasurer. In next month’s edition, we will be covering the roles of some of the other officers. I hope that you had a great new year and I hope to see you in the next edition of “Patel-Iamentary Procedure”! This edition is now adjourned!

Until next time!
Attending the AzATA Sports Medicine Conference provides you with the opportunity to learn about innovative sports medicine techniques. It also provides a chance to practice competition skills prior to your real competition. This hands-on experience will help you gain confidence that will aid in your success at this year's Spring Leadership Conference.

**WHEN:**
January 26th

**WHERE:**
Phoenix Four Points Sheraton
2532 West Peoria Avenue
Phoenix, AZ, 85029
Spinach Leaf Vascular Systems

Using technologies like 3D printing, scaffolds, and other innovative techniques, researchers and health professionals have been able to create and grow human tissues. There’s one problem, though: the complex, delicate systems of vessels! Combining nature (a spinach leaf!) and technology (decellularization), a solution to this tricky problem has been found. To learn more about this development in the field of regenerative medicine, follow the link below and read on!

INTERESTED IN NEW ADVANCEMENTS AND CURRENT HEALTH EVENTS?

Make sure you’re signed up for Health Care Issues Exam before online testing registration closes January 11th! For information on how to study, take a look at the guidelines here: http://www.hosa.org/sites/default/files/18-19%20HCIE%20Final%20Jan4.pdf
From bionic eyes to DNA origami, this article has it all. However, the advancement of healthcare technology isn’t just all about how cool the tech is (even though it is pretty mind-blowing). Some of these innovations are focused on providing personalized care, some target roadblocks in providing proper care, and some also promote something that comes into play before the patient even sees the doctor: preventative medicine! As the goals and purposes of healthcare change, so will the tools we use to implement quality care. For a peek into this world of change, follow the link below.

https://www.nationalgeographic.com/magazine/2019/01/12-innovations-technology-revolutionize-future-medicine/
COMPETING AT THE STATE LEADERSHIP CONFERENCE

The Complete Guide to Succeeding in Your Competition

... WITH THE STATE LEADERSHIP CONFERENCE JUST AROUND THE CORNER HERE IS SOME LAST MINUTE ADVICE TO HELP YOU SUCCEED.
CHOOSING THE BEST COMPETITION FOR YOU

Seeing how many competitive events HOSA offers may be overwhelming, but in order to help you choose a competition, here is a brief description of each competitive event category!

HEALTH SCIENCE EVENTS

This category of events covers a wide variety of topics. These events challenge your ability to learn about very specific topics. You will be tested with a 100 question multiple choice test in order to see how much you know. If you want a competition that questions your ability to learn and recall large amounts of information, health science events are for you.
HEALTH PROFESSIONS EVENT

This category of events covers competitions about health professions. In it, HOSA challenges your skills and knowledge of different health professions. The first round tests your knowledge and competitors then move on to the next round. The second round tests your health professions skills and challenges you to use the knowledge you’ve learned in your classes. If you want a competition that pushes your limits both mentally and physically, health professions events are for you.

REMEMBER, WHILE YOU CAN ONLY COMPETE IN ONE COMPETITION YOU CAN DO AS MANY RECOGNITION EVENTS AS YOU WANT!

EMERGENCY PREPAREDNESS EVENTS

This category of events tests your ability to be prepared in an emergency. In this competition, your team will have someone’s life in your hands. Like all good health professionals, we must be ready to act in an emergency and these events will not only prepare you for an emergency but it will test how well you react to one. Not only that, but some competitions will also give you the opportunity to teach others ways to act during an emergency. If you enjoy a thrill-seeking, heart pumping competition that will keep you on your toes/holding your breath emergency preparedness is for you.
LEADERSHIP EVENTS
This category of events merges health with your leadership skills. While other categories have a common structure, this one consists of several things. If you enjoy taking pictures, drawing, writing, eating/living healthy, speaking in public, writing or speaking about a debatable topic, or even getting interviewed, then, one of these competitions is right for you. Unlike the others, this event mixes what you can do with health. If you want to show the world what you are capable of at an individual level this event is for you.

TEAMWORK EVENTS
This category of events deals with teamwork and how well a group of people can work together to accomplish a goal. Some of these events challenge you to think outside the box. Others examine your knowledge on a specific topic. A few ask that you research, study, and even teach about a current issue. If you want a more hands-on activity dealing with problem solving, teamwork and testing your knowledge, teamwork events are for you.
RECOGNITION EVENTS

This category of events works to recognize a person, group or chapter that has achieved recognition this year. It is about acknowledging what they’ve done in order to promote HOSA over the year. If you, your peers, or your HOSA chapter have done something worth recognizing and want to share it with the rest of Arizona, one of these events is for you!

Still unsure about what competition to choose? Follow this QR Code to find an informational flow chart with all your options!

Finally, the State Leadership Conference is getting closer every day. Remember that your guidelines have excellent resources for competition, along with the Arizona HOSA website. Good Luck!
Upcoming Events

online testing tips
WHAT YOU CAN DO TO PREPARE

Online testing is approaching mighty fast! We’re here to help you prepare for a successful testing experience.

First, it is important to review your competitive event guidelines provided on the Arizona HOSA and HOSA websites. These guidelines are kept up to date to ensure you’re provided with the necessary information to take your online test with confidence. Some examples would include percentages of topics being tested, study materials, and much more.

Second, we suggest you incorporate studying into your daily routine. Looking over your study materials 15 to 30 minutes a day will keep the information fresh in your memory.

Last but not least, make sure you get a good night of sleep the night before online testing. Studies show getting the right amount of sleep boosts our ability to think and improves test scores. We wish you the best of luck!

Finally, remember that Online Testing is a requirement for most competitive events at SLC.
SCHOLARSHIP APPLICATIONS

MARK YOUR CALENDARS

The scholarship application will be posted on the Arizona HOSA website **January 11, 2019** and the sooner you get started, the better. Relieve some stress and get one step ahead by creating your STEM Premier account if you haven’t already. Create your account today using STEM Premier’s HOSA portal, making the process that much easier! Having your account set up early allows you to explore the website and become familiar with where you will be submitting your documents.

*Your completed application should be submitted by February 15, 2019 by 11:59 PM via STEM Premier or mail. We encourage you to take advantage of this amazing opportunity.*