

DECEMBER

2021

SYNAPSE

ARIZONA HOSA

**INFLUENZA
VACCINATION
WEEK**

**AZATA SPORTS
MEDICINE
CONFERENCE**

WLA RECAP





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Influenza Vaccination Week



What is influenza?



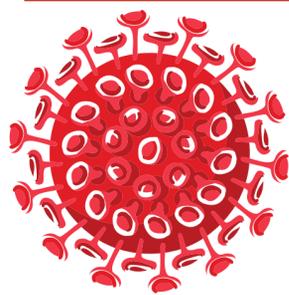
Influenza, more commonly known as flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

How Does it Spread?

People with flu can spread it to others up to 6 feet away, by droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouth, nose, or be inhaled into the lungs.



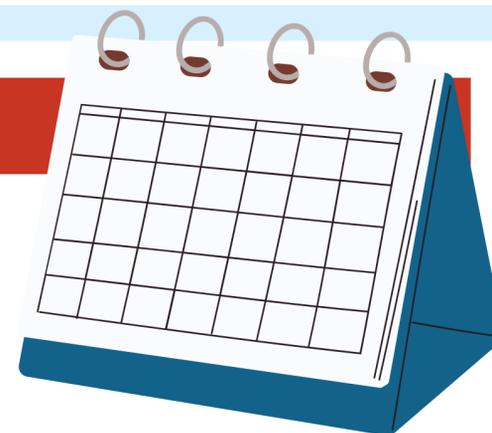
Benefits of getting your vaccination!

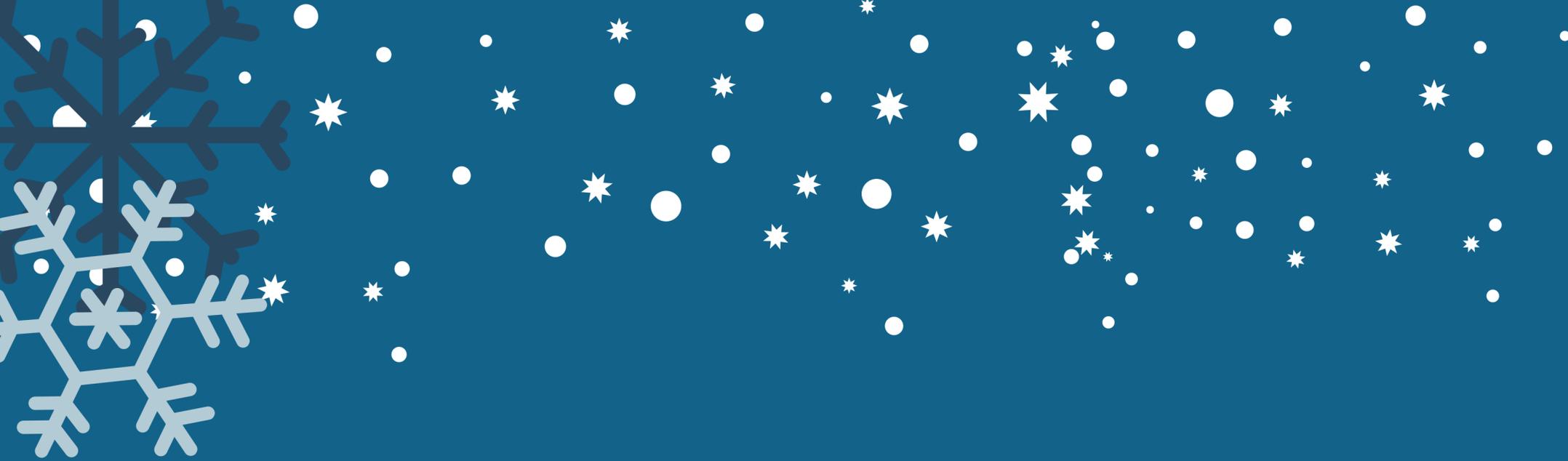


Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick. It also reduces hospitalization rate.

Schedule Your Vaccination today!

Schedule a date when you are available!





The State Officer Team's Future Career Plans

- Reanne: Nurse Practitioner
- Ianna: Air Force / Nursing
- Derick: Trauma Surgeon
- Emily: Travel Nursing
- Perla: Biomedical Scientist
- Ariana: Multi Modality Tech or PT
- Aashika: Physician

Want to know the difference between a Nurse Practitioner and a Physician?

- Physicians get an MD degree
- Physicians complete a residency
- Physicians have more authority and autonomy
- Nurses get an MSN (Master of Science in Nursing)
- In 28 states, NPs do not have practice autonomy



AZATA SPORTS MEDICINE CONFERENCE

Provides students the ability to learn cutting edge Sports Medicine techniques and to practice their skills prior to the State Leadership Conference

WHEN?



January 29th, 2022

8:00AM-5:00PM

At the Sheraton Mesa @ Wrigleyville
Convention Center

HOW TO REGISTER

Please visit the AZHOSA.org website, hover over Events, and click on AzATA Sports Medicine Conference.



MORE INFO



Registration Closes: December 17th, 2021

Cost: \$45 per student

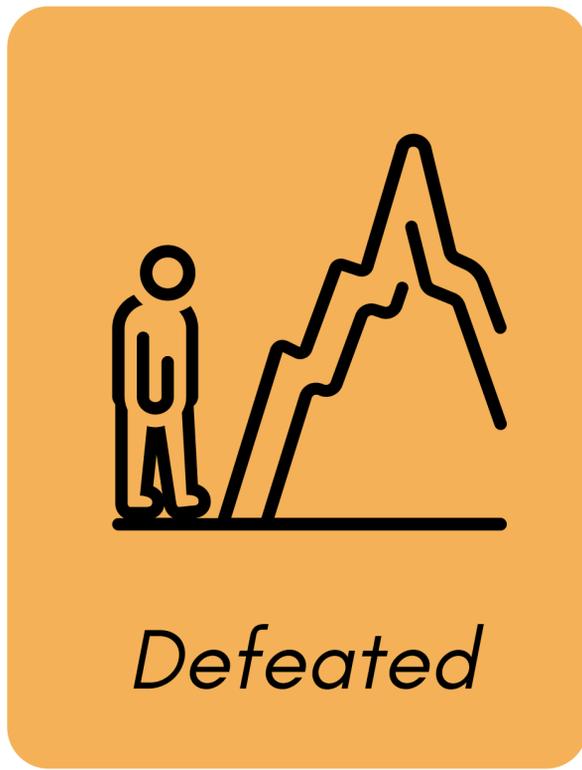
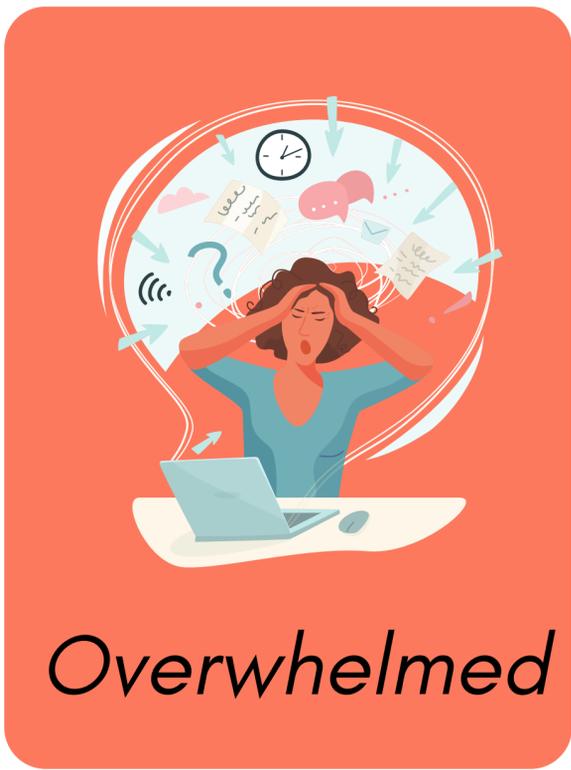
Please review the conference guidelines beforehand.

Happy Holidays
From the
Arizona HOSA
State Officer Team



**Thank you for an amazing year
filled with conferences,
community service, and HOSA!
We are grateful for the hard work
you have put into our
organization!**





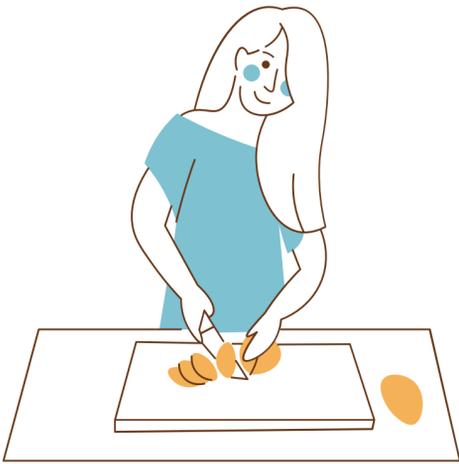
Finals might have you feeling like this^

But it's okay to take

TIME TO DE-STRESS

Make a meal

Great way to refuel and give yourself a break



Wind Down

Engage in calming activities to decompress after work or school



Art

It could be something as simple as doodling on paper!



Know Yourself

Do more of what brings you joy



WLA RECAP

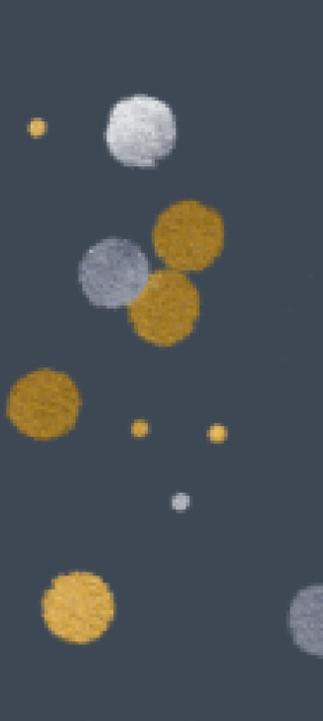
NOV 2021



WASHINGTON D.C.

Hello Arizona HOSA! The state officers had such a great time in Washington, D.C. and we learned so much about ourselves and how to work more effectively as a team with Jennifer McNelly, a Clifton Strengths coach. With her, we went through various activities and she guided us through how our strengths and weaknesses is what makes our team unique. Recognizing that we all have something to bring to the table, is what helps us work the best. We met so many different members from across the country and we heard from many amazing and inspirational speakers. After our leadership sessions and hearing from the guest speakers, we went on the Twilight Tour, visited the Smithsonian museums, and went to the Arlington National Cemetery for a wreath laying ceremony. We had such an amazing time, and we would definitely do it again!





Congratulations!

TO ALL REGIONAL QUALIFIERS

Arizona HOSA is proud of each and every one of you. Continue to do amazing things. We simply can not wait to see all the regional qualifiers competing at their regional competitions! Please keep on preparing yourselves for your competitions. We believe in YOU!

Dates for Regionals

Region 1: January 21, 2022

Region 2: January 28, 2022

Region 3: February 3, 2022

Region 4: February 4, 2022

