SYNAPSE
ARIZONA HOSA

INFLUENZA VACCINATION WEEK

AZATA SPORTS MEDICINE CONFERENCE

WLA RECAP

DECEMBER 2021

AZONOA HOSA
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza Vaccination Week</td>
<td>04</td>
</tr>
<tr>
<td>The State Officer Team’s Future Career Plans</td>
<td>05</td>
</tr>
<tr>
<td>AZATA Sports Medicine Conference</td>
<td>06</td>
</tr>
<tr>
<td>Happy Holidays!</td>
<td>07</td>
</tr>
</tbody>
</table>
Table of Contents

1. Time to De-Stress
2. WLA Recap
3. Congratulations Regional Qualifiers
Influenza, more commonly known as flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

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.

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 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.

Sponsored By: Anatomage
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!
Engage in calming activities to decompress after work or school.

Do more of what brings you joy.

It could be something as simple as doodling on paper!

Finals might have you feeling like this:
- Overwhelmed
- Defeated
- Stressed Out

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.
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 cannot 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