

SEPTEMBER

2019

# SYNAPSE

ARIZONA HOSA

MEMBER CRUSH  
MONTHLY

LEADERSHIP  
LOWDOWN

POSITIVE HEALTH  
PRACTICES



# Member Crush Monthly

Member Crush Monthly is the best way to recognize the amazing leaders in our state. If you know someone who has gone above and beyond in HOSA nominate them as our Member Crush Monthly by filling out the link below!

<https://azhosa.wufoo.com/forms/z36qyho1bv74k4/>



**#SUPAZHOSA**

## WHY DID YOU JOIN HOSA?



### **MAC MCGRAW (REGION 2 VP)**

I joined HOSA because I knew I wanted to be a doctor and I wanted to surround myself with people who have similar aspirations.

### **ALEXANDRO LOPEZ (REGION 4 VP)**

HOSA allowed me to network and gain knowledge from individuals with unique experiences.

### **EMILY HAKES (PRESIDENT)**

At EVIT, all students were required to join HOSA. Once I was involved and figured out what it was, I felt a connection. I was inspired to be a better leader and compassionate healthcare provider, which aligned with HOSA's mission statement. That was my catalyst to join and I have loved it ever since!

JOIN THE



## 2019 HIGH SCHOOL HEROES CHALLENGE

### WHAT

HOST AN ORGAN DONATION REGISTRATION DRIVE AND COMPETE AGAINST OTHER HOSA CHAPTERS TO COLLECT THE MOST DONOR REGISTRATIONS!

### WHEN

CHOOSE ONE OR TWO WEEKS IN OCTOBER TO HOLD YOUR REGISTRATION DRIVE.

### WHERE

REGISTER PEOPLE AT SCHOOL, IN YOUR COMMUNITY, ONLINE, WHEREVER!

### WHY

1. DONOR NETWORK OF ARIZONA PROVIDES EVERYTHING YOU NEED TO COMPETE.
2. THE WINNING CHAPTERS WILL RECEIVE A PIZZA PARTY.
3. YOUR EFFORTS WILL SAVE LIVES!

FOR MORE INFORMATION,  
OR TO REGISTER YOUR CHAPTER IN THE CHALLENGE,  
VISIT [WWW.HIGHSCHOOLHEROES.ORG](http://WWW.HIGHSCHOOLHEROES.ORG).

**REGISTER BY SEPTEMBER 5!**



ARE YOU READY FOR...

# FALL LEADERSHIP CONFERENCE

Registration Opens September 16th



**When:** November 14th | 8:30 AM - 4:00 PM

**Where:** Phoenix Convention Center

100 N. 3rd St. Phoenix, AZ 85004

Click [HERE](#) to learn more about this event  
*and register*

# WHAT TO EXPECT

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- *Leadership Development*
  - *Educational Symposiums*
  - *Networking Opportunities*
  - *Motivational Keynote Speaker*
- ... and much more!*





# *Leading You!*

SOMETIMES YOU'RE ON YOUR OWN

Last month we talked about the Five Circles of Influence and how leadership begins with you! This month we're talking about how sometimes leading yourself means being on your own. Leaders are held to a higher standard than the average person which means you're different. Being different can be hard in today's society, but it is necessary to reach your fullest potential as a leader. Leaders are constantly developing themselves to be better so that they can have a stronger influence on those they lead. They separate themselves from others by going the extra mile which can create internal conflict. For example, when you look around, how many people do you see carrying a Hydroflask? Probably a lot. This is because humans have a strong desire to fit in, which, in this case, causes them to buy that Hydro. This is why standing out, going the extra mile, or being a leader is difficult. It's about learning to accept who you want to be and to begin the journey to become that person. No one is going to lead you to reach your potential. You have to do it! This month, we challenge you to work towards your leadership potential, even if you have to lead alone.

*#azhosaleads*



**20  
19**



**ARIZONA HOSA**

# **STATE OFFICE**



**A LOOK BEHIND  
THE SCENES**



**A CLOSER LOOK AT THE FIRST FEW MONTHS  
OF BEING A STATE OFFICER**

**CONTINUE READING FOR MORE INFORMATION**



# MONTH #1

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When most HOSA members see a state officer, he or she may be wearing a suit, polo, or button-up shirt. The officer may be on stage, walking down a hallway at a conference, or sitting at a registration table. Although these experiences are very visible parts of a state officer's duties, there's a lot more that goes on behind the scenes.

After spending hours preparing a speech, creating an engaging campaign poster, and interacting with members, elected candidates are installed as officers. Immediately after the SLC Awards Session, the new state officers are each given a packet of paperwork outlining their responsibilities and next steps to prepare themselves to serve. These papers are logistical, but also give the officers important information about HOSA and necessary duties. This paperwork marks the first official task of an elected officer. Remember, the state officer team is only 8 of the thousands of members in Arizona, so they will have much to accomplish during their term of office.

State officers review this important collection of information as an elected team during the State Officer Orientation. During this time, officers learn more about their team and their opportunities to make an impact on Arizona HOSA.

# MONTH #2

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A week or two later, most Arizona Career and Technical Student Organization (CTSO) state officers meet together for a week-long training to learn how to become better leaders, and this is an opportunity for the state officers to become the best version of themselves. The state officers also develop their program of work (POW) for the year during this time.

After this intense training, officers attend the HOSA International Leadership Conference. This is the team's first opportunity to carry out some of the goals set forth in the POW, while also interacting with the members in attendance. In order to keep Arizona informed, the state officers keep track of Arizona's accomplishments and other aspects of the conference throughout the day. This information is relayed in the newsletters produced completely by the state officer team. Each night, the state officers convene late into the evening, (and sometimes early morning), in order to finish and publish this newsletter.

# MONTH #3

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Before the school year officially begins, the state officers meet one last time to prepare their chapter visit presentations. State officers have a responsibility to stay actively involved with the local chapters, and chapter visits are one way of doing this. Before officers can show up to a school in a suit holding a clicker, they ensure that they have a great presentation ready to go for the visit.



Although this may seem like a large amount of work for a short window of the year, any state officer would tell you the experience is worth it. State office is an excellent opportunity to make new friends, develop leadership skills, and travel with a group of like-minded people. If this seems interesting to you, consider applying for state office when the application goes live on [azhosa.org](http://azhosa.org)!



# HEALTH ADVANCEMENT



## STUDY FINDS VIRTUAL REALITY CAN HELP REDUCE SEVERE PAIN

### VIRTUAL REALITY

the use of computer  
technology to create an  
artificial environment.

Welcome back to your monthly dose of health advancements! This month's article is different because we will discuss the use of technology to improve our health. While virtual reality (VR) is a relatively new technology (and a decently common recreational one), did you know that studies have shown that virtual reality can help reduce severe pain?

Virtual Reality can create an artificial environment around the person utilizing the technology. It works by stimulating as many senses as possible, such as vision, touch, hearing, and even smell.

## **Virtual Reality is rapidly revolutionizing the healthcare industry !**

According to different studies, VR headsets have been used by some pregnant women to ease the pain of childbirth. Similarly, in 2017, burn victims used VR gaming to lessen the pain of having their bandages changed. More recent studies conducted have highly supported the theory that therapeutic VR can effectively reduce severe pain in patients.

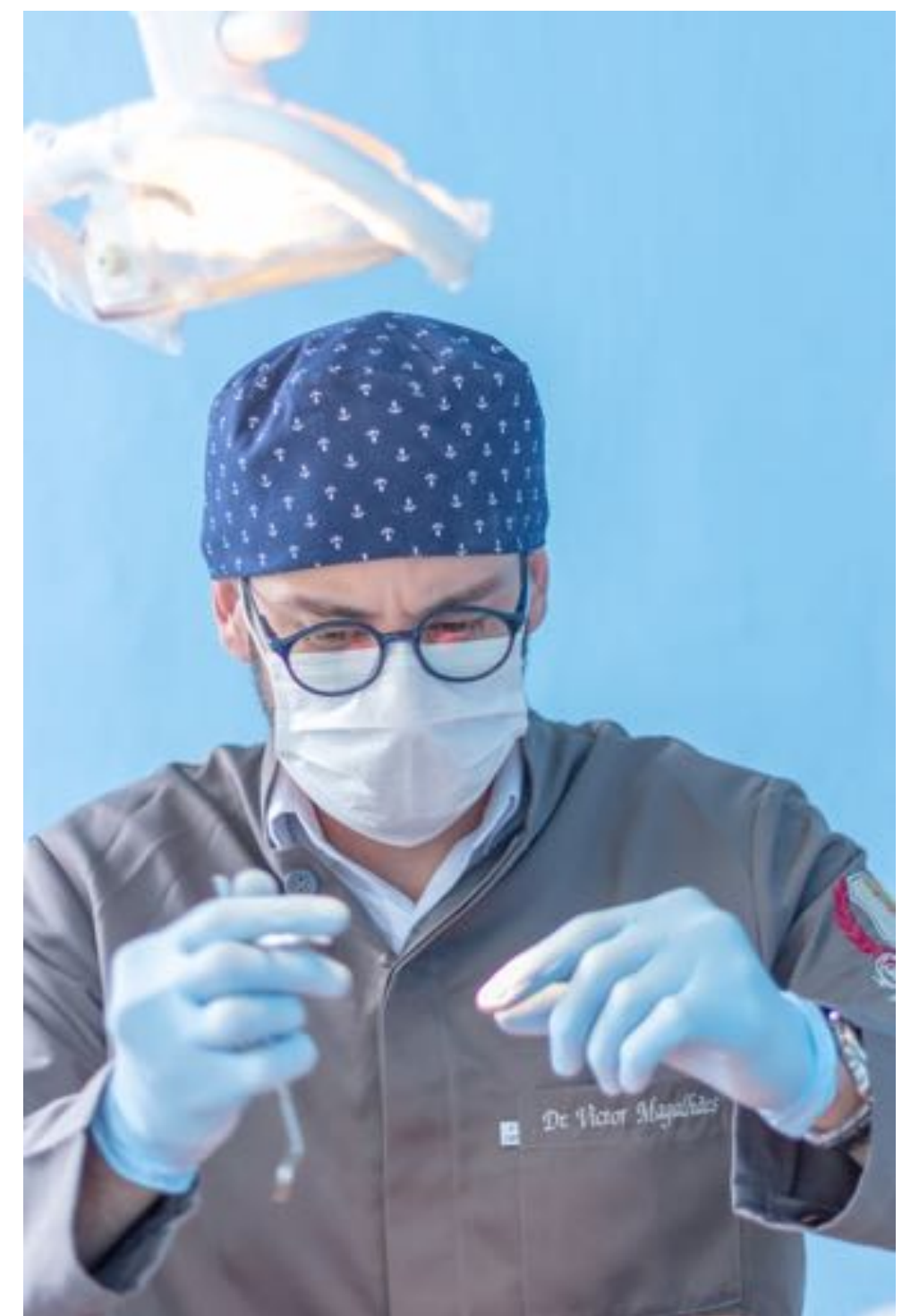
To evaluate the effectiveness of therapeutic VR, a study was conducted in which researchers studied 120 patients at Cedars-Sinai Medical Center in Los Angeles between 2016 and 2017. Participants of the study had a range of medical conditions with pain ranging from moderate to severe prior to the use of the VR headsets.

Participants were divided into two groups, a group that watched television featuring guided relaxation and poetry readings while the experimental group was given a VR headset with access to different immersive experiences. Throughout the VR and TV sessions, researchers looked at how the patients' pain scores would vary.

Findings supported that VR headsets can be used in managing patients with severe pain. Patients who used the VR headset as opposed to the TV reported a greater reduction in pain during and after the experiment than those in the TV group. Additionally, patients that were reported to have most severe pains reported the greatest benefits from the VR headsets.

Although researchers have not pinpointed why VR headsets help reduce severe pain so well, health experts have suggested that they could distract the patients away from the pain that they are experiencing.

Despite the fact that VR has many benefits, there are still several questions that need to be answered to fully understand the effectiveness of VR headsets in a clinical setting. These questions can be answered as research into the benefit of VR continues and more studies are conducted. Researchers also hope to examine the effects of different types of VR on health and whether people respond differently to VR treatment.



### **Work Cited**

Ries, J. (2019, August 14). Study Finds Virtual Reality Can Help Reduce Severe Pain. Health-line. Retrieved from <https://www.healthline.com/health-news/vr-can-help-treat-severe-pain>

Bardi, J. (2019, March 26). What is Virtual Reality? Retrieved August 16, 2019, from Marxent website: <https://www.marxentlabs.com/what-is-virtual-reality/>

# Why is exercising important?

## 1 Exercise controls weight

Exercise can prevent excess weight gain or maintain weight loss. When you exercise, you burn calories. The more intense the activity, the more calories you burn.

## 2 Exercise combats health conditions and diseases

Being active boosts high-density lipoprotein cholesterol, ("good" cholesterol) and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular disease.

## 3 Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various parts of the brain that help you feel happy, relaxed and less anxious.

## 4 Exercise boosts energy

Exercising delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

## 5 Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep.

## 6 Exercise can be fun and social!

Exercise and physical activity can be enjoyable! It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Exercise can also help you connect with family or friends in a fun social setting.



NOMINATE YOUR TEACHER

# CHAPTER ADVISOR SPOTLIGHT



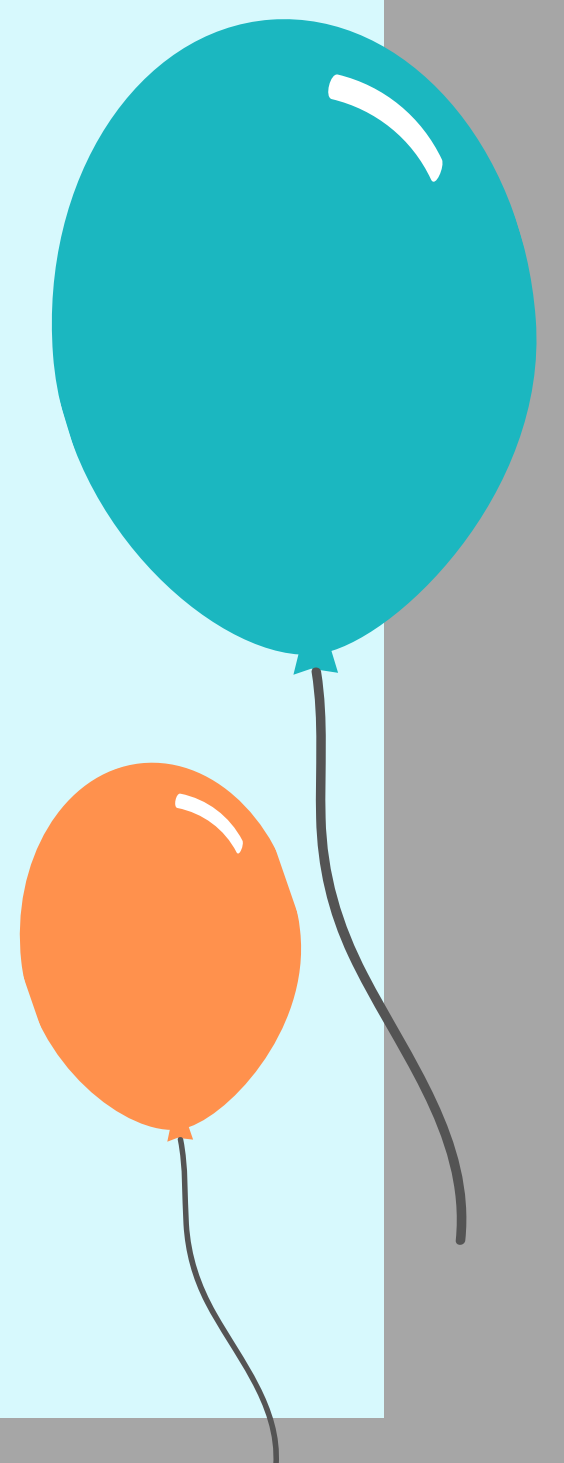
HOSA advisors are tireless in their dedication to their students. To show your appreciation, nominate your advisor for the Chapter Advisor Spotlight using the link below!

<https://azhosa.wufoo.com/forms/z1axl9h30xfmfxn/>

# 15 REASONS WHY STUDENTS SHOULD GET INVOLVED IN HOSA

1. Student-led organization
2. Leadership events
3. Networking opportunities
4. Scholarships
5. Career development
6. Internships
7. Friendships
8. Middle School, High School & Postsecondary/Collegiate membership
9. Competitions
10. Travel
11. Skill building
12. Confidence
13. Recognition events
14. International experiences
15. Volunteer opportunities

Arizona is celebrating 15 years of being part of HOSA! Check out the articles that will be posted throughout the year regarding this huge milestone!  
#Happy15 #SUPAZHOSA





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19

AZ HOSA



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