

# SYNAPSE

AUGUST 2018

VOL. 10 ISSUE NO. 01

AUGUST 2018

## WELCOME BACK

LEARN ABOUT THIS YEAR'S OPPORTUNITIES

Get in the know about the events of today and  
yesterday!

PARLIAMENTARY  
PROCEDURE TIPS

ARTICLES OF INTEREST

FIND OUT ABOUT THE  
SERVICE PROJECT

# Meet Your 2018-2019 State Officer Team



Adrian Kwiatkowski  
President  
Red Mountain High  
School



Hannah Campbell  
Region 1 Vice President  
Bradshaw Mountain  
High School



Alexandra Rolfness  
Region 2 Vice President  
Paradise Valley High  
School - CREST



Trevor Kramer  
Region 4 Vice President  
CAVIT



# Meet Your 2018-2019 State Officer Team



Zack Merhavy  
Post-Secondary/Collegiate  
Vice President  
Grand Canyon University



Briya-Marie Contreras  
Secretary  
Arizona State University



Josie Dahir  
Historian Reporter  
University of Arizona



Javin Patel  
Parliamentarian  
Centennial High School

# NATIONAL THEME

Each person's life and journey are stories filled with events and feelings experienced or imagined.

The 2018-2019 theme encourages HOSA members to open up books and begin writing their life's story. To live a meaningful life and accomplish your goals, you must first understand what they are and **DEFINE YOUR PURPOSE!**

In this year's identity, the open book signifies the possibilities of future goals and aspirations that will come with hard work. The heart is shown to express the COURAGE it takes to find a purpose in life and to resonate with the purpose of HOSA as an organization. The color scheme represents an even balance of blues and reds to reflect patriotism and the homestead of HOSA's foundation.

As future leaders of the health community, HOSA members can exemplify the defined purpose of the organization through "education, collaboration, and experience." With these goals in mind, it's time to develop yourself, find your passion, and put in the work to achieve your professional dreams!







## STATE THEME

Every Arizona HOSA member can think back to a few key moments that have defined their HOSA experience. Through moments of learning, growing, and dreaming, members can plan for their futures by reflecting on their past.

The 2018-2019 Arizona HOSA design references brain mapping to illustrate the connections that members make in their journey toward success. Each small dot pinpoints a HOSA moment that spans competition, service, and leadership.

By mapping their moments, Arizona HOSA members are preparing for their next steps as future health professionals!

# SCHEDULE A CHAPTER VISIT

## BUT... WHAT IS A CHAPTER VISIT?

Chapter visits are a great way to start off the HOSA year! Whether your chapter is small or large, near or far, your state officers want to get to know each and every member while introducing you to the benefits of Arizona HOSA. This year, chapters have the unique ability of personalizing their visit. So, whether your chapter is new or experienced, make sure to request one as the school year approaches!

TO REQUEST A VISIT,  
EMAIL OUR STATE  
PRESIDENT, ADRIAN  
KWIATKOWSKI



**CONTACT:**  
[adkwiatkowski726@gmail.com](mailto:adkwiatkowski726@gmail.com)



# National Service Project

Every two years, the voting delegation at the International Leadership Conference selects a new National Service Project for HOSA to support. From 2016-2018, HOSA members dedicated their community service efforts to the National Alliance on Mental Illness. At the 2018 ILC, the delegates chose the National Pediatric Cancer Foundation!

Here is their mission, as listed on their website, which is [nationalpcf.org](http://nationalpcf.org)

## OUR MISSION

A majority of cancer research focuses on adult treatments and is done within the walls of individual institutions. In contrast, we fund clinical trials and COLLABORATE with a network of cutting-edge hospitals across the nation to fast track less-toxic, more targeted treatments. All to increase the survival rate of children battling cancer.

For 26 years and counting, the NPCF has been the one shining light for children who are fighting cancer. We have donated millions of dollars to research and our clinical trials are yielding amazing discoveries that are saving many children's lives.



## The Project as a Recognition Event

Your chapter can register for the National Service Project Recognition Event and if you qualify, your chapter may be recognized at the State Leadership Conference and the International Leadership Conference! Read and follow directions on the guidelines listed on the HOSA website ([www.hosa.org/guidelines](http://www.hosa.org/guidelines)) in order to find out how to submit service hours and money raised for this recognition event. Check the website frequently so that you do not miss the release of the updated 2018-2019 guidelines!

If you have any questions on how you can get involved, please feel free to reach out to Arizona HOSA State Staff or State Officers!



# High School Heroes Challenge!

HOST AN ORGAN DONATION REGISTRATION DRIVE AND COMPETE AGAINST OTHER HOSA CHAPTERS TO COLLECT THE MOST DONOR REGISTRATIONS!	CHOOSE ONE OR TWO WEEKS IN OCTOBER TO HOLD YOUR REGISTRATION DRIVE.	REGISTER PEOPLE AT SCHOOL, IN YOUR COMMUNITY, ONLINE, WHEREVER! THE WINNING CHAPTER EARNS A PIZZA PARTY AND TROPHY!
DONOR NETWORK OF ARIZONA PROVIDES EVERYTHING YOU NEED TO COMPETE, INCLUDING AN ONLINE TRAINING SESSION, PROMOTIONAL ITEMS AND T-SHIRTS.		

Arizona HOSA is collaborating with Donate Life Arizona, an organ donor registry. The “High School Heroes” challenge is an event your chapter can participate in at your school and community! You can educate others about organ donation and, if they choose, get them to register or pledge to register as an organ donor. For more information about Donate Life and why registering as an organ donor is so meaningful, you can visit their website at

[www.donatelifearizona.org](http://www.donatelifearizona.org)

Through this challenge, you will...

- Compete among chapters to save lives!
- Learn about organ donation and raise awareness about it
- Register for organ donation

To help you get started and for information on registration, participation, and frequently asked questions about Donate Life’s “High School Heroes” challenge, you can visit this link:

<https://donatelifearizona.wixsite.com/highschoolheroes>





# ARTICLE OF INTEREST



## Healthcare Technology

In the modernized world we live in, technology has become an integral part of providing quality health care. Not only that, modern health technology is simply amazing and innovative! How life-changing would an artificial pancreas be for someone who regularly needs insulin? Or, to promote proper use of inhalers, there are now smart inhalers! Want to know more about how tech is facilitating and improving health care? Check out this article!

<https://www.healthline.com/health-news/tech-innovations-healthcare-2018#15>

July 13-18, 2018	ACTE AZ Summer Conference		Tucson, AZ	Loews La Ventana Canyon & Westin La Paloma Resort
August 7, 2018	Camp Registration Opens			
<b>August 18, 2018</b>	<b>Arizona HOSA Advisor Conference *NEW</b>		<b>Flagstaff, AZ</b>	<b>TBD</b>
<b>August 25, 2018</b>	<b>Arizona HOSA Advisor Conference *NEW</b>		<b>Mesa, AZ</b>	<b>EVIT Main Campus</b>
<b>September 1, 2018</b>	<b>Arizona HOSA Advisor Conference *NEW</b>		<b>Tucson, AZ</b>	<b>TBD</b>
September 1, 2018	Arizona HOSA Fall Conference Registration Opens			
September 7, 2018	Camp Registration Closes			
September 15-18, 2018	Washington Leadership Academy	\$500.00	Washington, D.C.	Doubletree Crystal City
October 1, 2018	Arizona HOSA Fall Conference Registration Closes			
October 4-6, 2018	Chapter Leadership Camp	\$135.00	Prescott, AZ	Pine Summit Camp
November 1, 2018	Arizona HOSA Fall Conference	\$35.00	Phoenix, AZ	Phoenix Convention Center West Building
<b>November 1, 2018</b>	<b>All Chapter Paperwork Due</b>			
December 11, 2018	Online Testing Registration Opens			
January 11, 2019	Online Testing Registration Closes			
January 11, 2019	AzATA Sports Medicine Conference Registration Closes			
January 11, 2019	Application Opens - Arizona HOSA Scholarship - Arizona HOSA State Officer			
January 14-25, 2019	Online Testing	\$3.00 per test		
January 26, 2019	AzATA Sports Medicine Conference	\$50.00	Phoenix, AZ	TBD
February 15, 2019	State Leadership Conference Registration Opens			
February 15, 2019	Arizona HOSA Scholarship Application Due			
February 15, 2019	Arizona HOSA State Officer Application Due			
March 15, 2019	SLC Registration Closes - Individual Member Recognition Deadline - Chapter Awards Deadline			
March 16, 2019	State Officer Interviews		Phoenix, AZ	TBD
April 22-24, 2019	State Leadership Conference	\$65.00	Tucson, AZ	Westin La Paloma Resort
May 11, 2019	2019 International Leadership Conference Registration Closes			
June 19-22, 2019	2019 HOSA International Leadership Conference	\$105.00	Orlando, FL	Coronado Springs Resort

Updated 7/10/2018

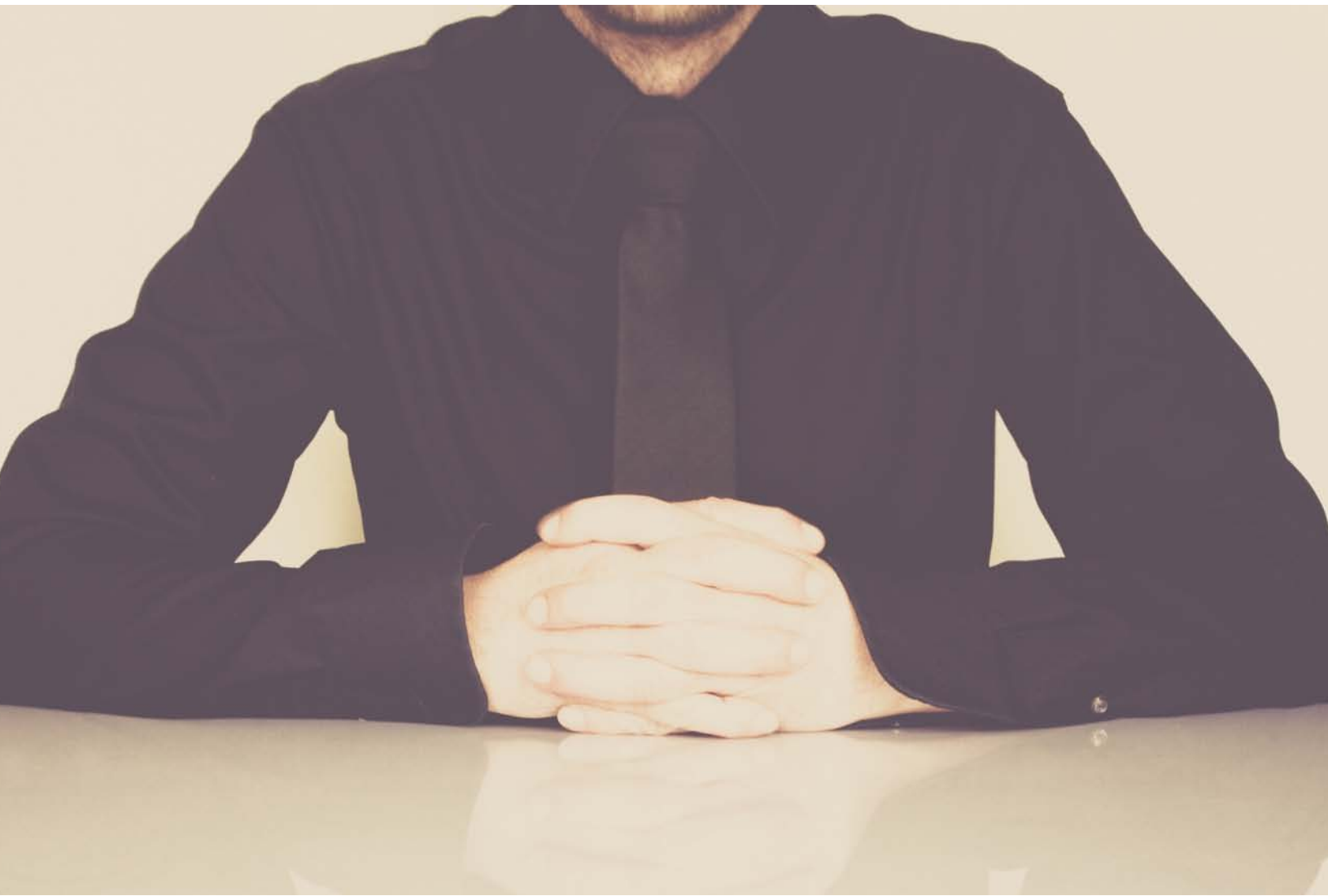


# Past State Officers Continue to Map Their Moments



Arizona HOSA's past State Officers achieved success and continued their HOSA journey at the 2018 International Leadership Conference! Kyle Kline and Marissa Bower were both selected as Public Health Leadership Scholars, an honor accompanied by a \$1500 scholarship for their exciting trip to Washington, D.C. to participate in the program. Another Past State Officer accomplishment belongs to Elizabeth Church, who was awarded Outstanding State Leader at the International Leadership Conference. Arizona HOSA also commends them for their exemplary dedication and passion as HOSA Executive Officer Candidates.





# Leadership Lowdown

**THIS MONTH'S TOPIC:  
GEARS**

Welcome to Leadership Lowdown!

Throughout your HOSA journey, you will encounter several moments in which you will find yourself in a leadership position. Whether this is heading a committee in your chapter for the National Service Project, or even serving as a state officer, every moment is a learning experience. Moreover, leadership is a core value of HOSA, and as members, it is important that we are constantly working to become better and more influential leaders. In this re-occurring article, you will have access to some of the most valuable tips and tricks from your state officers for achieving this.



As school quickly approaches and the all-nighters begin, it is important to recognize that being a leader means more than giving orders and barking out commands. Being a leader requires you to understand, listen, and think methodically all at the same time. There are a variety of settings that require this approach, and knowing the different gears of leadership will allow you to be a great leader

## **BUT WHEN WE SAY GEARS, WHAT ARE WE REFERRING TO?**

They come in all shapes and sizes and can be found in anything from a car, to abstract pieces of engineering like the London Bridge. Physically, gears are some of the most important pieces of technology that have allowed us to experience the world as it is today. But metaphorically, they represent something far more complex in our day to day lives: our state of being. The ability to shift between 'study mode' to 'friend mode' is a daily occurrence in the classroom. But 'presentation mode' or 'leader mode' are gears that we do not often shift into. Therefore, being able to recognize these gears and most importantly, being able to shift into them when needed, is a critical part to becoming an effective leader.



# THE GEARS

## 5 FOCUS MODE

Picture yourself frantically trying to finish an essay minutes before the deadline. Your eyes are locked in on your computer and there is no breaking your focus. This is fifth gear. This gear centers around task-completion and is a time of high productivity. For many, this is a difficult gear to shift into while others love to live in fifth gear. While kicking it to fifth is a great way to get work done and is often necessary to be productive, it is important to be aware that this mode is high speed. If you never brake or shift down, you are eventually going to crash. On days when you know you will be in fifth gear for a majority of the time, remember to shift down periodically throughout the day.

## 4 TASK MODE

With the swipe of the pen, you check off another item on your week-old to-do list. You are alert and consistently reactive, but able to work on tedious tasks at the same time. This is fourth gear. This gear is the definition of multitasking. It is a period where you can successfully accomplish many tasks, whether it is returning emails or cleaning your room, without the deadlock focus that defines the fifth gear. This, perhaps, is the most common gear to be in during the school day. As you shift from class to class, you constantly accomplish worksheets, take notes, and read articles in a span of a couple hours.

## 3 SOCIAL MODE

It is lunch and as you almost choke from the food you barely managed to swallow amidst the hardcore laughs you just let out, your friend falls out of their chair in a similar fit of laughter. Or maybe you're at the State Leadership Conference at leadership village and you are conversing with other members. This is third gear. For the gregarious few out there, this is your favorite moment of the day. Though you may only shift down to this gear for 30 minutes during your lunch break, it is a time when you can be present with friends and family. At conferences and events, this is a moment when you can develop meaningful friendships and create important opportunities for yourself.



# THE GEARS

## 2 CONNECT MODE

While third gear gives you a chance to meet familiar faces, second gear allows you to build closer relationships with them. As the mode implies, it is a moment for you to thoughtfully connect with others, have a deep conversation, and actively listen to the other person. While this often isn't a common gear to be in at school or at an event, there will be a few moments where you will truly connect with another HOSA member that you may already know or not. Take advantage of what this time provides you.

## 1 RECHARGE MODE

The shoes come off, the book comes out, and it is officially 'you time'. Recharge mode is one of the most vital gears you can shift into. It allows you some headspace and time to yourself. Though you cannot always slip off your shoes and lay down in the middle of a conference, there are simple ways that allow you to renew your energy. Whether this be taking a 5 minute break in the restroom, or taking a moment to eat lunch by yourself, it is important to schedule rest.

## R RESPONSIVE MODE

A knot turns in your stomach after regretfully answering your parents in a snarky tone. At times, you may not only have to slow down, but completely go in reverse. Switching into reverse is an important part of learning and growing as not only a leader, but as a person. Recognizing your own faults and apologizing for them should not be viewed as defeat, but a moment of personal growth.



To be a more effective leader, you need to first start with yourself. Recognize your own gears and be aware that other people may live in different gears. While some may constantly switch back and forth between all 6, others may almost always stay in just one or two. Take the time to reflect on which gear you spend most of your time in and consider what this says about you as a leader. We cannot wait to see you put this information to practice at your local chapters!

Remember to

# SCHEDULE REST





# ACTE AZ CONFERENCE

In mid-July, HOSA advisors from across Arizona gathered at the annual ACTE AZ conference in Tucson to prepare for an eventful year packed with exciting conferences and leadership experiences. We want to thank all the advisors that came out to attend the HOSA informational session. It was a pleasure seeing new and familiar faces, and we commend you for taking the time to make sure your students/members are able to make the most out of every opportunity Arizona HOSA provides. Your state officers Adrian, Josie, and Trevor were excited to share their goals for this year and better get to know the HOSA advisors spread throughout Arizona! We hope the conference was enjoyable and cannot wait to see your outstanding work pay off at our State Leadership Conference this spring!





# COMPETITION UPDATES

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The hope of hearing your name called as you eagerly rock in your chair and clench your hands is a moment HOSA members know all too well.

After hours of hard work combined with meticulous dedication, competitors have not only grown as students and leaders but have hopefully earned themselves the chance to network with thousands of members at the International Leadership Conference!

However, despite the outcome, participating in a competitive event is a worthwhile experience that aligns a student's curiosity with a world of professionalism and opportunities. Going through the experience of competing reflects HOSA's mission to support health education alongside a classroom curriculum. The opportunity to showcase a depth of knowledge on a particular subject or skill is something valuable in and of itself. Yet, whether or not you are physically rewarded ultimately comes down to how well you prepare! Competitive event guidelines are an invaluable resource for doing this. Found on the national HOSA website, event guidelines walk you through what to expect and how to best prepare for a competition. Thus, they are the key to success.

So, whether you have competed before or plan to compete for the first time at the 2019 Arizona HOSA State Leadership Conference, make sure to familiarize yourself with some important competitive event guideline updates! The following updates will be implemented at the 2019 Arizona HOSA SLC.

-Medical Reading (Secondary & PS/C):

- Leadership and Self-Deception, Getting Out of the Box by The Arbinger Institute
- In Shock, My Journey from Death to Recovery and the Redemptive Power of Hope by Rana Awdish
- Internal Medicine: A Doctor's Stories by Terrence Holt
- The Book of Blood: From Legends and Leeches to Vampires and Veins by HP Newquist
- Complications: A Surgeon's Notes on an Imperfect Science by Atwul Gawande

-Medical Reading (MS)

- The Book of Blood: From Legends and Leeches to Vampires and Veins by HP Newquist
- Making Rounds with Oscar: The Extraordinary Gift of an Ordinary Cat by David Dosa
- Throwaway Players by Gay Culverhouse

-Nursing Assisting:

- The glass thermometer in Skill VI has been removed. The skill will be done via electronic thermometer.

-Sports Medicine:

- In Skill I, the warm up will now be verbalized as opposed to demonstrated. The stretch will be demonstrated for 5 seconds instead of 20-30 seconds.

-EMT

- The guidelines for EMT are aligned with the NREMT psychomotor skills. Those guidelines were updated 6.1.18. Look for changes in name of skills and order of steps.

-EPIDEMIOLOGY

- The case studies will be changed from short answer to multiple choice.

-PUBLIC HEALTH

- A table will be added to the round one presentation for props.
- Battery operated equipment will be allowed in both rounds.

-Health Career Photography:

- Notes will be allowed to be used in Rd 2, but electronic notes may NOT be shown to judges.

-Healthy Lifestyle

- Expect new guidelines to include information on how to set appropriate healthy lifestyle goals.

-Medical Innovation

- Round One and Round Two
- Round One will rate the innovation display and Round Two will evaluate the presentation, similar to HCD.



-Public Service Announcement

- Notes will be allowed to be used in Rd 2, but electronic notes may NOT be shown to judges.

-Forensic Medicine

- Name change to Forensic Science.

-Parliamentary Procedure

- Competitors must now read aloud the minutes from the previous meeting. It will not be acceptable to indicate minutes have been previously sent.

-HCIE

- Dates for state testing will be from July 1 - Nov 1st. Dates for ILC testing will be from Jan 1 - May 15th.

-HOSA Happenings

- A state submission option in electronic format to STEM Premier has been added. Check with your state for which process they will use.

-Outstanding HOSA Achievement

- The email submission will be changed to a STEM Premier upload.

-Outstanding HOSA Chapter

- Middle School Division will have the same areas of work but a decrease in the number of activities needed for recognition. Needed points will be 24 for state and 28 for ILC.

- Clarification has been added that the Outstanding Chapter book is the property of the chapter.

- Alumni Gold Chapter Recognition will be added to the rating sheet worth 4 total points.



# PATEL-IAMENTARY PROCEDURE



## YOUR MONTHLY DOSE OF PARLI PRO!

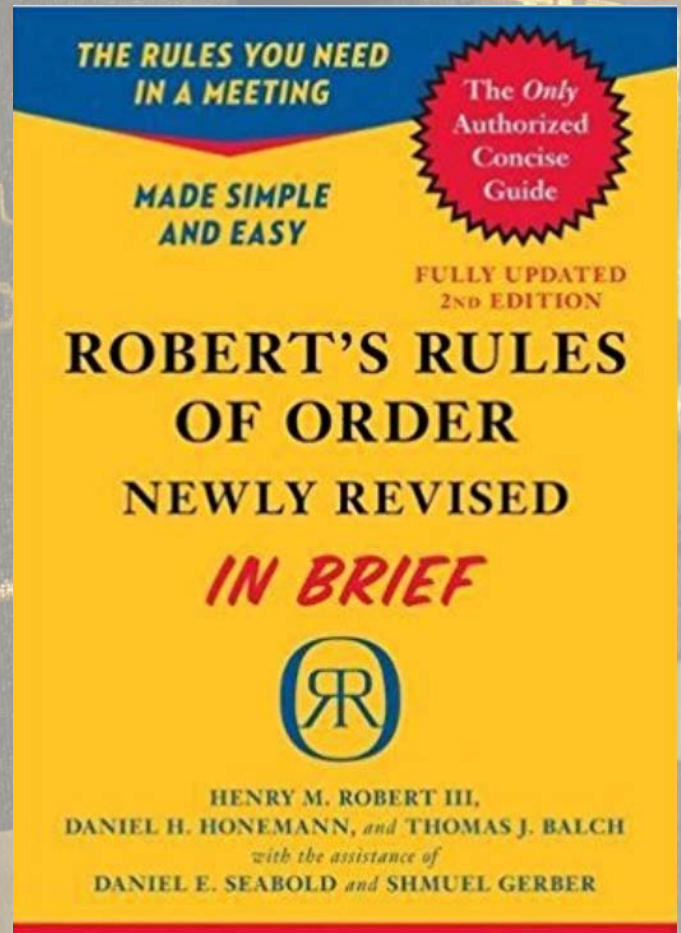
Hello Arizona HOSA!

My name is Javin Patel and I am honored to be serving as the Arizona HOSA Parliamentarian for this upcoming year. Each month, there will be an article in Arizona HOSA's Synapse newsletter about the basics of parliamentary procedure. Through them, I hope to spread parliamentary procedure throughout HOSA chapters across Arizona. So let's begin! I call this first session of "Patel-iamentary Procedure" to order!

**"What is  
parliamentary  
procedure?"**

As long and complicated as the term may sound, parliamentary procedures are basically a set of guidelines or rules. Think of it like laws; laws are put in place to maintain order and so that everything is able to run smoothly. That is essentially what parliamentary procedures are. They are a set of guidelines that a club, organization, and various other deliberative assemblies use during meetings. Now there was one of your first vocab terms to know in parli pro: deliberative assembly! A deliberative assembly is a meeting of members of any type of body that use parliamentary procedure to make decisions.

# A HOSA 'MUST HAVE'



In order to use parliamentary procedure in a meeting, a parliamentarian is not required. However, a Presiding Officer (also known as the P.O., Chairman, or the President) must be elected for meetings. This person is responsible for running the meeting by using the aid of Robert's Rules of Order.



Robert's Rules of Order (RONR) is the most common tool used in the United States to run meetings. There is also Robert's Rules of Order In Brief, which is the shorter and more compact pocket version that can be used instead of RONR (I recommend the brief version, as it is much easier to understand). In this first version of "Parliamentary Procedures", we will also go over some of the very basics of parliamentary procedure that are important to know.



# MOTIONS



To begin, let's discuss what "motions" are. A motion is a proposal that is made by a member that puts forward an action that the group can take. Before one makes a motion, they must "obtain the floor". In order to obtain the floor, a member must stand and address the chair. This can be done in the following ways:

If male:

- Mr. Chairman, Mr. President, or Mr. Moderator

If female (single or married):

- Madam Chairman or Madam President

Once the member has obtained the floor, they can make the motion. The proper way to make a motion is to say, "I **move that...**" When making a motion, it is important to make the motion as specific as possible so misinterpretations can be avoided. Once a motion is put forth, it must be seconded in order to be considered by the members present. To second a motion, simply state, "**Second!**". You may remain in your seat when seconding a motion and you do not have to obtain the floor.

Our final term for today will be "**amendments.**" Say that a motion is on the floor for discussion but you think that it could be made better by rewriting it. This is where amendments play a role! An amendment allows for a motion to be reworded. There are 3 ways that a motion can be amended.



# Amendments

## 1 INSERTING WORDS OR PARAGRAPHS

- Ex: I move to amend by inserting....

## 2 STRIKING OUT WORDS OR PHRASES

- When striking out words or phrases, it is important to draw a line through the phrase, and not erase/delete it.
- Ex: I move to amend by striking out....

## 3 STRIKING OUT AND INSERTING WORDS OR PHRASES

- Ex: I move to amend by striking out... and inserting....



THAT CONCLUDES THIS MONTH'S SESSION OF "PATEL-IAMENTARY PROCEDURES"! HOPEFULLY, YOU HAVE NOW GOTTEN YOUR FEET WET ABOUT THE BASICS OF PARLI PRO AND YOU CAN BEGIN TO USE IT IN YOUR CHAPTERS! I NOW ADJOURN THIS EDITION OF "PATEL-IAMENTARY PROCEDURES"!

# UNTIL NEXT TIME!

