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# Chapter of the Month

Chapter of the Month is a recognition program implemented by AZHOSA (Arizona Health Occupations Students of America) to highlight and appreciate the outstanding efforts and achievements of its chapters. This initiative aims to foster a sense of healthy competition among the chapters, encouraging them to excel in various aspects such as leadership, community service, and overall chapter performance.

By designating a Chapter of the Month, AZHOSA provides a platform to showcase the hard work and dedication of individual chapters. It not only recognizes the accomplishments of the students but also motivates them to continue striving for excellence. The program creates a positive environment that encourages chapters to actively participate in AZHOSA activities, events, and community outreach.

Moreover, selecting a Chapter of the Month serves as a means to share best practices and success stories among different chapters. This exchange of ideas and experiences can inspire other chapters to implement successful strategies, ultimately contributing to the overall growth and success of AZHOSA as an organization.

In summary, the Chapter of the Month program in AZHOSA serves as a powerful tool for motivation, recognition, and knowledge sharing, fostering a culture of continuous improvement and excellence within the organization.



# CHAPTER OF THE MONTH

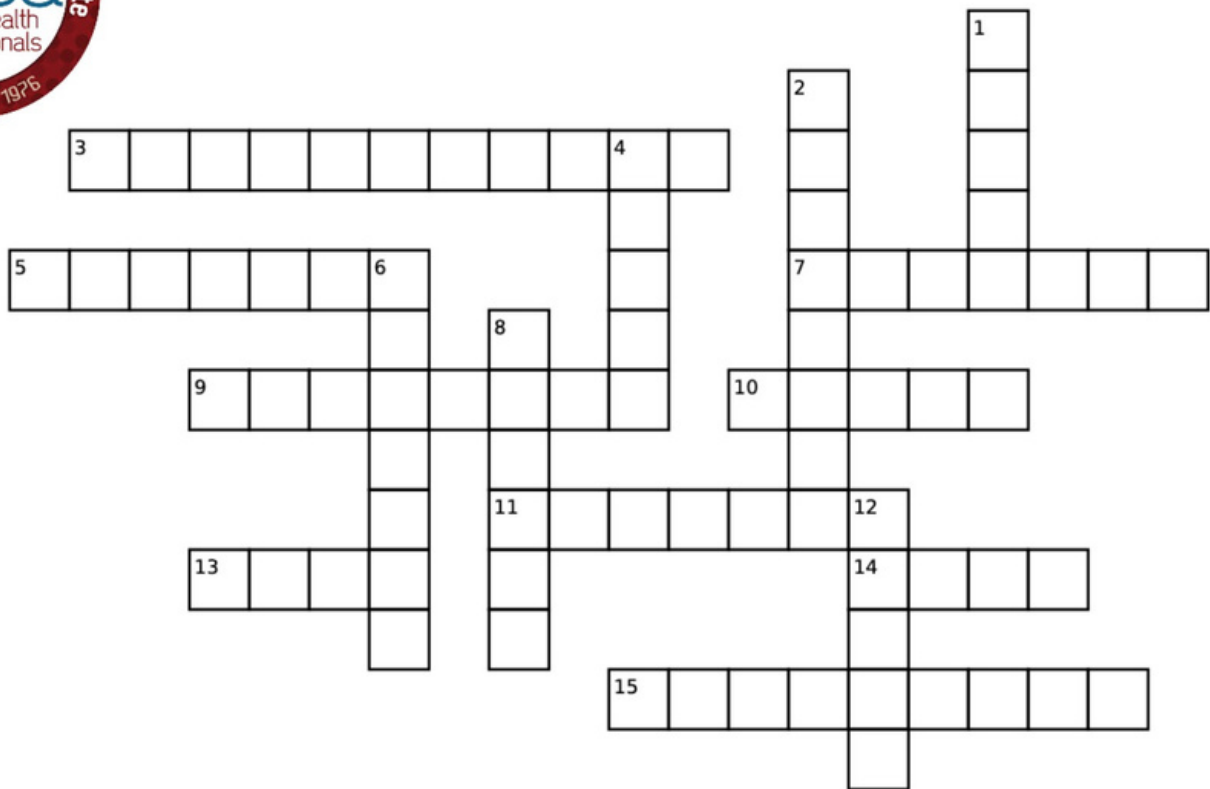
AZHOSA AWARDS

## West-MEC Southwest Garza Dolittle's #39455

This chapter organized an open house for RENER. Rest Easy Now Equine Rescue is a rescue with an intent to rescue, rehabilitate, re-home, or provide sanctuary for the equines in need. They were able to sponsor some of her horses. Furthermore, they raised funds by partnering with other West-MEC programs to create horseshoe art! Students auctioned the horseshoe art at the open house. Overall, it was a great success. We love to see your contributions to community service and we recognize you!



# Synapse Crossword!



## Down:

1. Carries oxygen throughout the body
2. Broken bone
4. Pumps blood around your body
6. Relating to the head
8. Connects muscle to bone
12. Short term condition

## Across:

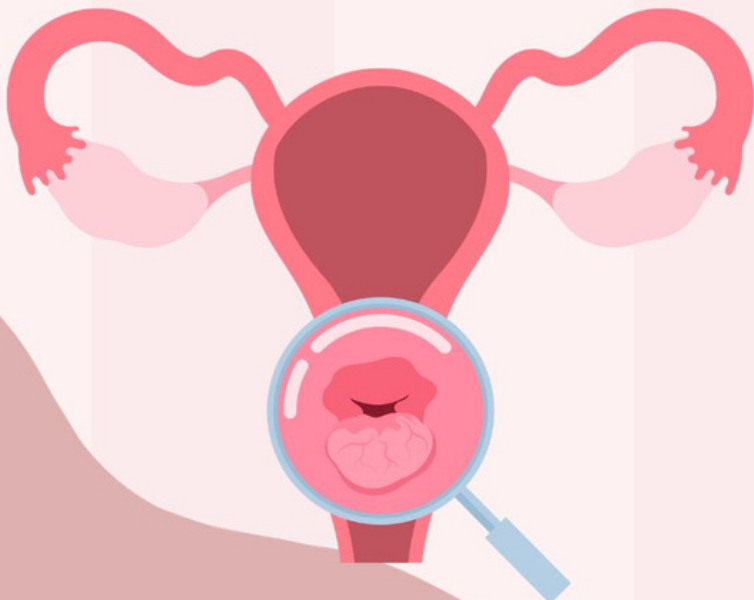
3. Enlargement of organs or tissues
5. Long term condition
7. Relating to the heart
9. Connects bone to bone
10. Organ that allows breathing
11. Shortness of breath
13. What CTSO is great for students interested in Healthcare?
14. Cyto-
15. Two sides

# January is Cervical Cancer Awareness Month



Cervical cancer is the 4th most common cancer among women, and 80% of cases can be prevented! The HPV (Human Papilloma Virus) vaccine is administered in young teenage women, to prevent HPV, which is linked to causing cervical cancer, later on in life. The HPV vaccine is available in every developed country, and can save lives! Proper hygiene, a healthy diet, adequate exercise, and regular medical checkups can prevent and catch Cervical cancer, in the early stages of development. Cervical Cancer is most common in women over the age of 30, but women of all ages are advised to visit their gynecologist regularly. Prevention and Accommodation are key to stopping the spread and side effects of cervical cancer. To learn more about Cervical Cancer, visit the National Cancer Institute:

<https://www.cancer.gov/types/cervical#:~:text=Cervical%20cancer%20is%20cancer%20that,usually%20develops%20slowly%20over%20time.>





# HOW TO START THE SEMESTER OFF RIGHT

## *Procrastination*



### WHAT IS PROCRASTINATION?

The Cambridge Dictionary defines procrastination as “the act of delaying something that must be done, often because it is unpleasant or boring.” E.g. waiting to complete an assignment until the night it is due.



### WHY DO I PROCRASTINATE?

Don't worry; procrastination is completely natural and normal. People often procrastinate because they are uninterested in the task, unmotivated to complete the task, or simply because they forget. Students, in particular, often struggle with procrastination in subjects that they are not interested in or struggle with.



### HOW TO PREVENT PROCRASTINATION

1. The easiest way to prevent procrastination is by starting small - break up large tasks in several, smaller ones.
2. Make a plan. Nobody knows you better than you - if you know a certain method works then FOLLOW IT!
3. Be kind to yourself. Time spent beating yourself up could be much better spent working on that pesky to-do list.



### YOU ARE NOT LAZY!

The most common misconception with procrastination is that procrastinating means you're lazy. Though similar, these things are very different.



### REMEMBER

It's completely okay to put things off from time to time. But, it's important to note that chronic procrastination can have long-term effects on your academics and mental health.

# 5 TIPS HEALTH



5 tips to maintain health in this brand new semester!



## Eat Nutritious Food

A balanced diet is defined by a diet where most of your daily calories come from fruit, vegetables, whole grains, legumes, nuts, and lean proteins. You'll notice a change in your attitude from healthier living! Try your best to stay away from high calorie, highly processed and empty calorie foods.

## Regular Exercise

In addition to eating nutritious foods, it is recommended that you do 150 minutes of moderate intensity exercising per week!



## Drink More Water

Around 60% of your body is made up of water! Even slight dehydration can cause issues in the body such as decreased mental focus, increased risk of injury, and faster time to fatigue. You should be drinking a minimum of 60 to 70 ounces of water a day!

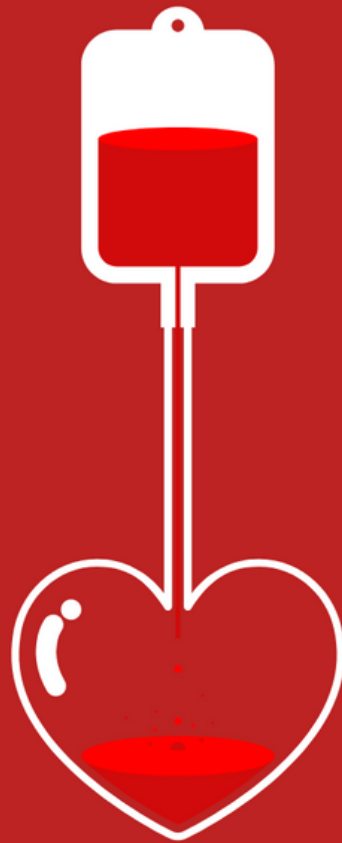
## Manage Sleep Well

Sleep is the key to a strong immune system, improves memory, and can control appetite. Teens should be sleeping 8-10 hours a night.



## Sufficient Vitamin Needs

Our bodies need vitamins as a way to protect and maintain a healthy body to stay healthy and fit. The intake of vitamins that can be used to maintain a healthy body is vitamin D and vitamin C.



SAVE A LIFE TODAY

# JANUARY IS NATIONAL BLOOD DONOR MONTH

BE THE DIFFERENCE.

EVERY TWO SECONDS SOMEONE IN AMERICA  
NEEDS A BLOOD TRANSFUSION

ONLY 3% OF AMERICANS CURRENTLY DONATE BLOOD

