



November

SYNPASE



In November we acknowledge:

Diabetes Awareness Month

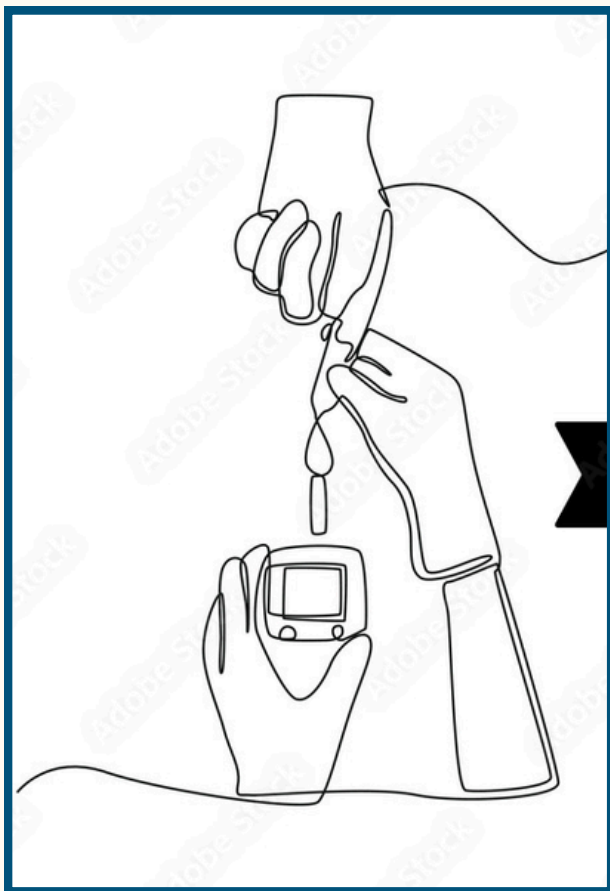
THE BIG QUESTION IS:

What is Diabetes

Diabetes is often separated into 2 groups: Type 1 and Type 2. Type 1 diabetes is when your immune system will attack the beta cells in your pancreas that create insulin and destroys them. Your pancreas ends up making a very small amount of insulin and you become insulin dependent.

Type 2 diabetes is when the body will use your insulin the wrong way. This leads to the pancreas producing a large amount of insulin to make up for it. This type of Diabetes is labeled as "Insulin resistant."

A key term that you may not know is "Insulin." Many of you know the name, but not may know what it's for. Insulin is a hormone that assists blood glucose in entering the cells. When you have diabetes, the blood glucose will build up and cause hyperglycemia, or high blood glucose.



What can you do?

HOW CAN YOU HELP?

November is National Diabetes Month, a time when people come together to bring awareness to this condition. This year specifically, the people are focusing on preventative action. Educating yourself and others on the symptoms, testing, and conditions associated with diabetes aids in earlier diagnosis and treatment of this autoimmune disorder.



Suicide Awareness

NOT JUST A MONTH

Suicidal Thoughts Can Effect Everyone

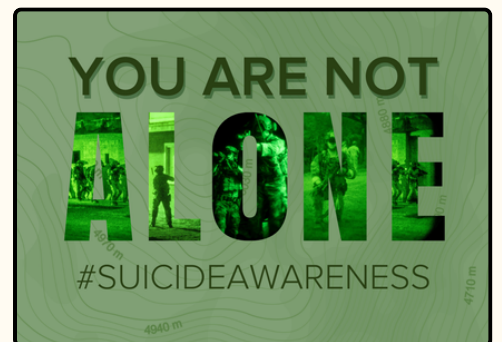
Just because someone seems “happy” doesn’t mean they aren’t struggling with mental health. Do not be afraid to check in.

Watch For Warning Signs

Pay attention if someone begins saying goodbye or seems unusually happy. Even joking about suicide can be an early warning sign. If you see any warning signs please ask if they are suicidal.

Stay In Touch With Friends

If you ever have suicidal thoughts, reach out to a trusted friend, family mentor, teacher, or hotline resources. You are never being inconvenient when reaching out to someone for support with physical or emotional health.



Do not be afraid to ask

"ARE YOU FEELING SUICIDAL?"

Research shows that asking someone if they are suicidal does not encourage suicidal thoughts in any way. If you or someone you know needs any help; please contact the suicide hotline.

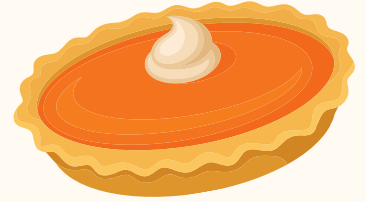
CALL 988 FOR HELP



Arizona HOSA
NOVEMBER SYNAPSE



Thanksgiving Nutrition



Lots of Thanksgiving foods are surprisingly good for your health! Check below for some of your favorite dishes:

1. **Turkey** - Turkey is a lean source of protein and lower in fat, especially when you choose white meat without the skin
2. **Sweet Potatoes** - Sweet potatoes are rich in fiber, vitamins A and C, and antioxidants
3. **Cranberries** - Cranberries are high in antioxidants and vitamin C. Opt for homemade cranberry sauce with less sugar, or enjoy them fresh or frozen in salads
4. **Brussel Sprouts** - These tiny veggies are packed with fiber, vitamin C, and folate. Roasted with olive oil and garlic, they make a crunchy, nutritious side.
5. **Green Beans** - Loaded with fiber, vitamins A and C, green beans can be a great low-calorie side

Reminder!!

Red Zone Leadership Registration
is now open!

DETAILS:

WHEN? THURSDAY, DECEMBER 12

WHERE? STATE FARM STADIUM

HOW DO I REGISTER? YOUR ADVISOR

MUST REGISTER YOU BETWEEN

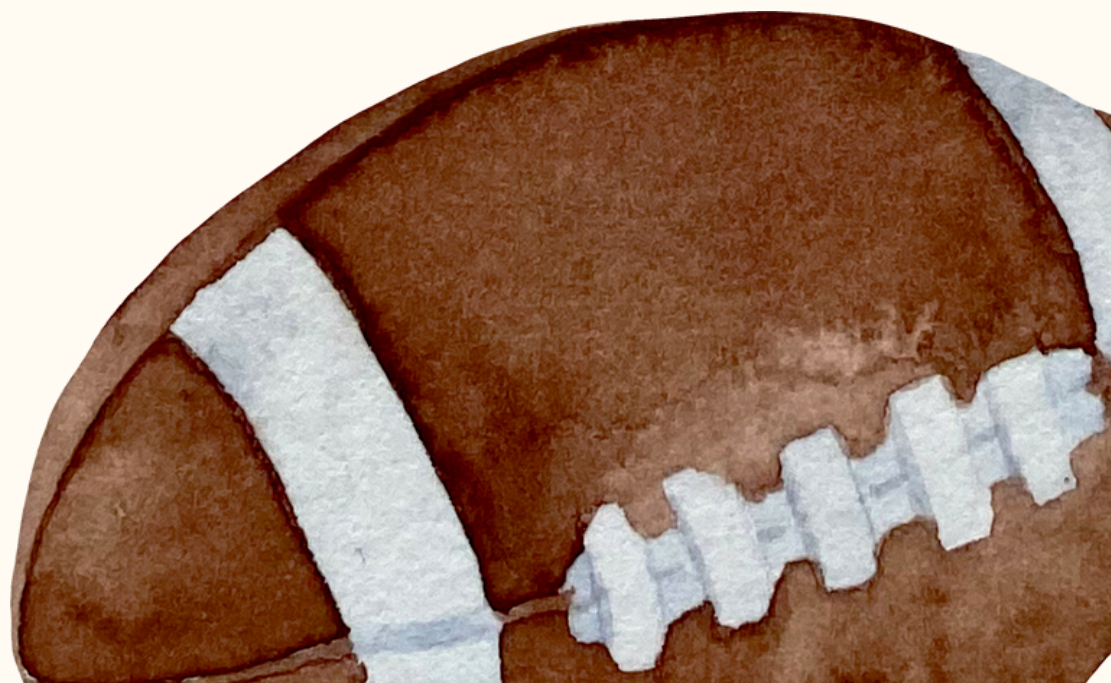
OCTOBER 25TH AND NOVEMBER 25TH

HOW MUCH? REGISTRATION COSTS

\$65 (INCLUDES CONFERENCE AND A

SINGLE TICKET TO THE FOOTBALL

GAME ON SUNDAY, DECEMBER 16!



CHAPTER LEADERSHIP CAMP



THIS OCTOBER WE WERE ABLE TO HAVE AN AMAZING CHAPTER LEADERSHIP CAMP WITH OVER 300 MEMBERS AND ADVISORS IN ATTENDANCE. THESE CHAPTER LEADERS WERE ABLE TO ENHANCE THEIR LEADERSHIP AND PROFESSIONAL SKILLS WHILE HAVING FUN AND MEETING AMAZING PEOPLE.



LEADERS WERE SEPERATED FROM THEIR CHAPTERS AND SORTED INTO COLLOR TEAMS WHERE THEY PARTICIPATED IN ACTIVITIES AND WORKSHOPS LED BY THE SEC. WORKSHOPS LIKE GROWING YOU EMOTIONAL INTELEGENCE, RUNNING FOR THE STATE EXECUTIVE COUNCIL AND MATCHING YOUR MESSAGE.

CAMPERS SAID THAT THEIR FAVORITE TIME WAS CRAZY CAMP TIME, MEMBERS WERE ABLE TO ROCK CLIMB RIDE THE BIG SWING, PLAY BINGO, MAKE SMORES, AND SHOW OFF THEIR TALENTS.



Thank You

Dear Healthcare Workers,

Thank you for your dedication, resilience, and unwavering commitment to the well-being of others. Every day, you make personal sacrifices, face immense challenges, and pour your energy into providing comfort, care, and healing to those who need it most.

Your tireless efforts, especially during difficult times, inspire us all. Please know that your compassion and skill have an immeasurable impact on the lives of countless individuals and families. We are deeply grateful for all that you do to keep our communities safe and healthy.

Thank you for your courage, expertise, and kindness.

Sincerely,



AZ HOSA

AZHOSA

Perkins Grants

THESE GRANTS AND FEDERAL PROGRAMS HELP FUND AZ HOSA, AND ALLOW US TO SERVE OUR 11,800+ MEMBERS

Every year, Congress allocates around \$1.4 billion in State formula grant funding through the Perkins statute under Title I (Basic State Grants). This funding aims to enhance the academic knowledge, technical skills, and employability skills of secondary and postsecondary students who choose to participate in career and technical education programs and related fields of study.

Annually, the Az SEC attends Washington Leadership Academy, and advocates for Perkins Grants and CTE Education, at a national level, by meeting with local legislators and politicians.

The Carl Perkins Grant offers federal funding to states aimed at enhancing both secondary and postsecondary career and technical education programs. This grant is rooted in the Carl D. Perkins Vocational and Technical Education Act, which was initially enacted in 1984 and reauthorized in 1998. In 2006, it was reapproved as the Carl D. Perkins Career and Technical Education Improvement Act of 2006. With this reauthorization, more than just the name was updated; policymakers aimed to provide states with greater flexibility in distributing funds while also implementing stricter accountability measures.



Learn more about Perkins Grants

HAVE ANY QUESTIONS FOR AZ HOSA?

Contact our State Advisor: Sandra Oligny at azhosa.org, or visit our link-tree through our Instagram, [@azhosa](https://www.instagram.com/azhosa)

[HTTPS://CTE.ED.GOV/GRANTS/STATE-ALLOCATIONS](https://cte.ed.gov/grants/state-allocations)

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