



ARIZONA HOSA

SEPTEMBER SYNAPSE

Table of Contents

- ★ LEADERSHIP
CONFLICT
- ★ CHAPTER VISIT
RECAP
- ★ HOW TO INTEGRATE
HOSA INTO YOUR
CLASSROOM
- ★ SUICIDE
PREVENTION
AWARENESS
MONTH
- ★ WHAT IS PEN PALS?
- ★ BLOOD CANCER
AWARENESS
MONTH
- ★ HEALTHCARE
PROFESSIONS &
COMPETITIVE
EVENTS

Reminders

- ★ MAKE SURE TO
FOLLOW @AZHOSA
ON INSTAGRAM!
- ★ SUBSCRIBE TO
@ARIZONAHOSA2765
ON YOUTUBE FOR
MORE CONTENT!

HOW TO RESOLVE CONFLICTS IN YOUR HOSA CHAPTER

BE OPEN TO NEW IDEAS

When in meetings, listen to everybody's ideas, create an atmosphere of openness, constructive criticism, and problem solving. As an officer team, you represent your whole chapter, and you need to bring everyone's ideas into the meetings.



GAIN PERSPECTIVE

If you are having a conflict with one other, talk to them and get their side of the story. Set aside assumptions that you might have and ask questions to see their perspective on the issue.

IDENTIFY SOLUTIONS

After you have talked to others about the issues, find solutions that help both of you and helps your HOSA chapter. If needed, you can talk with your advisor so that you can have an outside view. After you have your solution, create an action plan that is specific so that you can get real results.



Chapter Visits

As a way to promote overall engagement, your state officers have had a great time visiting different chapters!



Sajani and Sierra kicked off the year with a chapter visit to Basha Bioscience: and had a blast doing it!

As a fun way to get everyone up and moving, the chapters played “eyeball tag” and the winners received rubber ducks and stickers as prizes.



Please send an email to schedule a chapter visit for your local chapter today!

How to integrate HOSA into your classroom

AS A HOSA CHAPTER YOU ARE A PART OF A CTE CLASS WHETHER IT BE BIOTECHNOLOGY, NURSING ASSISTANT OR ATHLETIC TRAINING. OFTEN TIMES HOSA GETS SWEEPED UNDER THE RUG BUT IT CAN BE AN INFLUENTIAL PART OF YOUR DEVELOPMENT IN HOSA AS WELL AS IN THE CLASSROOM. IF YOU INTEGRATE HOSA YOU CAN DO BETTER IN COMPETITIONS IN HOSA AS WELL AS GET THESE VITAL SKILLS ON YOUR HEALTHCARE JOURNEY.



INTEGRATING HOSA INTO THE CLASSROOM CAN BE TRICKY SOMETIMES, BUT HOSA IS HERE TO HELP! ON [HOSA.ORG](https://www.hosa.org) UNDER RESOURCES AND ON DEMAND LEARNING OPPORTUNITIES, YOU HAVE ACCESS TO ALMOST 50 POWERPOINTS AND LESSON PLANS ON DIFFERENT ASPECTS OF HOSA, WHETHER IT BE A LESSON ON FETANYL OR COMPETITIVE EVENTS, HOSA HAS A LESSON FOR YOU. IN ADDITION TO THIS, YOU CAN ALSO SHOW STUDENTS REAL WORLD APPLICATIONS OF THE SKILLS THEY ARE LEARNING ABOUT WHICH CAN HELP ENGAGE THEM IN THE CLASSROOM, AS WELL AS HOSA!



Suicide Prevention Awareness Month



WHY IS SPAM IMPORTANT?

During September, we recognize Suicide Prevention Awareness Month. This month allows people to remember the lives lost to suicide and bring awareness to prevention.

This month gives people the opportunity to educate themselves on warning signs, risk factors, and ways to support individuals who may be struggling.

PRACTICE GRATITUDE

It is important to note that suicidal thoughts affect people of all ages and backgrounds. It is also important to actively listen whenever someone confides in you about their thoughts.

IMPORTANT RESOURCES

Call or Text **988** immediately if experiencing mental distress

You can also contact **988lifeline.org** to speak with the Suicide and Crisis Lifeline



What is Pen Pals?

Pen Pals is our new chapter outreach project, which aims to connect chapters for collaboration and community service purposes. Any chapter that applies will be paired with a larger or smaller chapter and will become pen pals with each other. These chapters will write monthly letters to each other, in true pen pal fashion.

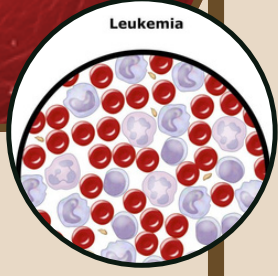
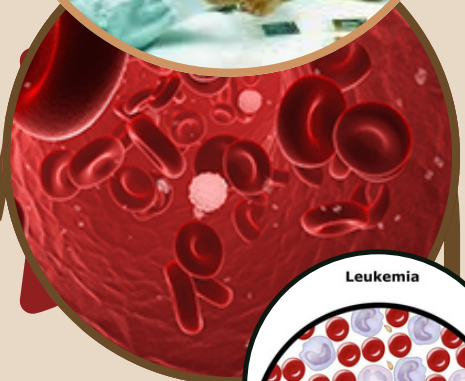
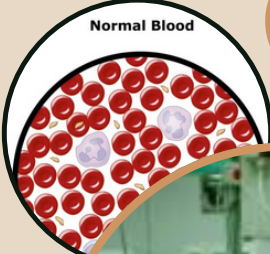
Benefits:

- Paired chapters can collaborate on community service projects
- Participating in Pen Pals is one of the choice requirements for the Platinum Chapter Award.
- Sending/receiving letters serves as a chapter meeting activity and something to look forward to.
- Paired chapters can boost member interest by creating connections through HOSA.
- All supplies needed to send/receive letters will be provided by AZ HOSA (for free)!



BLOOD CANCER AWARENESS

>>>>> MONTH <<<<<



WHAT IS BLOOD CANCER?

- The Three Main Types of Blood Cancer are Leukemia, Lymphoma, and Myeloma
- Treatments include chemotherapy, immunotherapy, and stem cell transplants
- They are caused by mutations in DNA in blood cells
- They are not genetic
- Lifestyle factors have little effect on risk of blood cancer

BY THE NUMBERS

- Leukemia represents 28% of all childhood cancer deaths
- Account for 10% of all diagnosed cancers in the US each year
- 1 in every 16 men and 1 in every 22 women will develop it at some point in their lives
- About every 3 minutes one person in the US is diagnosed with a blood cancer

HOW TO HELP

- Donate Blood
- Sign Up for a Stem Cell Registry
 - <https://bethematch.org>
- Support a charity
 - make a donation
 - fundraise

HEALTHCARE PROFESSIONS & COMPETITIVE EVENTS

EMERGENCY MEDICINE

Emergency medicine professionals work under high-stress and collaborative settings to save the lives of countless trauma patients every day. If this sounds interesting to you, check out: **Emergency Medical Technician, CPR/First Air, or CERT Skills**



SPORTS MEDICINE

Sports medicine professionals work with athletes daily to treat injuries and maximize performance. If this sounds interesting to you, check out: **Sports Medicine, Physical Therapy, Pathophysiology, or Nutrition**



HEALTHCARE CONSULTANT

Medical consultants provide advice to healthcare organizations, helping them improve operations and patient care. If this sounds interesting to you, check out: **Prepared Speaking, Interviewing Skills, or Researched Persuasive Writing+Speaking**

