

Monthly Newsletter: November 2011

This Issue:

- Officer updates
- Alumni Spotlight
- November events



WELCOME!!

Hello!!! It's time for another newsletter again! Did you all have a wonderful Halloween? We hope that school is going well for all of you and that midterms are not too stressful! Hang in there, Thanksgiving break is almost here!!!! :) For those of you who went to the rockclimbing social, we hope you enjoyed it and met some awesome people! We will plan some more social events for you all to meet each other besides volunteering at clinics. Finally, congratulations to new volunteers, all of whom passed the DeCal midterm and will be able to volunteer at clinics. We will continue to offer more volunteering opportunities so new members can get some personal experience at clinics and enhance their interpretation skills.

Officer Updates

At the flu clinic we were able to help approximately 200 people and also see how flu shots were administered up close. We mostly managed the flow of the flu shot clinic by helping with paperwork, etc.

- Yingchao Zhong

Vietnamese Community Center: Vietnamese members volunteered at a health screening event to help nursing students vaccinate the seniors against the flu, pneumonia, and tetanus. Many thanks to Tram Tran for leading the volunteers there this morning when I couldn't! Overall, it was a successful event that might become monthly if the community center can get the funds for it.

- Taman Hoang

SRO-CHIP Child Development Workshop: Many thanks to Shannen Poon and Jessie Leung for helping out! At the Chinese Congregational Church, a group of UCSF students led a child development workshop and VHIO helped out in writing and performing a skit, as well as leading discussions.

- Grace Poon

VHIO volunteers helped over 40 patients at the 7th Annual Chinatown Health Fair. We collaborated with UCSF Memory and Aging Center and administered a simple neurological test in Chinese to screen for Alzheimer's. We also provided patients with information on dementia and interpreted consultations with neurologists. A few of our volunteers helped at other booths, such as hearing tests. Last Saturday, VHIO helped with patient education at a Chinatown Resource Fair with SF Hep B Free. Volunteers Lier Guo and Jeffrey Wong noted that they appreciated the experience they gained in being able to inform people about hepatitis B. Another exciting event is that Yingchao Zhong, Josh Chang, and I attended a press conference announcing the beginning of NHANES. Lastly, thank you for those of you who attended the VHIO social of dinner and rock-climbing. We had fun as a small group, and hopefully more members can join us next time!

- Edna Cheung

SPECIAL!! VHIO is in the media!!

You guys should all check out the following links to see what VHIO is doing to promote a healthy community. Korea Times (<http://sf.koreatimes.com/article/690696>) UCSF News (<http://www.ucsf.edu/news/students-vaccinate-against-hepatitis-b-chinatown>)





My fellow VHIO members and SFHBC alum, hello!

I hope the semester is going well for all of you and I hope you are all getting lots of opportunities to volunteer and show off your language skills!

I started volunteering with VHIO (known as SFHBC at the time) during my junior year, though I wish I started much earlier. VHIO introduced me to an array of clinical experiences and also gave me the opportunity to meet a lot of intelligent and passionate friends that I still keep in touch with to this day. This year marks the fourth year that I've volunteered with SFHBC/VHIO and I have to say that it is always fulfilling meeting people who are invested in providing quality care for undeserved communities. I graduated from Cal spring of 2010. Unlike the wonderful individuals featured on the alumni spotlight before me, I am currently working as a medical assistant in a private ob/gyn office in SF looking to go back to school for a masters in nursing with a focus on women's health. If you guys have any questions regarding nursing school, the work that I do, or taking time off from school, feel free to email me. Of course you can also email me if you want to hang out in the city. :)

-Agnes Choi

PS- I highly recommend this book called "The Spirit Catches You and Then You Fall Down". It's about language and cultural barriers to healthcare, which is very relevant to what we do.

November Events

Thursday November 3rd [Vietnamese]
VACCEB Hep B Presentation

Saturday November 5th [All languages]
Mt. Zion Hep B Clinic

Saturday November 5th [Tagalog, Cambodian]
SF Hep B Free Indonesian Festival

Saturday November 12th [All languages]
Chinatown Public Health Center Hep B Clinic

Saturday November 12th [Cantonese, Mandarin, Spanish]
Mission Creek Outreach Clinic with Project Brown Bag and Partners in D

Saturday November 12th [Vietnamese]
Walking Club

Saturday November 19th [Cantonese]
SRO- CHIP Healthy Marriage Workshop

Saturday November 19th [All languages]
Asian Community Mental Health Services Health and Wellness Fair

