



# Monthly Newsletter: January 2012

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*Happy new year VHIO!*

*Greetings from Hong Kong—a few of us arranged a “social” here, and we are generously sharing a picture which you will find amusing... Anyway, hopefully you are all enjoying a relaxing winter break (and getting lots of language practice speaking to your family!) This newsletter includes updates from a number of our language departments, debriefs on recent events, and a sneak peak what’s in store for VHIO in 2012.*

*-Edna Cheung*

## Officer Updates

*There is an article featuring VHIO in the Korea Daily, and it can be found here: [http://www.koreadaily.com/news/read.asp?art\\_id=1324532](http://www.koreadaily.com/news/read.asp?art_id=1324532)*

*-Judy Lim*

*Our first fundraiser went well! The Stuffed Inn was kind enough to give us 20% of the proceeds, which came out to \$75, for our organization. Thank you to those who stopped by for lunch and brought a few of their friends with them! In particular, thank you to the Vietnamese language group for organizing everything, flyering, and being an overall hardworking and enjoyable bunch to work with! :)*

*-Kathy Doan*

*Lifelong Medical Care thanks all who translated their AIDS flyer; it helped to reach many Asian populations across Oakland. The event was a huge success, where they anonymously tested 30 attendees. KBLX, KTVU and The World Journal came by to interview them and they mentioned VHIO’s efforts! We optimistically believe there will be a future collaboration in which we’ll help them better serve the Asian population, as they currently serve primarily African-American and Latino neighborhoods.*

*-Kathy Doan*

*The Spanish Department is proud to announce that Dr. Juan Vargas from UCSF will be the Preceptor for our language group. Also, we will be recruiting Spanish volunteers this semester along with Tagalog and Cambodian. Spread the word and invite anyone you know who speaks these languages!*

*-Juan Cabrera*

*As VHIO’s first large-scale project, we are helping the Chinese American Coalition for Compassionate Care (CACCC) to translate parts of their first book.*

*-Yingchao Zhong*

# Alumni Spotlight

Hello, fellow VHIO members/SFHBC alumni!

First of all, I wish you a happy new year and hope you have been enjoying volunteering with VHIO.

I came across with VHIO (formerly known as SFHBC at that time) during the first semester of my junior year. Being a transfer student, I was overwhelmed with variety of organizations. Since my major was Dietetics, I was looking for experiences in clinical and community health settings. When my advisor at College of Natural Resources passed along the recruitment email for VHIO, it totally caught my eye. Then I became one of the Cantonese & Mandarin volunteers for VHIO.

Looking back, joining VHIO was one of the best decisions I had ever made during my college life. VHIO did not JUST provide me with the experiences I wanted, but it also reaffirmed my passion in dietetics and career as a Registered Dietitian (RD). I was able to sharpen my communication skills (yes, even in my own languages!) and became more sensitive to people with different socioeconomic status and cultural backgrounds.

After graduating from Berkeley this past May, I moved to Boston. Currently, I am a first year dietetic intern at Frances Stern Nutrition Center of Tufts Medical Center and also a Master's of Science candidate at Tufts University. Upon completion of the internship, I will be able to take the RD license exam. If you have any questions about applications for graduate school or dietetic internships, feel free to email me at [JaniceHeyYin.Chow@tufts.edu](mailto:JaniceHeyYin.Chow@tufts.edu). (Also, you can email me if you just want to share anything in life! College is not just about applications, right? I am happy to talk to any of you )

Good luck and take care!  
-Janice Chow



*"Looking back, joining VHIO was one of the best decisions I had ever made during my college life. VHIO did not JUST provide me with the experiences I wanted, but it also reaffirmed my passion in dietetics and career as a Registered Dietitian (RD)."*  
-Janice Chow

## Upcoming Events

Saturday, January 14<sup>th</sup> [All languages] Chinatown Public Health Center Hepatitis B Clinic

Saturday, January 28<sup>th</sup> [Korean] Korean Community Health Services Mammogram Clinic

Sunday, January 29<sup>th</sup> [Everyone] Officer applications due via email by 11:59pm

\*Mandatory monthly training workshops TBA\*

VHIO says hi from HK!!



In photo from left: Edith Chow, Shannen Poon, Edna Cheung  
(not pictured: Karen Wong, Grace Poon)