

# Monthly Newsletter

## Beginning-of-Year Issue



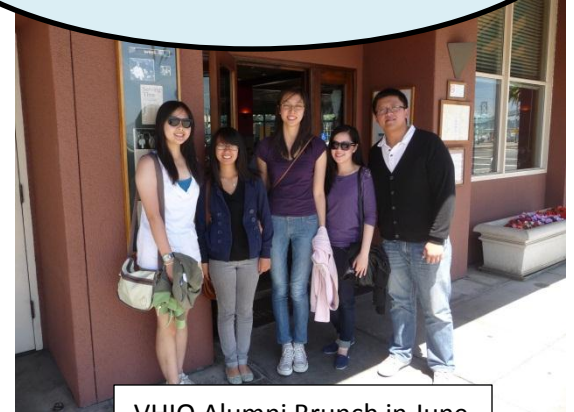
- In this issue...
- Officer Updates
  - Upcoming Events
  - Alumni Spotlight: Kathy Cheung

Hey there,

Welcome back to VHIO! We hope you've all had a great start to the semester and are excited for an amazing year with VHIO!

Remember that our First Mandatory General Meeting will be this **Sunday, September 15<sup>th</sup>** from 1pm-3:30pm at 213 Wheeler. We can't wait to see you all!

### Officer Updates



VHIO Alumni Brunch in June

Welcome to the VHI♥ family! Please remember to bring \$10 on Sept 16th as this is the annual membership fee we require all to pay. In turn, you'll be able to pick up a 2012-13 club shirt from me, the finance coordinator. We can't wait to get to know everyone! :)

-Kathy Doan

We're working with Berkeley Operating Principles on Wednesday the 19th. The purpose of this on campus program is to educate the custodial staff on the "Operational Excellence" program. Because of the large number of Cantonese and Tagalog speaking staff on campus, we are looking for volunteers! Please email Tiffany Wu for more details.

-Angela Chen

We started a project with a doctor in San Jose where volunteers interpret for patients by phone. Also, we have been contacted to interpret during a 4-week long nutrition class. We just had the Korean Cancer Conference on Saturday September 8th. It was a great experience for everyone and we expect new Korean members to volunteer at next year's conference.

-Jihwan Yu

Starting a monthly Nail salon clinic where we will start to educate and screen nail salon workers for respiratory disease. We are also continuing with our monthly health presentations at the Vietnamese Community Center.

-Kristine Phung

For our returning volunteers, we will hold 2 MANDATORY workshops this semester to help you review the skills. We will notify you the dates of the workshops very soon!

-MinhTam Trinh

We will have our first social on Sep 22! If you want to come and hang out with awesome people like us (me), then join us for a healthy hike at the Tilden Park, or maybe just having some frisbee fun on Memorial Glade.

-Grace Poon

We now have our first strong group of Spanish volunteers ready to interpret, advocate and educate for our community members! This year our Spanish group will focus in networking and creating as many connections with hospitals, clinics, health care facilities and any other non-profit organizations that can use our services and resources.

-Cesar Rivas

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-Grace Poon

- The Health Research for Action is holding a focus group to study the experiences of seniors and person with disabilities during their recent transition into a managed care Medi-Cal. Two Cantonese volunteers will be needed during the focus group: an interpreter and a notetaker. Date and time TBD.
  - The UCSF Family Health Center Research Project is still looking for committed members to become research assistants. They are looking for committed Cantonese speaking volunteers who can volunteer 10+ hours a week.
  - Dr. Peter Ng from the Chinatown Public Health Center (CPHC) has requested for one or two Cantonese interpreters to accompany a patient to the University of Pacific Special Care Clinic for dental services.
  - The Hepatitis B clinic at Chinatown Public Health Center (CPHC) is one of VHIO's original projects in collaboration with SFHBC, and UCSF medical, pharmacy and nursing students. As a volunteer interpreter, you will get a chance to interpret for patients who are getting screened for Hepatitis B or receiving vaccinations.
- Tiffany Wu

## Upcoming Events

Sept 16: First General Meeting  
Sept 19: Berkeley Operating Principles  
Sept 22: First Social  
Oct 6: Annual Chinatown Community Health Fair, 10am-3pm

CPHC clinic occurs monthly, every 2nd Saturday of the month from 8am-1pm. Currently, we are looking for volunteers who can interpret for Cantonese, Mandarin, Vietnamese and Korean patients. The sign-up sheet will be sent out to all eligible volunteers a week before clinic. Volunteers will be selected each month based on the need for each language and the number of volunteers we can accommodate.

--Jennifer Xu and Betty Liang (CPHC Co-Coordinator)

## Alumni Spotlight: Kathy Cheung

Hi fellow VHIO members!

I joined VHIO as a Cantonese interpreter in Fall 2009 during my first semester at Cal as a transfer student majoring in Molecular Toxicology. Volunteering with VHIO was definitely one of the most wonderful experiences that I had in my college life! VHIO trained me to be the bridge that crossed over the language and cultural barriers between the health care providers and patients, through which I saw the importance of effective communication, understanding and respect in health care. The clinical exposures that VHIO provided me also strengthened my determination to serve in the health care system as a pharmacist in the future!

I remembered the last time that I volunteered with VHIO was in September 2011 – just a few weeks before I started my current internship at the US FDA's Office of Food Additive Safety (OFAS) in College Park, Maryland! My main responsibility at OFAS is to help establish a comprehensive knowledge-base of food contact substances by identifying and harvesting toxicity data from the FDA's administrative records and inputting the information into a database format. This internship has been very rewarding and has greatly enhanced my understanding of toxicology and its application in regulatory processes. I am also able to work with, talk to and learn from many scientific experts every day! Time flies and I will be coming back to the Bay area in 3 months! I have enjoyed everything here in Maryland, but I am also excited to embark on a new chapter in my life at UCSF as a pharmacy student! I do hope to meet and work with all of you again through VHIO in the near future!



Enjoy and have fun volunteering!!! Go VHIO! =)