Meet the New Officers!

President:
My name is Christina Phan and I am your President. I’ve been volunteering at Memorial Hermann for three years, usually working in CPD on Sunday mornings. I’m a senior at Kerr High School. Although I’m not interested in the medical field, I love to do community service. I’m involved in NAHS, NHS, and Speech and Debate at my school. My passion is government and photography, and I dream of becoming a National Geographic photographer one day.

Vice President:
Hi everyone! My name is Rida Khan, and I’m the new vice president. I am a senior at DeBakey High School for Health Professions. I am 17 years old, and although I have not decided any specific career, I know it will pertain to medicine. My favorite subject is Health Science. Some of the clubs I am involved in at school include Environmental Club, National Honor Society, Health Occupations Students of America, and American Red Cross. Feel free to let me know of any ideas you may have for the Junior Board.

Secretary:
Hi I’m Nathan Truong and I’m currently a senior at Stephen F. Austin High School in Sugar Land. I am currently a senior (Class of ‘10! Woof!). At my school, I’m very involved in French Club, FNHS, NHS, Red Cross and HOSA. In my free time, I like to hang out with friends, read, or listen to music. I first started volunteering at Memorial Hermann in October of 2008, and it love the experience.

Treasurer:
Hello, Doreen Charly (Treasurer) here. I attend Stephen F. Austin High School in Sugar Land. I am currently a senior (Class of ’10! Woot!). At my school, I’m very involved in French Club, FNHS, NHS, Red Cross and HOSA. In my free time, I like to hang out with friends, read, or listen to music. I first started volunteering at Memorial Hermann in March of 2008, and it love the experience.

Historian:
My name is Amanda Song and I’m going to be your new Historian! I am currently in AP Photography 4 in school. I’m a senior at Kerr High School. I like to swim and take pictures in my free time! In the past I have also volunteered with Chinese Community Center as a counselor in training, at various marathon runs for different causes, and in school. I hope to be able to capture many happy upcoming memories!

Volunteer Coordinator:
Hi everyone! I’m Debbie Varner. When I was growing up, one of my favorite childhood books was Nancy Plays Nurse. It was about a little girl whose big sister was a candy striper. I guess that’s why I always thought it would be fun to volunteer in a hospital. After retiring as a Purchasing Supervisor with Kellogg Brown & Root, I decided to do just that. For the past three years, I have worked at the Information Desk here at MHSW with Rex Alford on Sunday mornings. Although I do miss being out front with my buddy Rex each week, I’m really enjoying being Volunteer Coordinator. I think we have a fantastic group of volunteers and a terrific staff. I’m honored to be able to work with them.
Feature Story: H1N1 Flu Awareness

While the initial H1N1 Flu (or Swine Flu, as it is commonly called) panic has seemed to simmer down, the pandemic is still prevalent across the globe. The Centers for Disease Control and Prevention reports 48 of our 50 states have high ongoing H1N1 flu activity. Children between 0-4 years old are being hospitalized daily. H1N1 flu hospitalizes young children more so than any other age group. Furthermore, 18 flu-related pediatric deaths were reported the first week of November, 15 of which were confirmed H1N1. Recently a H1N1 flu vaccine was introduced but only in limited supply. As a result, this vaccine is only used for target groups needing it most, including pregnant women, people who live with or care for children younger than 6 months of age, and healthcare and ER personnel. Although this information may sound quite frightening, most people easily overcome H1N1 flu. Safety precautions include washing hands often, getting an adequate amount of sleep (even if 8 hours sounds ridiculous to high school and college students), keeping hydrated, avoiding alcohol, keeping active, and avoiding contact with sick people. If you feel you have the flu, visit http://www.cdc.gov/H1N1FLU/ for more information. The site has information on prevention tips, how to take care of a sick person, what to do if you are sick, and much more.

THANK YOU VOLUNTEERS FOR YOUR CARDS!

Creative volunteers Rida Khan & Doreen Charly hard at work

The Junior Board wants to thank all volunteers who helped make our cards-for-soldiers project a success. During the Thanksgiving holidays, beautifully creative, hand-made greeting cards with personalized messages will be delivered to some of the brave men and women in our armed forces who are currently serving in Afghanistan. We want to let them know we are thinking of them during this season of gratitude, and how much we appreciate their selflessness every day of the year.

In Memory

We are deeply saddened by the recent passing of our valued and dedicated volunteer, Francisco "Frank" Bahadur (November 1, 1985—September 5, 2009). At the Memorial Hermann Southwest Hospital Information Desk where he volunteered on Saturday mornings, Frank was the first face that countless patients and visitors saw as they came through the doors. No matter what the situation or emergency, Frank helped them all, whether it was by looking up a patient’s location, making a delivery, or entertaining a child in the lobby. Frank had a reassuring smile and a calming word of encouragement for everyone. During the past year and a half, Frank did more good deeds than many people ever have the chance to do. Frank truly cared about Memorial Hermann Southwest Hospital, and more than anything, Frank volunteered because he hoped to make a difference in the world. He succeeded. Frank will be greatly missed.
**Time to Fall Back!**

A huge shout-out to the following volunteers who took on the task of resetting the majority of clocks in patient rooms for MHSWH and the Heart and Vascular Institute after the end of Daylight Savings Time on Sunday, November 1, 2009:

- Doreen Charly
- Karmila Cheng
- Soudi Daliri
- Prathana Dhar
- Bach-Thao Dinh
- Rida Khan
- Elizabeth Oyeniyi
- Dayana Rodriguez

This important project really meant a lot to our patients and staff. Way to go team!

**Heroes Among Us**

We've been hearing a lot in the news lately about heroes. Acts requiring tremendous strength or uncommon courage can definitely be considered heroic. Sometimes though, it is the small things in life that make the most difference to others, especially when they are provided at a time when needed the most, such as...

* Accompanying a sick or injured incoming patient to the ER
* Telling a story to a frightened child who is waiting for their parent to be examined by a doctor
* Offering a cup of coffee or water to a visitor who has just received some difficult news
* Bringing books or magazines to a bored patient
* Giving directions to a lost hospital visitor
* Escorting a patient with mobility problems to the chapel or the hospitality suite
* Making a delivery from the gift shop
* Helping the nursing staff transport medical equipment from one location to another
* Wheeling an anxious mother-to-be to Labor and Delivery

As members of the Memorial Hermann Southwest Hospital team, we get to perform small acts of heroism every day. This Thanksgiving season I am most thankful for my own personal heroes -- our wonderful volunteers! The contribution of your time makes a difference more than you will ever know. - Debbie Varner
Hey guys! I’m back for another session of picks to give you!

As we all know, Thanksgiving is approaching and weather is getting colder, so let’s see what we can do in this wonderful time of year!

- Go to a Rockets game. Even though we do not now have Yao or T-Mac on the team, the Rockets are doing surprisingly well thanks to Trevor Ariza and Aaron Brooks! We made a statement that we can still win despite all of our bad luck.
- Go to your school’s theatre production or fine arts event! You’ll be surprised at what your fellow students have created and what talents your peers possess. They put a lot of time into making these events happen and it pays off when you go!
- Go shopping for a toy that will make a needy child’s holiday season a little brighter! Details coming soon for our New Toy Drive that will be held in December.
- Bake some cookies! Since the weather is so cold at times, what better way to warm up than make some nice warm, smell-good cookies! Mmmmmmm!
- Go for a run to work off those cookies! The weather is chilly now so you won’t have to sweat profusely while your feet pound against the cement or treadmill.
- Go to the park with your family! At times the weather can be so nice here and a park is a great way to spend the time. But really, anything with your family is good!
- And if you’re too afraid to step outside, just watch some old movies on T.V. They show a lot of them at this time, so cozy up on the couch!

I hope you enjoyed the suggestions, but remember, you can have fun doing anything! Be creative, and make your own fun!

Happy Thanksgiving!