Meet the 2010-2011 Junior Board Officers

President: Hi everyone! My name is Rida Khan, and I am Memorial Hermann Southwest Hospital’s 2010-2011 Junior Volunteer Board President. I am currently a freshman at the University of Houston and I am majoring in Biology. I have been volunteering at the hospital for about three years, and have been serving on the Junior Board for two years. I am also an intern with “Bill White for Texas”. I am looking forward to a great year with you all. Please feel free to let me know if you have any special ideas for the Junior Board.

Vice President: Hi there! My name is Meghan Tang and I’m 17 years old. I am a senior at Clements High School and play varsity tennis. I like to read, watch action movies, and hang out with friends. I am generally a bubbly person, and I like to joke around. My favorite celebrity is Rain from Korea, who I’ve religiously followed and adored since 7th grade. I am terribly afraid of singing, I wish I had a dog, and I listen to Indie and Electronica. I’ve volunteered at the hospital a little over a year now, mostly working in the ER triage where I take the vitals of incoming patients (temperature, blood pressure, and pulse). Sometimes I have to take a baby’s rectal temperature or give an EKG, both of which are always interesting!

Secretary: Hello! My name is Aala Al Hasan and I am a senior at Alief Taylor High School. This year, I will be serving as the new Secretary / Historian on the Junior Volunteer Board. I have been volunteering at Memorial Hermann Southwest for about two years and work primarily on the patient care floors. I’m also currently involved in my school’s Student Council, NHS, Mu Alpha Theta (math club), and NAHS. Even though it’s a hectic load, I am able to find time to hang out with friends, cook, and indulge in scenic photography. I look forward to a great year on the Junior Board.

Treasurer: Hi, my name is Marissa Harrison, and I am the Treasurer of this year’s Junior Board. I am a senior at DeBakey High School where I am involved in Red Cross and Latin Club. In my free time I do college applications, but I also still enjoy running, photography, and playing the piano. I’m one of the newer volunteers here at MHSWH, having just begun volunteering at the end of the summer. Currently I volunteer at the Patient Information Desk and the ER. Though I’ve only been volunteering a few months, I really enjoy the work and hope to pursue a career in medicine.

Social Director: My name is Vinh Ho, and I am the new Social Director for the 2010-2011 Junior Board. I am a senior at DeBakey High School for Health Professions. I am currently 17 years old and I would like to become a physician in the future, but I have not yet decided what kind. I have been volunteering at Memorial Hermann Southwest for 2 years, and my favorite subjects in school are chemistry, physics, and math. In my free time, I like to watch TV, read, or hang out with friends.

Publicity Liaison: My name is Anam Sherali and I am your new Publicity and Photography Liaison! I am a freshman at the University of Houston. I started volunteering at MHSWH almost two years ago and currently volunteer in the ER. I plan to be an ER Nurse after graduation. I like to spend time with family and friends, and give back to the community in my free time. Since the age of eight, I’ve been very active in my church. I assist with special events for our special needs and early childhood development programs. Teaching Saturday school also keeps me busy. I hope to capture many upcoming memories we make!
MHSWH’s Annual NICU Reunion

The NICU Reunion held on Saturday, August 21, 2010 and attended by approximately 275 families was a tremendous success! For those of you who don’t know, NICU stands for Neonatal Intensive Care Unit, and this is the place where babies who are born early or with special health needs are cared for until they recover. The children who came had a great time and lots of fun! The games and activities included bowling, diaper derby, face painting, football, ring toss, and hokey pokey. Each participant was awarded a prize. The children were also given the opportunity to create their own art in a darkroom, which was a big hit with everyone! Dora the Explorer and SpongeBob made special appearances at the reunion, so here’s a big thanks to the volunteers behind those costumes! There was one small glitch with the catering, but overall, everyone worked hard to fix the problem and make the reunion a memorable success!

~ Vinh Ho, MHSWH Junior Board Social Director & NICU Graduate

Many thanks are sent to the following hard-working volunteers who helped make our NICU Reunion a fun-filled, special event for all!

Aala Al Hasan, Dorothea Herfurth, Vinh Ho, Macy Lopez, Thuy Ly, Raheema Naaz, Ruben Valayil, and Viet Van

One Family’s Journey

My wife and I are very grateful to God and the NICU staff for the miracle of our healthy daughter.

Freyana was born four months premature but, thanks to God and the Memorial Hermann Southwest Hospital NICU staff, she is a healthy and happy 13 month old. EVERYONE on the NICU team, from the maintenance personnel to the doctors, has a very special place in our heart.

The staff is made up of professional, skilled, kind, sensitive, strong, loving, and supportive people who work with up-to-the-minute technology. The nurses, receptionists, therapists, and doctors explained issues to us, made us feel welcome, and encouraged us to be a part of Freyana’s "healing" process.

They knew exactly when to encourage us and when to shield us. They were straight forward but sensitive and never mislead us or our daughter. Thank you ALL.

Warm regards and best wishes,

The Bharuchas

"They knew exactly when to encourage us and when to shield us.”
- Darius Bharucha

The Bharucha Family with Baby Freyana
**Feature Story: Prenatal Health**

In honor of the recent NICU Reunion that our very own Junior Board members were a part of, this newsletter’s health focus is on prenatal health.

There are certain precautions that almost everyone takes in their everyday lives to avoid catching an illness. A prime example of this can be as simple as hand washing. But taking these effortless steps becomes even more important when a woman is expecting. Prenatal healthcare is not only vital for the baby’s health, but also for the health of the mother.

The very first step to take is scheduling an appointment with a doctor and then continuing to show up for regular check ups. The doctor will discuss with you how much weight you are to gain during the course of the pregnancy, which is usually around 25-30 pounds, the multivitamins you should start taking, and the proper exercises you should work in to your weekly routine. One thing your doctor will surely emphasize is the importance of avoiding the use of drugs, smoking, and drinking.

Maintaining a healthy diet also becomes extremely important. Besides multivitamins with folic acid, other vital nutrients include calcium and iron. Examples of suitable sources of calcium include tofu, almonds, and low-fat dairy products. Iron can be obtained from eggs, salmon, dried beans, and peas. It is also beneficial to include plenty of fruits, vegetables, and whole-grain breads in a well-rounded diet.

Reducing stress and getting plenty of sleep are perfect ways to keep the immune system at its best. Taking these steps can reduce complications and the likelihood of having a premature birth, which may prove to be harmful for the baby as well as the mother. Many expectant mothers find it helpful to talk to other mothers about any questions or concerns they may have. For more information, visit womenshealth.gov or your family physician.

~ Rida Khan, MHSWH Junior Board President

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**The Deal from Debbie**

A new volunteer year at Memorial Hermann Southwest Hospital is well underway and before you know it, a new calendar year will be facing us! Where has this year gone and why is it in such a rush? It’s great to see so many new faces around the hospital and of course, it’s always wonderful to have a lot of familiar faces returning to our volunteer family. With so many hospitals in Houston, I’m always fascinated by the reasons people have for volunteering at MHSWH. Some do so to fulfill a community service requirement. Others have a parent or grandparent who works here and they want to see a bit of what Mom or Dad’s day is like. Many hope to be doctors or nurses themselves one day. Lots of folks say they just want to help make our community a better place. But I think my favorite reason I’ve heard lately for choosing to volunteer at MHSWH is, “I was born at this hospital, so this is where I got my start!” Several of our volunteers can make this claim. Not only was Junior Board Social Director and long-time volunteer Vinh Ho born at MHSWH, but he is also one of our NICU graduates! Did you know that our hospital has Southwest Houston’s only Level 3 NICU? Caring for Houston’s tiniest babies, MHSWH gives families and their newborns a great start in life.

Speaking of which, I like to think that our volunteer department gives our wonderful volunteers a great start in choosing a career. Even if you ultimately don’t opt to enter the medical field, by volunteering in our hospital you get to be part of a team, you gain valuable experience interacting with others in a professional setting, and you get to experience the satisfaction of helping others during one of their greatest times of need. No matter what your reasons are for volunteering here or how long you have been with us, welcome! You all make an enormous contribution to the success of our hospital and your efforts are so appreciated. Thanks for helping to make Memorial Hermann Southwest Hospital the Best of the Best!

~ Debbie Varner, Volunteer Supervisor
For the Thanksgiving holiday, the MHSWH Junior Board wants to encourage all volunteers to develop a handmade greeting card along with a brief message to send to our brave men and women serving overseas in Afghanistan. We want to let them know that we are thinking of them and that we appreciate their courage. Deadline is November 14th. Art supplies are in the break room of the volunteer office. Please see Becki, Ruth or Debbie for more information.

Cards for Soldiers

Food Drive

GOT FOOD?
Make a Difference for Those Who Don’t

2010 MHSWH FOOD DRIVE

Thursday, November 18, 2010 from 9am—12pm

Gratefully Accepting Nonperishable Food Items or Checks Payable to ECHOS*
* Epiphany Community Health Outreach Services

New Toy Drive

Attention All Volunteers!

Memorial Hermann Southwest Hospital’s Junior Board is Sponsoring a New Toy Drive

Please bring in new, unwrapped toys any time from now through December 31st. The toys will be gifted to needy children in our ER and Pediatrics Units to help make their holiday season a little brighter.
Holiday Volunteer Office Closures

Mark Your Calendars!

The Volunteer Office will be closed during the upcoming holiday season on the following dates:

Thanksgiving - Thursday, November 25th & Friday, November 26th
Christmas - Saturday, December 25th
New Year’s Day - Saturday, January 1st

Fall Back!

MHSWH weekend volunteers “had a little time on their hands” for our biannual clock change effort during the weekend of November 7th. With the help of the following dedicated volunteers, more than 600 clocks were reset throughout the main hospital as well as the Heart & Vascular Institute:

Elmer Aguilera, Aala Al Hasan, Kayla Bustos, Paul Dunnand, Marissa Harrison, Merlin Herrera, Vinh Ho, Kristina Leong, Carla Marcia, and Sabrena Sheikh

Kudos Clock Crew! We Couldn’t Have Done It Without You!

Meghan’s Musings

Amazing music is hard to come by these days, especially if you only listen to the radio in which you’re really letting “mainstream” tell you what’s good and what’s not. If you’re looking for something besides that generic hubbub, try listening to Indie, Electronica, and Rock. Some of my favorite artists and songs include:

Vampire Weekend
- A Punk, I Stand Corrected, Giving Up the Gun, The Kids Don’t Stand A Chance

The Postal Service
- Brand New Colony, Clark Gable, Sleeping In, Nothing Better

Muse
- Undisclosed Desires, Plug In Baby, Hysteria, Time Is Running Out

The Strokes
- 12:51, Reptilia, Hard to Explain, Barely Legal, You Live Only Once

Crystal Castles
- Black Panther, Celestica, Doe Deer, Untrust Us

Mt. Eden Dubstep
- Sierra Leone, Still Alive

Mike Snow
- Animal (Punks Jump Up Remix), The Kids Don’t Stand A Chance Remix

It would’ve been a lot easier if I could burn a bunch of CD’s and attach one to every single junior volunteer newsletter. Alas, I have neither the time nor the patience. Enjoy!  ~ Meghan Tang, MHSWH Junior Board Vice President
In addition to volunteering, here’s what’s on my radar during the fall season:

Restaurants: Olive Garden, Cheesecake Factory, and Taco Cabana

Music Station: Houston’s Hot 95.7 KKHH

Places to Shop: Forever 21, Metro Place, and Pac Sun

Movies: Social Network, Red, Life as We Know It, Secretariat, and Jack*** 3-D (You know!)

Music: Like a G6 - Far East Movement; Just the Way You Are - Bruno Mars; Please Don’t Go - Mike Posner; Just a Dream - Nelly; Last Friday Night - Katy Perry

Sports: Go to a Texans, Rockets, U of H Cougars or Rice Owls game!

Concerts: Usher - Nov. 23rd and Bruno Mars - Nov 24th.

Around Town: It’s festival season. Try to check some of them out! The Korean Fest was fun!

TV: For the 1 or 2 of you who don’t know about Grey’s Anatomy, here’s my 2 cents. Grey’s Anatomy is a hospital drama that focuses on Meredith Grey, one of several third-year residents at Seattle Grace Hospital. The residents have a lot going on in their lives, struggling with personal relationships and professional challenges. Some say Grey’s is an awesome show, and some say that it is a stupid show about doctors who spend as much time together as they do with their patients. I think Grey’s Anatomy is an AWESOME show! I can watch it over and over without getting tired of it! There is never a dull moment at Seattle Grace (much like at MHSWH)! This show is very addictive and there is something different in each episode. ~ Anam Sherali, MHSWH Junior Board Publicity Liaison

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**A.N.A.M: All New, All up-to-the-Minute**

Down

1. One of the most fun things about winter is playing in the _ _ _ _.

2. They cover your hands and have a space for each finger. _ _ _ _ _ _

3. A snowman looks good with a _ _ _ _ on his head.

4. If you leave a drink outside in a snowy place, it may _ _ _ _ _ _ when you return.

5. A pair of _ _ _ _ _ _ _ keeps your hands nice and warm.

6. Wrap around the neck to keep the chill out. _ _ _ _ _ _

7. Snow _ _ _ _ keep the slush out and keep the feet warm.

8. In winter, the weather can get very _ _ _ _.

Across

4. Another word for jacket. _ _ _ _

6. Sometimes people go ice skating on _ _ _ _ _ _ ponds.

9. A sure sign of winter is smoke coming from a _ _ _ _ _ _.

10. When it's snowing, you should wear a _ _ _ _ _ _.

11. A knitted snow _ _ _ _ keeps your head warm.

12. In snowy places, people have to _ _ _ _ _ _ snow off of their sidewalks.

13. Sometimes in winter there is _ _ _ _ _ _ on windows.

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**Winter Cross Word**

Aala Al Hasan, MHSWH Junior Board Secretary