Volunteer Appreciation Party!

The Junior Volunteer Appreciation Party held on February 12, 2011 was a success! There were plenty of cupcakes for everyone, as well as chips, dips, drinks, and a bunch of other items to choose from (hey, what’s healthy stuff doing on the table?) In addition to lots of food and socializing, the day’s festivities included an ice breaker game, musical chairs, charades, taboo and an award ceremony at the end. The music was good, but we ran out of time for karaoke. There was great participation in our games and everyone had lots of fun. There were many laughs while playing and the volunteers were all really good sports despite Meghan’s “unfair tactics” in her attempt to win musical chairs (ha!) The guys’ team had a hard time at first coming up with charade topics for the girls’ team, but ultimately the guys won. The girls’ team thinks this point is debatable!

~ Vinh Ho, MHSWH Jr. Board Social Director
**MHSHW Career Corner**

**Name: Mark Cesta, Emergency Room Physician**

- When did you first become interested in your profession?
  - In 1996, when I saw the movie "And the Band Played On".
- What is your educational background?
  - I have a degree in Zoology, and I went to college for Broadcast Journalism.
- What is your typical day like?
  - Moments of pure adrenaline intersperses with pure boredom.
- What is your favorite part of the job?
  - To get a case that is interesting and difficult.
- What is your least favorite part of the job?
  - Patients that are weak and dizzy.
- What advice would you give to a high school student who is possibly considering your career path?
  - Volunteer and get good grades.
- What do you wish you knew years ago that you have now learned after all of your years of experience?
  - You have to have balance, leave yourself some down time, and don’t let people take that away from you.
- How long have you been with Memorial Hermann Southwest Hospital?
  - Two years.
- Any advice for our volunteers?
  - STUDY!

~ Anam Sherali, MHSHW Junior Board Publicity Liaison

**Name: Cherrie Jenkins, Licensed Vocational Nurse**

- When did you first become interested in your profession?
  - I became interested in this profession when I was in high school, about 34 years ago.
- What is your educational background?
  - After I finished high school, I got my license from St. Thomas College. My curriculum consisted of eight subjects.
- What is your typical day like?
  - There is no typical day for me. Every day is a different day with a different challenge depending on the patient’s status and ratio.
- What is your favorite part of the job?
  - I love interacting with patients and family members.
- What is your least favorite part of the job?
  - I don’t like it when I don’t have enough time with my patients.
- What advice would you give to a high school student who is possibly considering your career path?
  - Start volunteering at a hospital and try to get experience in a direct patient care environment. This will help you decide whether or not you like the experience. If you don’t, it might be a wise choice to choose another career path. Before choosing a career in the medical field, I also suggest that you ask the medical personnel you work with as many questions as possible.
- How long have you been with Memorial Hermann Southwest Hospital?
  - I have been with MHSHW for 29+ years and counting!

~Aala Al Hasan, MHSHW Junior Board Secretary
Have you ever had a patient or visitor approach you at MHSWH with a hesitant look on their face and asking the question, "Habla español?" In our wonderfully multicultural hospital, I get this question quite often. Even though my last Spanish class was quite a while back, it feels great to be able to converse a bit and hopefully help the hospital guest in their native language. With this in mind, here are some of the Spanish terms and phrases, along with their phonetic pronunciation, that I most frequently use in the hospital setting:

English: Building, Floor, Room, Bed, Elevators
Spanish: Edificio, Piso, Cuarto, Cama, Elevadoras (Eh-dee-FEE-see-oh, PEE-soh, KWAHR-toh, KAH-mah, Ele-vah-DORAS)

English: Pain, Doctor, Nurse
Spanish: Dolor, Médico, Enfermera (Doh-LOHR, MEH-dee-koh, En-fehr-MEH-rah)

English: What is the patient’s last name?
Spanish: Que es el apellido del paciente? (Kay es el ah-peh-YEE-doh del pah-SEE-en-tay?)

English: Do you feel sick? Do you have pain?
Spanish: Se siente enfermo? Tiene un dolor? (Say see-EN-tay en-FEHR-moh? Tee-EH-nay oon doh-LOHR?)

English: Do you need to go to the Emergency Room?
Spanish: Necesita ir a la Emergencia? (Neh-say-SEE-tah eer ah lah ay-mehr-HEN-see-ah?)

English: Come with me, please.
Spanish: Venga conmigo, por favor. (VAYN-gah cohn-MEE-go, por fah-VOR.)

English: Go down this hall.
Spanish: Va abajo de este pasillo. (Vah ah-BAH-ho day ES-tay pah-SEE-yo.)

English: Go to the left.
Spanish: Va a la izquierda. (Vah ah lah iz-KEE-ehr-dah.)

English: Go to the right.
Spanish: Va a la derecha. (Vah ah lah deh-RAY-chah.)

English: Can you write it down for me, please?
Spanish: Me lo podría escribir, por favor? (May loh po-DREE-ah es-cri-BEER, por fah-VOR?)

In giving directions to our guests, it is also very helpful to learn the numbers from 0—10 in Spanish. With a little practice and in no time at all, you will soon feel confident in your ability to help even more people at MHSWH! I truly believe that our Spanish-speaking patients and visitors appreciate all of our efforts.

Speaking of appreciation, did you know that April 10th - April 16th is Volunteer Appreciation Week? No matter which language you say it in, we just can't say it enough -- thank you volunteers! With busy work and school schedules, it isn't always easy to carve out time in our jam-packed lives to volunteer. Yet day after day, week after week, and year after year, our volunteers manage to do it! You show up, you help, and you make a difference. I am continuously amazed by our volunteers' endless capacity for caring. I am honored to work alongside you and I am privileged to call you my friends. From the bottom of our hearts, Becki, Ruth and I are deeply grateful. Muchas gracias! ~ Debbie Varner, Volunteer Supervisor
Feature Story: World TB Day
By Rida Khan, MHSWH Junior Board President

World TB Day is just around the corner! By making a special effort to raise awareness for this infectious disease every year on March 24th, we commemorate the day in 1882 when Dr. Robert Koch announced he had found the cause of Tuberculosis. Dr. Koch’s discovery has led us to a time when we are successfully able to treat the disease through the use of antibiotics.

The disease, caused by a bacterium called Mycobacterium Tuberculosis, was once the leading cause of deaths in America. Though it was somewhat contained, more and more cases started occurring in 1985. According to the Mayo Clinic, the virus known as HIV may be partly to blame. People infected with HIV have weakened immune systems. This means they become more susceptible to other diseases, including TB, and have a harder time fighting them off. In most cases, TB affects the lungs, but other organs that may be affected include the kidneys and the brain. Symptoms include a cough lasting over three weeks, chest pain, chills, fever, and fatigue.

Even if the bacteria does reside in a person’s body, that person may not actually have an active form of the disease. If it is simply a latent TB Infection, the carrier may not end up getting sick at all. Additionally, they will be less likely to spread the bacteria. The trickiest part of the bacteria is that they are able to become resistant quickly to the drugs used to treat them. To counter this characteristic, doctors tend to prescribe numerous medications of different kinds at the same time that must be taken for at least a few months.

As volunteers, we all know that the Tuberculin Skin Test is the best way to find out whether or not you have been exposed to the bacteria. Under normal circumstances, your immune system can fight off the bacteria without a hitch. However, if you get sick, the germs pounce at the chance to weaken your body. Don’t forget to update your TB Test annually on your birthday and urge your friends and family to get tested too. Awareness is the best first step in leading a long and healthy life.

Handmade Valentine’s Cards for Patients

For Valentine’s Day, Memorial Hermann Southwest Hospital’s Junior Volunteers Developed Beautiful, Hand-Made Greeting Cards that were Given to our Patients the Weekend Before Valentine’s Day to Let Them Know that We’re Thinking of Them and How Much We Care.

Thank You Volunteers!
Celebrate Our Volunteers’ Achievements

The Following Volunteers were Recognized During the Junior Volunteer Appreciation Party Held on February 12, 2011 for Having Completed the Milestone of 100 Hours or More of Volunteer Service at Memorial Hermann Southwest Hospital:

<table>
<thead>
<tr>
<th>Name</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Aala Al Hasan</td>
<td>200 Hours</td>
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<tr>
<td>Abitha Babu</td>
<td>250 Hours</td>
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<tr>
<td>Eseigenete Biresas</td>
<td>600 Hours</td>
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<tr>
<td>Kayla Bustos</td>
<td>200 Hours</td>
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<tr>
<td>Paul Dunnand</td>
<td>225 Hours</td>
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<tr>
<td>Marissa Harrison</td>
<td>100 Hours</td>
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<tr>
<td>Vinh Ho</td>
<td>400 Hours</td>
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<tr>
<td>Jismol Joseph</td>
<td>150 Hours</td>
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<tr>
<td>Rida Khan</td>
<td>600 Hours</td>
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<tr>
<td>Kristina Leong</td>
<td>100 Hours</td>
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<tr>
<td>Macy Lopez</td>
<td>100 Hours</td>
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<tr>
<td>Thuy Ly</td>
<td>150 Hours</td>
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<tr>
<td>Silvia Meza</td>
<td>150 Hours</td>
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<tr>
<td>Stacy Nguy</td>
<td>200 Hours</td>
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<tr>
<td>Anam Sherali</td>
<td>775 Hours</td>
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<tr>
<td>Meghan Tang</td>
<td>225 Hours</td>
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<tr>
<td>Katie Truong</td>
<td>350 Hours</td>
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<tr>
<td>Viet Van</td>
<td>150 Hours</td>
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Great Work Volunteers!

Paul Dunnand was Recognized During February 12th’s Appreciation Party as the Most Outstanding New Junior Volunteer for 2010 – 2011. Thanks So Much, Paul for All of Your Efforts!

Justin McCormick Recently Got Caught Caring by Telemetry Staff Member Heather Carmen. Way to Go, Justin! Keep Up the Great Work!

Volunteer Appreciation Week is April 10th—16th. Many Thanks to All of Our Volunteers for the Many Good Deeds Our Volunteers Do!
A.N.A.M:  All New, All Music

Here are some songs volunteers have been seen rocking out to recently:

- Hold It Against Me - Britney Spears
- Grenade - Bruno Mars
- Never Say Never - Justin Bieber, Featuring Jayden Smith
- Stole My Heart - Little and Ashley
- E.T. - Katy Perry
- Born This Way - Lady Gaga
- We R Who We R - Ke$ha
- The Time (Dirty Bit) - The Black Eyed Peas
- Forget You - Cee Lo Green

If you have any suggestions, let us know and your favorite tune could be featured on this list next time!  ~ Anam Sherali, MHSWH Junior Board Publicity Liaison

Meghan’s Musings

Spring Break is finally just around the corner!  It's time to get up and get going after studying for mega long hours and to spend some quality time with your family and friends. Get out into the sun and have some fun! Have a picnic, play a sport with friends, or go camping! Enjoy it while you can, because right when you get back it'll soon be time to study for finals and AP tests. Scary, I know. Also coming up during the month of March is Saint Patrick's Day — a day of wearing green, shamrocks, leprechauns, and general overconsumption. The history of this day starts with a British priest, St. Patrick, who went to Ireland to Christianize the Irish from their native polytheism. Irish folklore tells us that one of his teaching methods included using the shamrock to explain the Christian doctrine of the Trinity to the Irish people. Originally, the color associated with Saint Patrick was blue (who knew?!) Over the years, the color green and its association with Saint Patrick’s Day grew. Enough with the history lessons! Here are some April Fool's pranks you can try out to help cure your spring fever:

- Do the Splits:  Find a scrap of cloth. Place a dollar on the floor and stay nearby. When the victim comes by and bends down to pick up the dollar, rip the cloth loudly. Most people will reach back to see if they ripped their pants!

- Forgetful: Tape magnets to the bottom of an empty coffee cup, and attach the cup to the top of your car. Laugh at all the people who frantically try to get your attention as you drive by!

- Early Bird: Set the victim’s alarm clock for the middle of the night and hide it somewhere in the room where they will have to get up and scramble around to turn it off. This works even better if you sneak in after they go to sleep and unscrew the light bulb in their lamp. Then they’ll have to search for the clock in the dark!

- While You Were Out: Leave a phone message for the victim saying that a “Mr. Lyon” or a “Mr. Behr” called and wants to be called back immediately. Then, leave the phone number of the local zoo!

- Tidal Wave: Take about 20 (or more) paper or plastic cups, place them on the victim’s desk and fill them with water. Then, take a stapler and staple the cups all together. You can also put the cups on the floor blocking their door, or just about anywhere!

~ Meghan Tang, MHSWH Junior Board Vice President