Meet the 2011-2012 Junior Board Officers

President:
My name is Rida Khan and I am Memorial Hermann Southwest Hospital’s 2011-2012 Junior Volunteer Board President. I am a sophomore at the University of Houston and I am majoring in Biology major at U of H. This year, I will be serving as President on the Junior Volunteer Board. I served as Junior Board Secretary last year. I have been volunteering at MHSWH for about 3 years and work primarily on the patient care floors. In my spare time I like to watch T.V. and hang out with friends. I look forward to another great year on the Junior Board.

Vice President:
My name is Aala Al Hasan and I am a freshman Biology major at U of H. This year, I will be serving as Vice President on the Junior Volunteer Board. I served as Junior Board Secretary last year. I have been volunteering at MHSWH for about 3 years and work primarily on the patient care floors. In my spare time I like to watch T.V. and hang out with friends. I look forward to another great year on the Junior Board.

Secretary:
My name is Syed Anjum and this is my first year serving on the Junior Auxiliary Board as Secretary. I graduated from Kempner High School in 2008, where I played baseball and was first introduced to MHSWH. As part of my school’s health science program, I shadowed doctors and observed cardiac procedures in the Heart & Vascular Institute. I loved the staff and how helpful the volunteer department had been to our class, so I decided to become a volunteer after graduating. I’ve been volunteering at MHSWH for about 2.5 years and have never second guessed this decision. I look forward to a wonderful and productive year serving on the Junior Board.

Treasurer:
My name is Paul Dunnand and I am pleased to serve as the 2011–2012 Junior Board Treasurer. I have been volunteering at MHSWH for a little over a year now and have enjoyed the experience very much. It is personally rewarding to be able to assist people in need of help, and I enjoy working with the staff and other volunteers. I am currently a senior at Elsik High School and plan to pursue a career in nursing.

Social Director:
My name is Vinh Ho and I am the Social Director for the 2011-2012 Junior Board. I am a freshman enrolled at the University of Houston, and I am majoring in Chemistry and Physics. I’m currently studying to become a physician, and have been volunteering at MHSWH for 3 years. I like to watch T.V., hang out with friends, and tutor in my spare time. I look forward to another great year with the Junior Board!

Publicity Liaison:
My name is Anam Sherali and I am back as your Publicity and Photography Liaison! I am a sophomore at the University of Houston. I am a sophomore at the University of Houston. I started volunteering at MHSWH almost 3 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!
Seen, Heard, Noted, Quoted at MHSWH

Food Drive Benefitting Epiphany Community Health Outreach Services

Date: Thurs., November 17th, 9a.m. - noon

Gratefully Accepting Non-Perishable Food Items in the Volunteer Office or Checks Made Payable to ECHOS

thanks thanks thanks thanks thanks thanks thanks thanks thanks thanks

Many Thanks Are Sent To The Following Hard-Working Volunteers Who Made Time To Help Us “Fall Back” With Our Reset of Patient Room Clocks During the Weekend Of November 6, 2011

Annabel Fuller, Ayodh Patel, Justin Shum, and Brian Vispo

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.

“Looking For A Great Place To Work Out? Check Out The Wellness Center. I Think It’s The Best Gym In Town.”
~ Debbie Varner

“You (our volunteers) have collectively embraced my vision for this hospital’s future and the community has begun to take notice of the great strides we have made together.”
~ George Gaston, MHSWH CEO

“Need A Holiday Or Seasonal Treasure For That Special Someone? Come By Our Gift Shop. You’re Sure To Find Just The Right Item For Just About Everybody On Your List.”
~ Fan Gerould
It’s that time of year where the changing weather patterns cause us to shift some of our recreational time from the outdoors to the indoors. Inevitably, as we move closer to the holiday season, we also approach cold and flu season. I want to encourage all volunteers to get a jump on their health-related New Year’s resolutions by getting a flu shot if you have not already done so. In support of our commitment to minimize the transmission of the flu virus, flu shots are mandatory for all employees, partners, and volunteers of MHSWH. Volunteers who cannot or choose not to receive the flu shot must wear masks at the hospital from December 1, 2011 - March 31, 2012.

I am so excited to kick off the third year of our online publication, “Volunteers’ Gazette”. Memorial Hermann Southwest Hospital’s Junior Board works very hard on this group effort, and we are proud of the finished product. Speaking of the Junior Board, I couldn’t be more pleased by the outstanding young men and women profiled on the cover page. I am blown away by their accomplishments. Sure, their basic stats are given on page 1, but here’s what I know about the officers that they are too modest to tell you:

**Rida Khan** participated in Duke University’s prestigious and demanding pre-medical internship program this past June and July.

**Aala Al Hasan** practically achieved hero status with our in-hospital pharmacy by rearranging her schedule one day last June when the automated medication delivery system unexpectedly went down for repair. Aala spent many, many hours hand-carrying medications to various nursing stations throughout the hospital.

**Syed Anjum** is one of MHSWH’s most frequently-complimented volunteers for his exceptional politeness and professionalism. Owing to his extraordinary dedication and dependability, he has recently taken on the challenging role of scribe in the ER.

**Vinh Ho** has not only served as one of MHSWH’s most outstanding volunteers during the past three years, but he is also an Eagle Scout, tutors his peers in Calculus, and donates his time to numerous city-wide charitable events and activities.

**Anam Sherali** has logged almost 1,000 hours of volunteer service in MHSWH’s Emergency Services Department during the past 3 years. The staff in the ER forgets that she is not an employee!

**Paul Dunnand** is not only one of MHSWH’s most adaptable 5th floor and CPD volunteers, he also finds the time to be a stand-out performer in his high school’s theater arts program.

All of our officers are fluent or conversant in at least two languages. Two of our Junior Board officers were born in this hospital. How great is that?! If we’re really lucky, some of these future health-care professionals might just return one day as staff members. Clearly, MHSWH is where the coolest kids (of all ages) can be found!

As always, thank you volunteers for helping us strive for our never-ending quest of being southwest Houston’s hospital of choice. You are all uniquely talented and valuable to MHSWH. I believe the caliber and commitment of our volunteers keeps getting better and better. We couldn’t be the **Best of the Best** without you!

~ Debbie Varner, Volunteer Supervisor
Playing sports and incorporating exercise into our lives are extremely salubrious for our bodies. In other words (and for those who are also into brain fitness!), they are both super healthy habits. When you play sports, you are indirectly working out, burning calories, and losing weight along the way. It’s a fun way to exercise not only the muscles in your arms, legs, and thighs, but also your heart.

Unfortunately, injuries can be major unintended consequences that often result if you neglect an important precautionary step such as warming up before engaging in sports and other strenuous physical activities. Often, when a person starts their work out or physical activity, they are eager to jump right into it without giving their muscles sufficient time to prepare. When you study for an exam, you must give your brain an adequate amount of time to prepare in order to be successful. Likewise, when getting ready to participate in a sport or other physical activity, you must give your muscles enough time to prepare if you want maximum results. Warming up is one of the most important things you can do before your work out to prevent possible injuries. According to Kidshealth.com, it’s best to start out with light cardiovascular warm ups such as jumping jacks, jogging, or even brisk walking, just to get the blood flowing into your muscles and to provide warmth and oxygen.

Follow your brief warm up with some stretches. Stretching is highly recommended immediately after warming up because it allows your tissues to become more flexible and elastic. Also, stretching again is a great way to cool down after your activity. Another important tip is to incorporate physical activity into your schedule on a consistent basis in order to build up endurance and stamina. If you don’t use your muscles consistently, you will experience burnout and fatigue far more often. Engaging in sports or exercise once every other week will not benefit your body nearly as much as trying to exercise 3 - 4 times per week. Even 15 - 20 minute sessions will produce great results. You will become better conditioned, keep yourself in better shape, and reduce your chances of injury.

Keep in mind, it is critical that you don’t overdo it. Sudden increases in duration, frequency, or intensity may lead to better performance at first, but if held at constant levels before your body is used to it, you may end up cramping up your muscles. Ease into your sports program or exercise routine for the safest and healthiest results. With that said, the best time to play sports and to start an exercise program is now. You'll lower your chances of developing many serious health conditions such as high blood pressure, diabetes, and heart disease. Also, you'll look and feel great!

~ Syed Anjum, MHSWH Junior Board Secretary
Healthy Living Tips

Need tips on how to stay healthy throughout the fall and winter? Well, here are some ideas:

- Need something to snack on? Try munching on fruits or vegetables instead of junk foods. Some of the delicious fruits and vegetables now in season are: Sweet Potatoes, Broccoli, Mushrooms, Pumpkins, Pears, Oranges, Pomegranates, Cranberries and Papayas. If you can’t find your favorite fresh at this time of year...try frozen!
- Trying to eat healthy? Load up on whole grains and high fiber products.
- Trying to cut back on soda? Carry a water bottle.
- Want to stay away from the flu? Get your flu shot.
- Want to engage in outdoor activities? Check out www.discoverygreen.com. They have something posted every day.

Hope you enjoyed my tips and plan to use them to stay healthy!

~ Anam Sherali, MHSWH Junior Board Publicity Liaison

Zumba

If you are like me, you could be wondering what the Zumba craze is all about. For those who don’t know, Zumba is a mix between Latin dancing and exercise, incorporating Latin rhythms and music. It is currently much more popular with women than men, but more and more guys seem to be joining in. A typical session or class lasts for an hour and consists of fast-paced dance movements. The average Zumba class can allow you to burn over 400 calories per hour, but some classes are intense enough to burn up to 1,000 calories. This type of workout/dance began in South America around the 1990’s, but has recently become especially popular among people in the U.S.A. and many other countries across the world. Popularity has increased enough so that people who don’t have time to check out these lessons in person can still easily participate thanks to video games such as “Zumba Fitness,” available for many video game consoles, or on DVD. If you want to lose weight and stay toned, or if you want to have fun dancing while burning huge amounts of calories, Zumba is the workout for you. For those of you who want to participate free of charge and have the time, you can drive out to the Discovery Green as I recently did, where they frequently offer public lessons for Zumba. This exercise is family friendly, and you can even make new friends along the way. Check out Zumba...you'll be glad you did.

~ Vinh Ho, MHSWH Junior Board Social Director
Health Habits Word Scramble

Some are great for you, for others moderation is key, and some you can do without. See how quickly you can unscramble and categorize these words:

Sereixec   Vopetisi tidtutae

Gnmkosi   Setsrs

Alneatioxr   Igtewh

Rlsoselctheo   Epasel

Tsaearudt tfsa   Oipltuoln

Hagurtel   Wtsese

Mark Your Calendars!
The Volunteer Office will be closed during the upcoming holiday season on the following dates:

Thanksgiving - Thursday, November 24th
Christmas - Sunday, December 25th
New Year’s Day - Sunday, January 1st