Spring Bake Sale!

Cookies, Cupcakes, or CheeseCake Anyone?

Anam Sherali, Paul Dunnand, Vinh Ho, Aala Al Hasan and Rida Khan

The Cookie Crew

Paul Dunnand Mans the Cart

Syed Anjum & Rida Khan at the Booth Near the Gift Shop

Raising Funds for the NICU
Feature Story: Preventing Cancer

A diagnosis of cancer is one of the last things anyone wants to receive from a physician, but unfortunately, thousands of individuals are diagnosed every day. Although there is no guaranteed cure for cancer, we can all still take precautionary and preventative measures to reduce our risk for developing this illness. According to the Mayo Clinic, there are six easy ways you can lower your risk of developing cancer.

**Protection from the Sun** — This can be done by applying sunscreen, staying in the shade, avoiding tanning beds, and wearing clothing that covers your body. This will lower your risk for skin cancer, which is one of the most common types of cancer.

**Getting Vaccinated** — Certain viruses are known to increase the risks of developing cancer such as Hepatitis B and Human Papilloma Virus (HPV). Studies have shown that the more often you get sick early on, the greater your risks are for developing cancer at an older age.

**Don’t Smoke** — The use of tobacco is strongly correlated with developing lung cancer.

**Eating Healthy** — Limit alcohol consumption, eat plenty of fruits, vegetables, & whole grains, and limit fat intake.

**Exercising** — Just by staying in shape you can significantly reduce your risk of cancer of the prostate, breast, colon, lung, and kidney.

**Regular Check Ups** — Make an appointment with your doctor to communicate your risk factors and get regular check ups. The chances of eliminating cancer are much greater when it is detected early.

~ Syed Anjum, Junior Board Secretary
Is there anything better than that “end of the school year and start of the summer feeling”? It just never gets old! With the end of spring, another “volunteer year” also comes to a close, so now is a good time to look back on Volunteer Year 2011-2012 and all that we accomplished. The Junior Board kicked their year off last fall with a brain-storming session on the planned content for our four newsletters - Volunteers’ Gazette. We hope that each issue has been informative and entertaining. As you may have guessed, we try to keep the main focus of the newsletter on MHSWH, health, fitness, safety, wellness and of course, volunteering.

Last fall, the Junior Board sponsored a highly successful New Toy Drive and we had a ball delivering Teddy Bears to the ER, NICU, and many new moms on Christmas Eve. New Year 2012 got off to a fun start with our annual “Valentine Cards for Patients Project”, and we continued the spirit of giving with our “Children’s Book Drive” in the spring. Many, many thanks to all who showed their support by generously donating their time and resources.

By far, my favorite volunteer activity this past year was the Junior Board’s wildly popular, super successful $1.00 Bake Sale. This 2-day fundraiser last March provided a great opportunity for some of our multitalented and multitasking volunteers to showcase their baking skills for a good cause. “Blue Ribbons” go out to Syed Anjum for his scrumptious cookie creations and to Vinh Ho whose Blackberry Cheesecake was the star of the show. Well done guys! All money raised at the Bake Sale was donated to MHSWH’s Neonatal Intensive Care Unit to help offset the cost of preemie massage certification classes for three NICU nurses. This valuable training enables our nurses to soothe and safely stimulate the reflexes of our tiniest, most fragile patients. Once certified, the nurses will then be able to teach their coworkers and new parents how to perform these important functions as well. I want to give a special shout-out to Becki Baird, Ruth Conner, Alberta Rogers, Casey Nguyen, Huy Nguyen, and the Varner Family for their immense support of the Bake Sale. To the Junior Board Officers -- Aala, Anam, Paul, Rida, Syed and Vinh-- you are all remarkable and we couldn’t have done it without you. Your baking expertise and sales efforts, not to mention your dedication and perseverance, are second to none.

All of our volunteers are appreciated more than you may ever know, but as we wrap up this volunteer year and start a new one, I especially want to commend Junior Volunteers Annabel Fuller, Ayodh Patel, Justin Shum and Chama Tekrouri for their exceptional dependability. Each of you is a role model who sets the standard for MHSWH’s Junior Volunteer program. You should all be proud of the work you have done - I know I am. Thanks to Memorial Hermann Southwest Hospital’s wonderful volunteers and their extraordinary level of commitment, I think this has been our most enjoyable and productive year yet!

~ Debbie Varner, Volunteer Supervisor

A Wise Person Once Said:
Paul Revere Was a Silversmith By Trade...But He Is Remembered For His Volunteer Service!

HAPPY 4TH OF JULY!!!
In honor of the many young men and women that dedicate their time, talents and efforts for Memorial Hermann Southwest Hospital, the Junior Board recently hosted their Annual Junior Volunteer Appreciation Party. It was held on Saturday, May 19th, 2012. There was cake, music, games, and most importantly fun! This was a great opportunity for everyone to socialize, get to know each other better, and meet new and interesting, like-minded individuals. We played a couple of intense rounds of musical chairs, taboo, and charades. Who won? Who cares! We all did really.

Everyone’s favorite Weekend Volunteer Coordinator, Debbie, handed out special certificates to everyone with a record of hours volunteered thus far, and the numbers were impressive! I would like to give a special shout-out to Marissa Harrison for helping us set up and decorate prior to the party.

Thank you to all of the volunteers! We appreciate all of your fervor. If you are a Junior Volunteer that was not able to attend, fear not. Our appreciation for all of the Junior Volunteers has no bounds! We plan on having a bigger and better (if it’s even possible) party next year. See you there!

~ Rida Khan, Junior Board President
1. Tell us about yourself.
   My name is Eseigenete Biresaw and I am currently a junior at the University of Houston - Main Campus and my major is Nutrition. I also work at the Cosmos Foundation in the finance department.

2. What extracurricular activities have you participated in?
   In high school I played volleyball, but for now I am just focusing on doing well in school and working.

3. What are your ultimate career goals?
   My ultimate career goal is to become a registered dietician. I want to help people become healthier through advising them about eating better foods.

4. What experiences have you had while volunteering at MHSWH?
   During the four years I’ve volunteered at MHSWH, I’ve had good experiences. I’ve volunteered on several different patient care floors, in CPD, at the Information Desk, and in the Volunteer Office.

5. How did you become interested in volunteering at MHSWH?
   I knew I ultimately wanted to work in the health field and I thought it would be a good experience. I also like helping people, so I knew this would be a good place to volunteer.

6. What do you feel is your greatest strength and your greatest weakness?
   My greatest strength is that I’m a hard worker, but my greatest weakness is that I procrastinate a lot.

7. Who in your life has most influenced you?
   My grandma has influenced me the most. She has always been there to encourage and advise me on everything.

8. What do you enjoy doing in your free time?
   In my free time I just like to relax and watch T.V., but I also have fun hanging out with friends.

9. If you could do one thing differently, what would it be?
   If I could do one thing differently, I would participate more in class. It can benefit you if professors see that you’re eager to learn and see that you’re trying your best.

10. What is your happiest memory?
    My happiest memory was just being young and not having to worry about any responsibilities— but I am a very responsible person.

11. What advice would you give to new volunteers?
    My advice to new volunteers is to work hard and keep a positive attitude.
Vegan “Hummus-Dillas”

**Ingredients:**
Hummus (Store Bought or Homemade)
Whole Wheat Tortillas
Black Beans
Picante Salsa
Guacamole (Avocado, Tomatoes, Cilantro, Lemon, etc.)
Onions

**Instructions:**
Spread a thin layer of hummus and salsa on two tortillas. Sprinkle black beans and onions on one tortilla, and put the tortillas together. Heat skillet to 350 degrees F. Place sandwiched tortilla on skillet (with no butter or oil!) and let it sit until crisp, and then flip over for the other side. After both sides are toasted, place onto a plate. Cut into triangles and top with guacamole. Bon appétit!

This is one of my favorite recipes. It’s quick, easy, nutritious and delicious! Quesadillas around the world will be replaced with Hummus-Dillas! Hope you enjoy the toasty, smooth taste!

~ Anam Sherali, MHSWH Junior Board Publicity Liaison

Green Your Cleaning Routine

A HEALTHIER PLANET LEADS TO A HEALTHIER YOU...SO WHY NOT GO GREEN THE NEXT TIME YOU CLEAN? HERE’S HOW:

**BAKING SODA AND VINEGAR**
Great for removing soap film from the tub or shower walls, cleaning tile grout, and even unclogging a slow drain.

**LEMON JUICE**
Great for cleaning windows, glass shower doors, and removing hard-water residue.

**KETCHUP**
Great for cleaning tarnished brass.

**COLA**
Great for cleaning the backyard grill with a ballied-up piece of aluminum foil.

**OLIVE OIL**
Great for polishing furniture and removing bugs & road grime from your vehicle’s grill.

**PEANUT BUTTER**
Great for removing sticky price tags and gum from most surfaces.

**TOOTH PASTE**
Great for removing crayon marks on walls and tile floors.

**SHAVING CREAM**
Great for removing a multitude of mystery stains from upholstery or carpeting.

**WHITE VINEGAR OR COFFEE GROUNDS**
Great for freshening the air without leaving it smelling "perfumy". Just place in a glass dish and set out on counter or shelf.

**SALT AND BAKING SODA**
Great for cleaning tarnished silver. Just place a piece of aluminum foil at the bottom of a pan. Add hot water and equal parts of salt and baking soda. Let the silver soak on top of the foil while you do something much more fun than housework!

~ Debbie Varner, Volunteer Supervisor