

# Monthly Newsletter

## March Issue



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Hey there VHIO!

Hope your semester is going well and that you're all acing your way through those midterms. Spring Break is here and we had lots of exciting events this past month, as well as even more exciting events coming up for you all!

Hope you all enjoy this week off, and see you all soon!

-VHIO



Volunteers at Hypertension Sunday 2/24

### Officer Updates

The third spring workshop will be coming up on April 27 (Sat) from time and location TBA! Please be reminded that the workshop is MANDATORY, so come join us for some fun bonding and review! Can't wait to see you all! :D We will be having a guest speaker, UCSF professor Anna Napoles! Also, there will be a social right after the workshop, so remember to stick around for food and more fun!

- Shannen Poon & Minhtam Trinh

The San Francisco Hepatitis B Collaborative (with whom we conduct the Chinatown hepatitis clinics) will be hosting a mobile clinic on April 6th from 10am to 2pm at Vietnamese Community Center on 766 Geary St, San Francisco. Stay tuned for an email to sign up--they will need Chinese and Vietnamese interpreters.

- Edna Cheung

All VHIO volunteers will have nametags to wear when volunteering! They will have your name and language(s) you interpret for. Please ask your language department coordinator about inputting your information on a spreadsheet for your nametag.

- Edna Cheung

The American Liver Foundation is hosting an event at the Wa Sung Community Center in Oakland. Volunteers will interpret at this event for the Berkeley Free Clinic Screening station and the Hep B patient education booth. Volunteers will also help provide directions from the tables to the Berkeley Free Clinic mobile unit. We are looking for a few more Cantonese volunteers. Event will be on Sunday, March 31 from 8:30am to 11:30am!

-Tiffany Wu

The Vietnamese group will give a health presentation on menopause at the next monthly Walking Club on April 14th! In other news, we have also been collaborating with the Korean group to lead the next social event on March 16th after our second Workshop. Be prepared to eat delicious food and play a very popular Vietnamese game!  
- Kristine Phung

## Upcoming Events

Saturday 4/6: Mobile Clinic  
Sunday 4/14: Vietnamese Walking Club  
Saturday 4/27: 3<sup>rd</sup> Mandatory Workshop  
Sunday 5/31: Wa Sung Community Center Event

## Alumni Spotlight: Tessa Chu

Dear VHIO family members,

Happy New Year! For those who don't know me, my name is Tessa Chu and I volunteered alongside Kenny and Yingchao at CPHC as a Mandarin interpreter starting in my junior year, in 2010. In addition to volunteering with VHIO, I was a part of PILLS (the Pre-Pharmacy club on campus) and SASE (Society of Asian Scientists and Engineers, a group I founded).

After graduating in May of last year with a BS in Chemistry, I took a three-month-long backpacking trip to Southeast Asia. It was after traveling that I realized that I wanted to work abroad and furthermore gain experience outside of health, so I accepted a job offer in the marketing department at an LED technology company in Taiwan. It has proved to be very challenging, but Berkeley prepares us somewhat for life in the real world, as I often commiserated to my friends after waking from an intense study session nap.

Now in Taiwan, I often draw on skills gleaned through volunteering, including how to communicate with people and how to think on my feet. (A lot of times it involves learning how to convince people to teach me stuff I don't know). I am also extremely grateful to my VHIO experience for the people I met and became friends with! You guys were such great mentors, and made a tremendous impact on the way I think, as well as the way I wish to lead my professional and personal life.

I remember in my busiest days in Berkeley when the internet provided a substitute for real-life interactions -- and then a Saturday would come by and I'd be sitting in someone's car gazing at the water underneath the Bay Bridge on the way to Chinatown. Spending time with people at the clinic, talking with UCSF volunteers or patients, always helped to put everything into bigger perspective. It showed me that my language skills could be of practical importance to someone else. So if there's one message about college worth internalizing, it's that it's worth it to spend time with other people, aka your friends -- not just in VHIO, this champion of culturally-competent healthcare, but your friends everywhere. It feels good to care, and the friends you make now will be the friends you keep for a long time.

I love emails, so if you ever want to send me one, please do!

All my best,  
Tessa  
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