

Monthly Newsletter

October Issue



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Hey there VHIO!

Hope your semester is getting to a great start, and hope that you're all excited for the many upcoming events we have in store for you! Our first mandatory workshop (for returning volunteers) is coming up next week, followed by our first social of the year too! Come by to meet new people and have fun with VHIO!

Good luck on midterms and see you all soon!



Officer Updates

October CPHC Clinic Location: Chinatown Public Health Center in San Francisco Date: Saturday, 10/13/12 Time: 8am-1pm. Come volunteer at our monthly Hep B clinic. We need volunteers who can speak Cantonese, Mandarin, Vietnamese or Korean. Look out for our sign-up sheet at the beginning of each month and sign up ASAP. (Priority given based on language needs and when you signed up!) We look forward to working with you :)

-Jennifer Xu and Betty Liang

T-Shirts: Our second batch of t-shirts have been ordered and should arrive by Oct 8th so I'll be sure to bring them to DeCal for those who still need one. :)

- Kathy Doan

The Chinese Bone Fair is happening on Saturday (11/3) needs volunteers to help with the screening. They will be providing training (most likely online) sometime in mid October. Cantonese speaking volunteers are preferred. We need Cantonese volunteers to help teach classes on breast/cervical cancer. The classes are scheduled for Dec 11 (8:45 and 2:45) and Dec 13 (8:45 and 2:45).

- Tiffany Wu

CEI: I'll be meeting with the directors at Center of Elders Independence (CEI) to discuss how we can volunteer for their program. We are looking for Mandarin, Cantonese, Korean, Vietnamese, and Spanish volunteers on weekdays to help interpret in clinics and interact with elders. More details to come in the future! Good luck with the 1st round of midterms everyone! :)

- Jihwan Yu

The first Decal midterm will take place on Oct 17th (Wed) from 6-8pm! After passing this midterm, volunteers can start volunteering in events!

-Shannen Poon

The first workshop will be on Oct 13 (Sat) from 10am-12pm in 110 Barrows. It's mandatory for old members, and optional for new members, but new members are encouraged to go to mingle with the returning members :) Only volunteers who go to the CPHC clinic are excused from this workshop. We will have games and a short presentation on interpreting skills ready for you all. Best of all, there are prizes for the winning team in the games!

- Shannen Poon

Chinatown Health Fair: Saturday 10/6 10am-3pm; Cantonese and Mandarin; This is a big annual event that serves a lot of patients. VHIO volunteers have the opportunity to administer an Alzheimer's screening test, as well as help to interpret for other events such as screening for blood pressure, cholesterol, dementia, diabetes, and flu shot

- Edna Cheung

2nd Annual Korean Cancer Conference

Check out these articles on the event! http://www.koreadaily.com/news/read.asp?art_id=1480949

<http://sf.koreatimes.com/article/750655>

- Angela Chen

Saturday 10/6: Chinatown Health Fair 10am-3pm
Saturday 10/13: CPHC October Clinic 8am-1pm
Saturday 10/13: First Mandatory Workshop 10am-12pm
Wednesday 10/17: First DeCal Midterm
Saturday 11/3: Chinese Bone Fair

Upcoming Events

Alumni Spotlight: Sofia

Hello VHIO members!

My name is Sofia, a former education co-coordinator at VHIO. Some of you might have seen me since I'm still around volunteering with VHIO ☺. I studied MCB during my undergraduate years at Cal, and now I'm a researcher at UCSF. I joined VHIO (formerly SFHBC) as a sophomore in 2008—time flies, can't believe it's been four years since my first volunteer experience with this amazing organization!

Participation in VHIO provides me with a channel to use my multicultural background to make a direct health impact on the community. Besides interpretation, I also enjoy facilitating patient-physician relationships by bridging cultural gaps and responding patients' concerns. It was rewarding to realize how simple yet sincere messages could encourage high-risk patients to receive hepatitis B vaccines, ease their anxiety in the waiting area, and even change their attitudes toward medical workers. In my term as an education co-coordinator, I worked with Tiffany Sham to organize trainings and workshops, and we were part of the team involved in the initiation of our interpretation DeCal. Hopefully the course has substantially improved your experience with VHIO!

Now I'm a full-time research associate at UCSF studying the interaction between Merkel cell carcinoma (a skin cancer) and Merkel cell polyomavirus, as well as their responses to UV exposure. And hmm I guess applying to med schools count as at least a half-time activity? Anyway, in my leisure time, I volunteer with VHIO, collect postcards, and take on random adventures to explore the Bay. If you would like to discuss with me about your future plan, research opportunities, MCAT strategy or medical school application process, feel free to contact me by email or Facebook! I can't wait to meet more of you at volunteer events!

Take care, and good luck with school!

-Sofia

