

Monthly Newsletter

November Issue



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Hey there VHIO!

Hope your semester is going well! Can you believe we only have 2 more weeks left? Please read through for November updates!

And Happy Thanksgiving everyone! Hope you all enjoy your time at home, and if you're staying around the Berkeley area, get to take some time off!

-VHIO



Officer Updates

November CPHC clinic Date: Saturday (11/10/12) Time: 8am to 1pm. Volunteer to interpret at monthly Hepatitis B clinic at CPHC. Need Cantonese, Mandarin, Vietnamese and Korean volunteers. Look out for sign-up e-mail this week. Volunteers selected based on language needs and first-come first-serve basis.

-Jennifer Xu and Betty Liang

Walking Club on October 28th was really successful. Cindy Bach and Hien Nguyen went with me to the clinic and they got to meet and talk with the patients (who shared that the best part of the day was getting to know VHIO volunteers). I also met some new people so hopefully we can expand our partnership further with AHS.

Walking Club on November 11th. Going to be giving a presentation on osteoporosis to a group of Elderly Vietnamese patients. Also on November 16th the Vietnamese volunteers will be helping out at the flu shot clinic at the Vietnamese Community Center.

- Kristine Phung

Vision Health Fair on October 27 was a success. Volunteers from VHIO were stationed throughout the fair to do interpretations for the fair goers. The fair saw over 300 people, with many of them needing full eye exams, and we were able to help them find the right resources for their next step.

- Tiffany Wu

Last Korean Mammogram of the year on 10/27. I was not able to attend but Nhayoung and Soo Hee (returning) as well as Alice (new volunteer) successfully handled the clinic.

- Anita Lee

The Chinese Bone Health Fair was fantastic! The event was supported by the California Assemblywoman Fiona Ma, whom we have already contact and hopefully will establish some sort of partership/collaboration. Two Chinese orthopedists gave two very informative lectures on bone care, bone fracture and osteoporosis risks, which us VHIO volunteers also learnt a lot from. Us 8 VHIO volunteers stationed at the Bone Fracture Risk Assessment Table, where we help explain to participants what their fracture risks are. The amusing highlight of the event was the calcium and vitamin D rich lunch, which we all enjoyed!

- Grace Poon

The Decal final will be held on Nov 28 during Decal time. Members will have to pass the final in order to continue volunteering with VHIO. Good luck~

- Shannen Poon

Upcoming Events

Wednesday 11/28: DeCal Final

Alumni Spotlight: Serena

Hello VHIO!

My name is Serena Hsia and I am a first year medical student in Virginia Commonwealth. I was a MCB and Econ major while I was in Berkeley. I started volunteering for VHIO since sophomore year. I was a Mandarin Interpreter when I first started. In my third year and fourth year, I worked with Hansel Ihn as Mt. Zion Clinic Co- Coordinators.

VHIO has definitely spiced up my undergraduate experience. It has taught me a lot in terms of how to interpret professionally, to interact with patients and healthcare professionals in other fields. These skills are very relevant and applicable even in medical school. The need for interpretation in the bay area is indubitable, so remember, you are doing a great service to your very own community!

Thinking back, while I was writing my personal statement, I definitely had a hard time trying to figure out why I did what I did. Therefore, instead of doing a billion things, invest your time and energy to focus on a few things that you are truly passionate about. Most importantly, make sure you graduate with no regret. If you would like to study abroad, GO! There's nothing that can hold you back. YOLO!

If you have any question regarding MCAT, medical school application, or advice, please do not hesitate to email me at SerenaHsia28@gmail.com!

Good luck!

Serena Hsia

