

Newsflash



Magnificent Members

Karen Voshell

Karen Voshell is one of our amazing Auxiliary Patient Care Liaison (PCL) chairs. Though Karen started as a volunteer with the Auxiliary in the fall of 2008, she's been with El Camino Hospital for much longer!

Having worked as a nurse at El Camino for 31 years, the hospital was a familiar home to Karen. She worked primarily in pediatrics, but also worked part time with Dr. Brand, a plastic surgeon who specialized in ear reconstruction. Karen would often greet the kids and families when they came into the clinic. Dr. Brand actually worked on the sculpture of the hands in front of the MV campus!

Karen started off in the Auxiliary working in the surgical waiting room, and later got involved with the PCL service as a Co-Chair. PCLs work on every floor in the hospital assisting medical staff with tasks that help patients feel more comfortable in the hospital. She also works with the Pinky's making pillows, which is one of her favorite services!

For fun, Karen enjoys reading and working on puzzles - lately, she's been working on a couple of thousand piece ones! Karen has truly made an impact at El Camino and we are thankful for her continued service and dedication to the Auxiliary!

Announcements

1. Please be sure to mail out or call the Auxiliary Office to renew your 2020-2021 membership. There is no membership fee for this year.

2. There are still some awesome coral polo shirts available for free. Call the Auxiliary Office to get yours before they're all gone. You'll be able to pick your shirt up with a socially distanced handoff!

July 2020



President's Message

Dear Friends:

I check in with Administration every week but there is still no news about the volunteers returning to ECH.

This is the beginning of a new year for the Auxiliary, in fact it's the start of year 72 since we began drawing up humble plans in 1958 to launch the El Camino Hospital Auxiliary.

Our new Board of Directors for fiscal year 2020- 2021 will begin meeting on July 14th. WELCOME aboard ! Many thanks to you for stepping up and accepting a Board position. I look forward to working with you.

I send a huge THANK YOU to outgoing Board members Jasna Davis, Teresa Day and Ken Jablinsky for the time and dedication you gave serving on the Board. We appreciate your efforts and valuable contributions.

THANK YOU to Beverley and Brenda for holding down the fort during our absence. I will keep you posted on developments as we move toward returning to service in the near future.

Kind regards,
Judy

Graduating Juniors Pg. 2-3
Puzzle Pg. 4
Recipe Pg. 5

Special Feature

Congratulations to our Graduated Junior Auxiliary Volunteers!

We polled graduating Junior Auxiliary volunteers to ask them about their post-grad plans and experiences volunteering at El Camino. All of us at the Auxiliary would like to thank you for contributing so much to the Auxiliary, at both the Mountain View and Los Gatos campuses. We hope you keep in touch with the Auxiliary and all the volunteers you've met along the way. Good luck in all your future endeavors!



Mountain View

● PRITHVI ARUNSHANKAR, ESCORT, UC BERKELEY: BIOENGINEERING

● LIZZIE BAKER, ESCORT & MBU, COLLEGE OF THE HOLY ACROSS: PSYCH

● HUNGER CHENG, ESCORT, UC SAN DIEGO: BIOLOGY (BIOINFORMATICS)

● TESSA CROWLEY, ESCORT, UNIVERSITY OF UTAH: NURSING

● MADDY CYR, ESCORT, UC LOS ANGELES: BIOLOGY

● JUSTIN DO, ESCORT, PENN STATE UNIVERSITY: BS/MD PROGRAM

● JOVANNA FELIX, ESCORT, UC IRVINE: PUBLIC HEALTH

● ATHENA FUNG, INFO DESK, COLLEGE: COMPUTER SCIENCE

● TANVI GAITONDE, ESCORT & MBU, UC LOS ANGELES: EVOLUTIONARY BIO

● AARUSHI GUPTA, ESCORT & PSV, CASE WESTERN: BIOLOGY (PREMED)

● ERICA HASKELL, ESCORT, UNIVERSITY OF MICHIGAN: CHEMISTRY

● BRANDON HO, ESCORT, UNIV OF SOUTHERN CALIFORNIA: NEURO

● NIKHITA KARRA, INFO DESK, TUFTS UNIVERSITY

● AKSHAT KHANDELWAL, ESCORT, UC DAVID: BIOMEDICAL ENGINEERING

● AUDREY KIM, ESCORT, UNIV OF SOUTHERN CALIFORNIA: NEURO (PREMED)

● WINNY KUNG, ESCORT & INFO DESK, SJSU: ANIMATION/ILLUSTRATION

● MICHELLE KWAN, ESCORT, DUKE UNIVERSITY: BIOLOGY

● JAYSON LEE, INFO DESK, UC IRVINE: COMPUTER ENGINEERING

● ANAGHA MATH, INFO DESK & MBU, BAYLOR UNIVERSITY: PREMED

● KATIE MICHAELS, ESCORT, MONTANA STATE UNIVERSITY

● MICHELLE NGUYEN, ESCORT, UC BERKELEY: DATA SCIENCE

● SAM PAO, PSV, CASE WESTERN: BIOLOGY

● KAY PICSON, ESCORT, DOMINICAN UNIVERSITY OF CALIFORNIA: NURSING

● YASEVI PUNUGANTI, INFO DESK & PSV, SJSU: BUSINESS

● AKSHAYA RAMAKRISHNAN, ESCORT & INFO DESK, CASE WESTERN: BIOCHEM

● TRIYA ROY, INFO DESK & MBU, JOHNS HOPKINS: CHEM/BIO ENGINEERING

● SRIPAD SURESHBABU, ESCORT & INFO DESK & PSV, UC LOS ANGELES: NEURO

● CLAIRE TAN, ESCORT, DUKE UNIVERSITY: BIOLOGY

● ANHMY TRAN, ESCORT & INFO DESK, UC SANTA BARBARA: BIOLOGY

● ZOE VERMA, ESCORT, UC BERKELEY: ECONOMICS AND COMPUTER SCIENCE

● AMISHA VIJ, ESCORT, UNIVERSITY OF WASHINGTON: BIOLOGY

● VIVIANE VU, INFO DESK, UNIVERSITY OF SAN FRANCISCO: NURSING

So far '20

Director of Junior Membership MV: Janice Smith
Director of Junior Membership LG: Vanessa Binder



- CAROLINE WANG, INFO DESK, UC LOS ANGELES: DESIGN MEDIA ARTS
- NICOLE XIN, ESCORT & PSV, UC BERKELEY: MOLECULAR & CELL BIOLOGY
- AADHITI GHANKOTA, INFORMATION DESK, UC BERKELEY: BIOENGINEERING

Los Gatos

- SAHITI ANNADATA, REHAB & MSO ASSIST, UCLA: NEURO
- ROXANNE CHOU, REHAB ASSIST, EMORY UNIVERSITY: NURSING
- JILLIAN CHUANG, REHAB ASSIST, CALIFORNIA POLYTECHNIC: NUTRITION
- ASHLEY DANG, REHAB ASSIST, UC SAN DIEGO: BIOLOGY
- TALIA DESAI, MSO ASSIST, UC BERKELEY: MOLECULAR & CELL BIOLOGY
- CHI PHAN, MSO ASSIST, UC DAVIS: NEUROBIOLOGY, PHYSIOLOGY, BEHAVIOR
- DIANA QING, ESCORT & INFO DESK & REHAB ASSIST, UC BERKELEY: CS
- PREETHI RAO, INFO DESK & MSO ASSIST & ED, SCRIPPS COLLEGE: BIOCHEM
- NEAL SIDHU, ESCORT & INFO DESK, UW-MADISON: COMPUTER ENGINEERING
- NEVILLE VARGHESE, INFO DESK & MSO ASSIST, UC BERKELEY: MOL/CELL BIO
- ALINA YEO, REHAB ASSIST, UC IRVINE: PUBLIC HEALTH
- EMILY YEUNG, REHAB ASSIST, UNIV OF SOUTHERN CALIFORNIA: BUSINESS
- SRISHIVA MANIKANTAN, REHAB & MSO ASSIST, WASHU IN ST LOUIS: MICROBIO
- PREETHI RAO, INFO DESK & MSO ASSIST, SCRIPPS COLLEGE: BIOCHEMISTRY

MSO Assist: Medical/Surgical/Orthopedic Assist

My favorite part about volunteering was escorting the patients, they were always so happy to be discharged. Whenever I wheeled into their rooms, they smiled at me, and were very talkative. I would always give up a piece of info from my life to move on the conversation, we would talk about hobbies, driving, and even life advice. Some of which were very helpful, and I remember to this day. I'll miss those encounters and the ones I could have had, because whenever I retrieved a patient, and talked to them, it was renewing, and I always left my shift with a good mood.

What was your favorite part about volunteering?

I've loved volunteering at El Camino Hospital for the past three years! I've worked with so many wonderful people through this program and can't wait to continue volunteering/working in the healthcare industry! :)

Winning the kahoot two years in a row at the in-service

My favorite part of volunteering would be smiles on patients' and visitors' faces after helping them out.

My favorite part about volunteering at El Camino was meeting and bonding with all of the other volunteers during my shift! All of us went to different schools, so without El Camino, none of us would have crossed paths and create so many memories together.

The hospital was a great place to focus on something outside yourself and help others. Oftentimes we'd groan when a call came in, but then once you were actually chatting with the patient as you wheeled them out, it completely brightened my day. Also, I had the greatest shift squad ever! Wednesday Escorts for the win!!

My favorite part about volunteering was speaking with patients and listening to them tell stories about their life.

My favorite part about volunteering was getting a great chance to interact with my peers, making friends and also helping people. I had a memorable time there, and I felt happy when I was there to help others.

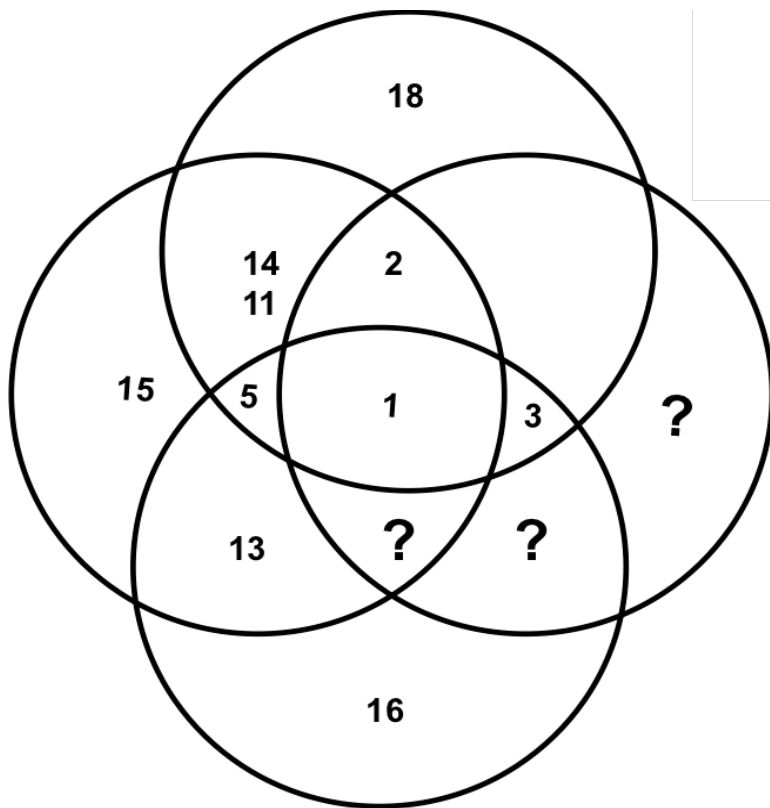
Folding hundreds of towels with a couple other volunteers was a great bonding experience. Another memorable moment was seeing a newborn baby.

Puzzle Picks

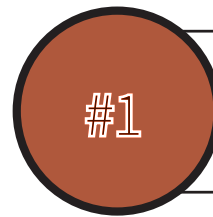
PUZZLES

Beginner Ghemawat Puzzle #1

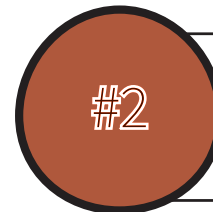
First, look for a circle that has a single missing number. This is the easiest number to find. Then, find the next circle with a single missing number. Continue so forth. If there is still a circle with 2 missing numbers, you can find the total of these numbers and try different combinations of numbers. However, make sure to watch out for the other circles involved.



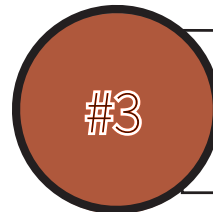
Rules



Use any positive number.



No repetition of any number anywhere in the puzzle.



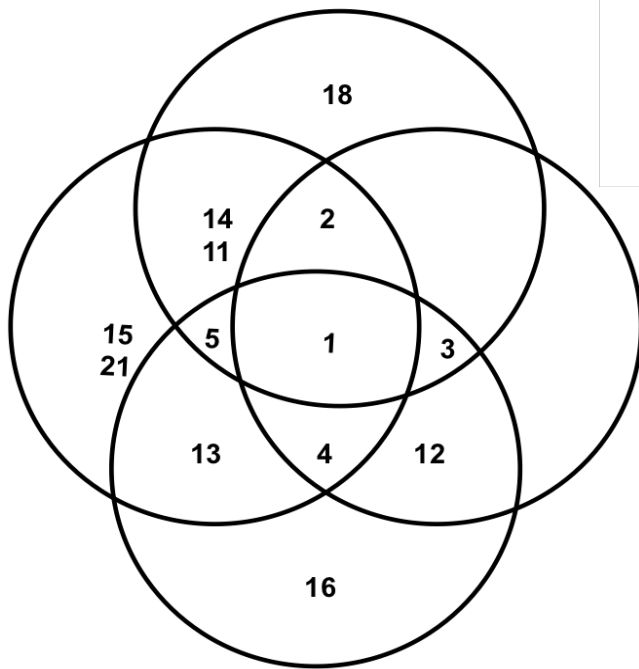
All numbers in each circle must total 54.

Auxiliary Puzzle Master Mahipal Ghemawat, PhD

Mahipal Ghemawat has been a volunteer at El Camino Hospital Library for 13 years. He selects the latest health news for Senior Center members and teaches number puzzles, such as Sudoku.

He has created a new namesake puzzle GHEMAWAT. The point of this puzzle is to figure out the missing numbers! These types of puzzles and activities may keep your brain younger, healthier, and more active. Take a stab at this puzzle for some quarantine fun!

Ghemawhat #1 Solution

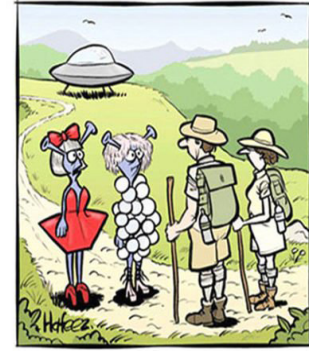


Stories and Tips

Have a passion for writing? Want to contribute to the Auxiliary during quarantine? Or even just plain bored?

We would love to feature some of YOUR voices in future Newsflash editions.

If you have an interesting story for us, would like to be featured, or would be interested in writing a monthly column, please contact the Auxiliary Office or email the editor at: euyang2008@gmail.com. Open to all types of creative ideas!



"Take us to Lady Gaga."

Kaamran Hafeez for Reader's Digest "To Your Leader"

Auxiliary Recipe! Brenda Moceyunas

Pesto Burgers from Cooking Light

- ½ c panko breadcrumbs
- ¼ c crumbled feta cheese
- 1 T minced red onion
- 2 T pesto
- ¼ t salt
- ¼ t pepper
- 1 lb. ground turkey
- 1 clove garlic minced

Tzatziki Sauce

- ½ c plain Greek yogurt
- ¼ c seeded cucumber chopped
- ¼ t salt
- 1/8 t pepper
- Garlic if desired

Combine all of the pesto burger ingredients. Divide into 4 portions and form into patties. Spray skillet with cooking spray and cook until done. Place on a bed of arugula with a piece of pita bread. Top with Tzatziki sauce.