



The Volunteer's Voice

Julia's Jabber

I thought 2008 passed by very fast but 2009 is going by even faster. It's hard to believe that summer is nearly over. We have already said goodbye to our summer volunteers and are welcoming back the college students. I am so glad to see that many of our volunteers are able to continue volunteering during this fall semester. I am also excited about interviewing so many new applicants and hoping to get them on the schedule as soon as possible.

On an important note, flu season is almost here.

As you know the flu season is generally considered between October and May with the peak of the season falling between late December and March in the United States. However, it is never too early to take cautions to prevent yourself from the disease. I am glad to inform you that free flu shots are already available for all employees and volunteers at Doctors Hospital. Please take advantage of this opportunity and stop by at our Employee Health office at any time between 7.30am to 3.30pm—Monday through Friday.

You Should Know

FLU MYTH-BUSTER: The flu shot isn't safe.

ACTUAL FACT: The flu shot does not cause the flu. The flu shot contains inactivated viruses which cannot cause infection. Many people will feel soreness in their arm after getting a flu shot, but, in general, flu shots are well tolerated. Other symptoms can include: mild fever, muscle pain, and feelings of discomfort or weakness, but these are generally less common. However, serious adverse events, including allergic reactions, may occur.

If you still think that flu shot is not safe and put off protecting yourself from this virus, you should consider:

ALTERNATE OPTION FOR FLU SHOT—FLUMIST®

FluMist® is given as a gentle nasal mist. It's a quick spray in each nostril, one of the places where the flu virus enters the body. Once administered by your healthcare provider, FluMist helps your body develop proteins called antibodies that help protect you from the flu. Like the chicken pox vaccine, FluMist is a weakened live virus vaccine. That means it is made from a live virus that has been designed not to cause the flu.



During the 2004-2005 flu season, a large study was done comparing FluMist to the flu shot. This study included over 4,000 children 2 years to 5 years of age. In this study, the group of children who received FluMist had fewer cases of flu than the group who received the flu shot. In a study among adults, the participants were not specifically tested for influenza. However, the study found 19% fewer severe respiratory tract illnesses, 24% fewer respiratory tract illnesses with fever, 23-27% fewer days of illness, 13-28% fewer lost work days, 15-41% fewer health care provider visits, and 43-47% less use of antibiotics compared with placebo. However, since flu strains change from year to year, past study results do not guarantee future flu season results.

Please note that FluMist® is approved for use in healthy people 2-49 years of age who are not pregnant. Children under 24 months of age are not eligible for FluMist. Individuals with asthma and children under the age of 5 years with recurrent wheezing should not receive FluMist.

Source; Centers for Disease Control and Prevention



Reminders of Annual Volunteer Updates

Volunteers whose names appear below, please see Julia for proper forms, etc. to update your records.

THANKS!

Jane Alonso
Emilio Cruz-Ledom
Josephine Jugo
Cristina Suarez
Derek Jones

NOTABLE DATES AND CELEBRATIONS

HAPPY BIRTHDAY



Michael Diaz, 09-01
Yuletssy Martinez, 09-05
Claudia Rodriguez, 09-19
Maria Aponte, 09-20
Amy Scholl, 09-25

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished a how much he had learned in seven years.

- Mark Twain

As this publication goes to press...

September brings us several holidays to celebrate. Starting at the beginning of the month, Labor Day falls on Monday the 7th. That used to signal the end of summer and the start of school...but autumn begins, legally, on the 22nd.

Rosh Hashanah, the Jewish New Year is celebrated on the 19th of this month. Also, Yom Kippur is on the 28th. Oh, and let's not forget National Recognition Day for POW's and MIA's on the 18th. One of the sweetest days to celebrate is on the 13th, it's Grandparents Day!

THINGS WE DON'T WANT YOU TO MISS

As school begins for another year, it's time to give the brain some exercise by reading a few good novels.

The latest in the Inspector Sejer series explores the psychology of our fascination with crime when a missing child breaks apart a shaky marriage. *The Water's Edge* by Karin Fossum; translated from Norwegian by Charlotte Barslund.

Still remember those Disney Princesses? Well, go on a journey with a non-fairytale princess as she slowly emerges as an adult in the real world while facing typical problems with her family and the outside world. *Legacy* by Cayla Kluver.

Remember, it is that time of the year again for an opportunity taste different flavored dishes for a better deal during Miami Spice days until the end of September. Take this chance to try more than 70 of Miami's finest restaurants for \$22.00 for lunch and \$35 for a 3 course dinner. Be sure to ask for Miami Spice menus from your server.

DOCTOR'S CONUNDRUM

This riddle must be done in your head only -- do NOT write it down.



Take 1000 and add:

- o 40;
- o 1000;
- o 30;
- o 1000;
- o 20;
- o 1000;
- o and 10.

If you got "5000", you are wrong!