

MSU/CHM eNewsletter

Christmas 2009

MSU/CHM – Saginaw



As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.

-- Donald E. Westlake

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MSU College of Human Medicine Class of 2010 and 2011

At this Holiday Season...

Let us reflect on the successes of the past year as we contemplate the time we will spend with family and friends. The holidays are a great time to be thankful and proud of our teamwork and accomplishments thus far. We have steadily expanded our presence in the Saginaw Community and established rewarding relationships with countless organizations/entities that serve our target populations. We would certainly be remiss if we did not express our appreciation and

Lost in Translation

Recently I had the privilege of working with a fantastic community pediatrician. During one particular patient visit, I observed the doctor trying to communicate with a young Mexican mother; there was a high probability that her child had a heritable disorder and required laboratory testing for confirmation. He kindly explained the details of the pathophysiology and prognosis of the likely diagnosis while the mother nodded along in sync. Since she had no questions at the end of the visit, the doctor excused himself. I watched the mother lean down to cuddle her child and whisper in Spanish that everything was okay. Wondering how proficient she was in English, I asked in her native language if she understood what the doctor had said. Shyly, she responded in Spanish, "not much." I repeated what he had explained five minutes earlier, this time in Spanish. When the doctor returned, we were able to answer her questions, and she was able to leave the office with a much better understanding of her daughter's health. We have all experienced the frustration of

gratitude to those who have made our success possible...fellow students, friends, Synergy Administration, staff and faculty, the entire Saginaw community, and community physicians. So, to each and every one of you - Season's Greetings, Happy Holidays, Feliz Navidad, Happy Hanukkah, Merry Christmas, Happy Kwanza and a blessed and prosperous New Year!!!

being misunderstood or not being able to communicate our true thoughts. That feeling can be greatly compounded when different languages prohibit clarification of the issue. The pediatrician I worked with was admirably attempting to learn Spanish in his spare time, but the doctor admitted it would be helpful to already know a few key phrases. Working in a multicultural, multidimensional community like Saginaw provides a great opportunity for all of us to learn. The following are a few expressions that may be helpful in every line of work.

Hóla. Me llamo _____.
Hello, My Name is _____

Su nombre, por favor.
Your name please

¿Necesita usted un traductor?
Do you need a translator?

¿Entiende usted?
Do you understand?

Muchas gracias. Adiós.
Thank you very much, Goodbye.

--Colleen Skay, MS-III

Frugal Holiday Survival

Many people feel overwhelmed at holiday time. They don't think it is remotely possible to get the food, the gifts, and provide the level of hospitality that modern culture seems to require. But you can survive Christmas! Here are some tips to help.

By Guest Author – Lili Pinteay-Reed BellaOnline, The Voice of Women-Frugal Living Site

1. **Try and shop all year for specials and markdowns that will fulfill some family gift giving.** Store them ahead for the holidays. This can be wrapping paper and other holiday items bought on sale last January to just a monthly pant sale in the summer.
2. **Make things yourself.** Can you sew or knit or crochet? People lose hats and mittens every winter. These are easy to make. Can you bake? Instead of a box of expensive store cookies, turn a dollars worth of flour into some lovely frosted homemade treats. With so many people working full time. "Homemade" is a bonus, not a derogatory.
3. **Shop store "loss leaders."** These are items on sale for less than their market value to get you in the store. Just buy these items and walk away from regular price items. For instance, you get the sale price turkey and walk away from the marked up salad greens.
4. **Use coupons to add to any loss leader prices.** For instance, that turkey may also have a manufacturer's coupon for further savings.
5. **Entertain at home.** Plan home entertainment rather than making big travel plans. Invite friends and family over for cookies and pie instead of meeting them at restaurants, or expensive public events.
6. **Always check the sale rack first.** Even expensive department stores have markdown racks. They often markdown extensively to clear items.
7. **Let other people do it.** If you are on a budget tell friends and family members you can't afford to host a big family event. Let someone else do it this year.
8. **Plan Pot luck events.** Everyone brings just one dish and that way no one is drained financially to host a gathering for family and friends.
9. **Do a drawing among a gift group.** Don't have everyone in the family buy for everyone else. Everyone picks a name and send that individual a gift. This works for work and friend groups also.
10. **Remember the less fortunate.** Buy a toy for "Toys for Tots" or other local children's events. Donate a turkey or fresh oranges to the local food pantry. Give to the local soup kitchen as they feed many people at holiday events.

Core Competency Schedule

12/2/09 -No Core Competency Scheduled
 12/9/09 -No Core Competency Scheduled
 12/16/09 -No Core Competency Scheduled - EXAM WEEK
 12/24/09 -BREAK
 12/31/09 -BREAK

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*When we all work
together...we get
results*

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Holiday appetizer!

Crabby Christmas Spread

1 – 8oz block of Cream Cheese
½ jar prepared cocktail sauce
1 can crab meat (drained)

Unwrap and place cream cheese on serving plate.
Place ¾ of drained crabmeat on top of cream
cheese. Pour cocktail sauce over crabmeat and
cream cheese., spoon remaining crabmeat over
cocktail sauce. Serve with crackers and celery
sticks.

-Submitted by Cathy Macomber

Our kids' favorite Christmas
joke:

What does Christmas have in
common with a cat on a beach?

They both have sandy claws!

--Submitted by Alan Cantillep,
MS-III

December – Universal Human Rights Month

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Boramee's B-day	4	5
6	7	8	9	10	11 Hanukkah	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve	25 Merry Christmas	26 Kwanza Begins
27	28	29	30	31 New Years Eve		



Join us in wishing Bouramee Douk, MS-III (3rd) a very happy birthday!!!!