



United Health Centers

"Be the change you wish
to see in the world"

-Mahatma Gandhi

VOLUNTEER

SEMI-ANNUAL NEWSLETTER

FALL/WINTER 2019



United Health Centers Award Winning Volunteer Program enhances overall patient satisfaction through engaged voluntary service by members of the community who are willing to serve in an unpaid capacity. The Volunteer Program manages all unpaid programs such as interns, externs, student shadows, preceptors, residents and volunteers (students and community members). With a lifetime program of over 50,000 service hours and over 500 student volunteers who have participated in this program, it embraces UHC's Mission and Vision by providing a robust and committed program that "improves the quality of life for the communities we serve."

New UHC Administration Grand Opening



Naomi Popoff, Lydia Martinez, Jessica Ibal and Harmeen Jhutti

The Volunteer Program participated in UHC's new Administration Grand Opening on October 2, 2019 by coordinating registration and VIP gifts, along with scheduling the Fresno High School Army JROTC Presentation of Colors and Brynna Jones, Senior at Roosevelt High School signing the National Anthem. The Master of Ceremonies was Monty Torres, Evening News Anchor for KMPH 26. The event was well attended and special guests included U.S. Congressman TJ Cox and State Assemblymember Dr. Joaquin Arambula. The ceremony was followed by a ribbon cutting, a catered lunch and tours to showcase the new building.





UHC'S Family Night New Administration Building in Fresno

On July 24, 2019 UHC hosted a Family Night at our new Fresno Administration Building. The Volunteer Programs summer college interns participated in setting up and helping pass out food at this fun event. There was pizza, light refreshments and home baked cookies right in our Administration kitchen courtesy of Miguel Rodriguez our Chief Operations Officer and his wife Stephanie. Employees showcased their areas for their families and gave tours of the new 53,000 square foot state of the art building. It was a great evening.



Harnishad Binner, Gurneet Kaur
& Harleen Kaur, Projects Interns

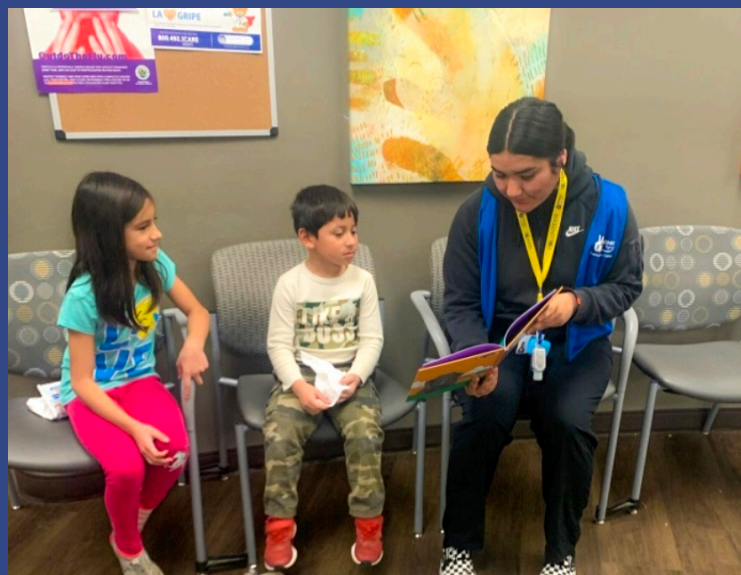


Teresa Luna, Human Resources Assistant, Harnishad Binner & Harmeem
Jhutti Projects Interns

US Congressman TJ Cox donated books to United Health Centers through the Volunteer Program

We wanted to give a special thank you to the Selma Office of U.S. Congressman TJ Cox who generously donated many children's and educational books to the UHC Volunteer Program. These books were distributed to UHC Health Centers in his district.

The Volunteer Program places high school and college volunteers in our Health Centers as Guest Specialists. One of the duties Guest Specialists provide is assistance with small children by participating in activities such as reading books or coloring with them. Just another way UHC and the Volunteer Program try to enhance the patient experience and give back to the community.



Arely Varela, Guest Specialist, Kerman



National Health Centers Week

August 5th through August 9th marked National Health Centers Week. One of the ways UHC participated in this national event week was by providing healthy snacks and healthy information to our patients at tables hosted by volunteers in our Health Centers.

UHC Foundation 5K Hot Summer Run

On August 10, 2019 the Volunteer Program participated in the UHC Foundation 5K Hot Run and 2 Mile Walk held at Woodward Park. Prior to the event we had interns assist in handing out participant bags which included a UHC Foundation 5K T-shirt, a run number and a voucher for breakfast following the event at Applebee's on Friant. There was 148 runners, 82 walkers and many volunteers who assisted in preparing for the successful event. \$12,000 was raised which the UHC Foundation will use to invest back in the community with programs such as our transportation program. Each participant also received a runner or walkers medal.



Alyssa Garcia, Guest Specialist, Selma



Brenda Abbott, Medical Assistant Kerman
& Jenny Gonzalez, Guest Specialist



Bryan Popoff Jr, Hot Run 2 Mile Walk Participant
& UHC's ICARE Bear

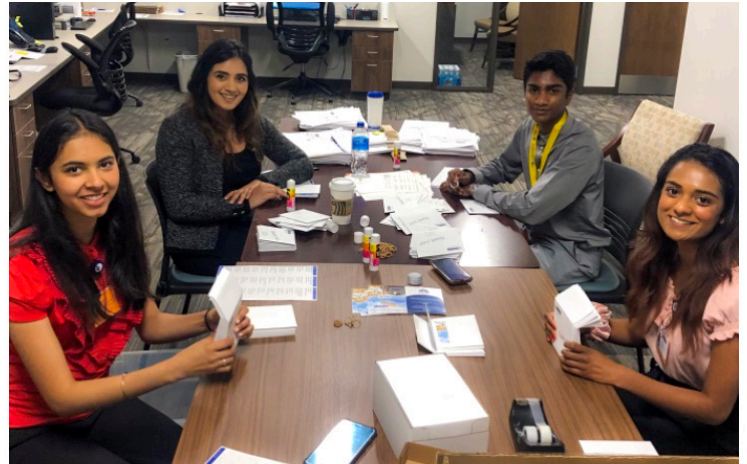


Maxwell Findley, Projects Intern, Administration

FRESNO STATE
Discovery Diversity Distinction.



Successful Summer Internship Highlights



networking
engagement independence stepping stone decision making training
exceptionally useful personal development confidence
interpersonal skills initiative cv boost
communicating project management career development
inspiring employment skills great opportunity team working
responsibility inspiring experience career plan interview ideas

Over the Summer many students participated in a Project Clerk Intern position through the Volunteer Program. Special projects were assigned to students such as building outreach data bases, assisting in outreach mailers, gift shop setup and helping set up libraries in our Health Centers for students to read to children while waiting to see one of our Providers. Sometimes well needed coffee runs were also in order after so much successful collaboration. Great job Interns! Featured in these photos, Harleen Kaur, Gurneet Kaur, Maxwell Findley, Naomi Hematillake, Harmeen Jhutti, Jessica Ibal, Nikhil Hematillake and Harnishad Binner.





Fresno High School Students



Jackie Tamura, Recruitment Manager & Naomi Popoff
Volunteer Program Manager
at the Fresno State Career & Internship Fair



Coalinga High School ROP Students



Dr. DeLaO, UHC Dental Director presenting to Healthcare Career
Students at the CVHN Youth Conference



Kingsburg High School CNA Class

The Volunteer Program spends a lot of time on the road, heading to high school and college classrooms to talk about United Health Centers, the Volunteer Program and provide career coaching and tips for students applying for colleges or getting ready for internships. This year almost 40 high schools had presentations along with many community, state and technical colleges in the Valley. In addition the Volunteer Program participates in many career and internship fairs across the Valley recruiting candidates for the Volunteer Program. In December the Volunteer Program participated in being a Break-Out Session Presenter as well as hosting a table at the Youth Conference at Fresno State. Dr. Abran DeLaO our Dental Director also participated in a Break-Out Session speaking to students who were interested in healthcare careers including Dentistry. There were over 500 high school students in attendance from across the valley.



2019 Career Tech Expo

On October 16th Naomi Popoff, Volunteer Program Manager and Harmeen Jhutti Volunteer Program Project Clerk Intern participated in the Career Tech Expo at Chukchansi Park. This event is the largest Career Tech Expo in the Central Valley! Nearly 3,000 parents and students attend each year to learn about careers and educational opportunities available through many trade and training facilities in our local community. This event is coordinated by the Office of the Fresno County Superintendent of Schools.



2019 Kerman High School Athletic Training Day

On November 21st Naomi Popoff of the Volunteer Program was a guest speaker for the third year in a row at Kerman High School's Annual Athletic Training Day in conjunction with the Fresno ROP Program through the Fresno County Superintendent of Schools. This event is coordinated and managed by Tony Stefano, PE/ROP Instructor/Head Athletic Trainer. There were over a dozen Central Valley High Schools represented with just about 400 students. Naomi spoke to the students about the importance of community service, obtaining scholarships, interview preparation for college panels, the cost of college and various other educational topics.



Central High School Sports
Medicine ROP Students



Naomi Popoff & Tony Stefano, PE/
ROP Instructor & Athletic Trainer,
Kerman High School



2019 Toys For Tots Campaign

UHC participated in the Fresno United Way and Marine Corps Toys for Tots Program. This is the 4th year that the Volunteer Program has coordinated this annual campaign. We were near 100% fulfillment of toys for ages 0 to 13 with 1,638 toys and delivered by our Facilities Team to 13 of our participating UHC locations located in Fresno County. This program helps makes the holiday season such a wonderful moment with countless smiles from our patients and their children. Thank you to all of our sites for collecting toy registrants and distributing toys.



Naomi Popoff along with Yolanda Garcia, Harmeen Jhutti and Harnishad Binner, Project Interns, Administration

UHC Gift Shop Is Now Open

Please contact the Volunteer Program for more information.



Nahomi Meza & Marisol Valdez,
Guest Specialists, Mendota



Nahomi Meza & Marisol Valdez,
Guest Specialists, Mendota



2019 Volunteer Of The Year

Harmeen Jhutti was awarded Volunteer of the Year for 2019. She completed a successful internship with UHC's Volunteer Program and is currently interviewing at some of the Valleys local hospitals for an Administrative Assistant position. Just this past fall she graduated from National University with a Bachelor's of Science in Public Health degree. Her professional experience includes working as an Administrative Assistant in an insurance office from 2016 to 2019 and her successful 6 month internship at UHC with 700 service hours. She also has earned many certifications in Public Health through National University. When asked what she liked about the Volunteer Program and her Internship Harmeen stated, "I liked the numerous projects I was given which challenged me to both learn and grow. I also loved being a part of the company events such as Family Night, YMCA Raffle Event and the Grand Opening for the Fresno Administration. I am grateful to have had the opportunity to be a Project's Clerk Intern for United Health Centers and I will be utilizing the skills I have acquired throughout this internship moving forward in my career." Harmeen did an amazing job and shined in all she did. She was extremely professional, friendly and outgoing and always had a smile for everyone she came into contact with. She was also very helpful and had strong organizational skills. Her ability to juggle multiple intern projects at once was remarkable. Many UHC staff came to congratulate Harmeen on the surprise presentation of her well-deserved award which included an award certificate, gift card, some cupcakes and great well wishes. Congratulations Harmeen!





Supervisor Of Volunteers Of The Year For 2019



Brittnay Pena is the Health Care Associate Supervisor at our Sanger 7th facility and is celebrating her one year anniversary at UHC in February, 2020. Brittnay said that United Health Centers is a great company to work for and one of her favorite departments at United Health Centers is definitely the Volunteer Department. Brittnay stated "it has been such a wonderful experience getting to know the individuals who come to our location to get experience in a clinical environment before starting their careers." Brittnay also said that "the Volunteer Program gives high school and college students the extra confidence in themselves to come in and feel like they are already part of a team and it's extremely helpful to have those extra hands assisting our patients and educating them on all of our services. I have had the pleasure of having some amazing Volunteers since I have joined the UHC family and it truly makes me proud and sad at the same time to see them move on to bigger opportunities. I wish I could keep them all!" Brittnay came on board last year and immediately embraced the Volunteer Program. We appreciate her willingness to have multiple volunteers rotate through her clinics. She keeps volunteers engaged while supervising the front office staff and making our patients feel welcome. Many of the Sanger 7th staff joined in the surprise recognition for Brittnay to be awarded with Supervisor of Volunteers of the Year for 2019, which included an award certificate and a gift card. Thank you Brittnay we appreciate you!



Tom Bowser, Regional Operations Director, Brittnay Pena HCA Supervisor & Brian Petree, Health Center Manager



Some Of Our Amazing Volunteers, Interns and Externs



Alicia Gonzalez, Guest Specialist,
Sanger 7th



Jenny Gonzalez, Guest Specialist,
Kerman



Luz Solorio, SJVC Medical Assistant Extern
& Ruben Cano Nursing Supervisor, Huron



Alondra Martinez, Guest Specialist, Yolanda "Yvette"
Avina HCA, Aaron Aranda HCA Supervisor, Kerman



Arely Varela, Guest Specialist, Kerman



Lizbeth Garcia, and Jenny Gonzalez,
Guest Specialists, Kerman





High School Volunteers Spotlight

Please meet Jazmine Badhesha a senior at Kerman High School. Over the past 4 years in high school Jazmine has taken 6 honors classes and 6 Advanced Placement classes. Her academic achievements include the Academic Red K her sophomore year, an Academic Pin her junior year, Principal's Honor Roll all four years and a Pride Award for Animal Science. Jazmine has also been on the Kerman Girls' Basketball Team and a Coach for Little Hoopsters for all four years and actively involved in clubs such as Kerman Youth Commission and Friday Night Live where she worked towards making our community a better place. In addition, she has also been a part of FFA for two years now and on their Meats Judging Team. She currently volunteers at our Kerman Health Center as a Guest Specialist with over 80 hours of service. Jazmine stated that she absolutely loves the time she has spent volunteering at the Kerman Health Center. Jazmine also said the UHC staff is amazing and she has gained skills that will be useful in the future. She is currently waiting on college decisions from UC's and State schools and is thinking about getting her education either in Psychology or Business Administration.

Please meet Esha Badhesha a senior at Kerman High School. Over the past 4 years she took many honors and AP classes. She was also recognized for her Academic Achievement by Receiving the Principal's Honor Roll, Academic Red K and Student of the Month during her freshman and sophomore years. Esha is also involved in many clubs that helped to improve the community including Kerman Youth Commission, Kerman Friday Night Live and Kerman Youth Empowerment. Esha also participates on the 2019/2020 Yearbook Staff. She demonstrated leadership skills by becoming a mentor for the freshmen class and has volunteered over 100 hours as a Guest Specialist at UHC's Kerman Health Center. I enjoy my time serving in the Health Center and really like the Dental lobbies she said. Esha is currently waiting on decisions from UC's and Private Colleges so that she may pursue her Bachelor's Degree and ultimately become a Pharmacist. Her plans after school are returning to the valley to work locally.



VOLUNTEER ORIENTATIONS

July



October (continued)



December



August



November



September



October



The Volunteer Newsletter is written by Naomi H. Popoff, Volunteer Program Manager and Published by the UHC Creative Team.