



Health is Gold. Sức Khỏe Là Vàng

VCH Connections

Community News

Big Winners in *The Daily Bruin*



UNIVERSITY OF CALIFORNIA, LOS ANGELES

DAILY BRUIN

VCH along with four other organizations at UCLA are joining forces to spread health awareness by providing free health screenings such as hypertension and body mass index. We made it to the hall of fame in an article of *The Daily Bruin*! Check it out at [VCH in *The Daily Bruin*](#).

FALL 2012 HEALTH FAIR: WESTMINSTER CIVIC CENTER

In our most recent health fair on November 18, 2012, VCH along with collaborating groups such as the Orange County Council of Aging, Western University College of Pharmacy, and health providers around Orange County successfully screened approximately 230 patients at the City of Westminster Civic Center. Services provided included hypertension screenings, pulmonary function tests, vision screenings, dental services, bone density measurements, influenza immunizations, and hepatitis B/C screenings.

To catch a glimpse of our Fall 2012 health fair, click on the link below for a Youtube video provided by Little Saigon TV capturing various stations of the health fair.

[Tin Dia Phuong Presented by LSTVNETWORK-Hoi Cho Y Te November 18th, 2012](#)



Health Fair Statistics

Total Number of Patients Screened	~229 patients
Average Age of Patients	~58 years old
Health Accessibility of Patients	<ul style="list-style-type: none">▪ 42% of patients are without insurance coverage▪ 40% of these patients are without insurance due to:<ul style="list-style-type: none">✓ Language Barrier✓ Insufficient Finances✓ Insufficient Access to Health Information
Average Income of Patients	Between \$0-\$20,000 (Low Income Range)
Patients at Risk for High Cholesterol	47% of total number of patients
Patients at Risk for Hypertension	42% of total number of patients

VCH News

We Welcome New Volunteers

Vietnamese Community Health is pleased to welcome many new volunteers this fall who will be certified by the American Heart Association to measure blood pressure and body mass index. Volunteers and staff members are prepared for a productive year of providing free health screenings at various sites in Orange County area after our successful Fall 2012 Health Fair. Be sure to check back with us on the statuses of our upcoming events!

Fundraising for a Cause

Hardworking volunteers of Vietnamese Community Health are able to fundraise for our events through Bruinwalk bake sales and passing out flyers at local restaurants to fund the most recent Kids' Carnival and VCH Health Fair. This past Fall, we sold hundreds of delicious cookies, bagels, and donuts, and fundraised approximately \$200. VCH has several other fundraising events in store this Winter quarter to ensure a successful year filled with beneficial health sites and health fairs to serve our community.

VCH is also grateful to our generous sponsors who have continuously supported us throughout the years. Sponsors' generosity serves as a powerful encouragement for VCH members and staff to continue to give their all in serving the community.

Member Benefits and Opportunities

Hands-on Experience

VCH promises volunteers numerous opportunities to give back to the community through our biweekly health sites and other educational events such as Kids' Carnival and Tet Festival. Volunteers are able to work alongside health professionals from all over Orange County and gain hands-on experience in screening for hypertension and body mass index in patients.

Social Networking

Throughout Fall quarter, VCH held various social events to provide opportunities for staff and member networking and bonding. From California Pizza Kitchen fundraising events to sport socials on the Hill at Saxon, UCLA, members and staff were able to enjoy quality time together and have some fun after all of their hard work.



POST-HEALTH SITE SOCIAL



KIDS' CARNIVAL



SPORT SOCIAL

VCH Staff and Alumni Winter Reunion:

VCH celebrated the holidays with a winter reunion filled with fun and food. Staff members of different generations joined to share stories, bond, and have fun. Quick recap of the reunion: Brodard Restaurant, Lollicup Boba, and Ding Dong Dang Karaoke. Great laughs and memories were shared. To those who missed this wonderful reunion, look forward to upcoming events with us! For our exclusive version of well-known songs such as Taylor Swift's "We Are Never Ever Getting Back Together," bribery may be necessary.



MARK YOUR CALENDARS: *Upcoming Events for Winter 2013*

- + Health Sites at Phuoc Loc Tho: Jan 13, Jan 27, and either Feb 24 or Mar 3
- + Tet Festival First Aid Booth: Feb 8-10
- + Winter Health Fair: **Tentatively** February 24th *or* March 3rd, 2013.
- + Bake Sale Jan 14

Stay Connected with VCH at UCLA

*As this is VCH's very first newsletter, any suggestion, comment,
and advice are welcomed. We would love to hear
your thoughts and ideas on how we can improve. Cheers!*

	ADD US: VCH-VIETNAMESE COMMUNITY HEALTH
	VISIT US: VCHBRUINS.WEBS.COM
	EMAIL US: VCHBRUINS@GMAIL.COM