Welcome to the third edition of the Monday Dose for the spring! For this month, we would like to focus on Volunteerism and how you can get involved in your community. Also, we would like to focus on why this is so important and how it can help build your professional skills.

Volunteering holds many benefits that can help improve one’s interprofessional skills. It can help improve and enhance your networking contacts, teaching skills, resume, health and self-esteem, and many more. Some assume that volunteering is a waste of time; however, it is something that can greatly build individual goals and objectives. In the following pages, be prepared for some great information and advice about volunteering. We will cover volunteer opportunities in the area, pros and cons, and exactly what volunteering is all about. Enjoy!
IN THE NEWS

Students in the Pre-Health Honor Society Alpha Epsilon Delta chapter at ETSU hosted “Bucs Go Bald” to raise awareness of and support for childhood cancer research. The students partnered with the St. Baldrick’s Foundation on this event. Pictured are Dillan Wood, Chris Prybilla, Dan Rabulinski, Addison Durham, and Richard Minton. The students raised $2,820 from the event. (There are more pictures on ETSU's Facebook page.)

http://www.facebook.com/easttennesseestateuniversity

While learning new skills can be beneficial to many, it’s not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude. This article talks about why you should volunteer while in the university.

http://www.theguardian.com/education/2015/mar/04/why-students-should-volunteer-while-at-university

In Greene County, Tennessee, located just forty minutes east of Johnson City, many citizens have issues financing the firewood they need to stay warm during the winter months. Because of this need, a group of volunteers from the Greene County Wood Ministry took it upon themselves to provide for these people. This group has been at work for the community since 2008 and has delivered more than 2,500 loads of firewood since then. Read more at:

“We reserve our deepest respect and admiration for those who volunteer for service and give their lives to help keep our nation secure.” Mitt Romney

Quotes of the Month

“Everybody can be great...because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.” Martin Luther King Jr.
Volunteering connects you to others.

- Volunteering helps you make new friends and contacts.
- Volunteering increases your social and relationship skills.

Volunteering is good for your mind and body.

- Volunteering increases self-confidence.
- Combats depression.
- Helps you stay physically healthy.

Volunteering can advance your career.

- Volunteering can provide career experience.

Volunteering brings fun and fulfillment to your life.

- Volunteering is a fun and easy way to explore your interests and passions.
- Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

“Volunteerism and its Surprising Benefits”

Volunteering encourages civic responsibility.

- Community service and volunteerism are an investment in our community and the people who live in it.

You learn a lot.

- Discover hidden talents.
- Learn about functions and operations of government.
- Gain knowledge of local resources to solve community needs.

Strengthens your community.

- You get to support families.
- Improve schools through tutoring.
- Support the youth through mentoring.
- Beautify your community.

Volunteers
A Gift to The Community

HEALTH SERVICES
MANAGEMENT & POLICY
College of Public Health
EAST TENNESSEE STATE UNIVERSITY
“Tips for getting started and finding opportunities”

First, ask yourself if there is something specific you want to do.

For example, do I want to?

✓ Make it better where I live
✓ Try something new
✓ Do something with my spare time
✓ See a different way of life and new places
✓ Build up my resume
✓ Do something am good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.

How to find the right volunteer opportunity?

✓ There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing.

✓ Would you like to work with adults, children, or animals, or remotely from home?

✓ How much time are you willing to commit

✓ What skills can you bring a volunteer job?

Where do I find volunteer opportunities?

There are numerous volunteer opportunities available. Examples include:

✓ Community theatres, museums etc
✓ Libraries or senior centers
✓ Service organizations such as Lions club
✓ Local animal shelters
✓ Places of worship such as churches
✓ Departments within the university
✓ Student organizations
✓ Hospitals

The list is endless; you can use online databases to do your search. An example is VolunteerMatch.

Getting the most out of Volunteering

✓ Ask questions
✓ Make sure you know what’s expected
✓ Don’t be afraid to make a change
✓ Enjoy yourself
“Facts about Volunteerism”

One thing to bear in mind though is that when it comes to volunteering, passion and positivity are the only requirements.

Volunteers have a better chance of finding a job after being out of work than non-volunteers.

Volunteers give without expecting anything in return; yet they are rewarded in personal growth and development. What you give you get; goodwill is developed by giving away goodwill.

If you have any ideas or comments regarding The Monday Dose, feel free to contacts us at: hauncn@goldmail.etsu.edu or nettey@goldmail.etsu.edu

The Monday Dose
March 2015
What is your most memorable volunteering experience? How has Volunteering shaped your professional career?

Ms. Jenny Hunt

Rural Medical Services is a small community health center that serves Jefferson County and my hometown of Cocke County, TN, and surrounding areas. One program offered by RMS is the Migrant Health Program which provides health education and outreach to farmworkers through outreach clinics at farms and farmworker housing areas. I had the opportunity to volunteer at one clinic session at Fish Farms in Parrots Ville, TN. Physicians, nurse practitioners, nurses, and other health care workers employed by RMS donated their time to set up a make-shift clinic on site at Fish Farms for the migrant workers to visit. I learned that for most, this is the only health care service they receive all year. I had the opportunity, among other things, to assist with health assessments and provide health education. I had a similar experience when volunteering for RAM. RAM responds to the health care needs of underserved, disadvantaged, and rural populations by offering free, quality dental, vision and medical care to those who cannot afford it. My volunteer experience took place at Bristol Motor Speedway where I assisted in registration of patients. As with the migrant workers I encountered through RMS, services offered by RAM are the only health, dental, and vision care some patients receive all year. Being from a rural, disadvantaged area myself, both experiences have given me a new appreciation for the state of health care for populations in rural areas. Through my volunteer experience, I have not only been able to make a contribution to the betterment of health care access in rural populations, but I have gained important knowledge of the health system and have made career connections that have helped me to start my career in health care and to advance.

Dr. Randy Wykoff

During my pediatric residency, I worked at a refugee camp in Thailand. It was a very powerful experience, in part, because it made me re-evaluate what I had learned. Up until that point, I was learning "hospital-based" and "western" pediatrics--focused on trying to identify and treat relatively uncommon conditions. In Thailand, we faced a different challenge--trying to treat common conditions with limited resources. I think that this changed the way I think about healthcare, and about how we educate students. Everyone needs to be able to "apply" what they learn in the real world, even when there are inadequate (or just different) resources. Done correctly, the line between "volunteerism" and "your job" blurs to the point that it becomes indistinguishable. I might serve on the local Health Council, speak at the local Rotary club, or serve on the Social Responsibility Committee for the local hospital system. Is that "my job" or "volunteerism?" All of us need to take whatever skills we have and apply them as broadly as we can.
Mr. Colin Chesley

For me there have been two primary volunteering categories:

1. My ongoing volunteer work in an ecclesiastical setting, and

2. My professional volunteer work.

My most memorable professional volunteering opportunity is also one that shaped my professional life. As a college student, I was obviously not getting work experience in my chosen field, which most employers wanted to see on a resume. I counseled with my mentor who suggested that I volunteer in a Skilled Nursing Facility in an Activities department as a means of gaining exposure to health administration in a rehabilitation setting. This I did, and I thoroughly enjoyed it. I had the opportunity to interact with patients, family members and staff members. This provided me with an experience that I could intelligently discuss in my first interview. I was able to show the company that I had enough interest and drive that I was willing to gain exposure and experience on my personal time and without remuneration. I believe that this was a factor in my first opportunity as an Administrator.

Dr. Kate Beatty

I have had two volunteer experiences that have been memorable.

The first was as a “Girls on the Run” coach for an elementary school in St. Louis. For three years I coached 3-5th grade girls. “Girls on the Run” is a national program (there is a chapter here in East TN). The program encourages positive emotional, mental, and physical development through lessons that are built around being healthy, strong, young women who are good friends and community members. The end of each session culminates in a 5k. Being a part of this program allowed me to be a role model for young women but every season I learned so much from the girls and my fellow coaches. It never got old watching the girls run a 5K with thousands of girls, parents, and friends running with them and cheering them on!

The second memorable volunteer experience I had was a board member for the Deaconess Faith Community Nurses. The Deaconess Faith Community Nurses is a non-profit organization in St. Louis that provide faith-centered, holistic health services, education and advocacy to people within churches, mosques and synagogues and other organization. I was a member of the program committee. We performed a community needs assessment and an environmental scan of the current reach of their organization.

Both of these experiences as well as others provide opportunities for learning more about the great community-level health and public health that are going on outside of the university. There are things we learn by doing that can shape our teaching and research. I strongly believe that we should share our time and talents with others, to not only provide a valuable service but to also to enrich our lives. It is a way of living the mission of the college and university.
Where are they now?

Name: Amanda Calhoun Lyon

The Basics about your degree from ETSU?

Degrees: BS in Public Health (Health Administration Concentration) with a minor in Finance/ Business Management in 2000; MPH in Health services management in 2003 and BSN in 2005.

Where do you work?
I am the Corporate Director of Operations for Organizational Development for Mountain States Health Alliance.

What is your position about?
I oversee the daily educational operations of all 14 MSHA Facilities, which includes initiatives on the facility, regional and system levels. Additionally, I am responsible for various corporate educational initiatives for both Clinical and Non-Clinical Departments.

How have your master’s degree helped you (personally and/or career-wise)?
I feel that my education through the College of Public Health has assisted me in bridging the gap between the clinical and business aspects of the healthcare industry to better plan for and lead in an ever-changing environment. While all decisions I make are based on the best quality of care for the patient, I am better able to articulate this need while justifying any financial implications.

Future plans?
Maybe to pursue my original plan which was to work as a Healthcare Policy Writer.

Job Corner

10 Trends in Health Care Management

1. Cost-cutting focus
2. Healthcare IT Management professional in demand.
3. Drug shortage becomes top priority
4. Social media in Healthcare
5. Population health management strategies to avert hospital readmissions
6. Privacy becomes more important
7. Compliance with state and federal laws
8. Process improvements
9. Implementation of technological advancements
10. Evolving leadership opportunities

In addition to a master’s degree, health care managers are also expected to possess leadership skills. Health care leadership responsibilities include cross-functional abilities that allow individuals to comprehend other main functions of the health care organization. This allows managers to collaborate with others to deliver integrated care and to achieve the goals of the organization.
Dates to Remember

- Monday, April 6th Ms. Sarah Junkin Woodard, from the Center for Development in Central America, will present “Lessons Learned from 20 Years of Working to Reduce Poverty in Nicaragua.”

- Breakfast with the Expert, April 7th, LEAN in Healthcare. Speaker is Brian Nass, Lamb Hall Room 116, 8:30 am.

- Breakfast with Expert 28th April.

- Undergraduate Field Presentations, April 29th and 30th, Culp Center, Forum Room.

- Graduate Field Presentations, May 4th.

References