



## COMMUNITY SERVANTS R-US

Picture this.... A group of anxiously waiting racers stand at the starting line waiting for the signal to fire up their engines and take off! They think they know the route but it might change, and they don't know the destination. Most are not even sure who will be on their team!

This was an image that came to mind as we attended summer session. What we experienced was not the beginning of a race at all. It was actually the beginning of the great endeavor of leaving our mark as servant leaders to our community. Yes, as we enter PA-S year 2, we are challenged to form groups and decide on the required community service projects we heard so much about as PA student wannabe's.

Although Professor Colver had carefully prepared a number of lectures of introduction to the community medicine project, she barely said a word and the class broke into a frenzy of activity. We desperately looked at our options: *Will I apply for "Camp Get Fit"? If not, who will be in my group?; what is my passion?; what does the community need?; and do I want to expand on existing idea, or do I want to do something new?*

It was undoubtedly an exciting and somewhat stressful experience for many of us. As mentioned, it is not a race... but it sure felt like one! Some people quickly formed their groups and were off and running, while some frantically changed plans, groups and projects

*We must overcome the notion that we must be regular... it robs you of the chance to be extraordinary and leads you to the mediocre.*

*Uta Hagen*

*Winner of the National Metal of*

before settling in. We all got off to a strong start nonetheless.

No, it's not a competition, but the opportunity to claim victory for those we serve is not a light challenge to undertake.

I look forward to writing about my experiences, struggles and victories as part of a very special group working on a great project. I hope others will follow suit.

## AVERAGE .... Continued from pg 1

Jose is the kind of person who wants to give his time, energy and expertise to benefit others. Every time an opportunity to volunteer for service arises, Jose is one of the first to ask when and where he should show up.

When Jose was in Laredo, he often drove to San Antonio just to do a service project.

In October of 2007, Jose volunteered for "Days of Caring". This was truly a volunteer experience that took him out of his comfort zone. He had to go door to door on the West side of San Antonio delivering information on a free Medicare service for the elderly. When asked about the experience Jose said "it was rather scary at times....but it was a good cause".

One of Jose's most recent volunteer experiences was the Bike Rodeo. Here

is his summation of the events: *The bike rodeo went well. We got to do a lot of physicals that included cardiac and abdomen auscultations, pulses, pupillary reflexes, musculoskeletal exams and TM examination, but most importantly we learned how to check for inguinal hernias. We each got a chance to see about 5 patients which was awesome because they were pretty thorough physicals considering our inexperience in techniques. PA Tevis was great in instructing us with proper technique on hernia check-ups. There were games for the kids, pony rides, a moonwalk and free nachos, hotdogs, and drinks. Overall, it was worth getting up very early for. Elizabeth, Carlos, Comlavi, and Zelda all showed*

*up and afterwards we all went for some good Mexican Food.*

These are only a few of the many volunteer services Jose has been part of this year alone! One of the common themes you will always find in Jose's commentary on events is that whatever sacrifices that he made to be there, were worth it.

I'm sure his NEW fiancé will add many kudos to our list of pats on the back to this guy who's not the average Joe.

Congratulations on the engagement!

*"all of our sacrifices, are little compared to the huge differences we can make in someone else's life"*



Photo taken from UTHSCSA webpage cover: *Days of Caring*

## WHO'S IDEA WAS IT?

When it comes to taking action to make a difference, our VP Nadia Ayala stands out from the rest. In addition to being a class officer, Nadia is our TAPA representative, and a member of our service committee. Anyone who talks to Nadia on a daily basis recognizes that she is always looking for and acting on things she personally could be doing for our class or for the community. We have all received many an email from Nadia reminding us that there is an event coming up that we could get involved with.

A fairly recent example of this is her book drive for the AAPA conference. A total of 80 Spanish books were purchased through donations from our class and the class ahead of us, a



fruit cup fundraiser, and donations from the staff all led by Nadia. BUT THAT'S NOT ALL! Nadia went out of her way to find a need at the Children's home and provide the class with the information and tools required to become volunteers at the home.

Most recently, this special edition of the 2010 newsletter was Nadia's idea. She did the legwork of collecting information from classmates for some of the articles and graciously submitted the article that follows. In addition, she *gently* encouraged release of this issue and thus kept this project moving.

The article to follow was something Nadia recruited three others of us to do. She "booked our gigs", collected our props, recruited her husband as a photographer, and even drove us to the events.

## PA CAREER DAY

Article submitted by Nadia Ayala

The spring semester brought exciting new community opportunities for several PA students. I was approached by Debbie Martinez about visiting Cenizo Park Elementary school for Career Day. Debbie's sister is a kindergarten teacher at the school which is located in Southwest San Antonio, and just around the corner from where I was raised. Since this was my first time to talk to kids I enlisted the help of some close friends. Julia Atencio, Renee Westwood, Eddie Chagoy, and myself, visited the school on March 7 to speak with 6 classes from kindergarten to 2<sup>nd</sup> grade. The kids were so eager and enthusiastic to learn "doctor stuff" as

they called it. I must say, I was pretty eager myself.

We planned several activities to illustrate what PA's do, little did



we know it would be impossible to get them all done in 30 minutes. We talked to kids about the profession and explained why it was important to tell the doctor or PA what is wrong with kids when they visit the office.

Julia presented a bone box with a skull and x-rays of broken bones. The kids had a blast pretending to

*"It was a very humbling experience to return back to my roots and give a little something back ..."*



bandage a broken wrist.

Another class was thrilled to see the realistic skull.

*Renee made the funny oversight of sitting on the carpet with 20 kindergarteners to present the skull, within 30 seconds she was covered with kindergarteners. "I felt as if I was literally in an ant pile" said Renee, but in a good way. The kids mangled her in a frantic effort to get their hands on the skull.*

They also got to see a good look at an inner ear model. However, most were more impressed at the sight of their own ear inner. Eddie displayed several kids ear drums on TV using the otoscope cam.



# CAREER

## DAY .....continued from pg 3



We all had a great time with the kids. Later in May we booked another Career Day gig at Hosana Christian Academy in Poteet, Tx.

One of the reasons I applied to this school was because of their awesome commitment to community service. In all aspects of this program we are taught to give back to the community.



It was a very humbling experience to return back to my roots and give a little something back to my community. I hope, and we were successful in inspiring at least one child to do better in school and maybe become a Physician Assistant.

**Nadia B. Ayala**  
PAS 2



 **WHAT'S YOUR STORY?** 



 **Send in your stories or experiences for publication.** 



 **The next newsletter release goal date is October 2008** 



## RECENT EVENTS

 Del Rio Health Fair & Physicals 

 Eagle Pass Physicals 

 Frontera De Salud Trips 

## UPCOMING EVENTS

 Frontera De Salud Trips 

 PA Week Activities 



FUTURE PAs OF AMERICA

