



# MASH REVIEW

## Special points of interest:

- Top 10 Health Tips
- Tips & Suggestions
- Honor Roll
- Career & Life Skills Event
- Suggestion boxes

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## Happy 2012! Top 10 Health Tips

The Faculty & Staff at Med-Assist School of Hawaii would like to wish you all a **Happy New Year!** We hope all of you had a great Winter Break and ready to get the ball going again with school!

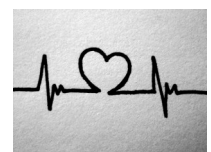


The Top 10 Health Tips are mentioned below. This will help you to get a beautiful look from inside and outside: **Balanced Diet**-It is necessary for you to have a balanced diet to get a beautiful

look. **Consume different varieties of food**-History says in the Ancient Indian Science, consumption of a variety of food helps to get a beautiful body and it cures illness too. Make a habit to eat fruits and vegetables of different colors everyday. **Breakfast is a must**-Have you ever wondered why some people stay much healthy and fit than you. They must not put on much weight too. The reason behind this is that they take a heavy breakfast which you might not take. You should never skip a breakfast. **Water is important**-Drinking 7-8 glasses of water will help you to wash away the impurities and toxic material from the body. This will help you to get healthy skin and hair. **Exercise helps a lot**-Exercise will help you to get a healthy

body and mind. **Say No to tobacco**-If you want to stay healthy and young you will have to give up smoking. **Avoid stress**-Avoiding stress is difficult. But it can be tried too. Stress leads to different diseases and your life gets miserable. **Teeth are important**-You need to brush your teeth twice every day. **A good sleep is required**-You need to sleep well to get a good health. Everyday you must get a sleep of 7-8 hours. **The brain should be active**-As we all know that empty mind is a devil's workshop. So, don't be ideal. Always engage yourself in something or the other. Get new ideas or do new things. Boredom is really boring. So get a life.

These are few ways you can make yourself beautiful. The Top 10 Health Tips will help you to get beautiful internally and externally. Try these tips to glow and shine.



## New Graduation Location

MASH has a new graduation location! It is at The Ala Moana Hotel, 410 Atkinson Drive, Honolulu, Hawaii 96814. Next graduation date is March 30th from 3pm in

the Garden Lanai Room. Parking? Park on the Diamond Head Side of the Ala Moana Shopping Center and walk in from the Skybridge.

## Upcoming Events

01.18.12 Success Career Fair @ Neal Blaisdell Center (Volunteers Needed)

*01.18.12 Deficiency Day*

01.19.12 @ 2pm EVE Student Council (SC)MTG

*01.20.12 @ 7:15am DAY Student Council (SC) MTG*

01.26.12 @ 6pm Professional Medical Coding Program Start

*01.28.12 Informational Career & Life Skills Event @ MASH*

01.30.12 Drop Day

*02.20.12 American Heart Month*

02.02.12 @ 2pm EVE SC MTG

*02.03.12 @ 7:15am DAY SC MTG*

02.06.12 Last Day of Phase

*02.07-08.12 Records Days*

02.09.12 DAY & EVE Phase Start

*02.14.12 Valentine's Day*

02.16.12 @ 2pm EVE SC MTG

*02.17.12 @ 7:15am DAY SC MTG*

02.20.12 President's Day, **NO SCHOOL**

*02.21.12 Pharmacology Final*

02.22-23.12 State HO-SA Conference

*02.27.12 Deficiency Day*

03.20.12 March of Dimes Month

*03.08.12 Drop Day*



## Honor Roll

Alcos, Christina

Arakawa, Jessica

Balon, Nikki Ann

Barbosa, Shauna

Bouchard, Summer

Eusebio, Shyna

Louis, Melissa

Nakasone, Ashley

Ong, Charles

Rasalan, Deborah

Tuisamatatele,

Jennifer

Wells, Eddine

Yong, Marlisse

## Tutoring Available

Having trouble in a class? Not quite understanding the material or retaining the information?

Come see Student Services. We will review your notes that you have



and give you some pointers or suggest different strategies and advising you to be a better student to help you through school.

Not comfortable with Math Problems? Are you ready for Pharmacology

class in Phase 4? We have FREE Math Tutoring! Monday through Thursday from 8-8:50am and 11:40am-12:30pm with Paul Silva or with Alan Sunada Monday's and Wednesday's 3-5pm and Friday's by appointment. Come see Student Services to sign up. Cannot make any of these scheduled sessions, we can help!

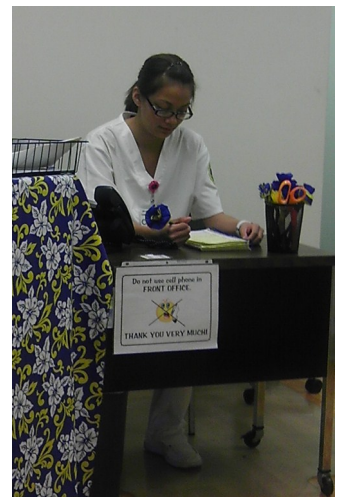
## Front Office Volunteers

One of the objectives of a Medical Assistant is to work at the front desk and demonstrate competency in basic office tasks which include but are not limited to answering the phone, scheduling appointments, and making copies.

As part of the Office Procedure I class as well as the Grad Sem class here at MASH, you are required to volunteer 1-2 hours at the front office. To

volunteer, please see the Office Manager, Jerry Acio. To sign up, ask to see the light blue Volunteer Book. Volunteer times are an hour block at a time unless approved by Faculty/Staff.

Remember, if you have 25 verified volunteer hours or more, you are qualified to receive a certificate at your graduation ceremony.



# Informational Career & Life Skills Event

Reserve your seat TODAY with Rona Augustine-Chun and Guest Speakers on Saturday, January 28th from 9-11am at Med-Assist School of Hawaii. It's a FREE event. Simplifying the preparation for the job seeker. We'll look over your resume, help you with career seeking skills, samples of what to wear or not to wear for an interview and how to present positive silent signals when you are at an interview. Call 808.524.3363 or email [info@mash.edu](mailto:info@mash.edu) to sign up.

## TIPS & SUGGESTIONS

- RESUME- "Give Them What They (Potential Employers) Want!"  
We'll look over your resume
- CAREER SEEKING SKILLS- "Are YOU the right FIT for this Team?"  
Is this career for you?
- DRESS FOR SUCCESS- "First Impressions Are a Mouthful!"  
What to wear or not to wear
- BODY LANGUAGE- "What Signals are YOU sending?"  
How to present Positive Silent Signals

INFORMATIONAL CAREER & LIFE SKILLS  
EVENT for MASH Graduates & Students!  
on Saturday, January 28th from 9-11am

It's  
a  
FREE  
Event

Reserve your seat **TODAY**  
With  
Rona Augustine-Chun  
And  
Guest Speakers  
  
Email  
Our Career  
Development Center  
At  
[info@mash.edu](mailto:info@mash.edu)



33 SOUTH KING STREET, SUITE 223 Tel 808.524.3363 Fax 808.524.1562

[WWW.MASH.EDU](http://WWW.MASH.EDU)

## Suggestion Box

Got a suggestion for the school and cannot wait until the end of the Phase to write your comment on the evaluation form? There are two black suggestion boxes located here at MASH. One is in the Student Study Hall and the other is in the Teacher Work Room. Suggestions can be anonymous or signed.



## Med-Assist School of Hawaii

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Honolulu, Hawaii 96813

Phone: 808.524.3363  
Fax: 808.524.1562  
www.mash.edu

The MASH difference.

WE'RE ON THE WEB:



## Recipe Corner: Easy Corn Chowder

### INGREDIENTS:

4 slices bacon, diced  
1 onion, chopped  
1 (14.75 ounce) cans cream-style corn  
1 1/2 cups cubed potatoes  
1 (10.75 ounce) cans condensed cream of mushroom soup  
3 cups milk  
Salt and pepper to taste

### DIRECTIONS:

In a large saucepan over medium heat, sauté the bacon and onions together until onions are tender, about 7 minutes.

Add the corn, potatoes, soup, milk, and salt and pepper. Raise heat to high and bring to a boil. Reduce heat to low, cover and simmer about 25 to 35 minutes or until the potatoes are tender, stirring occasionally.

### SERVINGS:

3

"This is a quick and easy soup that won't let you down."

Allrecipes.com

