

To whom it may concern,

When I first assumed the position as a volunteer in a clinic, I admit I imagined the experience would be dull. As a volunteer, I was unsure of what I could hope to accomplish in the way of help or assistance. Instead, I assumed I would be more of a gopher for employees. It was a delightful surprise to find myself of use to the employees and patients of the facility. I was able to demonstrate my medical capabilities, but also get to know the patients during my time there. I found it to be one of the most rewarding experiences I have had thus far.

Volunteering at the facility afforded many opportunities, both to help, and to perform duties on my own. Meeting patients and getting to know them, however, was my favorite part of the experience. They were sometimes rude and mean. Often they were blunt about their condition or situation. Many times they were funny and would make jokes with me about a procedure or a doctor they did not like. I maintained professionalism whenever necessary, but found it not only harmless, but also fun to make jokes and talk with them when the circumstances were right. For example, if they were not mocking a doctor, jokes were okay. Many patients enjoyed reminiscing about times not spent in the clinic. One in particular, we will call Martha, loved to chat about the activities she indulged in before she was diagnosed with sciatica, among a myriad of other health issues.

Martha was an active woman who loved to roller blade with her children and grandchildren. She had a powerwalking group she met with twice a week. Prior to her health issues, she had begun to take up yoga to help with her high blood pressure. Martha had revealed her doctor did not recommend yoga, but she had read using calming techniques can have a calming technique on the heart. She also revealed that at one point in her life she might have scoffed at such information but when her youngest daughter had become pregnant again, she knew she must try everything to stay healthy for as long as possible to be with her family. In fact, during intervals when she was not treated at the clinic, she still attempted what she called, "light yoga," and was delighted to report it helped her sciatica, and made her feel more at ease about her blood pressure.

As I administered daily rounds of medication to Martha one morning and double checked her nightly chart, she took hold of my wrist very softly and asked if I could get her some water. I did so and patiently waited for her to finish drinking so I could set her cup down for her. She thanked me, and then kindly told me I had been one of the most considerate volunteers in the facility, and she was happy to have known me and been cared for by me. Having known Martha, this was a very big compliment, and my reply was I was happy just to have been in her company, and if there anything could get her or any story she would like to share, to please hit the call button.

Eventually Martha left the facility. Her insurance had her transferred to a different clinic, but I think about her often. I remember her stories and her laugh. She had an energy about her

that was magnet, and I try to carry it with me. I keep in mind that if I am able to do my job, and keep a wonderful person like Martha comfortable and happy, there is not much I cannot accomplish.

Thank you for your time.

YOUR NAME