
MAY 2021, ISSUE 1

NHPA Newsletter

Cinco De Mayo

Jazmin Valencia Chavez and Emily Leon



NHPA would like to introduce our quarterly Newsletter! Our goal is to share NHPA accomplishments, upcoming events, feature NHPA members and most importantly share LatinX culture. Through these newsletters, we hope that you gain a better understanding of the LatinX culture that will help you provide culturally humble healthcare to your Latin American patients.

NHPA ACCOMPLISHMENTS

Spanish Lunch Talks Series: We kicked off this school year with our Spanish Lunch Talks Series to help our UCSF classmates better communicate with their Spanish-speaking patients. We collaborated with LMSA, HSDA, and DPT to make the talks inter-professional with a record attendance of over 50 attendees.

GoodRx Lunch Talk: In collaboration with NCPA, representatives from GoodRx presented on how the company can help patients in community pharmacy.

Career Talk: Dr. Valle-Osegura joined us to give us insight into pharmacy residency and her career as an Ambulatory Care Pharmacist and PGY2 Residency Preceptor.

Journey into Healthcare Undergraduate Conference: We informed and helped undergraduate students explore different careers in healthcare, including dentistry, medicine, nursing, pharmacy and physical therapy.

UPCOMING EVENTS

Cultural Awareness: Are you bummed that your travel plans were cancelled in 2020? Not to worry! On Wednesday, May 12th, from 5:00-6:30pm, NHPA will host "Passport to Latin America", where participants will "travel" and virtually experience Latin American countries presented by our very own UCSF pharmacy students. After we are done traveling, there will be a short trivia game where participants could win gift cards.

Last Spanish Lunch Talk: Finish the year strong and attend our last Spanish Lunch Talk of the year on May 18th!

MEMBER HIGHLIGHTS



Alec Barajas
NHPA President

As a proud Mexican American I was born and raised in the predominantly Hispanic community of Merced, California. My heritage comes from Mexico as my mother was born in the state of Zacatecas and my father was born in the city of Guadalajara in Mexico before they immigrated to the United States with their families to work in the Bracero Program as field workers. Eventually, both of my parents were able to obtain their U.S. citizenship and they both pursued higher education before choosing a career in education. Throughout my upbringing my parents and grandparents taught me about Mexican culture, traditions, and the language so that I would pass on what I learned to others in my family and my career.



Jazmin Valencia
NHPA Secretary

I was born in a small village in the mountains of Michoacán, Mexico. I immigrated to the United States in 2006, with my mother and sister, to escape drug cartel violence, extreme poverty and to reunite with the rest of my family. Once here, I lived in El Monte, CA for a short time before moving to Richmond, CA (YAAAY AREA!), which is where I lived until I attended UC Davis in Fall 2014. Throughout my upbringing, I've lived and learned about my Mexican culture and traditions from my family and community, while also experiencing the many diverse cultures that reside in the Bay Area. Currently, I'm married and have two beautiful sons (cats), Mr. Waffles and Mr. Fudge. After graduating from UCSF, I hope to work in ambulatory care or psychiatry. My goal in life is to serve forgotten and underserved communities.

The Importance and Cultural History Of Cinco De Mayo

El Cinco de Mayo is a remembrance of the Battle of Puebla. Similar to the 13 colonies the British Empire had in the United States, the French occupied the southern part of Mexico, islands in the Caribbean, and parts of Central America. On May 5, 1862, a poorly equipped Mexican Army defeated the French troops in the southern state of Puebla. This victory became a symbol of Mexican resistance to foreign domination. Fighting continued for five more years, but ultimately the French were driven away. Today, El Cinco de Mayo is widely celebrated and marketed in the United States as a Mexican cultural celebration with food, drinks and parties/parades. In Mexico, these celebrations are localized mainly to the state of Puebla, where most of the fighting occurred, with a smaller number of celebrations throughout the rest of the country.



Guacamole Recipe

Commemorate Cinco de Mayo by making this tasty guacamole:

Time to make: 10 minutes

Serves: 4

- 3 avocados - Peeled, pitted, and smashed
- 1 lime - Juiced
- 1 teaspoon of salt
- 1/2 cup of diced onion
- Chopped cilantro to your liking
- 2 small tomatoes - diced
- 1 teaspoon diced garlic
- 1 pinch of cayenne pepper
- Mix all ingredients together
- Accompany with tortilla chips and enjoy!



Restaurant Recommendations

Celebrate Cinco de Mayo by supporting a Latinx-owned restaurant. We recommended trying **La Torta Gorda**, house of authentic Pueblana cuisine, located on 2833 24th St. San Francisco, CA. They were recognized for their Pierna Enchilada Torta by The Food Network, as the #2 best sandwich in the nation, so go on down and try their delicious food!

Double Entendre: Ponte Las Pilas/ Ponte Trucha

Ponte las pilas is a Latinx saying with a literal meaning: put your batteries on. Ponte las pilas is used to advise people to wise up, in other words to say, “stop being stupid,” in a nice and motivational way. Another way to say it is “Ponte trucha.”

- Como Usar: Moises ha estado cometiendo muchos errores últimamente, se necesita poner las pilas!
- How to use: Moises has been making a lot of mistakes lately, he needs to wise up!

