Practicing Thanksgiving Gratitude

Source: https://www.tonyrobbins.com/mind-meaning/thanksgiving-gratitude/

How to be grateful during the holidays and year-round

Thanksgiving is one of the best times of the year. It's the start of the holiday season, a chance to get together with loved ones, and a time to eat plenty of delicious food. For some, it can also be a time of stress and anxiety – hosting Thanksgiving dinner, dealing with complicated family relationships and worrying about holiday shopping.

Whether you're excited for the holidays or a little anxious, take the opportunity the holidays present to slow down. Practice Thanksgiving gratitude for all the blessings in your life instead of focusing on the negatives. Then, think about how you can extend this season of gratitude to improve your entire life year-round.

What does it mean to have a grateful thanksgiving?

The relationship between gratitude and Thanksgiving is deeply ingrained in the holiday. Some of us grew up going around the table and sharing something we're thankful for each year. Quotes about gratitude and Thanksgiving pop up on our social media feeds along with hashtags like "#blessed" and "#thankful." There's no doubt these feelings are sincere, but there's a difference between being thankful and being grateful.

Being thankful is a fleeting moment, a feeling. It's when your partner takes care of the chores or errands. Or when a coworker covers for you at work. When a stranger finds and returns your wallet. On the other hand, being grateful is a mindset. It's a state of grace of constant thankfulness. It's an appreciation for all that life brings, good and bad – because even our worst moments can shape us in positive ways. When you not only have Thanksgiving gratitude but also gratitude for life itself, you'll find fulfillment in life.

How do you express thanksgiving gratitude?

The season of gratitude is an excellent time to get started creating the habits that will lead you to an abundance mindset.

Give back. Volunteer, make an extra meal for your neighbor, donate money or invite someone to dinner who doesn't have anywhere to go. Giving back fulfills our deepest human needs, especially around the holidays.

Be present. Oftentimes the gift of presence is the greatest gift we can give our loved ones. Use the time around Thanksgiving to reconnect with friends and family. Put down your phones, be completely present, and magic will happen.

Trade expectations for appreciation. It's easy to let family arguments or conflicting personalities get in the way of a grateful Thanksgiving. But when you let go of expectations and search for what you appreciate about each person in your life, your world changes.

Share memories and goals. The holidays are all about creating and sharing memories. Remember the past year, relive your favorite moments and find the good that came from the bad. You'll feel closer to your loved ones and discover a more meaningful type of Thanksgiving gratitude.

Experience the season of gratitude year-round.

A grateful Thanksgiving can be the start of a grateful life. It's a chance to re-energize your body and mind, refocus on your goals and reconnect with what matters most in life. Find a job you love and excel at work

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Happy Thanksgiving

November 2023 Calendar

Diabetic Eye Disease Month
COPD Awareness Month

1 - All Saints' Day (Christianity)

2 - Day of the Dead (Mexico)

5 -11 - National Animal Shelter Appreciation Week (US)

7 - Election Day (US)

8 - International Day of Radiology

11 - Veterans Day (US)

12 – Diwali (Hinduism)

12-18 - Perioperative Nurse Week (US)

14 - Operating Room Nurse Day (US)

14 - World Diabetes Day (International)

16 - World Pancreatic Cancer Day

18 – International Survivors of Suicide Loss Day

23 – Thanksgiving (US)

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– or start a business of your own. Find a passionate relationship and show up to your existing relationships. Don't just discover your peak state, but live in it every day.

You can do all of this by shifting your focus because where focus goes, energy flows. Instead of feeling frustrated or angry, ask yourself, "What could I be grateful for right now?" Realize that life is happening for you, not to you. You choose the meaning that you assign to your experiences. This realization will revitalize your life and give you the energy and vitality you need to achieve everything you want and more.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." – John F. Kennedy

Evolution of Machine Translation

Source: https://www.mcislanguages.com/evolution-of-machine-translation/
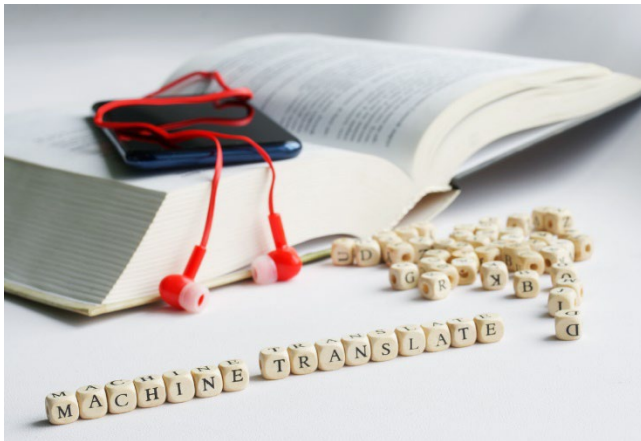
Humans have spent millennia trying to translate information across more than 7000 languages that exist around the globe. In fact, humanity could preserve a large portion of the ancient world's knowledge thanks to the Rosetta Stone. She assisted historians in deciphering Egyptian hieroglyphs and the Bagdad House of Wisdom, where scholars translated thousands of scientific, historical, and religious texts into Arabic.

Translation has always been an essential tool in aiding the transmission of knowledge. As such, people began to inventing ways to make translation faster, more efficient, and more accurate over time. This need for translation and advancing of our technology has resulted in the development of intelligent computer systems like machine translation, or MT. MT essentially translates words much faster than humanly possible with an ever-decreasing margin of error. Here is a summary of Machine Translations' humble beginnings and how it has developed into what it is today.

The Early 1950s

In 1949, Warren Weaver, a researcher at the Rockefeller Organization, proposed using machines to aid in the translation based on information theory and using machines to break codes during World War 2. This research came to fruition in 1954 when Georgetown University and IBM demonstrated the first example of MT, where the system could translate 250 words and 50 carefully selected Russian sentences into English.

MT throughout the 1960s to 1990s

Despite setbacks from the Association for Machine Translation and Computational Linguistics (ALPAC) finding that MT could not compete with human translation in terms of speed and quality in the 1960s, MT research continued, especially in Canada, the United Kingdom and Russia. In the US, MT was used for governmental agency intelligence for organizations like the US Department of Defense and the Air Force. Going into the 70s to the 80s, demand for commercial translation began growing as commerce began globalizing and the need for translation for international companies and supply chains grew. This resulted in several MT companies launching, such as Trados, and several large organizations developing their MT systems, such as IBM, Toshiba, Mitsubishi, and Panasonic, to name a few.

By the 90s, there was a significant increase in the use of Machine Translation due to of the growing power of computers and the falling manufacturing costs to make them. In addition, MT's popularity grew as consumers began to adopt personal computers and move from mainframes allowing more consumers to access the technology.

The 2000s: MT and the Internet

MT experienced its most significant boom in adoption as several online Machine Translation services began popping up, such as Babel Fish Altavista, which could translate texts into several languages once people started using the internet. In order to better forecast the intended translations, these systems employed statistical machine translation to gather data from the most prevalent previously completed translations to predict the most accurate results. This further fueled MT adoption, and combined with the connectivity and convenience of the internet, MT user numbers skyrocketed.

MT Today

Accurate translation, at least on a smaller scale, has never been as accessible as it is today. Simple translations like "How to say have a good

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night in Turkish" can be done in seconds with a relatively high degree of accuracy through Google Searches. MT has also allowed for a reduced cost for translation services allowing for large documents that would have cost significantly more to now be priced at much more affordable rates. This helped increase the public's access to knowledge and information. The development of new MT systems such as Neural Machine.

Translation has also begun by many researchers and tech giants such as Google. This method works similarly to how the human brain constantly looks for suitable patterns and decision-making processes to develop a sequence of words. In 2020, this system could instantly translate texts with 60%-90% accuracy indicating that human editing and quality assurance are still necessary.

Conclusion

Overall, Machine Translation has come a long way and is on the cusp of becoming not only the fastest way to translate languages but also the most accurate. MCIS is just as excited as you are to dive into this new tech to help everyone, no matter the language and aid in sharing information as efficiently as possible.

New Staff Profile: Wendy Acuna

Wendy is the newest Spanish interpreter joining the UC Davis Medical Interpreting team. Wendy was born in Guatemala and came to the United States 38 years ago. She spent most of her childhood living in Texas and relocated to California at the age of 12. Wendy's mother only spoke Spanish, so Wendy was the "child interpreter" for as long as she can remember. At the age of 18, Wendy moved back to her home country and stayed there for 19 years. She received her bachelor's degree in ESL teaching from Mariano Galvez University in Guatemala City. For Wendy, teaching has always been her passion and calling. She loves being a part of a person's growth and personal fulfillment.
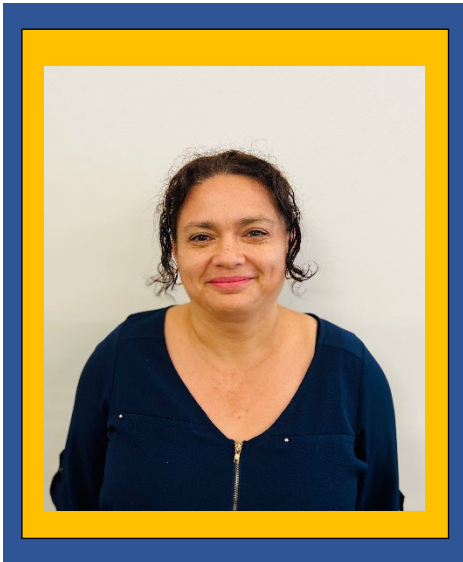
All her training and experience in the educational field have transferred into her interpreting career. She became an interpreter in 2017, starting as a freelance legal immigration interpreter. She became highly invested in medical interpreting after taking an assignment for a Guatemalan couple who had recently lost a child. They had just migrated to the US and didn't speak English very well. Wendy recognized the need within the Latino community for interpreters who understand the culture, idioms, and various ethnic idiosyncrasies that extend beyond mere language proficiency. That was when Wendy decided to pursue this career. She received her national certification from the Certification Commission for Healthcare Interpreters (CCHI) in 2019.

Wendy believes she can contribute to helping individuals overcome the huge obstacles they face when coming to this country. Basic human needs, such as quality healthcare, housing, and food security, are a universal right that every single person should have access to. Being part of a group of professionals who are moved to become a beacon of hope for immigrants fills her with gratitude and humility. She feels extremely lucky to be part of a team of professionals at UC Davis who are friendly, welcoming, and most importantly caring. Each of them contributes with their expertise to help the most vulnerable patients receive the care they deserve. She hopes to learn from each one of her colleagues.

In her free time, Wendy loves spending time with her family. She enjoys taking her granddaughter to the park and cooking for her family. She loves to read and be transported to different cultures and times. Dancing Salsa music is one of her favorite activities!

Welcome to the UCDH Medical Interpreting team, Wendy!