

Chatterbox #236 – Interview with Suzanne’s mom

Episode description

Long-time Culips host Suzanne is visited by her mom, Emily! Her mother is such an interesting person. In this Chatterbox episode, they talk about her career as a nurse, her travels in Montreal, and her future travel plans to Aruba!

Fun fact

Do you know anyone who always thinks they are sick? There’s an English word for that person: a hypochondriac. That is someone who thinks they have all kinds of illnesses, even when they don’t. I hope that’s not you!

Expressions included in the study guide

- For the most part
- A clinic
- Chronic
- Critical
- Heartwarming
- A rescue animal



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: Hello, everyone. I'm Andrew and you are tuned in to the Culips English Podcast, the show where you learn how to speak natural everyday English and where we teach you all about North American culture.

Today's Chatterbox episode features a very special guest, Suzanne's mom, Emily. So you'll get to hear Suzanne chat with her mom about a range of different topics, including her life as a nurse, her thoughts about visiting Suzanne in Montreal, her future travel plans, and even her two **rescue Chihuahuas**.

You'll get to hear that conversation in just a sec but, before we get to it, I wanna make sure you know about the study guide for this episode. It is awesome, and includes tons of materials that will help you take your English to the next level. So in the study guide, you'll find the transcript, vocabulary explanations, real-world examples so that you can see how native speakers use the vocabulary that you'll hear today, and also a quiz. And there's speaking and writing prompts, too. So it's the perfect companion to this episode and we don't want you to miss out on it. Just visit Culips.com so you can become a Culips member and start studying with our study guides.

OK, well, let's get on to it. Here is Sue's chat with her mom, Emily.

Suzanne: OK, Mom, introduce yourself. What's your name?

Emily: Hello, everyone. My name is Emily Cerreta and I'm here in Montreal visiting Suzanne.

Suzanne: Yes, and where did you come from to visit me in Montreal?

Emily: I came from Houston, Texas, which is on the Gulf of Mexico. So very hot there, so I'm very happy to be here in this very lovely weather.

Suzanne: Yes, 'cause even though it's kind of warm here right now, it still is cooler than Texas, right?

Emily: Most of Texas is very hot right now, so, yes, this is great.

Suzanne: Yeah, and I think we have less humidity here in Montreal than you have in Texas, right?

- Emily: Absolutely. We do get some good breezes, but **for the most part** the humidity is a lot higher than it is here.
- Suzanne: And I wanted to ask you if you could share with everyone what you do in Texas, like what's your job? What's your career there in Texas?
- Emily: Sure, be happy to. In Texas, particularly a city that's a little west of Houston, about 30 minutes, Katy, Texas, I am a nurse practitioner in a group practice with about six other physicians.
- Suzanne: A medical **clinic**, right?
- Emily: Yes, exactly. That's a medical **clinic** where you would go to get checked for colds, flu, dog bites, any of the usual primary care issues. Also, we see patients with diabetes and high blood pressure and other **chronic** illnesses.
- Suzanne: When you say primary care, what does that mean exactly, primary care issues? Is that like, as opposed to, you know, emergency issues, like say if I broke my arm, I really probably wouldn't go to my primary care or family doctor, I would go to the hospital because I need urgent care, right?
- Emily: That's exactly right. So, the hospital, just like here in Montreal, would have immediate access to X-rays and the level of care that you need for something that's maybe not a life and death emergency, but is a very urgent situation that you want to get diagnosed rapidly and take care of it quickly.
- Suzanne: Yeah, and how long have you been a nurse?
- Emily: I have been a nurse practitioner for 20 years this past May, and prior to that I was a registered nurse for let's just say about 20 to 25 years before that.
- Suzanne: You've worked in so many different kinds of environments and contexts, right? Like you did emergency room stuff. Can you tell us a little bit about the different things that you did, the different kinds of nurse contexts that you worked in?
- Emily: Sure. So all of you are probably familiar with seeing a nurse in a **clinic**, emergency room, just about any type of environment or service of care. So I did **critical** care nursing for about 12 years, and that is taking care of people or patients who require attention constantly for a **critical** issue, or that means a medical condition that's changing very rapidly. So in the States, we call them ICU for short, I-C-U, intensive care unit.
- Suzanne: OK. And what was maybe the most interesting experience you've ever had in that kind of place, like in the ICU?

- Emily: Goodness, of course I have so many stories, but I can think of one right now, and this was someone who unfortunately in his job was badly burned. So another type of intensive care unit takes care of people with very serious burns, and that means a large part of their body or percentage of their body was effected by the burns, and it could take months of getting healthy skin and putting it somewhere else, that's called skin grafting. It could take weeks and months of this.
- Suzanne: So skin grafting is when you take a piece of skin from another part of your body that's healthy, right?
- Emily: Correct.
- Suzanne: And you move it to the part that got really burned, and if you get too much burn, like if you have burns over too much of your body, it makes it really difficult to do that.
- Emily: So prognosis or outcome for somebody who's got more than 30% of their body burned is very low. And this particular person had about 60%, so the entire intensive care unit just celebrated his recovery. It was very long and very difficult. So it was not as easy as I'm making it sound, but because he beat the odds, that was fantastic.
- Suzanne: That's great. And did you guys have like a party?
- Emily: We did, he came back to the ICU, his family bought pizzas and desserts and actually did have a party.
- Suzanne: That's amazing. That makes it fun.
- Emily: Because he came back to see all his old friends. We were kind of like family.
- Suzanne: And I mean when you're working on getting healthy, your doctors and nurses kind of become like your team and you really are on a project together, right? You have a big project to get better and do it together. So I'm sure, you know, maybe like you're winning the World Cup, you're gonna have a party to celebrate, so it's kind of like, "We did it!"
- Emily: Exactly. So the team was very proud of what they did, but they were really proud of him. And he came back with his family, his children, and, you know, it changed his life. So that was an experience I'll never forget.
- Suzanne: That's really nice. That's a really sweet story and ... Go ahead.

- Emily: I did other kinds of nursing, as well. So that's ... Particularly intensive care unit, very serious, **critical** patients. I also worked in the emergency department, or in the olden days we called it emergency room. It's really a department, because there's so many different areas now that are specialized of the emergency room. When you need help in a hurry or the more serious stuff like, chest pain if you think you're having a heart attack, that's where you should go, whether you really have one or not. So that's quite interesting, and I did that for a couple of years.
- Suzanne: Didn't you work in the Houston Medical Center, where you worked on multiple sclerosis?
- Emily: Yes, and that was research, so for 10 years, I worked in the department of neurology.
- Suzanne: And that has to do with the brain, right?
- Emily: The brain and spinal cord, and particularly diseases that attack or are involved with the central nervous system and the peripheral nervous system. So your head is the central nervous system and in your spine is the peripheral, goes out to the rest of your body. So what Suzanne mentioned was multiple sclerosis, which is a neurological **chronic** illness that does attack the brain and spinal cord and unfortunately does show up in younger people, 30s, 40s, and 50s, and predominately 2 to 1 in woman than men. So that was very interesting.
- Suzanne: So you told us, like, kind of a **heartwarming** story, so what's a funny, goofy, silly, awkward, something like that kind of story about your experience as a nurse?
- Emily: I'm sure there's more than one.
- Suzanne: I'm sure you have many stories.
- Emily: There was a very anxious and worried older lady, maybe in her 70s, and she was convinced that she needed to be checked for a disease of her prostate.
- Suzanne: Women don't have prostates, only men do, right?
- Emily: Correct, so the prostate is a gland that is only part of the male anatomy, not female anatomy. But she was very, very worried because she knew some people who had prostate disease and unfortunately got very seriously ill from it, and she wanted to be checked. So she honestly kept insisting and insisting because she really didn't believe me that she didn't have a prostate gland.

- Emily: So I called an older, more experienced physician into the room, and so he flatly told her, “No, Mrs. So-and-So, you do not have a prostate gland and you never have to be checked for prostate disease.” I don’t really know if she believed him, too, but he was very gentle and caring with her, so we had a good laugh after she left. Certainly not in front of her.
- Suzanne: That’s good. And so just to kind of move the topic onto something more personal, not necessarily work related, how do you like Montreal? Do you like coming to Montreal?
- Emily: Of course, I love coming to Montreal because I get to see my daughter, Suzanne.
- Suzanne: But also you’ve come in the wintertime, you’ve come in the summertime. What’s your favourite?
- Emily: There are favourite times in both those seasons, but generally speaking probably summer or not so cold winter, because winter’s really fun and beautiful, too. But not when you have to wear three layers of glove liners and double layers of socks.
- Suzanne: I’m sure all the listeners know—we talk about it a lot—we have to wear lots of different layers in Canada. But what’s one of your favourite places to visit or things to do in the trips that you’ve had here in Canada?
- Emily: Certainly the countryside, that’s been really beautiful and fun to look at. We recently went to a beautiful lake and did some outdoor stuff. The city and the seaport, downtown Montreal is very beautiful, too. So not this time, but a pervious trip I enjoyed seeing the historical buildings, the Basilica just from the outside, and visiting landmarks.
- Suzanne: You mentioned something about the murals. You really liked all of the beautiful murals that you’ve seen in Montreal, because Montreal is really known, they have tours, even, I think, that, you know, you can go around and see with an app all of the murals of Montreal.
- Emily: Cool, that sounds like fun, didn’t know that.
- Suzanne: Yeah. Maybe next time.
- Emily: So this season I’m enjoying getting to do a lot more walking, because it’s not so cold, so that’s great, and I have noticed the beautiful murals. They’re so eloquent in their own way, colourful, captivating. I’m just amazed by them because I guess most of the time, I’m familiar with the murals that I see in the big city, which are mostly graffiti type of murals.
- Suzanne: Right, these are artistically done, I would say.

- Suzanne: Oh, yeah, so tonight we're gonna be going downtown to the Jazz Festival, right? You've never seen the Montreal International Jazz Festival.
- Emily: I have not. I've heard of it and, you know, read about it. Mostly from Sue mentioning it, so I'm excited to kind of see what it's really like. But you always have some festivals going on.
- Suzanne: It's really exciting. It makes every season so different and so interesting. I find that the festivals really capture the energy of the seasons and also the vibe of the city, right? We have, like, Igloofest in the winter, and that gets everybody outside in their snowsuits, dancing by the Old Port. And this is fun because we get to experience music from all of the world for free outside, which is great.
- Yeah, and I guess I wanted to ask you just one more question, if there's anything fun that you're looking forward to, like travel-wise?
- Emily: Other than Montreal?
- Suzanne: Yeah.
- Emily: Other trips I have coming up?
- Suzanne: Yeah.
- Emily: OK, I do have a trip coming up to Aruba in September, first week of September. Starting the end of the month of August, looking forward to that. So Aruba is one of the three islands, south Caribbean Sea and off about 50 or 75 miles off the coast of Venezuela. So it's a great place for ... September is hurricane season, at least for North America.
- Suzanne: Right.
- Emily: And they have not had a hurricane in about 100 years because of the drifts of the current down there, they're just very protected. And I've gone to Aruba twice before in spring and summer, so it's about the same temperature all year round, in the 80s. It is a little more humid than Montreal.
- Suzanne: OK, but that's 80s in Fahrenheit.
- Emily: In Fahrenheit, so that would be like 26?
- Suzanne: That would be about 26 to 28. 28, maybe?

Emily: Celsius. It's very breezy because it's a small island and you get breezes from all sides. And one of the most beautiful beaches in the world is there, called Eagle Beach, and Eagle Beach is in the top ten beaches in the world. Beautiful views, cleanliness, the type of sand, and the calmness of the water, and the things that you can do there, but, so, Eagle Beach and there's so many beaches there. Lots to do, you can take Jeep trips to the rockier parts of the island. So there's kind of rocky and mountains in the northern part and there's even a lighthouse all the way up at the northwestern corner. So I'm looking forward to that.

Suzanne: And I know that you're also looking forward to seeing your pets when you get home from Montreal and you see your little animals in Houston. So what are they and what are their names? And tell us about your awesome little pets.

Emily: So they are Chihuahuas, so they're little dogs. They're both **rescue animals**, and we love them very much and sometimes spoil them a little too much. Their names are Mikey and Johnny, and Mikey's the older one, 11 years old, and Johnny is about 5 years old, because that's our best guess since they were both found and rescued. But they are so much fun and they want to sleep with us, they want to sit on your lap, they are little lapdogs and, yeah, they make life fun and kind of busy and interesting.

Suzanne: That's exciting, and I know them very well, too, they're really sweet dogs. They're really funny, and I think they think that they're bigger than they are. They think that they're bigger dogs.

And I wanted to just finish with one more question. Is there any advice that you would give to our listeners that if they're travelling in Canada or the US and, say, they get sick or something. Is there anything that you recommend that they carry with them or maybe if they need to go to a doctor, like, what they should do, or, you know, maybe some advice? Like if you get sick while you're travelling in an English-speaking country?

Emily: So one of the things I would recommend is that, first of all, before you leave on your destination, if you have conditions that you know could be bothering you, take those medications with you. Like if you know my allergies might start up if I change environments, take that medication with you so that you don't have to go look for it in another country. It might be different; it could be labelled different. So that's the first thing, if there's medications that you're on for medical condition, so make sure to take your medications with you and carry them with you. Don't put them in your luggage.

Emily: But if you do have to seek help while you're travelling, always have someone with you. It's great if you can find somebody or you have a friend that speaks the language, just in case, always ask for an interpreter for your language if they can provide it, that's always best. But having someone with you to listen and be another pair of ears to hear the directions that you need is always a good thing. Try, if you can, not to be alone.

Suzanne: That's good advice.

Well, thank you so much mom for talking with us today about nursing and Aruba and all of the things in between. Thank you so much for being here, it's been a pleasure.

Andrew: Wow, wasn't that great, guys? I really enjoyed that chat. Sue's mom is such an interesting person.

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We will be back soon with another brand new episode and, until then, take care and we'll talk to you soon. Bye.

Detailed Explanations

For the most part Phrase

For the most part means generally or mostly. You can agree with someone **for the most part**. That means you generally agree with the person, but not entirely. You can say your dog is well behaved **for the most part**.

Here are a couple more examples with **for the most part**:

Doug:	You saw the new Tarantino movie, right? Did you think it was a good film?
Robert:	For the most part.
Doug:	What didn't you like about it?
Robert:	I thought the action was good, but the comedy didn't make me laugh at all.
Doug:	Wow, I had the exact opposite opinion.

Kamala:	Is this your high school yearbook?
Tom:	Oh, no! Don't look at my picture!
Kamala:	OK, OK. Were you a good student?
Tom:	I'd say for the most part . I loved language and literature classes. I was so-so in science. But in math, I was absolutely terrible!

A clinic

Noun

A clinic is a place to receive medical care for less serious illnesses. For more serious and more urgent illnesses, you would go to a hospital. **A clinic** is generally smaller than a hospital. For simple checkups or simple prescriptions, you would go to **a clinic**.

Here are a couple more examples with **a clinic**:

Sam:	Oh, you're bleeding! How did that happen?
Ellie:	I tripped while jogging in the mountains.
Sam:	That looks like a deep cut on your arm.
Ellie:	Yeah, there was a pretty sharp rock. It doesn't really hurt, though. I guess I'll go to the clinic by my house tomorrow morning.
Sam:	Tomorrow morning? I think you should go to the emergency room at the hospital. It looks like you need stitches immediately.

Leela:	And what does your father do?
Theo:	He's a doctor.
Leela:	Oh, really? Does he work at the General Hospital?
Theo:	No. Actually, he has his own clinic downtown. He's an ear, nose, and throat doctor. If ever you need anything, I can set it up for you.
Leela:	Sweet, thanks.

Chronic Adjective

In this episode, Emily talks about people with **chronic** illnesses. **Chronic** means something that is long lasting and stays with a patient. Cancer, Parkinson's disease, and blindness are considered **chronic** conditions because they usually last a long time. The flu is not a **chronic** disease because you contract it all of a sudden and then you usually get rid of it within days.

Here are a couple more examples with **chronic**:

Julio:	Hey, are you all right?
Nathalie:	Not really. My back hurts so much.
Julio:	All of a sudden?
Nathalie:	No. It's been months.
Julio:	Did you see a physician about it?
Nathalie:	No, actually. I keep waiting for the pain to leave.
Julio:	That's a bad idea. For something chronic like that, you absolutely need to see a doctor.

Ira:	Oh, how has your mother been?
Harriet:	Not well. She's a little depressed.
Ira:	That's too bad. What brought that on?
Harriet:	Well, over the past few years, she has been diagnosed with several chronic ailments, so she's on a lot of different medications.

Critical Adjective

In this episode, Emily talks about offering care for **critical** issues. In the medical sense, **critical** is something very serious and potentially life threatening. **Critical** can also be used for objects, too. This version of **critical** should not be confused with criticism or with critics.

Here are a couple more examples with **critical**:

John:	Did you hear about the fire in the paint factory downtown?
Dave:	No, what happened?
John:	Something went wrong with their electrical wiring, and it sparked a huge fire.
Dave:	Did anyone get injured?
John:	Unfortunately, yes. The news said two people died and six were in critical condition.
Dave:	That's horrible.

Lisa:	I didn't watch TV today. Did they launch that new rocket into space this morning?
Trevor:	No, they didn't.
Lisa:	Was it today that they were supposed to launch?
Trevor:	Yes, it was. But the news report said there was a critical failure in the fuel input mechanism. I'm not sure what that means, but they had to cancel the flight.

Heartwarming Adjective

In this episode, Suzanne says that her mother told us a **heartwarming** story. **Heartwarming** is when something causes rewarding emotions in you. These are positive and strong emotions. Think of that warm and fuzzy feeling you have in your chest when you hear a lovely story or see a touching picture. That is a **heartwarming** feeling.

Here are a couple more examples with **heartwarming**:

Patrick:	Have you seen any good movies lately?
Yuna:	I just saw the movie Billy Elliot. It's such a heartwarming story.
Patrick:	I don't think I've seen it. If I watch it, am I going to cry?
Yuna:	It's very possible. The movie is well worth watching.

Maria:	Did you do anything special on the weekend?
Sasha:	I brought my little boy to the baseball game.
Maria:	Oh, really? How did that go?
Sasha:	It was such an amazing experience. We had tickets where we could meet some of the players.
Maria:	Really? You actually met the players?
Sasha:	We did. It was so heartwarming to see my boy posing with his sports heroes. It's something neither of us will soon forget.

A rescue animal

Noun

A rescue animal is an animal that has been abandoned by one owner but adopted by another. Any animal picked up at a rescue centre, a pound, or even on the side of the street is **a rescue animal**. You can also say the specific animal, as in **a rescue dog**, **a rescue cat**, or **a rescue rabbit**.

Here are a couple more examples with **a rescue animal**:

Madison:	I haven't seen you in a while. Have you been busy?
Narae:	Actually, I've been quite busy these days volunteering.
Madison:	Oh, that's amazing. Where do you volunteer?
Narae:	At an animal shelter downtown. We take care of rescue animals and prepare them for adoption.
Madison:	That's great. I'd like to do that. Do you think I could swing by?

Greg:	I didn't know you had a dog. He's so cute.
Pindar:	Oh, thanks. Yeah, he's pretty cute and very affectionate.
Greg:	Where did you get him?
Pindar:	He's a rescue dog . My cousin found him, but couldn't take care of him. So she called me. I'm so happy she did!

Quiz

1. When used in the medical sense, is the word critical related to critics and their criticism?

- a) yes
- b) no

2. Which of the following is a good example of heartwarming?

- a) you just drank a hot cup of coffee
- b) you have a burning sensation in your stomach
- c) your chest is hot from running
- d) you received a sweet gift from your grandmother

3. Rescue animals are often cats and dogs. Is it possible to have a rescue horse?

- a) yes
- b) no

4. Which of the following is not synonymous with for the most part?

- a) always
- b) generally
- c) usually
- d) in most cases

5. Which of the following is a good example of a chronic condition?

- a) a severe cut
- b) the flu
- c) an occasional hangover
- d) blindness

Writing and Discussion Questions

1. In this episode, Emily talks about various medical conditions. When you feel something is not right with your body, what is the first thing you do?
2. Part of why Emily loves visiting Montreal is because she gets to see her daughter. Do you live far away from someone you love? How do you deal with that?
3. What are some of the most heartwarming movies you have seen or books you have read?
4. Have you ever considered caring for a rescue animal? Which animal would you choose?
5. During this episode, the mother and daughter pair talk about weather. Which do you prefer, very hot but dry or fairly hot but humid? Why?

Quiz Answers

1.b 2.d 3.a 4.a 5.d

Episode credits

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