

The 2011-12 Chicago Area Schweitzer Fellows



Akua Agyeman (The University of Chicago, School of Social Service Administration)
Akua proposes to create a violence prevention and intervention dance program for African American youth at the Keep Loving Each Other (KLEO) Community Center. It will provide a safe space for adolescents to engage in dance and discussions regarding community violence, coping mechanisms, and conflict resolution.



Angela Aifah (The University of Chicago, School of Social Service Administration)
Angela proposes to develop a diabetes education program for women and children served by the Pan African Association. The program will promote health and wellness through diet management education about both Western and traditional African meals.



Ndang Azang-Njaah (The University of Chicago, Pritzker School of Medicine)
Ndang will partner with the South Side Help Center where he will work to increase access to care for African Americans and other underserved populations affected by HIV/AIDS.



Maimoona Batul (Chicago State University, College of Pharmacy)
Maimoona proposes to conduct health and wellness classes in Hindi for seniors at the Indo-American Center. She intends to increase the seniors' health awareness and involve them in social activities.



Jordan Becerril (Rush University, College of Medicine)
Jordan plans to create a "Higher Education Within Your Reach" program at the Center on Halsted for high school age adolescents who are homeless and or identify as lesbian, gay, transgender or bisexual. Jordan's program will emphasize the attainability of higher education and the steps needed to realize this goal.



Tara Berkson (University of Illinois at Chicago, College of Pharmacy)
Tara will address food resourcing obstacles while promoting healthy lifestyle choices to patients with diabetes at CommunityHealth, a free clinic for uninsured Chicago residents. She plans to organize group outings to local farmers markets and empower patients to create individualized "wellness prescriptions."



Amy Cavazos (School of the Art Institute of Chicago, Master of Art in Art Therapy Program)
At Proyecto Juventud (ProjectYouth), an after school program at Mujeres Latinas en Accion, Amy will work to empower at-risk Latina teens who have experienced domestic violence and/or sexual assault by initiating art therapy groups involving visual arts and writing. The groups will help the young women process personal experiences of trauma, provide them with social support, and gain insight about domestic violence, sexuality and teen pregnancy.



Lacie Durand (Rush University, College of Nursing)
At Central West Senior Center, Lacie will develop educational and interventional programs for low income older adults that focus on health promotion, fall prevention and medical compliance. These initiatives will help to improve the quality of life of older adults and empower them to take an active role in managing their health.



Dana Elborno (Loyola University Chicago, Stritch School of Medicine)

Dana plans to address the health needs of the growing Arab refugee population in Chicago by training health promoters within the community. The training curriculum will empower women and girls to feel more self assured as they seek and attain health knowledge in America.



Mary Alexandra Friedman (Northwestern University, Feinberg School of Medicine)

At PCC Community Wellness Center, Alex proposes to pair patients with uncontrolled diabetes with medical student health coaches. The program will help patients manage complex care plans, make lifestyle modifications, and feel supported while living with chronic disease.



Ryan Heath (The University of Chicago, School of Social Service Administration)

Ryan will integrate a service-learning component into the therapeutic program of Chicago Adventure Therapy. Utilizing a positive youth development framework, the combined preventative-therapeutic model will enhance the experiential programming that builds positive mental health and social-emotional skills of at-risk Chicago youth.



Kisha Hope (Northwestern University, Feinberg School of Medicine, Physician Assistant Program)

Kisha proposes to initiate a bi-weekly self defense clinic at the Young Women's Empowerment Project (YWEP), an organization that helps girls and young women impacted by the sex trade and street economics. She will conduct her project with the assistance of IMPACT, a Chicago-based organization that teaches self defense to women and girls to prevent, minimize and stop violence. Additionally, she will educate on reproductive health, STI prevention, and abuse.



Ayesha Khan (Midwestern University, Chicago College of Pharmacy)

Ayesha is developing an adolescent health and wellness curriculum to implement at the East Aurora Magnet Academy. She will educate middle school students on ways to prevent disease and injury, improve health, and train them to become leaders and promoters of healthy choices.



Elizabeth Martin (Rush University, College of Nursing)

Elizabeth will collaborate with Gilda's Club Chicago, a free support community for individuals diagnosed with cancer, to expand their outreach programs at local hospitals. Elizabeth will plan and facilitate new programming at hospitals targeting more diverse populations.



Erica Martinez (University of Illinois at Chicago, School of Public Health)

Erica will initiate a running club in the Pilsen neighborhood for kids (ages 8 to 12) that promotes physical activity during the summer. The program will promote family involvement and also teach nutrition classes.



Ashley McDonald (University of Illinois at Chicago, School of Public Health)

Ashley proposes to expand a summer and after school science program for children at the Lawndale Community Church by incorporating public health issues and information. She also plans to start a college preparation program for high school students.



Amy McNew (The Chicago School of Professional Psychology)

Amy proposes to develop and facilitate an LGBTQ support group for individuals who are age 65 and older to provide an opportunity for social engagement and to help individuals build healthy social skills.



Regine Michel (Rush University, College of Nursing)

At the Simpson Academy for Young Women, Regine plans to initiate a mental health program for parenting and pregnant teens. The project will focus on positive interpersonal relationships, self-esteem, care and hygiene to decrease the potential for mental health challenges post-pregnancy.



Natalie Morgan (University of Illinois, College of Dentistry)

Natalie will work with Target Hope to encourage more African Americans to enter health science careers by providing supplementary ACT preparation courses and by exposing students to different health career fields.



Rachel Newhouse (University of Illinois, College of Nursing)

Rachel proposes to provide supplemental first trimester prenatal care for underserved women in Chicago. The programming will include education on health maintenance during pregnancy and connections to local resources for low-income women.



Chiagozie Ononye (Northwestern University, Feinberg School of Medicine)

Chiagozie will partner with Apostolic Faith Church on Chicago's south side, where she will create a program to teach high school aged girls to become community health promoters about HIV prevention, reproductive health, nutrition and mental health.



Tatiana Ormaza (University of Illinois at Chicago, Jane Addams School of Social Work and School of Public Health)

Tatiana will focus on the intersection of trauma and community violence by providing mental health services and arts programming for at-risk youth. Her project will take place at the Juvenile Temporary Detention Center and incorporates poetry, spoken word and cognitive behavioral therapy.



Elisa Pleasant (Loyola University of Chicago, Beazley Institute for Health Law and Policy)

Elisa will work to address food insecurity with school aged children in the Englewood neighborhood through community gardening and other activities.



Douglas Posey (Northwestern University School of Law)

Douglas proposes to mentor and advocate for juvenile drug offenders in the Chicago metropolitan area through Treatment Alternatives for Safe Communities (TASC). The program will also help TASC build lasting volunteer pipelines from Northwestern University School of Law and Chicago area law firms.



Anand Sandesara (University of Illinois at Chicago, College of Medicine)

Anand aims to establish a diabetes and nutrition education program for incarcerated men at North Lawndale Adult Transition Center, in partnership with the Safer Foundation. The services are intended to empower the population to make healthy lifestyle choices both in prison and following release from the criminal justice system.



Amrita Seehra (Rush University, College of Medicine)

Amrita proposes to create a garden with students at Simpson Academy for Young Women, a school for teenage mothers and pregnant teens. Her program will serve to educate the students about nutrition and the environment, as well as to empower them through ownership and community engagement.



Jessica Sittig (Columbia College Chicago, Dance Movement Therapy & Counseling) Jessica proposes to introduce dance and movement into the trauma-focused psychotherapy program for clients and caregivers at LaRabida Children's Hospital – Chicago Child Trauma Center.



Rebecca Smith (University of Illinois, College of Nursing, Nurse/Midwifery Program) Rebecca will initiate an education program at the 72 Block by Block Diabetes Empowerment Center in Humboldt Park for patients identified as at risk for or diagnosed with gestational diabetes. The program will aim to decrease development of type 2 diabetes in postpartum women and their children, and will create a sustainable framework for continued diabetes education and social support.



Elizabeth Springston (Northwestern University, Feinberg School of Medicine) Elizabeth plans to collaborate with young women affected by sexual assault and domestic violence to raise awareness of the challenges faced by survivors. They will work to create targeted educational messages for their home, school and medical communities. The women will develop personal and professional skills, and support one another in the transition from victim to survivor.



Katie Tomarelli (Rush University, College of Nursing) Katie proposes to partner with the Sunday Night Supper, a multi-faith dinner for the homeless at Fourth Presbyterian Church's Chicago Lights outreach program. She will work to build the community members' trust, establish relationships, and encourage their personal growth and health.



Katie Zabinski (Loyola University Chicago, School of Social Work) Katie will initiate awareness raising activities to increase public understanding of the issues of human trafficking and sexual exploitation. She will advocate for victims and develop a support group.

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Pauline Abrego (Adler School of Professional Psychology) Pauline taught a comprehensive, culturally-based sex education program and also trained teachers to teach the program at the Little Village Social Justice High School.

Francois Blumenfeld-Kouchner (Chicago College of Osteopathic Medicine) Francois developed a language-specific training program for volunteer interpreters at the Heartland Alliance Marjorie Kovler Center for the Treatment of Survivors of Torture. He also created a website aggregating resources pertinent for the care of survivors of torture, interpreted for clients during medical, psychiatric and other appointments at the Kovler Center, and accompanied clients to medical, administrative and legal appointments throughout the city.

Carmen Cancino (University of Illinois at Chicago, College of Medicine) Carmen created a pipeline program for underserved school children at Lawndale Community

Church to spark their interest in health care careers and to show them how science can be fun. Her program provides the foundation for a formal pipeline program at UIC College of Medicine, designed to develop a cadre of health care professionals from underserved areas who will remain committed to serving their community.

Erin Cavanaugh (Loyola University Chicago, Stritch School of Medicine) Erin taught cooking classes and healthy eating workshops to children and parents at Maywood Fine Arts and St. Eulalia's Church in Maywood. The children were introduced to new fruits such as mangos and kiwis, learned where their food comes from and what different nutrients do for their bodies. The kids also taught each other new facts they found and created recipes on their own.

Meenadchi Chelvakumar (University of Illinois at Chicago, College of Medicine) Meena worked collaboratively with the residents of Deborah's Place and health professions students at UIC to develop "Healthy Beat," a Health and Wellness Program that empowered women to take charge of their health while promoting social ties and social support among program participants.

Sarah Cordes (DePaul University, Department of Nursing) Sarah worked with the Healthy Aging program at the Center for Whole Health at Chicago Lights, Fourth Presbyterian Church. She developed a life history project and worked with older adults to record and share their life stories. She also performed blood pressure screenings and assisted with health education programming.

Courtney Driscoll (DePaul University, Department of Nursing) In collaboration with Sara Rosenthal, also a DePaul nursing student, Courtney conducted a year-long health education program empowering students at UPLIFT Community High School to make healthy lifestyles choices and prevent adolescent obesity. Their program focused on the interrelationship of good nutrition and physical activity, providing activities such as cooking lessons, meal planning and grocery shopping on a budget, 5K run/walk race training and exposure to many other forms of exercise.

Kaori Ema (University of Illinois at Chicago, College of Dentistry) Kaori provided oral health care information, supplies, education and dental screenings to seniors in assisted living centers through the support of Advocate Illinois Masonic Medical Center. The services she provided helped seniors and their caregivers understand the connection between oral health and systemic health and facilitated access to proper dental care.

John Ryan Hayes (Midwestern University, Chicago College of Osteopathic Medicine) John empowered patients to improve their health outcomes at Community Health Partnership of Illinois, an organization that provides comprehensive medical care to migrant farmworkers. John designed low-literacy Spanish and English handouts and "mobile charts". John helped patients get the medications they needed but couldn't afford. John served as a Spanish medical interpreter, a medication counselor, and an outreach volunteer coordinator.

Rene J. Herrera (The Chicago School of Professional Psychology) Rene created Teens Actively Seeking Knowledge (T.A.S.K), a mentoring program for teenagers at Casa Juan Diego Youth Center in the Pilsen neighborhood to help prepare them to transition from high school to college or university. The program provided students with resources and guidance.

Laura Hodges (The University of Chicago, Pritzker School of Medicine) In collaboration with Thresholds of Chicago, Laura taught video making skills to individuals with severe and persistent mental illness. She also facilitated the participants' creation of a video documentary based on the footage they collected. The project was designed to promote a greater sense of community among the clients and to increase the participants' skills and confidence.

Vivian Leung (Rush University, College of Medicine) Vivian established a vegetable garden at William H. King Elementary School and involved students in gardening as an after school program. The program provided a hands on approach for the students to learn about nutrition, plant biology and healthy food choices.

Saria Lofton (Rush University, College of Nursing) Saria started a nutrition and exercise program with a "green" focus for African American youth and parents on the west side of Chicago. The program consisted of innovative strategies to increase youth interest in wellness.

Ifrah Magan (The University of Chicago, School of Social Service Administration Graduate Program in Health Administration and Policy) At Heartland Human Care Services, Ifrah designed and taught health classes to refugees living in Chicago. The classes promoted healthy living and increased awareness of preventable diseases.

Toussaint Mears-Clarke (The University of Chicago, Pritzker School of Medicine) Toussaint started a peer health education-counseling program at the Project Brotherhood Clinic, a clinic in the Woodlawn community that serves primarily African American males. The program educated the men about healthy eating, the importance of exercise, and smoking cessation.

Matthew Murphy (Loyola University Chicago, Stritch School of Medicine) Matthew spearheaded a program of case referrals and educational programming at the Heartland Alliance Marjorie-Kovler Center, a treatment program devoted to the recovery and healing of individuals, families, and communities affected by torture. His project focused specifically on French and Arabic speaking communities.

David Murray (Loyola University Chicago, Stritch School of Medicine) David started a youth night for local junior high and high school students at St. Eulalia's Church in Maywood. His program offered organized physical activities, health presentations from medical students and professionals, as well as open gym time.

Nicole Oxendine (Columbia College Chicago, Dance Movement Therapy and Counseling) Nicole established a dance movement program for students at the Chicago Vocational High School. Her program has helped students create performance pieces, improve their physical and emotional health and self-esteem and address issues like teen pregnancy, violence, and suicide.)

Adam Paberzs (University of Illinois at Chicago, School of Public Health) Adam partnered with the Healthy Albany Park Coalition and local youth to strengthen an existing community sports program and build new opportunities for youth empowerment and leadership. Through their participation, youth designed and created their own park basketball program that emphasized teamwork, fitness, leadership skills, and the power of youth voice.

Shalonda F. W. Patterson (St. Xavier University, School of Nursing) Shalonda established a health education program incorporating health promotion and the principles of a disciplined life. The program provided an opportunity for young high school students to learn about self-perception, healthy lifestyles, and respect for themselves and others. The culmination of the health education program was a school wide health fair facilitated by the students and faculty.

Sangeetha Ravichandran (The School of the Art Institute of Chicago, Master of Arts in Art Therapy Program) Sangeetha partnered with Apna Ghar, a domestic violence shelter that primarily serves South Asian and other immigrant women. Sangeetha provided an open studio art group using “women’s media” (fiber arts and methods) as a means of helping the women remember and reconnect with their cultural roots. Sharing their personal narratives also helped the women build a safe space and a stronger sense of community.

Brittlyn Riley (The School of the Art Institute of Chicago, Master of Arts in Art Therapy Program) Brittlyn created Girl/Friends After-School Program, a mentoring and art therapy program for adolescent girl students of the North Lawndale College Prep High Schools. Her program promoted self empowerment, social support, and sexual assault prevention education and advocacy.

Sara Rosenthal (DePaul University, Department of Nursing) In collaboration with Fellow Courtney Driscoll, also a DePaul nursing student, Sara conducted a year-long health education program aimed at empowering students at UPLIFT Community High School to make healthy lifestyles choices and prevent adolescent obesity. Their program focused on the interrelationship of good nutrition and physical activity, providing activities such as regular cooking lessons, meal planning and grocery shopping on a budget, 5K run/walk training and exposure to many other forms of exercise.

Scott Schwartz (University of Illinois at Chicago, College of Dentistry) Working with El Valor, Scott provided children in the Head Start Program with oral screenings, oral hygiene instructions, and nutrition counseling. In addition, Scott trained the faculty and staff at these locations on how to encourage proper brushing and flossing techniques in

the classroom.

Alicia Stapleton (Loyola University Chicago, Stritch School of Medicine) At CommunityHealth, a volunteer-based, non-profit health clinic, Alicia conducted focus groups and developed health and wellness programs for English, Spanish, and Polish speaking adults. The programming was responsive to the needs of the clients and provided opportunities for patient leadership through peer health education.

Mara Terras (University of Illinois at Chicago, College of Medicine) Mara collaborated with the Night Ministry's Youth Outreach Team to provide health education to homeless youth in Lakeview. Using a harm-reduction approach, she aimed to educate and empower participants to make healthier choices for themselves.

Chung (John) Won (Rosalind Franklin University, Chicago Medical School) John focused on bridging the education gap of students interested in health care professions at North Chicago Community High School with the "I Have a Dream" program. The program educated students about what is needed to succeed and showed them a path to help them achieve their goals.

Benson Wright (Rush University, College of Nursing) Benson organized health education classes for LGBTQ youth and staff at the Broadway Youth Center (BYC), a division of Howard Brown. He also helped the youth organize a safe-sex fashion and talent show to educate the community and fundraise for the Friday's @ BYC Program.

Melanie Younger (Loyola University Chicago, School of Law) At Howard Brown Health Center, Melanie helped HIV positive LGBT teenage youth develop personal narratives as well as educated them on HIV/AIDS law and health policy so that they could become advocates for themselves. Melanie also worked with the Loyola University Chicago School of Law Public Service Programs to help clients of the Illinois Department of Human Services access important public benefits programs.

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Liz Appel (Pacific College of Oriental Medicine, Masters of Science in Traditional Chinese Medicine) Liz worked with Latino/a immigrant workers in the Albany Park community at the Centro Autonomo (Autonomous Center) at the Mexico Solidarity Network. She offered weekly community acupuncture and facilitated practical workshops in various alternative health modalities.

Michelle Ashley (University of Illinois at Chicago, College of Nursing) At CommunityHealth, a volunteer clinic for the uninsured, Michelle focused on increasing knowledge on the signs and symptoms, screening recommendations, and risk factors for breast cancer and cervical cancer via waiting room presentations. Additionally, she helped the clinic increase compliance with screening mammograms through case management.

Michael Bennett (University of Illinois at Chicago, College of Nursing) Michael launched a series of weekly health education events for low-income seniors at Housing Opportunities and Maintenance for the Elderly. These gatherings focused on a different health topic each week and included goal-setting, and a practical discussion of both traditional and alternative approaches to health promotion and disease prevention.

Aldene Brown (Loyola University Chicago, Stritch School of Medicine) Aldene partnered with a school-based health center to expand programs that address health education at Proviso East High School in Maywood, IL. These programs included “lunch bunches” and peer-led health education addressing concerns about sexual health in the high school and Maywood community at large.

Curtis Calvert (Rush University College of Nursing) Curtis provided diabetes and hypertension screenings and education to older adults serviced by Rush Generations in the west central area of Chicago.

Cal Calvird (The Chicago School of Professional Psychology) Cal facilitated intuitive process art/writing classes and workshops for older LGBT adults at the Center on Halsted. The classes promoted creative intuition for personal growth, collaborative care, and value-neutral group communication.

Chandra Campbell (Loyola University Chicago, Stritch School of Medicine) At Maywood Family Practice, Chandra created a health education referral system, updated clinic health promotion handouts, provided one on one healthy lifestyle consultations for patients, and started a diabetes conversation map class. Further, she helped train other medical students to conduct the consultations so that the program can grow and continue in the upcoming years.

Dana Cozzetto (Dr. William M. Scholl College of Podiatric Medicine, Rosalind Franklin University) Dana initiated a health education class at the Waukegan Park District Field House focusing on preventive medicine which included diabetes care, breast cancer education, nutrition, and fitness for underserved women. The weekly group sessions focused on empowering women to take control of their health.

Katherine Garlo (Rush University College of Medicine) Katherine partnered with the Chinese American Service League to implement a program that builds independence and empowers older adults in Chinatown. The program focused on maintaining health and strengthening social support.

Meg Helder (Loyola University Chicago, School of Law & School of Social Work) Meg worked with Uplift School Health Center on a variety of projects intended to promote healthy behaviors among students at Uplift Community School. These activities included teaching comprehensive reproductive health classes, co-leading a girls group designed to facilitate positive interaction between girls at the school, acting as the adult facilitator for a group of students working on a nutrition advocacy project, leading a

nutrition group for students who have identified health needs that could be better controlled via a restricted diet, and organizing a school wide health professions education day.

Gihane Jeremie-Brink (Loyola University Chicago, Department of Psychology) Gihane provided therapeutic support and group counseling services for families struggling with HIV/AIDS. Alongside counseling she partnered with predominantly African American churches and educated them about the prevalence of HIV/AIDS in communities throughout Chicago, and empowered them with prevention strategies.

Nathan Kittle (Loyola University Chicago, Stritch School of Medicine) Nathan worked to develop treatment protocols for survivors of torture at the Marjorie Kovler Center who have experienced traumatic brain injuries. He worked with survivors, health professionals and Kovler Center staff both individually and in small group settings to facilitate a shared learning environment. He also had the opportunity to mentor and tutor clients with interests in health care fields.

Erica Koegler (University of Chicago, School of Social Service Administration) Erica worked to reduce the incidence of low birth weight and infant mortality in at risk Chicago neighborhoods with Westside Healthy Start through Access Community Health Network. The new Fit for Life program provided relaxation, exercise, and nutrition education and support to expectant and post natal women.

Georgina Lopez (Saint Xavier University, School of Nursing) Georgina initiated health promotion classes for students on the far south side of Chicago at Monee Elementary School. The classes helped students understand how to make healthy food choices to avoid obesity and diabetes.

James Lott (Chicago State University, College of Pharmacy) James worked with physicians and social workers at Project Brotherhood, a free health and social support clinic for uninsured African American men on Chicago's south side. He provided medication therapy reviews for patients, health education seminars, and established a compilation of research studies surrounding African American men's health.

Stephanie Price Low (Loyola University Chicago, Stritch School of Medicine) Stephanie helped establish relationships between PrimeCare Community Health and local church congregations to provide support teams for patients dealing with chronic illnesses.

Surajkumar Madoori (DePaul University, Master of Public Health Program) In collaboration with the Howard Brown Health Center, Surajkumar conducted a writing-based advocacy, education and empowerment program for adolescents living with HIV. Participants engaged in various forms of writing for both personal and group empowerment as well as HIV/AIDS advocacy development.

Denise Maniakouras (University of Illinois at Chicago, College of Dentistry)

Denise provided oral health care education, promoted oral health care awareness, and provided preventive dental services to underserved children at a variety of schools and settings.

Melanie Odeleye (University of Chicago, Pritzker School of Medicine) Melanie helped establish a program to improve literacy and reading comprehension skills for children served by the Hyde Park Neighborhood Club Club. She conducted a baseline reading skills assessment, provided help with homework and designed activities to encourage reading. Melanie also worked with Urban Initiatives to create a training curriculum for new coaches in the Chicago Public School. This curriculum emphasized the importance of respect, safety, hygiene, teamwork and other key lessons.

Uchenna Ossai (University of Illinois at Chicago, Department of Physical Therapy)

Uchenna designed and implemented healthcare workshops targeting health issues of homeless youth in Chicago. The program also involved a special focus on improving healthcare literacy and outcomes among the African-American and LGBT population.

Sangeeta Patel (University of Illinois at Chicago, College of Medicine & Harvard School of Public Health) In collaboration with Snow City Arts, Sangeeta taught hospitalized children how to play instruments, write music, and digitally record their own songs. This project served primarily public aid patients and was designed to promote the healing process as well as facilitate learning outside of the classroom.

Elizabeth Ralyea (Saint Xavier University, School of Nursing) Elizabeth partnered with Heartland Alliance on Chicago's north side to provide culturally appropriate health education, social support and empowerment to immigrants and refugees affected by HIV and AIDS. Her project engaged individuals on a one-on one basis to identify treatment barriers and to improve adherence and overall health.

Hajirah Saeed (Loyola University Chicago, Stritch School of Medicine) Hajirah developed and implemented a violence prevention program within the Loyola hospital system for patients admitted through the Emergence Room or Trauma Center. This project was in collaboration with Maywood Ceasefire, a local violence prevention organization and will also involve community education on violence prevention and health issues specific to the Maywood community.

Shana Salik (University of Illinois at Chicago, College of Nursing, Nurse-Midwifery)

Shana initiated group prenatal care classes for the women served by ACCESS Community Health Clinics. She also worked to raise awareness about infant mortality and premature birth.

Gregory Van Hyfte (University of Chicago, School of Social Service Administration)

Greg created a relaxation and stress management curriculum and then provided trainings for staff and community members at Horizon Hospice and Palliative Care, Chicago Family Health Center, and other health care and social service organizations. He also

organized the yoga community to serve in underserved organizations beyond the current program year.

Sara R. Van Koningsveld (Columbia College Chicago, Dance/Movement Therapy and Counseling) Sara initiated weekly therapeutic movement and relaxation based groups for formerly homeless women served by Deborah's Place. Sessions focused on developing a sense of community, while promoting mental and physical health. In addition, Sara facilitated discussion groups regarding self-awareness and empowerment, encouraging individual creativity, reflection, and acknowledgement.

Taraneh Wangsatorntanakhun (Rush University College of Nursing) Taraneh conducted patient education classes for uninsured residents served by the Old Irving Park Free Community Clinic. Her classes helped local residents manage their diabetes and hypertension, and empowered them to make educated, informed decisions regarding their health.

Justin Welke (University of Illinois at Chicago, College of Dentistry) Justin provided free dental exams and dental supplies for the underserved children of El Valor, a Chicago Head Start program. He also presented oral hygiene instructions and education to children and adolescents in Chicago Public Schools. This education promoted proper oral care and better oral health in Chicago's youth.

Amy Yetasook (Rosalind Franklin University, Chicago Medical School) Amy was a cardiovascular healthcare educator and tailored goal oriented health plans for uninsured and underserved patients at the Old Irving Park Community Clinic. She also developed the patient literature and resources for the growing number of Latino and Polish populations at the clinic. Her individual interactions were aimed at helping each patient make educated and informed decisions about their diet and health to help them reach their cardiovascular health goals.

Feng Zhang (Northwestern University, Feinberg School of Medicine) Feng expanded a mentoring program that pairs Northwestern medical students with AVID students from Senn High School who are interested in health science careers. The program encourages high school students to develop their knowledge of health-related topics and provides guidance for a future career in healthcare.

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Emma Barton (Columbia College Chicago Dance/Movement Therapy and Counseling Department) partnered with three behavioral health departments of the Lake County Health Department. She designed and implemented yoga movement-based experiential programs for residential chemically-dependent women, as well as for outpatient individuals diagnosed with chronic mental illnesses. Her programs focused on stress management, relaxation and the development of coping skills to assist in relapse prevention and to promote self-care.

Birtukan Belew (Northwestern University, Feinberg School of Medicine) directed a school based intervention teaching nutrition and exercise for overweight children in the Austin neighborhood who are at risk for Type 2 Diabetes and cardiovascular disease.

Monika Black (DePaul University, Psychology Department) expanded the curriculum for a self-esteem and personal development program for African American and Latina youth (ages 12-18) in the Humboldt Park community.

Steven Chen (Rosalind Franklin University, Chicago Medical School) provided patient education and primary care enrollment with South Side Health Collaborative at the University of Chicago Hospital Emergency Department.

Merlyn Chua (St. Xavier University, School of Nursing) developed a Drop-In Health and Wellness Service as an outreach program sponsored by the Center for Whole Health, a program of Chicago Lights at Fourth Presbyterian Church for the Elam Davies Social Service Center. She provided health assessments, health screenings, counseling, education and referrals for the homeless guests.

Darla DeWolff (Loyola University Chicago, Niehoff School of Nursing) led a Healthy Steps program that promoted use of tools available for identifying developmental delays and social emotional concerns and improving delivery of preventive health at Infant Welfare Society Oak Park-River Forest.

Svenya Elackatt (University of Illinois at Chicago, College of Nursing) developed a program to help raise awareness and fight the threat of domestic violence for children and other family members at Family Shelter Services in Wheaton.

Edward Gometz (University of Chicago, Pritzker School of Medicine) provided bilingual child safety, health promotion, and preventive medicine workshops for new parents and secondary caregivers as well as provided basic training in child and infant CPR.

Laura Granros (Chicago School of Professional Psychology) developed an after school program involving mentorship, shared book reading and art activities aimed at increasing social skills and self esteem for elementary students at Rachel Carson Elementary School (Chicago Public Schools District).

Maja Graonic (University of Illinois at Chicago, College of Pharmacy) conducted a Medication Therapy Management program for patients at CommunityHealth, a free clinic for Chicago residents without health insurance.

Sophia Hermann (University of Illinois at Chicago, College of Medicine) taught health education to youths at KIPP Ascend Charter School promoting healthy choices.

Shannon Kavanagh (School of the Art Institute of Chicago, Program in Art Therapy) restarted a drop-in art group for homeless adolescents at Blue Sky Inn.

John Leahey (Northwestern University, School of Continuing Studies, Masters of Public Policy and Administration) partnered with the Healthy Albany Park Coalition to implement a physical recreation program to provide sports equipment and routine exercise groups for underserved families in Albany Park.

Janet Lee (Northwestern University, Feinberg School of Medicine) designed a project at the American Indian Center with the Chicago urban Native American population to provide culturally appropriate information about wellness and health.

Ruth Marshall (DePaul University, School of Music, Master of Music (MM) in Cello Performance) taught music after school to students at DuSable High School through a Community Schools Program. She also assisted with other after school offerings.

Jermaine McGill (Rush University, Department of Clinical Laboratory Sciences) addressed the obesity and diabetes epidemic through diet and nutrition education and community activities at KIPP/Ascend Charter School.

Mansha Mirza (University of Illinois at Chicago, Disability Studies) developed and implemented a program to help service providers at World Relief to address access to medical care, social services, and disability resources for refugees with disabilities.

Lora Oswald (University of Illinois at Chicago, School of Public Health) worked at Erie Neighborhood House with a group of health promoters to promote leadership and self-care practices using a "pass it on" model.

Benjamin Preyss (University of Illinois at Chicago, College of Medicine) provided coaching and program evaluation with Urban Initiatives, a health and education soccer program that serves underserved communities throughout Chicago.

Kymian Ray (Loyola University Chicago, School of Law) worked with high school juniors at Harlan High School to create a magazine focusing on health issues in the students' school and home communities.

Robert Redwood (Rush University Medical College) improved the nutritional habits of low income Latino families by providing nutritional education, healthy recipes, and personal dietary counseling at Pilsen Community Pediatrics and at CommunityHealth.

Bindiya Shah (DePaul University, Department of Nursing) provided healthcare providers with sexual assault awareness education.

Christine Shaw (Adler School of Professional Psychology) partnered with the Chicago Women's Health Center to provide group and individual therapy for women who have experienced incest or repeated sexual trauma.

Angelina Shigeura (Loyola University, Stritch School of Medicine) worked to increase access to healthcare resources and awareness of health issues facing the immigrant, undocumented and uninsured residents in Pilsen.

Mark Stoltenberg (Loyola University, Stritch School of Medicine) inaugurated a patient advocate program involving Loyola medical students and Maywood residents.

Stephanie Toth (University of Illinois at Chicago, College of Medicine) partnered with the Chicago Fire Department to provide ambulance patients with information regarding their immediate care needs or with more individualized information regarding non-ambulatory health care concerns. She also focused on increasing patients' access to care following their stay in the Emergency Room.

Jennifer Tsang (University of Illinois at Chicago, College of Medicine) promoted healthier food choices for people who are homeless on the Night Ministry's Health Outreach Bus by working with individuals and soup kitchens.

Lisa Wangerien (University of Illinois, College of Nursing Nurse-Midwifery Program) taught a lay doula program to African American women to improve the health of new mothers and newborns while also providing patient and women's health education to women waiting for their clinician appointments.

Urszula Winkiewicz (University of Illinois, College of Nursing) focused on Intimate Partner Violence prevention through education at a Domestic Violence shelter.

Paraisia Winston (Loyola University Chicago, School of Law) partnered with Gary Comer Youth Center to spearhead ROCKSTARS, a teen girls mentoring program. ROCKSTARS focused on positive conflict resolution and living healthy lifestyles.

Qiana Woodson (DePaul University, Department of Nursing) worked in conjunction with CommunityHealth to expand a community-based diabetes education program previously created by a 2007-08 Schweitzer Fellow. The program, "A Touch of Sugar," educates at risk communities across Chicago about diabetes prevention and management using a train-the-trainer curriculum.

The 2007-2008 Chicago Area Schweitzer Fellows

Kiana Andrew (University of Illinois at Chicago, College of Medicine) Kiana implemented a peer driven mental health awareness campaign and sexual health peer education program with high school students serviced at the Orr Adolescent Health Center.

Suzanne Barker (West Suburban College of Nursing) Suzanne worked with the Total Learning Community of East Maine School District 63 to implement first aid, CPR, and wellness programs. She has helped children, parents, and the community learn the importance of health promotion, safety and disease prevention.

Toni Bush (Northern Illinois University's Public Health Program) Toni worked at the University of Chicago Hospitals to implement a patient education and outreach program that helped emergency room patients understand the importance and benefits of primary care. She also identified patients' needs in order to increase primary care follow-up compliance rates.

Rose Chidaushe (DePaul University Department of Nursing) Rose worked with the University of Chicago's Friend Family Health Center to implement a weight management program for pregnant clients, offering nutrition guidance, group support and empowerment for young women to be active in their own care and that of their new babies.

Christopher Edwards (University of Illinois at Chicago College of Pharmacy) Christopher worked at CommunityHealth (a clinic serving uninsured Chicagoans) in their MedAccess pharmacy to provide patients with medication information. This included creating fact sheets and providing personal counseling to improve medication administration and patient knowledge, and to achieve higher rates of medication compliance.

Deresha Gibson (Loyola University Chicago, School of Social Work) Deresha worked with Heart to Heart, a program that works with seniors, to create a Senior Buddy program, establishing a network among seniors to help reduce loneliness and isolation.

Adrienne Hampton (Northwestern University, Feinberg School of Medicine) Adrienne worked with PCC Community Wellness Center to offer prenatal yoga classes to expectant mothers. Her classes emphasized awareness and exploration of the mind-body connection, and combated stress and depression associated with pregnancy.

Jessica Horwitz (DePaul University Department of Nursing) Jessica implemented a health promotion program at Uplift Community School. Through one-on-one nutrition counseling, interdisciplinary curriculum and a health promotion program she worked to improve the nutritional status and physical and mental health of students while helping them become involved in their health and that of the community .

Tanuja Jagernauth (Pacific College of Oriental Medicine) Tanuja worked with Deborah's Place to implement acupuncture and health literacy groups for homeless women. She utilized acupuncture, ear pellets, Qi Gong, meditation techniques, and health discussions to reduce stress, raise health awareness, and build community at three different sites.

Jane Jih (University of Illinois at Chicago, College of Medicine) Jane worked with the Filipino American Council of Greater Chicago Seniors Program to develop a culturally appropriate health education and wellbeing program for the Filipino community. She also collaborated with Filipino community leaders and physicians to create an organization, Filipino American Senior Health Initiatives of Chicago, to sustain the efforts of her Schweitzer project.

Michelle Kendrick (School of the Art Institute of Chicago, Master of Arts in Art Therapy Program) Michelle started a Strong Girl Arts Club at Uplift Community School to address the issue of self-esteem through the study and creation of art. Her youth outreach program helped build self-esteem in adolescent females by opening up dialogue and encouraging expression about it.

Saranya Kurapati (Loyola University Chicago Stritch School of Medicine) Saranya developed a women's health education and empowerment program at the New Life Volunteer Society Free Health Clinic. Through educational workshops, community outreach initiatives and coordinated referrals, Saranya increased the number of women accessing preventative health services and armed them with the tools needed for effective health care decision making.

Tanya Melich-Munyan (Rush University College of Nursing) Tanya worked with the Chicago Lighthouse for the Blind Child Development Center to implement a Wellness Policy. This project included improving nutrition and increasing physical activity both at the school and home, creating dental and psychological care referral networks, and designing culturally appropriate educational materials to increase health literacy.

Cristiane Mohallem (School of the Art Institute of Chicago, Master of Arts in Art Therapy Program) Cristiane worked at Namaste Charter School where she led art therapy groups for children presenting emotional and behavior issues. In her groups she fostered a trustful and welcoming environment to help children/adolescents improve self-confidence, decrease feelings of loneliness, decrease aggressive behaviors, find solutions to problems within their control, and develop coping strategies to help them through everyday challenges.

Vipan Nikore (University of Illinois at Chicago, College of Medicine) Vipan developed an interactive health education curriculum for middle school boys in underserved areas and implemented it at KIPP Ascend Charter School. The class used unique interactive teaching methods, and the curriculum includes topics such as substance abuse, nutrition, violence prevention, yoga, overcoming obstacles, and sexual health.

Elisha Peterson (Rush University College of Medicine) Elisha worked with African-American youth through the MGR Foundation serving as a mentor and providing relevance and motivation to excel academically via career exploration, educating teens on money management skills; and helping them develop positive behaviors. She has also worked with Westside Health Authority/Austin Family Healthcare Center in developing a character-building, theme-based curriculum and designing a curriculum specifically for adolescent women.

Galina Radunsky (Midwestern University Chicago College of Osteopathic Medicine) Galina worked at Project HEALTH, where she implemented Family Voices, a support group for caretakers of teens with sickle cell disease. She linked caretakers with resources to help them manage their teens' condition and provided support to empower them and the teens to take control of their disease during the transitional period into adulthood.

Nadia Razaq (Loyola University Chicago Stritch School of Medicine) Nadia worked with the Compassionate Care Network to increase the number of individuals screened and to improve the quality of service provided. Her project included increased marketing of screenings and the recruitment of medical personnel who are fluent in the languages of the populations served.

Jason Reinking (Loyola University Chicago Stritch School of Medicine) Jason established relationships with clients who have been recently discharged from Interfaith House to provide medical follow-up as well as health education for clients while they are in-house.

Lisa Reyes (Rush University College of Health Sciences, Department of Occupational Therapy) Lisa worked with the Greater Illinois Chapter of the Alzheimer's Association to perform patient, caregiver, and community education; one-on-one reminiscing; patient screening; activity/memory loss groups; and respite care in Will County.

Chastity Rolling (University of Chicago School of Social Service Administration) Chastity engaged with students to create an interactive health education curriculum targeting middle schools in underserved communities with the goal of increasing awareness about mental and physical health. She implemented the program at KIPP Ascend Charter School covering topics such as self-esteem, drugs, depression, sex education, fitness and nutrition.

Janna Stansell (University of Illinois at Chicago School of Public Health) Janna worked at Chicago Christian Industrial League facilitating exercise and current events discussion groups, focusing on health issues. The program aimed at bringing the residents of CCIL together in a positive way while increasing their exercise, communication, and critical thinking skills.

Mosmi Surati (University of Chicago Pritzker School of Medicine) Mosmi has developed a diabetes education program called "A Touch of Sugar" which she has brought to various non-profit organizations throughout the city. She has trained motivated members of the community to serve as diabetes health educators, thus providing the community with a long term asset that will allow people to feel empowered regarding their health.

Kerensa Vinson (St. Xavier University School of Nursing) Kerensa partnered with the Illinois Youth Center to educate juvenile females about HIV and sexually transmitted diseases. Her Equipped & Empowered for Healthy Life Choices program reinforced a sense of personal empowerment by educating these girls on the importance of making healthy decisions about sexual behavior.

Jason Waldinger (University of Chicago Pritzker School of Medicine) Jason created a partnership between the University of Chicago community and the Hyde Park Neighborhood Club to support the Club's after-school program for teenagers. He focused on promoting academic achievement by creating a new student organization, Chicago Adolescent Mentorship Program, which provides tutoring and proper nutrition through cooking classes led by medical students.

Louise Wasilowski (DePaul University Department of Nursing) Louise partnered with Healthy Albany Park to administer a physical fitness program for the youth and families of Albany Park. She also held workshops on health topics pertinent to this community.

Jennifer Yeung (Midwestern University Chicago College of Osteopathic Medicine) Jennifer worked at Project HEALTH, where she implemented Family Voices, a support group for caretakers of teens with sickle cell disease. She linked caretakers with resources to help them manage their teens' condition and provided support to empower them and the teens to take control of their disease during the transitional period into adulthood.

The 2006-2007 Chicago Area Schweitzer Fellows

Kathleen Agard (Loyola University Chicago Stritch School of Medicine) At Loyola's Jumpstart Health Education Outreach Program, Kathleen organized farmers' markets to increase healthy food options for residents of Maywood.

Faraz Ahmad (University of Chicago Pritzker School of Medicine) At the Hamdard Center, Faraz developed workshops to promote health and identified resources to increase access to primary and specialty care for South Asian and Bosnian immigrants and refugees, with a primary focus on the elderly.

Shannon Aldworth (DePaul University Department of Nursing) At Sanctuary House, a community that provides living arrangements for the homeless, Shannon created an after school program targeting nutrition, exercise, and academics.

Kimberly Bena (Loyola University Chicago, Counseling Psychology Doctoral Program) Kimberly provided homeroom discussions, health class lectures, and tutoring sessions for students at Holy Trinity High School.

Priscilla Chang (University of Illinois at Chicago, College of Dentistry). Priscilla worked with Illinois Masonic Medical Center to promote oral hygiene education and provide general dental screenings for the elderly at assisted living centers.

Rupel Dedhia (Rush University College of Medicine) Rupel worked with Deborah's Place, a women's shelter, where she provided residents with the information, resources, and skills necessary to successfully transition to an independent lifestyle.

E. Altagrace Douge (University of Illinois at Chicago, College of Medicine) Altagrace worked with homeless individuals and families at shelters (Theresa House and Bonaventure House) to teach them the basics of nutrition, healthy eating, and general health awareness through weekly classes that focus on cost-effective nutrition and basic cooking skills.

Megan Foody (DePaul University Department of Nursing) At DePaul Nursing Services, Megan assisted homeless individuals through health assessments, referrals for necessary care, and health and nutrition education.

Cassie Frank (University of Illinois at Chicago, College of Medicine) Cassie created a sexual health curriculum and taught ninth grade students at South Shore High School about HIV/AIDS, STIs, condom use, contraception, sexual decision-making, and sexual orientation.

Joseph Freeman (University of Illinois at Chicago, College of Pharmacy) Joseph worked with AIDS patients at the Core Center regarding medical adherence and health education and with the Friend to Friend Network to bring STI and HIV education to different neighborhoods by working in homes with small groups.

Mary Gainer (Loyola University Chicago Stritch School of Medicine) Mary worked with CommunityHealth, a free clinic for uninsured residents of Chicago, where she provided information to Spanish-speaking diabetic patients to help them manage their disease and maintain their health.

Angela Johnson (Pacific College of Oriental Medicine) Angela created and facilitated a "Mind Body Skills: Stress Reduction and Relaxation" program for clients receiving care at the Chicago Women's Health Center to help them take an active role in achieving optimal health and well-being.

Sonia Kennedy (DePaul University Doctoral Student in Education and Social Work) At Jane Addams Hull House, Sonia developed groups and workshops to promote peer-to-peer support, teach life skills, and aid young women in transition from residential facilities to independent living .

Karen Larimer (Loyola University School of Nursing) Karen worked with MacNeal Hospital and Berwyn Public Health Department to provide community based education

for Hispanic adults regarding risk factors and treatment options for patients with cardiovascular disease.

Andrew Loehrer (Loyola University Chicago Stritch School of Medicine) Andrew worked with Safer Foundation, a group that provides assistance to individuals transitioning out of correctional facilities, to expand the available programming in the area of health education, on topics such as HIV/AIDS, obtaining access to medical services, and overcoming health barriers.

Edwin McDonald (Northwestern University Feinberg School of Medicine) Edwin partnered with Project Brotherhood to combine his experience as a DJ and a medical student to train hip-hop and spoken word artists to promote awareness of health care issues facing African Americans.

J. Alejandro Olayo Méndez (Loyola University Chicago School of Social Work) Alejandro developed a curriculum for immigrant parents of students at Cristo Rey Jesuit High School to promote preventive health care and mental health awareness, focusing on issues of acculturation.

Karen Meyer (DePaul University Department of Nursing) At King Elementary, Karen assisted in health and physical education classes, teaching the kids ways to lead healthy and active lives. She also coached the girl's basketball team and started a cardiovascular fitness center at the school.

Kathleen Moorhead (Loyola University Chicago Stritch School of Medicine) Kathleen worked with Interfaith House, a recovery center for ill and injured homeless men and women, where she developed and taught classes to educate clients with diabetes how to manage their disease.

Michelle Parr (Rosalind Franklin University, Scholl College of Podiatric Medicine) Michelle conducted an outreach program for teenage girls at the Boys and Girls Club of Lake County to promote healthy living, leadership development, and active lifestyle choices.

Asfia Qadir (Midwestern University Chicago College of Osteopathic Medicine) Asfia established a student volunteer program within the Compassionate Care Network (CCN), a physician-based initiative that provides preventive health care services to uninsured families. She worked to increase access to affordable health care in the Albany Park neighborhood community in a supportive and culturally sensitive setting.

Rachel Reichlin (Rush University College of Nursing) Rachel designed and implemented an after school leadership training program for 9th and 10th graders at Arai Uplift Community School. The students were trained to be health promoters within their school community to address the growing epidemic of childhood obesity.

Elizabeth Salisbury (Rush University College of Medicine) Elizabeth initiated prenatal classes for pregnant Hispanic teens at the Infant Welfare Society, providing education and serving as a social support structure for the young women.

Preston Shumaker (Argosy University Illinois School of Professional Psychology) Preston worked with the Valeo Center to provide substance recovery therapeutic support, HIV/AIDS education, and comprehensive mental health services to construct group cohesiveness and empower gay and bisexual men to create their own support community.

Shirley Stephenson (University of Illinois at Chicago, College of Nursing) Shirley worked with CommunityHealth, a free clinic for uninsured residents of Chicago, to provide culturally-appropriate patient education information in an accessible format to increase access to medical services.

Maria Thottungal (Rush University, College of Medicine) Maria implemented a two phase program at the Indian American Clinic Association to improve education and access to screening techniques for prevention of Breast Cancer among South Asian women while addressing common barriers to breast cancer screenings that exist among the South Asian immigrant population.

Eijean Wu (Northwestern University, Feinberg School of Medicine) Eijean worked with the Rehabilitation Institute of Chicago Women with Disabilities Center to increase health awareness for people with disabilities and to provide people entering the health profession with skills to understand the different medical and social needs of people with disabilities.

Tracy Yun (Rush University College of Nursing) Tracy worked to educate parents and children about the risks and solutions to childhood obesity through intervention at the University of Chicago Hospital pediatric emergency department.

Marissa Zoladz (University of Illinois at Chicago, College of Dentistry) Marissa worked with Illinois Masonic Medical Center to establish a program to promote oral hygiene education and provide general dental screenings for the elderly at assisted living centers.

A list of Chicago Area Schweitzer Fellows from 2005-06 and prior years is available on the national Albert Schweitzer Fellowship website: www.schweitzerfellowship.org

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