

## **2017-18 Chicago Area Schweitzer Fellows**

### **Mariam Aejaz, University of Illinois at Chicago, School of Public Health**

Mariam worked with the Rohingya community to foster communal psycho-social well-being. She helped to structure a holistic after-school program with the teenage girls there. Mariam is the inaugural Tarik F. Ibrahim, MS, MD Schweitzer Fellow.

### **Jessica Chen, University of Chicago, Pritzker School of Medicine**

Jessica developed and taught cooking classes focused on budget-friendly, nutritious meals to the children at Su Casa, a shelter for survivors of domestic violence, and You Can Make It, a shelter for homeless families located in Back of the Yards. These classes addressed the specific health needs of the residents of the neighborhood as well as established a strong educational foundation for healthy eating.

### **Quinn Davis, Columbia College Chicago, Dance/Movement Therapy & Counseling**

Quinn worked with Deborah's Place to support women that have experienced homelessness. She established a therapeutic dance program that aims to reduce stress, increase self-esteem, and foster community in order to bolster the mental health and wellbeing of the women as they reach their goals.

### **Joseph Deek, University of Illinois at Chicago, College of Dentistry**

Joseph conducted oral health classes and screening events at the Jesse Brown VA medical center. Joe's project provided dental care and oral health information for the underserved veteran population in Chicago.

### **Christina Ebertsch, DePaul University, School of Nursing**

Christina worked to initiate cancer support groups for current cancer patient and survivors at the Phil's Friends Hope Center located in Roselle, IL. These support groups served as an avenue for patients to encourage, support, and grow with one another within the Roselle community.

### **Megan Garrad, University of Chicago, School of Social Service Administration**

Megan's project, Safe Circles, promoted psychological wellness in adolescents participating in the Match-Up! Mentoring program at Hyde Park Neighborhood Club. Her project used existing mentorship relationships to facilitate circle discussions on risk-taking, relationships, and emotional health. Safe Circles increased health literacy, offered social support, and provided needed resources for underserved youth.

### **Jaleesa Harris, Rosalind Franklin University, Chicago Medical School**

Jaleesa taught grade school students in the Austin community about the importance of keeping their bodies healthy using organs from her school's anatomy lab. Students were able to see the organ as they learned about its function and ways to keep it strong and healthy.

**Alexandra Johnson, University of Illinois at Chicago, College of Nursing**

Alexandra designed and implemented a health promotion program for low-income individuals living with HIV/AIDS. The program offered hypertension screening and education at a Heartland Alliance food pantry in the West Garfield Park neighborhood.

**Tyrone Johnson, University of Chicago, Pritzker School of Medicine**

Tyrone implemented a holistic wellness program for homeless and housing insecure individuals in Uptown. The program empowered individuality, creative self-expression, and overall mental, physical, and social wellbeing through a multimodal curriculum of workshops encompassing health education, creative writing, and literary discussion.

**Elizabeth Kaminsky, University of Illinois at Chicago, College of Dentistry and School of Public Health**

Liz designed and implemented an oral health resource program for at-risk, street-based, and LGBTQ young adults at the Broadway Youth Center of Howard Brown Health. This initiative increased dental education, access to care, and awareness of dental issues that face these members of our community.

**Jonathan Lee, University of Illinois at Chicago, College of Medicine**

Jonathan Lee and Andrew Ta continued and expanded READS+ for Latinx children and youth at the Erie Neighborhood House. The program provided literacy improvement programs through multidimensional learning, one-on-one tutoring and engaging activities.

**Kelly Leffler, Rush University, College of Nursing**

Kelly provided group and one-on-one tutoring and career mentoring to formerly incarcerated individuals on Chicago's West side.

**Winnie Li, Illinois College of Optometry**

Winnie implemented a program working to improve eyecare and healthcare accessibility and literacy at the Chinese American Service League. The program served to educate, empower, bring together and support Chinese senior residents and new immigrants living in Chinatown.

**Molly MacInnes, University of Illinois at Chicago, College of Medicine**

Molly increased access to harm reduction services and supportive living resources for people who inject drugs. These services and resources were provided through street outreach with the Community Outreach Intervention Project.

**Jazzmyne Montgomery, Loyola University Chicago, Stritch School of Medicine**

Jazzmyne empowered African American and Latino youth to identify health disparities impeding healthy living in their Maywood community. She utilized youth-driven strategies for implementation of sustainable changes in health and wellness.

**Marlena Mosbacher, Rush University, Occupational Therapy**

Marlena facilitated a series of creative self-expression workshops for adults with lived experience of cancer. These sessions used art as a means of personal reflection in an effort to promote empowerment, self-love, and resiliency.

**Hannah Moser, Rush Medical College**

Hannah initiated a peer-led reproductive health program at Richard T. Crane Preparatory High School. The program aimed to improve students' knowledge of reproductive health issues as well as provide mentoring and leadership training for students interested in the medical professions.

**Michael Musharbash, Northwestern University, Feinberg School of Medicine**

Michael organized mindfulness programs for queer and homeless youth at the Center on Halsted. This project helped them build resilience through individualized counseling and empowerment.

**Maryclaret Ndubuisi-Obi, DePaul University, School of Nursing**

Maryclaret worked with a whole health initiative for Latino women and families at the Roberti Community House. This initiative provided physical activity, exercise and stress reduction sessions that encouraged healthy lifestyle behaviors and access to health screenings, health resources/services and health literacy opportunities that improved overall health and well-being.

**Claire Park, Loyola University Chicago, Stritch School of Medicine**

Claire partnered with the Korean American community at Hana Center to create a children's camp for immigrant children. The summer camp was a series of activities that explored racial identity, strategies for stress management, building relationships and teamwork, and ways to resolve conflict peacefully. She also co-designed an exercise club for seniors at Quinn Center, focusing on both mental and physical well-being, beginning with meditation, stress exercises that can be done at home, and ending with a modified Zumba for seniors

**Cassandra Pax, The School of the Art Institute of Chicago, Master of Arts in Art Therapy**

Cassandra implemented an Opening Minds through Art (OMA) program, an intergenerational art program which pairs older adults with memory impairment with community volunteers to complete weekly abstract art projects. These OMA

sessions encouraged the building of positive relationships, as well as encouraging autonomy, self-expression and enhancing personal well-being of participants.

**Shaina Shetty, Rush Medical College**

Shaina created a space for students of color to develop health literacy and advocacy skills, using the framework of 5+1=20 at Chicago Public Schools throughout Pilsen.

**Alyssa Stella, Rush University, College of Nursing**

Alyssa empowered the children on the children's psychiatric unit at Lakeshore Hospital to better their mental and physical health through increased physical activity. This program used fun games, tricks, and routines as a means of increasing physical activity, self-esteem, creativity, and knowledge about heart health in this vulnerable population.

**Rachel Stones, University of Chicago, Pritzker School of Medicine**

Rachel offered yoga session to primary-aged children at an afterschool program. These sessions introduced kids to breathing, yoga poses, and relaxation exercises that could be used as tools for self-awareness and self-soothing.

**Andrew Ta, University of Illinois at Chicago, College of Medicine**

Andrew Ta and Jonathan Lee continued and expanded the youth literacy program READS+ at the Erie Neighborhood House, which primarily serves low-income Hispanic families. The expanded program provides age-appropriate English verbal engagement to ages 2-12.

**Jessica Tea, Dominican University, Brennan School of Business/Coordinated Program in Dietetics**

Jessica worked with community members in the Humboldt Park neighborhood to help them understand how nutrition affects their health. Participants learned how to incorporate budget-friendly, plant-based recipes into their meals with weekly food demos. Partnerships with farmers' markets and grocery stores were sought and established to help participants increase access to nutritious foods in the community.

**Vidya Visvabharathy, University of Illinois at Chicago, School of Public Health**

Vidya seeks to increase self-esteem and bodily autonomy for immigrant survivors of domestic violence in Chicago through dance workshops at Apna Ghar. Her workshops use movement, storytelling, and music picked by the clients to build confidence and provide a creative outlet for women in this often overlooked demographic.

**Margaret Wang, University of Chicago, Pritzker School of Medicine**

Margaret initiated a trauma-informed wellness and health series with skills-based community engagement workshops at Apna Ghar that taught survivors of domestic violence tools to lead a healthy lifestyle and navigate health-related resources. The project cumulated in participants creating their own half-day wellness curriculum to teach to a community of their choice.

**Erin Wright, University of Illinois at Chicago, College of Nursing**

Erin designed and implemented a health and nutrition education curriculum for middle-school aged youth in Chicago's Back of the Yards neighborhood. The curriculum incorporated relevant health information for the target population as well as conflict resolution and leadership skills development.

### **2016-17 Chicago Area Schweitzer Fellows**

**Karen Aguirre, University of Illinois at Chicago, School of Public Health**

Karen developed a pipeline program to promote healthcare careers among low income, Latinx high school students from the Back of the Yards neighborhood. She provided education on professional development, healthy behaviors, and current health disparities in communities of color within Chicago with the aim of empowering minority students to pursue higher education.

**Emily Cull, The University of Chicago, School of Social Service Administration**

Emily partnered with Enlace Chicago in Little Village to teach social emotional skills to children ages five to eight. She developed a curriculum that served as a component of GREAT Families, an existing multi-family support group aimed at preventing violence and fostering family cohesion and communication.

**Woodger Graff Faugas, Northwestern University, Pritzker School of Law**

Woodger collaborated with the Chicago Area Health Education Center to increase the success of marginalized and under-represented youth in the fields of science, technology, engineering, and mathematics (STEM) at higher-education institutions in the Chicago area. Woodger spoke to and mentored students in community-based settings, accentuating the social determinants of health, clinical exploration, effective career planning, writing and analytical skills development, interpersonal skills competencies, and service learning.

**Andrew Florin, University of Illinois at Chicago, College of Medicine**

Andrew addressed early childhood literacy with an after school program for first, second, and third grade children of low-income Latinx families at the Erie Neighborhood House. The program strengthened reading skills, fostered a lifelong passion for reading, and provided a positive impact through guidance and mentorship.

**Emily Foltz, The University of Chicago, Pritzker School of Medicine**

Emily worked with staff and youth at Experimental Station's community bike shop/youth education program to develop their academic support, leadership, and wellness programs. The program empowered youth to become mentors and leaders within the shop and the South Side neighborhood community.

**Nelly Gonzalez, Loyola University Chicago, Stritch School of Medicine**

Nelly partnered with the Access to Care Clinic in Northwest Chicago where she designed, developed, and evaluated a Health Coaching program. She provided personalized, bilingual health education, resource referral, and motivational interviewing techniques to influence long-term healthy behavioral change among ATC patients.

**Amanda Gvozden, The University of Chicago, Divinity School**

Amanda initiated group and individual lessons on mindfulness meditation for pediatric patients at UIC hospital and their care givers. These techniques, which have been shown to improve health outcomes, aimed at decreasing stress levels and improving emotional wellbeing, thus helping patients receive the best care while also supporting care givers.

**Madison Hammett, University of Illinois at Chicago, Jane Addams College of Social Work and School of Public Health**

In partnership with Cabrini Green Legal Aid, Madison created a mental health and parenting education group for incarcerated mothers. Coupled with referrals to social services for children and their care givers, this served to strengthen communication and relationships between mothers and families, as well as help to prevent recidivism in the criminal legal system.

**Sirene Helwani, Rush University, College of Nursing**

Sirene organized and implemented interactive health and wellness workshops with adolescents at Oakley Square, a Near West Side housing complex. She tailored the classes to address the current health needs of the youth and covered topics ranging from mental health awareness, sexual education, healthy eating, exercise, and suicide. The adolescent program aimed to support and empower the youth to be leaders in their health, their community, and to motivate them to pursue higher levels of education.

**Victoria Herrera, The School of the Art Institute of Chicago, Master of Arts in Art Therapy Program**

Victoria partnered with Erie Neighborhood House where she created and implemented art therapy programs. The programs included two intergenerational art therapy programs: one for Latinx young children and older adults and another for Latinx parents and their children. She also provided art therapy programming for Erie's after school youth program. All three programs provided the participants with

an opportunity to explore art making as an avenue to build relationships, preserve cultural values, and address social and emotional needs.

**Catie Isroff, Rush Medical College**

Catie partnered with Haymarket Center, a community-based nonprofit in Chicago's West Loop that provides detoxification and support services for people in drug recovery. Catie worked to increase the breadth of Haymarket's women's health programming by initiating a series of women's health and wellness workshops called the WORTH-E program (Women Overcoming Resistance Through Health-Education). The interactive workshops addressed the women's mental, physical, and sexual health with topics ranging from preventive care to heart health to discussions of healthy relationships.

**Amy Krischer, University of Illinois at Chicago, Department of Occupational Therapy**

Amy developed and implemented parenting groups at Family Rescue, a domestic violence shelter in Chicago. The program covered a range of topics, including child development, healthy attachment, healthy eating, emotional regulation, behavior management, goal setting, and the impact of trauma and domestic violence on child development. The program aimed to facilitate healthy attachment formation and to create a safe space for parent and child survivors of domestic violence.

**JJ Locquiao, University of Illinois at Chicago, College of Medicine**

JJ co-directed the "Young Doctors Program," a health career pipeline program at Lawndale Christian Community Church for children in North Lawndale originally created in 2010 by a Schweitzer Fellow and sustained and expanded through the leadership of subsequent Schweitzer Fellows and UIC medical students. JJ expanded the Young Doctors program further to include academic and ACT/SAT tutoring for high school students as well as advising around the college application and interviewing process.

**Jenny Lin, Midwestern University, Chicago College of Pharmacy**

Jenny created awareness of the impact of an active lifestyle as a non-treatment method of disease prevention for Chinese-immigrants at Midwest Asian Healthcare Association. The program included exercise and educational sessions conducted in participants' native language and served as a resource and form of accountability for middle-age immigrants.

**Lauren Milburn, Columbia College Chicago, Dance/Movement Therapy and Counseling**

Lauren provided mindful and creative movement classes to refugee and immigrant families in the Uptown community. She also collaborated with refugee and immigrant elementary students of the West Ridge community on Creative Play Space: Mind-Body-Movement, a strengths-based program. Encouraging the cultivation of mindfulness through a multimodal approach, students pursued interests, built relationships, increased self-esteem, and engaged in creative expression while concurrently developing tools for self-regulation.

**Wendy Mironov, University of Illinois at Chicago, College of Nursing**

Wendy partnered with Salud Sin Papeles, a grass roots group that is organizing to improve health and access to health care for undocumented immigrants, their families, and their communities. Wendy collaborated on educational materials and workshops for undocumented patients and providers based on the experiences, insights, and challenges encountered by undocumented patients in Chicago.

**Alyson Moser, University of Illinois at Chicago, School of Public Health and the Jane Addams College of Social Work**

Aly created and implemented a general wellness program at The Community Builders at Oakley Square Apartments, a housing facility on Chicago's West Side. While building empowerment and self-efficacy, participants worked towards their personal goals such as job preparedness, studying for the GED, and increasing reading comprehension.

**Carly Offidani-Bertrand, The University of Chicago, Comparative Human Development**

In partnership with Growing Power, Carly created and taught free healthy lifestyle and fitness classes to low-income adolescents. The classes developed confidence, self-esteem, resiliency, and healthy habits among youth as they learned about self-defense, food justice, and active transportation.

**Nicole Paprocki, Midwestern University, Chicago College of Osteopathic Medicine**

Nicole developed a health careers pipeline program for socio-economically disadvantaged youth through a partnership with Instituto Health Science Career Academy and Chicago College of Osteopathic Medicine. High school students engaged in medical lessons aligned to their science curriculum, participated in a summer mini medical school, and received mentoring from medical students and physicians to empower them in their pursuit to become the next generation of health professionals.

**Hieu Pham, Rush Medical College**

Hieu created a mentorship and wellness program for LGBTQ homeless youth at the Crib, a homeless shelter of the Night Ministry. The wellness program focused on weekly meditation sessions as well as aromatherapy to create a space for self-expression, self-healing, and self-care.

**Sarah Power, DePaul University, School of Nursing**

Sarah partnered with Chicago Youth Programs (CYP) to improve health education, combat obesity, and empower African American youth and families in Washington Park. Interactive educational workshops used in conjunction with the development of positive recreational activities contributed to enabling these individuals to live healthier lives. Sarah's curriculum included nutrition and exercise classes for both kids and parents, as well as creating mentorship programs with CYP volunteers and kids.

**Angela Pruitt, Chicago State University, College of Pharmacy**

Angela initiated heart health seminars for African American young adults at Hyde Park Academy High School on Chicago's South Side. These seminars engaged youth in preventative efforts to reduce the incidence and prevalence of heart disease and stroke in Chicago's underserved communities.

**Jessie Reuteler, Rush University, College of Nursing**

Jessie implemented an evidence-based youth healthcare access empowerment curriculum through the 5+1=20 community program. Students in four Chicago Public Schools learned navigational skills for insurance and doctors' visits and built self-advocacy skills and confidence.

**Gabija Revis, University of Illinois at Chicago, College of Dentistry & School of Public Health**

Gabija created an oral health component for a training program used to teach caregivers of medically-complex children and healthcare professionals at Almost Home Kids, a transition facility for children being moved out of intensive hospital care. The oral health program educated caregivers, medical professionals, and dental professionals at Almost Home Kids, University of Illinois, and other sites for individuals with complex medical needs on the specific oral health needs of medically-complex children.

**Ashley Roché, Rush University, College of Nursing**

Ashley initiated educational sessions about end-of-life care and planning with socially isolated elders at Little Brothers–Friends of the Elderly, Chicago Chapter. The sessions provided support to elders in determining their preferences for end-of life care and ensuring that their healthcare plans were implemented according to their wishes.

**Kris Rosentel, The University of Chicago, School of Social Service Administration**

Kris collaborated with Care2Prevent in redesigning their Washington Park drop-in program to be more centered on LGBTQ youth and responsive to their needs. Kris provided resource advocacy to LGBTQ youth, connecting them to housing, employment, health care, social benefits, and legal identification. Kris also helped plan and lead workshops for LGBTQ youth on topics including using storytelling and art as a form of community care, finding LGBTQ-friendly employment opportunities, and knowing legal rights with regard to the criminal justice system.

**Golda (Olga) Sinyavskaya, The University of Chicago, Pritzker School of Medicine**

Golda partnered with the Chicago Recovery Alliance to increase access to information about Hepatitis C for individuals who use drugs. This initiative increased the number of participants screened and treated for Hepatitis C.

**Alisa Jordan Sheth, University of Illinois at Chicago, Disability Studies**

At Misericordia Heart of Mercy, Alisa created a seniors' group with older adults with

intellectual disabilities to foster social support and explore issues around self-defined successful aging. Group members were also supported to create individual life history photo books using a combination of photos they took and photos supplied by others, and generating text to share important life events, meaningful routines, and essential elements of their social networks.

**Karie Elizabeth Stewart, University of Illinois at Chicago, College of Nursing**

Karie initiated prenatal classes and education for pregnant African-American and Hispanic mothers in the Austin neighborhood at the PCC Wellness Family Health Clinic. The classes and education utilized Centering Pregnancy®. She worked to increase the number of patients seeking prenatal care earlier on in their pregnancy, helping them to experience a healthy pregnancy.

**Jessica Williams, University of Illinois at Chicago, College of Dentistry**

Jessica's project served low-income adults at Ravenswood Community Services, a Chicagoland food pantry/community kitchen. She had an overarching goal of improving oral health literacy and connecting individuals to affordable dental care.

### **2015-16 Chicago Area Schweitzer Fellows**

**Darshana Bhattacharyya, University of Illinois at Chicago, College of Medicine**

Darshana worked with the Thresholds Young Mothers Project to create a series of bi-monthly "life tools" workshops that addressed issues of personal well-being, self-empowerment, and disease management for young mothers and families affected by severe mental illness.

**Heidi Cerneka, Loyola University Chicago, School of Law**

Heidi partnered with Uptown People's Law Center to better understand, and provide support to women with mental illnesses involved in the criminal justice system at Cook County Jail and in the Illinois Department of Corrections. She also organized an interdisciplinary symposium for students and faculty at Loyola University Chicago to create greater awareness about the needs of women who are incarcerated.

**Kelly Cline, Adler University, Counseling – Art Therapy**

At Heartland Alliance's Refugee and Immigrant Community Services, Kelly led a therapeutic art and yoga focused program for youth from diverse cultural backgrounds. Her project honored the diversity of each individual, creating a safe space for artistic self-expression, healthy self-care, and a sense of community within the group.

**Pablo da Silva, Loyola University Chicago, Stritch School of Medicine**

Pablo worked in partnership with the Loyola University Chicago Stritch School of Medicine to create a “mini-medical school” for community college students from underrepresented groups and disadvantaged backgrounds. The students were exposed to different healthcare fields, participated in laboratory skill-building workshops, and received advice and mentoring aimed at helping them become better prepared to pursue careers in the health professions.

**Kristina Davis, Rush University, College of Nursing**

Kristina worked with Rush University’s 5+1=20 community health initiative to implement a train-the-trainer health education program for Chicago public school students. The program engaged youth in prevention efforts to reduce the disease burden of cancer, diabetes, asthma, hypertension, and HIV in Chicago’s underserved communities.

**Joshua Eastham, Midwestern University College of Dental Medicine - Illinois**

Josh continued and expanded a previous Schweitzer Fellow’s project, “Right from the Start,” an oral health education initiative at J.R. Tibbott Elementary School in Bolingbrook. The project incorporated education about making healthy lifestyle choices and developing good health habits into the curriculum

**Nisha Garg, University of Illinois at Chicago, College of Dentistry**

Nisha initiated an oral health education and referral program for veterans at the Jesse Brown VA Medical Center. She provided oral hygiene workshops aimed at enhancing veterans’ ability to maintain proper oral health, and she also organized a dental screening and intake fair for over 70 veterans at the UIC College of Dentistry.

**Evelyn Gomez, Rush University, College of Nursing**

Evelyn partnered with Illinois Hispanic Nurses Association and created “Lead,” an after school mentoring and health education program for minority high school students at Instituto Del Progreso Latino to prepare the students for the healthcare field and to empower them to advocate for themselves, pursue higher education, and break the cycle of poverty within their families.

**Megan Gordon, University of Illinois at Chicago, College of Nursing**

At Christopher House, Megan initiated a class for pregnant adolescents that focused on childbirth education and empowering the young women and their partners to advocate for themselves to have better birth outcomes.

**Rachel R. Gottfredsen-Gage, University of Illinois at Chicago, College of Nursing**

Rachel partnered with the Metro YMCA to create an “Art for Peace” youth group in Humboldt Park to cultivate greater social connections and provide a platform for

sharing stories. The project worked to improve healthy behaviors, self-esteem, conflict resolution skills, ability to handle stress, and other protective factors.

**Phylicia Hammonds, National University of Health Sciences, Doctorate of Naturopathic Medicine Program**

Working with Girls in the Game, Phylicia initiated “Be(YOU)tiful,” an interactive health awareness program focused on developing a positive self-image in adolescent girls through the incorporation of nutrition education and physical fitness.

**Elizabeth Harrison, University of Illinois at Chicago, Department of Occupational Therapy**

Elizabeth partnered with Heartland Alliance International to create a support group for LGBT refugees and asylees in the Chicago area. The group provided a safe gathering space for LGBT refugees and asylees and helped to improve community integration, social support and mental health. .

**Mary Clare Houlihan, DePaul University, School of Nursing**

Mary Clare implemented a scrapbooking workshop for cancer survivors through the Gilda's Club Satellite Program at Rush Cancer Center. These workshops promote a creative and relaxing way for individuals to socialize. The process of scrapbooking also promotes social interactions and quality of life of individuals affected by cancer.

**Phillip Hsu, University of Chicago, Pritzker School of Medicine**

Phillip partnered with Chinese Christian Union Church (CCUC) South and The University of Chicago to establish a free health clinic in Bridgeport to serve the neighborhood and a rapidly growing population of underserved Asian immigrants and Asian Americans. The clinic provides drop-in care, referrals, and support for chronic diseases, as well as health education.

**Kamaal Jones, Loyola University Chicago, Stritch School of Medicine**

Kamaal initiated a public health club with students at Youth Connections Leadership Academy, in conjunction with Project Brotherhood. This program works to discuss with students the many social determinants of a community's health, from food access to policing, and strives to give them the tools to make an impact on these issues within their community. In addition, Kamaal worked with a weekly trauma group for young men who have been victims of gunshot violence in Chicago.

**Jennifer Lequieu, Rush University, College of Medicine**

Jennifer worked with PrimeCare Community Health Center in Humboldt Park to provide health education and support to empower individuals and families to understand how to maintain their health and lead healthier lives

**Tessa Garcia McEwen, University of Chicago, School of Social Service Administration**

Tessa implemented “My Evergreen Baby,” a perinatal loss support program on the south side of Chicago in partnership with local hospitals and health agencies. Tessa worked to increase access to local bereavement support for grieving parents and also to increase health providers’ understanding about how to provide more compassionate and culturally competent care with parents experiencing pregnancy and infant loss.

**Sarah Moore, Columbia College Chicago, Dance/Movement Therapy and Counseling Graduate Program**

Sarah offered yoga and mindfulness classes to the refugee community at Heartland Alliance for Human Needs and Human Rights International FACES program. She worked to provide participants with tools to help address their trauma and connect to their new found American community.

**Iqra Mushtaq, University of Illinois at Chicago, School of Public Health**

Iqra created and taught heart disease risk-reduction workshops for refugee/immigrant women at Asian Human Services aimed at empowering the women to incorporate healthy lifestyle changes.

**Amol Naik, University of Chicago, Pritzker School of Medicine**

Amol created a weekly diabetes discussion group for formerly homeless adults at The Boulevard (Interfaith House). The discussion group provided opportunities for participants to learn about the disease, healthy nutrition and lifestyle behaviors to maintain their health, and a space to share their challenges and build plans to improve their health.

**Katherine Palmer, University of Chicago, Pritzker School of Medicine**

Katherine partnered with the Teen Health Advocates Program (T-HAP) for high school student leaders interested in health and health careers at UChicago Charter Woodlawn High School. She created a space for the students to learn about and then lead youth-directed health and wellness initiatives for the entire school community. She also worked with South Side school leaders to develop youth sports clinics taught by college and graduate student athletes.

**Supriya Rastogi, Northwestern University, Feinberg School of Medicine**

Supriya partnered with EverThrive Illinois to tackle the racial and ethnic disparities in birth outcomes in the South Side of Chicago and promote reproductive justice for women of all ages. She facilitated discussions on health practices, promoted youth development, and increased the capacity of the community to share reproductive health information and support each other.

**HB Riley, University of Illinois at Chicago, Jane Addams College of Social Work & School of Public Health**

Riley worked with an interdisciplinary team at the Health Justice Project to address environmental health hazards such as lead exposures, mold, and infestations affecting low-income tenants. Her project also worked to build institutional capacity by developing best practices for the creation of healthy homes.

**Claudio Rivera, DePaul University, Clinical-Community Psychology Graduate Program**  
Claudio partnered with Holy Cross-Immaculate Heart of Mary Parish to develop a college student health group to promote the health and well-being of low-income, Latina/o, first-generation college students on the South Side of Chicago. He created series of health workshops and community health events to increase health awareness and engagement in healthy behaviors.

**Luke Swift, Rush University, College of Nursing**

Luke initiated a mindfulness-based relapse prevention program for adults with substance use disorders at Haymarket Center. He helped participants improve self-regulation and fostered increased awareness of triggers, habitual patterns, and "automatic" reactions.

**Jamie Tolmatsky, Adler University, Clinical Psychology Doctoral Program**

Jamie initiated a caregiver wellness program. She provided support groups to foster social support, educational training to promote stress reduction and healthy living, and other recreational activities focused on improving the overall quality of life for caregivers.

**Sarah Wagener, University of Illinois at Chicago, School of Public Health**

Sarah partnered with Storycatchers Theatre, a youth development arts organization that helps youth explore positive decision making through writing and performing their own musical theatre material. Sarah worked with the organization's Changing Voices employment program, through which she guided formerly incarcerated adolescents with developing and performing musical theatre pieces that explored challenges to reentry and healthy decision making.

**Raymond Yong, Rush University, College of Medicine**

Ray implemented a leadership and personal development camp for at risk teenage males at the Near West Side Salvation Army. The camp promoted growth and maturity in these young men to one day become mentors to their friends, family, and peers.

**Raheem Young, Argosy University Chicago, Doctorate of Business Administration Program**

At Banner Academy Alternative High School in Austin, Raheem initiated "Suited for

Success," a mentoring and empowerment program aimed at helping African American youth gain employment, economic empowerment, and break the cycles of poverty.

### **2014-15 Chicago Area Schweitzer Fellows**

#### **Harlean Ahuja, Midwestern University, College of Dental Medicine**

Harlean initiated "Right from the Start," an interdisciplinary health curriculum for low income elementary school students living in the western suburbs. She provided interactive workshops to educate children on the importance of making and implementing healthy lifestyle choices and to encourage them to actively begin developing healthy lifelong habits.

#### **Kelli Bosak, University of Chicago, School of Social Service Administration**

Kelli worked with women in the process of community re-entry and in residential programs affiliated with the Sheriff Women's Justice Program in Cook County Jail. She incorporated yoga and mindfulness exercises into weekly Body Empowerment groups to aid women in their stress reduction, health education, and empowerment.

#### **Eddie D. Burks, Loyola University Chicago, Community Counseling**

Eddie initiated relational psycho-education interventions and support group to assist Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth in the child welfare system. His program provided empowerment and support through the teachings of positive coping, leadership, and advocacy skills to strengthen self-esteem and acceptance in schools and foster care placements.

#### **Autumn Burnes, Rush University, Rush Medical College**

Autumn taught health education to high school students in the Summer Jobs program through the Lincoln United Methodist Church in Pilsen. Topics included teaching students to take blood pressure, test glucose levels, and choose healthy foods. During the academic year, she continued a mentorship program with students.

#### **Rebecca Charles, Chicago-Kent College of Law and University of Illinois at Chicago, School of Public Health**

Rebecca partnered with Heartland Health Center to educate immigrant populations on culturally appropriate nutrition interventions for better diabetes control.

#### **Megan Dawson, University of Illinois at Chicago, College of Nursing**

Megan aimed to reduce the emotional isolation, anxiety and stigma that can be experienced by women concerning their reproductive health decisions. She provides support to patients during procedures, and also helped the Chicago Doula Circle grow its community volunteer program.

**Lissa de Castro, DePaul University, School of Nursing**

Lissa partnered with the Night Ministry to implement Project SSAFE: Safe Sex Awareness For Everyone. She conducted street outreach among homeless youth in the Lakeview neighborhood, providing sexual health education including STI/HIV prevention workshops, linking youth at risk of sex trafficking and preventable diseases to resources within their communities, and providing therapeutic communication.

**Laura Douglas, University of Illinois at Chicago, College of Dentistry**

Laura increased oral health awareness and preventive care among the special needs population at the Arts of Life Studio. She also incorporated arts activities to engage the community and to support the studio's efforts to help individuals with and without developmental disabilities realize their full potential.

**Shriya Gandhi, University of Illinois at Chicago, College of Medicine**

Shriya partnered with Mujeres Latinas en Accion, where she taught nutrition to and conducted fitness activities with Latino youth from various areas around Chicago to help empower them to make better lifelong decisions about their health. She also helped enhance the youth's exposure to and readiness for college and graduate school by organizing several panels and workshops to assist them with the application process.

**Adina Goldberger, Northwestern University, Feinberg School of Medicine**

Adina developed a discussion-based health education program for incarcerated women at the Cook County Jail focused on preventive health and Chicago-area resources for women's primary care. She also worked with 1st and 2nd year medical students in Northwestern's Correctional Medicine Coalition to continue this model.

**Audrey Hertenstein, Loyola University Chicago, Stritch School of Medicine**

Audrey facilitated group-based health education courses for women at Community Health. These classes served as a source of idea-sharing, support, motivation, and empowerment for women seeking to achieve goals in stress management, healthy lifestyle changes, healthy eating, and exercise.

**Michelle High, Rush University, College of Nursing**

Michelle partnered with Parenting ProGRESS and implemented the Chicago Parent Program during weekly group meetings for teen parents. Group sessions focused on strengthening parenting skills and promoting positive parent-child interactions through activities, discussions, and practice assignments.

**Alescia M. Hollowell, MPH, DePaul University, Community Psychology**

Alescia partnered with KIPP Ascend Middle School to develop and implement culturally-tailored health education workshops for students. The workshops covered topics including physical health, sexual health, and the social determinants of health, in hopes of encouraging and promoting the development of positive health beliefs and behaviors among students.

**Kathryn Huber, Loyola University Chicago, School of Law and School of Social Work**

Kathryn assisted clients with eligible juvenile criminal records through the process of petitioning for and receiving an expungement, removing a significant barrier to achievement during the critical transition period to adulthood, independence, and self-sufficiency. Subsequently, she provided clients with resources and information to assist them with future planning and other tangible needs, which were often connected to the stigma of having a criminal record.

**Fredrick Kendricks Jr., Argosy University Chicago, Counselor Education and Supervision**

Fredrick facilitated small discussion groups that empowered Black men and women recently released from correctional institutions. The discussion groups provided opportunities for the men and women to explore topics concerning: housing resources, employment options, wellness, interpersonal development and good citizenship.

**Kate Kinasz, University of Chicago, Pritzker School of Medicine**

Kate worked with Girls in the Game, an organization which promotes healthy lifestyles and self-esteem in girls from diverse backgrounds and abilities through exercise and nutrition education. Serving as a coach to help implement the Girls in the Game program, Kate also worked to expand the curriculum to improve the effectiveness of the sessions and introduce obesity and eating disorder lessons.

**Timothy Kosiba, Northern Illinois University, Physical Therapy**

Tim partnered with Northern Illinois University Health and Wellness Center and the Family Service Agency to conduct a "Rise Up Against Falls" program targeting older adults in the DeKalb community. Tim provided fall screening and prevention education, and wellness activities to help individuals maintain their independence and improve their quality of life.

**Nora Mulloy, Midwestern University, Chicago College of Osteopathic Medicine**

Nora implemented an individualized support program for homeless pregnant and parenting young women in partnership with The Night Ministry. The project aimed to empower these moms and children by cultivating a healthy and informed parent-child dynamic that can buffer the many stresses that poverty inflicts upon growing brains and bodies.

**Nicole Raucci, DePaul University, School of Nursing**

Nicole implemented the Healthy Older Adult Program at Heiwa Terrace, the Japanese American Service Committee's affiliated residence facility, to improve the health maintenance of underserved seniors. She provided individualized mentorship toward health goals, interactive group meetings, and various workshops to reduce stress and promote community bonding, exercise, nutrition, and self-defense.

**Farah Shakir, University of Illinois at Chicago, College of Dentistry**

Farah focused on oral disease prevention within the Iraqi refugee community. She conducted community outreach in Arabic and English to assess and improve the community's knowledge

about oral health, and to address barriers to their receiving oral health care. Working together with Dr. Sheila Raja, an expert in psychological trauma and PTSD, Farah hoped to address the underlying mental health issues that impact the community's overall health.

**Padraic Stanley, Loyola University Chicago, School of Social Work**

Padraic partnered with the Latino Organization of the Southwest to address the mental and emotional health needs of immigrant communities in the Southwest side of Chicago through counseling, connecting clients to resources, group activities, and training community members on health and emotional health skills.

**Amanda Suttle, Rosalind Franklin University of Medicine and Science, Psychology**

Amanda sought to improve self-awareness, social and cultural awareness, and health education in children and adolescents who visit the Boys and Girls Club of Lake County. She co-led and led activities that complemented existing Boys and Girls Club programming such as SMART girls, Healthy Habits, and other programs.

**Josh Taylor, University of Illinois at Chicago, Urban Planning and Policy**

Josh expanded a mentoring program for male high school students at Johnson College Prep in Englewood. "The Noble Nine" Program's curriculum aims to empower the young men to pursue leadership roles, use their strengths to support their school and neighborhoods, develop an interest in service, and cultivate passion for the long-term health and wellness of their communities.

**Jane Thomason, University of Illinois at Chicago, School of Public Health**

Jane facilitated support groups for home care workers. These support groups aimed to mediate the occupational stress caused by the unpredictability, lack of support, and minimal training in their workplaces. Participants shared about their jobs and learned about stress management techniques through group discussions, games, and activities.

**Joanna Villacorta, University of Chicago, School of Social Service Administration**

Joanna supported 8th Grade girls in making informed health and social decisions by implementing a sexual education and social skills after-school group in a Chicago elementary school. The program also helped to prepare the participants for high school by facilitating dialogues and experiences around identity and goal-setting.

**Amy Wang, Rush University, Rush Medical College**

Amy designed and taught a discussions-based seminar focused on chronic illnesses in the Chicago community and planned hands-on service learning events at Rush for students at Richard T. Crane Medical Preparatory High School. The overarching goal of the project was to boost engagement and investment in students who are training to go into professions in the medical field.

**Michael Wilcox, Chicago State University, College of Pharmacy**

Michael expanded services aimed at improving the overall health and well-being of LGBTQ-identified adults age 50 and older at the Howard Brown Health Center. His project promoted health literacy, social support, wellness practices, and other resources tailored to aging adults in Chicago's LGBTQ community.

**Liweza Yalda, Roosevelt University, College of Pharmacy**

Liweza initiated Diabetes Educational Workshops for geriatric patients with language and cultural barriers at the Assyrian American Community Pharmacy in Skokie. She provided workshops and patient education in Assyrian at the pharmacy's new Diabetes Clinic with the aim of improving patients' comprehension of their disease and their managing it for better outcomes.

**Lala Young, Rush University, Rush Medical College**

Lala sought to improve the mental and emotional health of the women at Facing Forward to End Homelessness on the west side of Chicago. A majority of the women (68%) deal with depression and many are survivors of traumatic experiences. She provided the women with opportunities for self-reflection, creative expression, and self-care tailored to their interests and needs.

### **2013-14 Chicago Area Schweitzer Fellows**

**Allison Ancel, The School of the Art Institute of Chicago, Master of Arts in Art Therapy Program**

Allison expanded upon Growing Power's art program to improve the mental health, physical health and emotional well-being of youth from underserved backgrounds. The art activities created by the youth focused on working with recycled and natural materials to allow opportunities for individual expression, team building, education around healthy living habits and environmental issues, career building, and strengthening the community as a whole.

**Danielle Babbington, St. Xavier University, School of Nursing**

Danielle partnered with Family Rescue, a shelter for women and their families on the south side of Chicago. She taught health education, GED test preparation, and life skills to help the women transition to independent living.

**Nyahne Bergeron, DePaul University, Master of Public Health Program**

Nyahne initiated a program that promoted exercise and physical fitness among minority adults living with diabetes on the South Side of Chicago. In collaboration with the Improving Diabetes Care and Outcomes on the South Side of Chicago project at the University of Chicago and various parks and fitness facilities, Nyahne's program aimed to address barriers to physical fitness, increase awareness of the benefits of exercise, and enhance physical activity among participants.

**Rachel Berkowitz, Illinois College of Optometry**

Rachel worked with homeless people served by Heartland Health Outreach to improve awareness of the importance of regular eye exams and of how systemic conditions like diabetes and hypertension affect ocular health. She provided patients with reading glasses and resources and referrals for free/low-cost eye exams and glasses. She also collaborated with students and faculty at the Illinois College of Optometry to organize a vision screening for Heartland Health Outreach patients.

**Katie Berringer, University of Chicago, School of Social Service Administration**

Katie worked to design and facilitate a voluntary stress-reduction and mindfulness group at Cook County Jail for women in the treatment program and in the process of community re-entry. The groups, which built upon the project of a previous Schweitzer Fellow, provided support and education to assist the women confronting the challenges, stress, and health risks associated with the period immediately following incarceration.

**Addie Boone, Northwestern University, Feinberg School of Medicine**

Addie created a medical-legal partnership (MLP) with Northwestern University School of Law and PCC Wellness Center in Austin to provide free legal services to PCC patients who live with poorly-controlled asthma and have screened positive for factors in their homes that are known to exacerbate asthma. Completely integrated in the PCC clinical workflow and electronic health record, the MLP supports tenants as they work with landlords to remediate these issues, as required under landlord-tenant and habitability laws.

**Lily Camp, University of Chicago, School of Social Service Administration**

Lily partnered with the Safer Foundation's Youth Empowerment Program to provide stress management support to young people who have been involved with the criminal justice system and are seeking to obtain their GED and receive job readiness training. Weekly facilitated activities, such as self-care journals, art therapy, yoga, and classroom discussions, provided the youth with practical skills that they can utilize as they pursue their educational and career goals.

**Diana Chen, Rosalind Franklin University of Medicine and Science, Chicago Medical School**

Diana partnered with PrimeCare Community Health to identify and address the needs of at-risk youth, diabetics, the Latino population, and the uninsured living in West Town/Humboldt Park. By integrating Rosalind Franklin medical student volunteers in health education programming and community engagement, her goals were to empower the community and to engage aspiring healthcare professionals about health barriers and possible solutions.

**Marcus Han, Loyola University Chicago, School of Social Work**

Marcus worked with LGBTQ youth involved with the Center on Halsted Youth Program to provide them with increased opportunities and integration into sports and exercise programming in the community. In addition he worked with the Illinois Safe Schools Alliance and the Chicago Metropolitan Sports Association to develop a mutual working relationship and

organize an annual bowl-a-thon event to support the Gay-Straight Alliances in the Chicagoland area.

**Jenna Heffron, University of Illinois at Chicago, Disability Studies**

Jenna partnered with The Empowered Fe Fes, a young women's disability advocacy group at Access Living, to develop and implement disability awareness workshops at Chicago high schools and City Colleges. The workshops educated students, faculty, and staff about the social barriers that people with disabilities face and exposed them to the potential for developing a positive disability identity.

**Alison Hernandez, DePaul University, School of Nursing**

Alison worked to promote physical and cognitive health among older Hispanic adults at Alivio Medical Center in Pilsen by teaching Zumba fitness and yoga classes. Her project aimed to promote healthy aging strategies and empower older Hispanic adults through exercise, information, and community engagement.

**Kate Hoffower, Northeastern Illinois University, Department of Counseling Education**

Kate worked with adolescent boys in a residential treatment facility west of Chicago. She gave the participants an opportunity to create videos which helped them develop a greater awareness of their personal strengths, with an emphasis on conflict resolution, creativity, and social skills.

**Tiphany Jackson, Loyola University Chicago, Stritch School of Medicine**

Tiphany expanded the Health Professions Recruitment and Exploration Program (HPREP) at Loyola Stritch School of Medicine to include pre-medical students, thus completing the health careers pipeline from high school to medical school. The goal of the HPREP program is to prepare and encourage underrepresented students to enter the health professions and improve diversity in health care to address the needs of communities.

**Somayeh Jahedi, University of Illinois at Chicago, College of Dentistry**

Somayeh worked to optimize the oral health of special needs individuals at the Illinois Center for Rehabilitation and Education- Roosevelt. She coordinated service events that engaged both dental students and professionals. Dental students provided the ICRE-R individuals with oral hygiene instruction, nutritional counseling, and necessary dental treatment under UIC faculty supervision.

**Joji Kohjima, Rush University, Rush Medical College**

Joji worked with the Health Youth Service Corps to engage high school students interested in health sciences at Benito Juarez Community Academy, Marine Math and Science Academy and Phoenix Military Academy. Joji and other medical students taught workshops on chronic disease prevention and supervised the high-school students as they set up health fairs and screened community members for preventable diseases. He also provided physical fitness workshops and nutritional education classes to encourage healthy lifestyle changes.

**Denise Lu, Midwestern University, Chicago College of Osteopathic Medicine**

Denise initiated an adolescent health leadership curriculum in partnership with Hyde Park Neighborhood Club focusing on self-esteem, daily health, and empowerment at Hyde Park Neighborhood Center, Kenwood High School, and Chicago Youth Programs. She taught the youth workshops to address their health issues/concerns and skills to help create change.

**Bernice Man, Chicago State University, College of Pharmacy**

Bernice provided disease state education presentations, health screenings, and medication reviews in Cantonese to Chinese older adults who reside in Chinese American Service League (CASL) Senior Housing. She also coordinated “Doctor Q&A” sessions, where the older adults asked medical questions to a physician who speaks Cantonese. Through her project, she aspired to increase the residents’ health literacy and medication adherence.

**Nisha Mehta, University of Illinois at Chicago, College of Dentistry**

Nisha developed a program to improve the oral health status of children with lifelong medical conditions, including chronic medical illnesses, developmental disabilities, and special needs. The program focused on educating and training primary care providers, hospital staff, and children on the importance of good oral hygiene and maintaining optimal oral health.

**Nina Metsovaara, University of Illinois at Chicago, College of Nursing**

Nina implemented a health education curriculum among Chicago adolescents and teens at the Cook County Juvenile Temporary Detention Center. The purpose of the curriculum is youth empowerment through holistic health promotion from an anti-oppression, violence prevention, and community building perspective.

**Triniece Pearson, University of Illinois at Chicago, College of Nursing**

Triniece initiated health education sessions for homeless women at Sarah’s Circle. The weekly sessions aimed to reduce risky sexual behaviors and improve health consciousness in the population.

**Amanda Platner, The Chicago School of Professional Psychology**

Amanda developed and led an expressive arts therapy group for adolescent females with developmental disabilities. The group focused on social skills development and advocacy through the arts, as well as provided support and a sense of community for the young women.

**Biswas Pradhan, Loyola University Chicago, School of Social Work**

Biswas provided elderly Bhutanese refugees from Nepal with the skills and resources needed to access preventive and non-preventive healthcare. He taught the seniors ESL classes, health education, and health advocacy. The improved health of the refugees and their knowledge of healthcare in the United States were the ultimate goals of this project.

**Jori Anne Reigle, DePaul University, School of Nursing**

Jori implemented an oral health program at Ravenswood Community Services, an organization that provides services to homeless and food insecure individuals in Ravenswood and Uptown. Jori provided toothbrushes, floss and other dental products; taught and promoted oral health hygiene behaviors; and helped link individuals with affordable oral health screenings and follow up care.

**Karena Rounsaville, Rush University, Rush Medical College**

Karena organized health workshops for Native American women at the American Indian Health Services in Uptown. The workshops focused on different pertinent health issues affecting American Indian women today including diet and exercise, hypertension, diabetes, HPV, and cervical cancer.

**Rachelle Sico, Loyola University Chicago, School of Law**

Rachelle worked to ensure that continuous primary and preventive health care services are accessible for previously uninsured individuals in Chicago. Partnering with Loyola University's Health Justice Project and Erie Family Health Center, Rachelle provided health advocacy education on Illinois CountyCare, Medicaid expansion, and the Application for Benefits Eligibility at community health events. She also provided health reform trainings and resources to medical professionals, empowering them to communicate with patients about health coverage options.

**Hannah Snyder, University of Chicago, Pritzker School of Medicine**

Hannah collaborated with HIV-positive patients, case managers, and doctors at the Cook County Jail to address barriers to HIV care after release from jail. She worked one-on-one with patients to identify the issues in their life that make it harder for them to take care of their HIV. She then worked with them through motivational interviewing and case management to come up with a strategy for successfully bridging care upon release from jail.

**Ava Socik, Rush University, Rush Medical College**

Ava partnered with the Total Learning Community (TLC) Program in northwestern suburban Cook County (School District 63) to implement First Lady Michelle Obama's "5 Simple Steps to Success," a part of the "Let's Move!" campaign to end childhood obesity in the United States. Through her program, Ava taught over 100 children how to plant their own vegetable garden, to eat a healthy diet, to make healthy snacks, and to exercise.

**Ashley Tsang, University of Chicago, Pritzker School of Medicine**

Ashley initiated an overdose prevention program at the Cook County Jail. The program aimed to address the increased risk of overdose in individuals leaving incarceration. Participants learned how to prevent and recognize overdoses, and how to intervene when an overdose happens. Interested participants were also connected with Chicago Recovery Alliance to obtain naloxone, an opiate overdose antidote.

**Annabella Vidal-Ruiz, University of Illinois at Chicago, College of Nursing**

Annabella initiated a teleneurology program for uninsured adult patients at CommunityHealth. By increasing access to a neurologist through the use of teleconferencing (Skype), this project helped to reduce wait times for patients. In the future, the model may be applied to other specialties within the clinic.

**Scott Waller, Adler School of Professional Psychology**

Scott continued a social support and skills group for LGBT-identified seniors at The Center on Halsted. The group provided skills training and social excursions for the Center's most socially-isolated seniors.

**Connor Williams, University of Chicago, School of Social Service Administration**

Connor conducted individual psychotherapy and brief case management services for HIV-positive young men who have sex with men (MSM) in conjunction with the Care2Prevent Program at University of Chicago Medicine. Connor also worked closely with the Test Positive Aware Network (TPAN) to help young MSM plan and facilitate monthly events that employ a peer-to-peer model to educate and engage members of the Our Voices Advocating Health (OVAH!) Program on issues such as relationships, sexual health, and emotional and spiritual healing.

### **2012-13 Chicago Area Schweitzer Fellows**

**Stephen Addington, University of Illinois at Chicago, College of Medicine**

Together with Fellow Ayodele Oke, Stephen sustained and expanded upon a previous Schweitzer Fellow's "Young Doctors Program" for school-age children and adolescents in North Lawndale. The health careers pipeline program continues to expose youth to various health professional fields and teach them anatomy and physiological processes of the human body so as to inspire them to pursue their passion in the life sciences and eventually return to work in the community.

**Christopher Castaneda, The University of Chicago, Pritzker School of Medicine**

Chris worked to expand the University of Chicago's Health Professions Recruitment and Exposure Program (HPREP) to include new schools. The program, which involved graduate and undergraduate student volunteers from the university, aimed to teach life sciences, introduce a wide variety of health professions, and provide mentoring to high school students who belong to underrepresented minorities. The program provided a foundation for students to become healthcare professionals who want to work in underserved communities.

**Priscilla Cheng, The Chicago School of Professional Psychology**

At the Heartland Alliance Marjorie Kovler Center, Priscilla encouraged healing, growth and connection through therapeutic engagement with individuals and groups of survivors of torture who are seeking asylum in Chicago. She hoped to empower survivors of torture through creative activities and intentional collaboration.

**Melody Cibock, Loyola University Chicago, Marcella Niehoff School of Nursing**

Melody sought to empower people with and without developmental disabilities in the L'Arche intentional community to take a more active role in their health care decisions and general well-being. She led a self-advocacy and sexuality program at the Arts of Life community and at L'ARCHE intentional community. She also supported healthcare professionals in providing better care for these extraordinary individuals.

**Hugh Cole, Loyola University of Chicago, School of Social Work**

Hugh initiated an Elder Services Group Therapy Program for LGBTQI Elders at Howard Brown Health Center to promote resilience and quality of life in the aging process. The groups fostered self-advocacy, provided linkages to culturally sensitive allies, worked to overcome health disparities, and strengthened ties to the community.

**Corissa Dionisio, Rush University, Rush Medical College**

Corissa initiated health workshops for domestic abuse survivors and their families at Family Rescue. The workshops addressed the negative impact of stress on health, encouraged life skills development, helped participants incorporate healthy decisions into everyday life, and promoted positive relationships among the residents.

**Sodabeh Etminan, University of Illinois at Chicago, School of Public Health**

Sodabeh implemented a health and dental curriculum in the after-school program at Erie Neighborhood House. Geared towards children ages 5-17, the program aimed to improve oral health by providing health education and dental screenings for the elementary students, and promoted health careers for the high school students.

**Stephanie Ezell, University of Illinois at Chicago, College of Nursing**

Stephanie helped adults residing in intergenerational senior housing at Friendly Towers in Uptown document their life stories. As many of these individuals have mental health challenges, creating and sharing their oral histories served to empower them with renewed meaning, allowed them to reconnect with friends and family, and helped them forge new bonds within the larger community.

**Amina Ghalyoun, Midwestern University, Chicago College of Pharmacy**

Amina developed an after school program called The Health and Wellness Promoters at the Young Women's Leadership Charter School of Chicago. This program introduced 7th-12th grade girls to the basics of many chronic disease states, over-the-counter medications, and healthy behaviors, empowering them to make positive health changes in their lives.

**Valerie Anne Guerra, The University of Chicago, School of Social Service Administration**

Valerie implemented a music therapy group at Family Matters in Rogers Park for refugee and immigrant children who have experienced trauma. Through regular rehearsals and community-wide performances, the music therapy project provided an opportunity for the children to

experience positive group membership and fostered non-violent expression and non-intrusive conversations about trauma.

**Edleda James, University of Illinois at Chicago, College of Nursing**

Edleda partnered with Urban Initiatives to address obesity prevalence and low nutrition by providing students in James Otis Elementary School and Morton School of Excellence with workshops to increase their healthy behaviors. She also partnered with the Ethiopian Community Association of Chicago to increase health literacy among immigrant parents with regard to common chronic diseases and childhood illnesses.

**Luke W. Jennings, DePaul University, School of Nursing**

Luke worked to increase awareness of personal health issues and health literacy of homeless youth in the Lakeview neighborhood with the Night Ministry's Youth Outreach Team. He developed relevant educational materials that aimed to both empower homeless youth to better care for themselves and to interact with the U.S. healthcare system without fear or hesitation.

**Ifetayo Kitwana, Columbia College, Dance Movement Therapy and Counseling**

Ifetayo created a dance/movement program that included a mentoring component for young minority woman at St. Ailbe School and Maria High School in partnership with United Stand Counseling Center. The program created a safe space to engage in dance and was based around the 3R's: respect, relationship, and responsibility.

**Kashmir Kustanowitz, The University of Chicago, School of Social Service Administration**

Kashmir worked with the Sheriff's Women's Justice Program at the Cook County Jail to create a therapeutic group that focused on the body and the self. The group provided a forum for individuals with histories of trauma and substance abuse to support one another, express themselves, build inner strength through education, and prevent future self-harm.

**Emilee Lamorena, Rush University, Master of Science in Respiratory Care Program**

Emilee partnered with Gilda's Club Chicago to support families affected by cancer. Her "Teen Time" program provided teenagers affected by a cancer-related event a safe space to connect, allowing them to share their experiences, learn skills to better cope with emotions, and develop ways of supporting their loved ones through cooking, dancing, humor, the arts, writing, and more. She also developed programming at CPS high schools and Comer Children's hospitals.

**Michelle Leahy, Loyola University Chicago, Stritch School of Medicine**

Michelle created Viva La Familia, a culturally-sensitive, family-focused chronic disease prevention program at Block-by-Block, the Greater Humboldt Park Community Campaign Against Diabetes. This program, dedicated to preventing chronic disease and increasing wellness ideology, empowers families with tools for behavior change and healthy living.

**Alice Lee, University of Illinois at Chicago, College of Pharmacy**

Alice helped low-income Hispanic and African American populations manage their Type 2 diabetes mellitus through increased self-management and diet education, access to resources, and creation of a support system at the Lawndale Christian Health Center. The program provided various health professional speakers and developed a network to encourage patients to make healthy lifestyle changes while managing their diabetes in a supportive community environment.

**Dana Madigan, National University of Health Sciences, Doctor of Chiropractic Program and University of Illinois at Chicago, School of Public Health**

Dana partnered with the Salvation Army Adult Rehabilitation Center, which helps people who have experienced homelessness and other challenges attain life skills and employment. Since many of the community members struggle with employment qualification tests, Dana taught basic adult education classes to help them succeed with achieving their goals.

**Aneeqa Malik, University of Illinois at Chicago, College of Dentistry**

Aneeqa addressed the oral health needs of developmentally disabled residents at Misericordia Home. She provided oral health care information, supplies, and instruction to the residents and their caregivers.

**Jenna Marko, Rush University, College of Nursing**

Jenna implemented an intergenerational reading buddies program for disadvantaged youth and adult mentors at The Community Builders Inc. St. Stephen's Terrace. The program provided a safe environment for students to improve their literacy skills and build positive relationships with adults while the adults will benefit from involvement in a rewarding and meaningful activity with their community's youth.

**Ray Mendez, Loyola University Chicago, Stritch School of Medicine**

Ray expanded upon Loyola University's current efforts to engage diverse youth from groups that are underrepresented in the health care professions. He designed a program that introduced high school students to different health care fields, provided immersion opportunities at Loyola University's school of medicine, and provided mentoring support, encouraging youth to pursue health careers to help alleviate health disparities.

**Nicole Oddo, Rosalind Franklin University of Medicine and Science, Dept. of Physical Therapy**

At Park Place Senior Center in Waukegan, IL, Nicole created a walking club and also implemented a fall prevention program. Nicole taught a series of workshops that combined lectures and interactive activities focusing on exercise to improve balance. She is working to sustain and expand the balance program throughout Lake County.

**Ayodele Oke, University of Illinois at Chicago, College of Medicine**

Together with Fellow Stephen Addington, Ayodele sustained and expanded a previous Schweitzer project called the Young Doctors Club. Through education, mentorship, health career professions exposure, and leadership service opportunities, the Club exposes youth in North Lawndale to their potential and inspires them towards health professions.

**Anita Petit-Homme, Northwestern University Feinberg School of Medicine**

Using a comprehensive approach aimed at developing capabilities, Anita partnered with Chicago Youth Programs to establish the Chicago Youth Programs Leadership Academy, and taught classes to middle and high school students to help them develop life skills, prepare for higher education, and practice healthy lifestyle behaviors.

**Alisha Ranadive, The University of Chicago, Pritzker School of Medicine**

Alisha created an after school science program for middle school students attending the Sherman School of Excellence in the Back of the Yards neighborhood. Alisha's program provided hands-on ways to understand science and health, helped develop critical thinking skills, and fostered interest and enthusiasm for science learning.

**Jenny Recker, DePaul University, School of Nursing**

Jenny worked in partnership with Chicago Adventure Therapy (CAT), a program that helps at-risk youth become healthy adults by exposing them to outdoor adventure sports. Jennifer integrated health education with CAT's adventure therapy, including teaching the youth nutrition education, healthy eating, and the skills to make other positive life choices.

**Pierre Rowen, The University of Chicago, School of Social Service Administration, Graduate Program in Health Administration and Policy**

Pierre partnered with Care For Real Food Pantry in the Edgewater neighborhood to help low income community members seeking employment with job readiness, training and placement services.

**Emily Segal, The School of the Art Institute of Chicago, Master of Arts in Art Therapy Program**

Emily directed art therapy groups in the form of an open art studio for at-risk youth living in communities with limited access to healthy foods and mental health services. Working in collaboration with Growing Power, her studio provided a safe space for youth, enabling them to express themselves, learn new art skills, and be creative and constructive within the context of their communities.

**Alexis Smithers, Rush University, College of Nursing**

Alexis created a project called "What's Next?" at the Simpson Academy for Young Women. The project equipped young mothers with necessary tools to reach their educational and professional goals, learn how to make sound economic decisions, and develop effective stress reduction and health promotion practices.

## **2011-12 Chicago Area Schweitzer Fellows**

### **Akua Agyeman, The University of Chicago, School of Social Service Administration**

Akua created a violence prevention and intervention arts program for African American youth at the Keep Loving Each Other (KLEO) Community Center on the Southside of Chicago. It provided a safe space for youth to engage in creative expression via dance, poetry, and visual art, and discussions regarding community violence, coping mechanisms, and conflict resolution.

### **Angela Aifah, The University of Chicago, School of Social Service Administration**

Angela developed a diabetes education program for women and children served by the Pan African Association. The program promoted 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 partnered with Chicago Family Health Center in the Pullman and South Chicago neighborhoods to promote health among the patient and community populations through nutrition and health education awareness.

### **Maimoona Batul, Chicago State University, College of Pharmacy**

Maimoona worked with Swedish Covenant Hospital's senior in-patients who are at various stages of dementia or forgetfulness. She focused on designing activities to help divert patients from injuring themselves and to help calm them.

### **Jordan Becerril, Rush University, Rush Medical College**

Jordan partnered with the Center on Halsted's youth program to address education disparities among low-income and homeless lesbian, gay, bisexual, and transgendered youth. Through one-on-one mentoring, educational field trips, and outreach, his project aimed to connect youth with the resources necessary to achieve their educational and vocational goals.

### **Tara Berkson, University of Illinois at Chicago, College of Pharmacy**

Tara addressed food resourcing obstacles while promoting healthy lifestyle choices to patients with diabetes at Community Health, a free clinic for uninsured Chicago residents. She worked to organize group outings to local farmers' markets and to empower patients to create individualized "wellness prescriptions."

### **Amy Cavazos, School of the Art Institute of Chicago, Master of Art in Art Therapy Program**

Amy partnered with Mujeres Latinas en Accion to empower urban Latina teens within the Proyecto Juventud after school program through art therapy groups involving visual arts and writing. The groups provided the young women social support, helping them to improve their interpersonal relationships while developing a deeper sense of community. Amy's project included arts activism, cultural identity, self-care, and leadership components.

**Lacie Durand, Rush University, College of Nursing**

At Central West Senior Center, Lacie developed educational and intervention programs for low income older adults that focused on health promotion, self-efficacy, and medical compliance. These initiatives were developed to help improve the quality of life of older adults and empower them to take an active role in managing their health.

**Dana Elborne, Loyola University Chicago, Stritch School of Medicine**

Dana partnered with HEART women and girls and Arab American Family Services to bring much needed girl's programming to the growing Arab refugee and immigrant community in Bridgeview, IL. In addition to holding a weekly workshop, she helped organize events in Bridgeview for Arab Heritage Month and also worked with A Silver Lining to facilitate breast cancer education, screenings, diagnostics and treatment for uninsured and underinsured Arab women in Bridgeview.

**Alex Friedman, Northwestern University, Feinberg School of Medicine**

At PCC-Austin Community Wellness Center, Alex paired patients with uncontrolled diabetes with medical student health coaches. The program helped patients manage complex care plans, make lifestyle modifications, and feel supported while living with chronic disease. The program included monthly classes and bimonthly phone calls based in motivational interviewing to help patients identify and achieve goals.

**Ryan Heath, The University of Chicago, School of Social Service Administration**

Ryan designed and integrated a service-learning component into the therapeutic program of Chicago Adventure Therapy (CAT). Utilizing a positive youth development framework, the combined preventive-therapeutic model enhanced the experiential programming that builds positive mental health and social-emotional skills of at-risk Chicago youth.

**Ayesha Khan, Midwestern University, Chicago College of Pharmacy**

Ayesha developed an adolescent health and wellness curriculum to implement at the East Aurora Magnet Academy. She taught middle school students ways to prevent disease and injury, and improve health, and trained them to become leaders and promoters of healthy choices.

**Elizabeth Martin, Rush University, College of Nursing**

Elizabeth collaborated with Gilda's Club Chicago, a free support community for individuals diagnosed with cancer, and their friends and family members, to expand their outreach programs at local hospitals. Elizabeth worked to plan and facilitate new programming at Rush University Medical Center and Stroger Hospital, targeting more diverse populations.

**Erica Martinez, University of Illinois at Chicago, School of Public Health**

Erica worked with Alivio Medical Center in Pilsen to promote health among Latino families and the community through increased physical activity, nutrition awareness, and health education.

**Ashley McDonald, University of Illinois at Chicago, School of Public Health**

Ashley established a “College Within Reach” program for 11<sup>th</sup> and 12<sup>th</sup> graders in partnership with the Greater Humboldt Park Community of Wellness. In addition to focusing on college preparedness and career exploration aimed at piquing students’ interest in health care professions, Ashley sought to engage the youth about health disparities and the needs of their communities.

**Amy McNew, The Chicago School of Professional Psychology**

Amy developed and facilitated an LGBTQ support group at the Center on Halsted for individuals who are age 55 and older. It provided an opportunity for social engagement and helped individuals develop healthy social skills.

**Regine Michel, Rush University, College of Nursing**

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

**Natalie Morgan, University of Illinois at Chicago, College of Dentistry**

Natalie worked to encourage underrepresented youth to enter health science careers. She partnered with Target Hope where she taught ACT preparation courses and exposed the students to different health career fields through interactive workshops and discussions both at a Saturday academy and on cross-country college tours.

**Rachel Newhouse, University of Illinois at Chicago, College of Nursing**

Rachel addressed the growing need for teen parent support in Chicago by establishing weekly yoga classes and monthly women's health workshops designed specifically for teenage females who are pregnant or have had a child. The workshops addressed various aspects of women's health including enhanced nutrition, transmission of sexually transmitted infections, pregnancy prevention, and sleep hygiene.

**Chiagozie Ononye, Northwestern University, Feinberg School of Medicine**

Chiagozie partnered with Northwestern University Feinberg School of Medicine in the Streeterville/South Loop area where she created a homeless outreach program called Sidewalk Talks that serves food and hot beverages to the homeless, as well as engages them in meaningful conversation about their personal stories and struggles.

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

Tatiana addressed trauma and violence in Chicago by establishing a “Writing Inside Out” program for adolescent male residents of the Juvenile Temporary Detention Center (JTDC). The program incorporated poetry, spoken word and cognitive behavioral therapy to foster a healthy, non-violent channel of self-expression for participants.

**Elisa Pleasant, Loyola University Chicago, Beazley Institute for Health Law and Policy**

Elisa worked to incorporate nutrition education into the physical education classes of 2nd, 5th and 6th graders at Perkins Bass Elementary School. She also explored the particular challenges of addressing nutrition in a community where a large number of students are food insecure.

**Anand Sandesara, University of Illinois at Chicago, College of Medicine**

Anand established a diabetes and nutrition education program for incarcerated men at North Lawndale Adult Transition Center in partnership with the Safer Foundation. The services were 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, Rush Medical College**

Amrita created a garden with students at Simpson Academy for Young Women, a school for teenage mothers and pregnant teens. Her program educated the students about nutrition and the environment, and helped to empower them through ownership and community engagement.

**Jessica Sittig, Columbia College Chicago, Dance Movement Therapy & Counseling**

Jessica introduced 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 at Chicago, College of Nursing, Nurse/Midwifery Program**

Rebecca addressed teen obesity in Chicago by coordinating a summer and after-school health and wellness program at UPLIFT Community High School. The program focused on exercise, nutrition and learning how to access health services within the community.

**Elizabeth Springston, Northwestern University, Feinberg School of Medicine**

Elizabeth worked with students at George Rogers Clark High School and Alcott High School for the Humanities to address interpersonal violence among young adults. An estimated 1 in 3 teen girls will experience dating abuse or violence. Elizabeth educated the students about the risks and warning signs of this problem, and led workshops promoting healthier relationships and conflict resolution. She also worked with students to develop a school-wide dating abuse prevention program at George Rogers Clark which will be sustained through student leadership.

**Katie Tomarelli, Rush University, College of Nursing**

Katie partnered with the Sunday Night and Monday Night Suppers, i.e., multi-faith dinners for the homeless provided by the Fourth Presbyterian Church and Chicago Lights outreach program. She provided a Health and Wellness Drop-In Center at the suppers. She worked to build the community members' trust and encouraged their personal growth, health and empowerment.

**Katie Zabinski, Loyola University Chicago, School of Social Work**

Katie partnered with the Cook County Sheriff's Women's Justice Program's Empowerment Center to address the mental health needs of women transitioning from incarceration back into the community. She organized and implemented groups focusing on cognitive behavioral therapy and women's health issues. Group curriculum targeted coping skills, goal-setting, self-esteem, and psycho-education to empower participants to make healthy lifestyle choices.

**2010-11 Chicago Area Schweitzer Fellows**

**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 Hedges** (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.

### **2009-10 Chicago Area Schweitzer Fellows**

**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 Emergency 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.

**Taranee Wangsatorntanakhun** (Rush University College of Nursing) Taranee 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.

### **2008-2009 Chicago Area Schweitzer Fellows**

**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 Leahy** (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.

### **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.

**Deresa Gibson** (Loyola University Chicago, School of Social Work) Deresa 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.

### **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 girls' 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 man 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.