



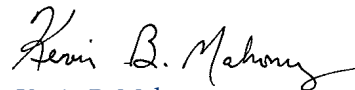
Penn Medicine  
CAREs  
GRANT

2019  
Grant Recipients

Outside of the limits of our hospitals and clinics, Penn Medicine staff are serving their neighbors every day. The diverse projects highlighted in this book provide a snapshot of the efforts of Penn Medicine physicians, nurses, staff, and students who devote their time and talents to improving quality of life for those in the communities that Penn Medicine reaches throughout our region. Those communities span from metropolitan Philadelphia to the suburbs, to rural Lancaster and Chester counties, to Southern and Central New Jersey.

Penn Medicine is proud to have supported each of these projects through our Penn Medicine CAREs grant program, which we launched in 2012 as a way to give back to our community and to recognize and amplify employee volunteerism. The CAREs grant program is open to every Penn Medicine employee who seeks to address a community health need. Grants are awarded through a competitive application process based on the quality of the program, the needs of the community it aims to assist, and the potential overall impact of the project. Since its inception, the CAREs program has funded over 500 projects with nearly \$550,000. This year's recipients further exemplify the dedication and passion of the Penn Medicine family. Their work encourages and inspires us to continue our mission to eradicate health disparities, improve health education and awareness, and promote healthy practices that support the well-being of our communities.

If you would like to learn more about the Penn Medicine CAREs grant program, please contact our office of Community Relations at (215) 349-5408 or visit [PennMedicine.org/Community](http://PennMedicine.org/Community).



Kevin B. Mahoney  
*Chief Executive Officer*  
*University of Pennsylvania Health System*

### COVENANT MINISTRIES OF CAMDEN

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#### *Cordelia Baffic, Perelman School of Medicine*

On Saturdays, the Covenant Ministries of Camden serve food and offer clothing to those who stop by. Hundreds of people depend on these services, and some of them also take the opportunity to enter rehabilitation programs. In addition, the police have worked with the ministry to help set up in certain areas of Camden, in an effort to reduce crime. Part of Cordy's funding goes toward purchasing healthy food, toiletries, and water bottles.

### COOL PATIENTS

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#### *Jovan Bennett, Home Care and Hospice*

Created in 2013, the Penn Center for Community Health Workers has supported 7,000 of the most high-risk and vulnerable patients in the University of Penn Health System and the VA Medical Center. The CHWs work with patients to make goals that are meaningful and tailored to support their needs. Jovan's funds go to purchase air conditioners and fans. Although these can't be provided to every patient, the center will give them to those with the greatest need, possibly reducing hospital readmissions or other dangerous complications that can arise in the hotter weather.

### CAMP ERIN

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#### *Colleen Bynum, Penn Presbyterian*

Each year, the week-long Camp Erin Philadelphia brings nearly 120 grieving children and teens together for the opportunity to continue being a kid and to connect with their peers who have also experienced a loss. In addition to typical overnight experiences, such as campfires and swimming, there is also grief processing, such as memorial ceremonies and group discussions, and learning coping strategies. Colleen's grant will support attendance costs for some of the campers. The campers also receive T-shirts, snacks, comfort bags, and more.

### GROS ISLET ST. LUCIA SCHOLARSHIP PROGRAM

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#### *CAREs Global Recipient*

#### *Venus Cherry, Corporate*

Venus, who is from the St. Lucia area in the Caribbean and returns to the island to encourage and mentor its young people, has directed his grant to support a scholarship program funded by the Gros Islet North Youth and Sports Council. It allows 50 youths to study a course of their choosing from the island's National Enrichment Learning Program. The goal is to create an environment that channels the abundant creative talents and energies of young people into positive social, cultural, economic, and political activities.

### BEAUTIFUL BLACK QUEENS FOR BREASTFEEDING AWARENESS AND EMPOWERMENT

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#### *Jabina Coleman, Hospital of the University of Pennsylvania*

Beautiful Black Queens for Breastfeeding Awareness & Empowerment (BBQ4BAE), founded five years ago by Jabina, promotes breastfeeding as well as perinatal mental health through monthly support meetings at West Philadelphia's Blackwell Library. Jabina's funds go toward BAE's annual summer event in Clark Park, which also provides food and beverages while aiming to equip participants with knowledge, tools, and resources and to promote a lasting, multi-generational culture of health.

### PHILLY ROLLER DERBY JUNIORS

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#### *Faith Cortright, Hospital of the University of Pennsylvania*

The Philly Roller Derby Juniors program was developed in 2014 under the umbrella of Philly Roller Derby. It involves more than 60 girls and boys, from 6 to 18 years old. Besides skating, the children learn about sportsmanship, acceptance, and respect, as well as the importance of exercise and proper nutrition to perform at one's best. Faith's grant is for creating a loaner library of skates and required protective gear in a variety of sizes, which will allow kids in the Germantown and surrounding

neighborhoods the opportunity to participate without having their own equipment. Part of the grant would be used to establish a scholarship fund for program registration fees for skaters who may face a financial hardship.

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## GETTING BACK 2 YOU

*Tina Crawford, Clinical Practices of the University of Pennsylvania*

When women who are affected by domestic violence are finally able to get out of their difficult situation, they often must leave with nothing. They have to re-establish themselves in society. Sometimes they are in need of a new job, house, car – even clothes and food. Tina’s funding goes to assist the women to get their bearings, by helping them prepare resumes, purchase clothes for interviews, and assist with deposits for housing and transportation.

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## HARM REDUCTION AND OVERDOSE DEATH PREVENTION

*Peter Cronholm, Perelman School of Medicine*

Philadelphia continues to see an increase in unintentional drug overdose deaths, the majority attributed to heroin and fentanyl. Prevention Point Philadelphia (PPP) is working towards a world in which there will be social and economic justice for disenfranchised people. Penn Medicine’s Department of Family Medicine and Community Health has partnered with PPP to train primary-care residents in ways to reduce harm, specifically in the use of naloxone, a medication that reverses an opioid overdose. Peter’s grant will be used to help support the supply needs of the Penn-PPP partnership and its goal of increasing overdose trainings for community members and providers.

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## OPENING DOORS WITH IDENTIFICATION

*Julie Dees, Penn Presbyterian*

Penn Presbyterian has made great strides in improving its evidence-based treatments for substance abuse, especially for patients suffering from opioid-use disorder. A constant barrier, however, is the need for its patients

to have photo identification in order to receive or to continue necessary treatment, such as getting the proper medications or gaining acceptance into a recovery house. The cost of a photo ID in Pennsylvania is \$29.50; Julie’s grant makes it possible for some patients to obtain their IDs.

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## WOMEN OF FAITH AND HOPE

*Terren Drayton, Clinical Practices of the University of Pennsylvania*

For four years, Terren has hosted a “Pink Party” in conjunction with Women of Faith and Hope. The party invites men and women to learn about breast cancer and to support survivors and patients. It also seeks to reduce the mortality rate by encouraging early detection. Physicians, radiologists, nutritionists, and survivors have come out to support the event. The women wear pink to show their support for those currently battling breast cancer and those who have died. Terren’s grant helps to cover some of the costs of the event, which can draw 100 women, and to provide food, pamphlets on breast cancer, and other resources.

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## LVAD PATIENT TRANSPORTATION

*Jon Echterling, Lancaster General Health*

At Lancaster General Hospital, there are currently 24 patients who live day-to-day being supported by an artificial heart, called a left ventricular assist device (LVAD). The resulting financial demands on patients and their families are significant. Although morbidity and mortality issues with LVAD patients can be mitigated with close outpatient follow-up, they can also cause a significant financial burden. Several of the LVAD patients must use public buses for their follow-up visits. Jon’s grant helps provide them instead with secure, shared, and timely rides through transportation systems like Uber or Lyft.

## **YOUTH ENRICHMENT AND TUTORING PROGRAM**

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### *Tereasiyasmeeen Ejiogu, Clinical Care Associates*

Olivet Baptist Church, located in the Logan section of Philadelphia, has run an enrichment and tutoring program for youth since 2009. In that time, it has provided a safe haven for more than 1,500 children. Yasmeen’s funding helps support some of the established programs and outings, such as “Laps for Learning” (combining reading and exercise), nature hikes and jogging at Valley Green, as well as weekly tutoring and healthy snacks. The funds also help with needed building repairs to keep the program running.

## **MANNA MISSION**

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### *Arlene Erwin, Home Care and Hospice*

Arlene has been volunteering with her Southwest Philadelphia church, Resurrection Community, for the past six years. Every Wednesday, her church operates its Manna Mission, offering healthy foods to families in the area that are struggling financially. Arlene’s funding goes toward paying for the food, but this year she will also be purchasing fans for senior citizens, to help them during summer’s heat.

## **MEALS ON WHEELS**

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### *Nicole Famus, Lancaster General*

Nicole, who has been a volunteer with Meals on Wheels of Lancaster County for six years, is directing her grant toward the hiring a consulting dietitian to aid in developing a menu for the project. Because some of the organization’s clients have not been satisfied with the available diet option meals, participation has dropped. The goal is to create therapeutic diet meals in-house instead of using a costly outside vendor, which would allow Meals on Wheels to expand its offerings and control the quality of food.

## **BEST FOOT FORWARD**

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### *Erica Foltz, Good Shepherd Penn Partners*

Homeless men and women are particularly at risk for foot ailments because of the many hours they spend each day standing and walking in poor-fitting shoes, often in bad weather. Best Foot Forward Philly (BFFP) operates its free, all-volunteer clinic that deals with the podiatric needs of the homeless every Thursday at the Sunday Breakfast Rescue Mission. The volunteers also strive to build trust and help bring the homeless back into medical care, if they so choose. In addition to helping provide necessary podiatric supplies, Erica’s funds go toward advertising the clinic’s offerings to those it seeks to help.

## **SOUTH JERSEY DREAM CENTER**

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### *Kristine Fredericksdorf, Clinical Practices of the University of Pennsylvania*

For the past four years, Kristine has volunteered with the South Jersey Dream Center, which provides assistance programs for the community of South Jersey, where one in 10 people lives in poverty. The goal is to break the cycle of poverty and restore a sense of self-esteem and dignity to people in need. The center helps with food, clothing, and items for baby care, hygiene, and household needs. In addition, the volunteers help to provide personal, spiritual, and career training. The Dream Center depends on financial donations, like Kristine’s, to pay for transportation, supplies, insurance, marketing, and other expenses.

## **KATALLASSO FAMILY HEALTH CENTER**

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### *Duane Furman, Lancaster General*

Duane volunteers at the Katallasso Family Health Center, a non-profit free health clinic established in York, PA, in 2013. It provides high-quality health care for the uninsured community of York and surrounding counties. There are more than 42,000 uninsured patients in York County

alone. Since its founding, the center's staff, all volunteer providers, has cared for more than 2500 patients. Duane's grant goes to help meet the need for patient education, medications, and general care, which also includes dental care and optometry care.

## **AID FOR FRIENDS**

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### ***Fredda Gilbert, Corporate***

For the past 11 years, Fredda Gilbert has been volunteering with Aid for Friends. Fredda, along with a team of other volunteers, prepare approximately 400 complete meals a month and then deliver and visit those in need, isolated, or homebound in the region. Aid for Friends also provides smoke detectors, fans, blankets, and other items for this population. Her grant will go toward food costs.

## **CHESTER COUNTY OBSTETRICS/GYNECOLOGY CLINIC**

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### ***Carla Graves, Chester County Hospital***

Carla's funding goes toward the purchase of blood glucose test strips for uninsured women who have been diagnosed with gestational diabetes. These patients must often deal with multiple barriers before receiving health care and medical treatment, including financial restrictions. They are primarily Spanish-speaking and are managed by Chester County's Maternal and Fetal Medicine team and/or in its OB clinic. Having the ability to provide these patients with free testing supplies can eliminate a significant barrier to care.

## **UNITY HEALTH CLINIC**

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### ***Yoonhee Ha, Perelman School of Medicine***

Yoonhee has been helping with patient care at Unity Health Clinic, founded by the Augustinian Defenders of the Rights of the Poor, for the past seven years. The clinic is staffed by volunteer physicians, nurse practitioners, and health professional trainees from the University of Pennsylvania, Villanova University, and Temple University. Each week,

it seeks to provide high-quality, culturally competent medical care to approximately 45 uninsured and under-insured adults. Yoonhee's funding allows the clinic to purchase a MacBook to better manage its electronic health records. In addition, many patients who attend Unity Health Clinic have poor preventive oral health care, and the funding also goes to purchase toothbrushes, toothpaste with fluoride, and dental floss.

## **CRIBS FOR KIDS**

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### ***Dawn Horst, Lancaster General***

In 2006, Lancaster General Hospital partnered with the Healthy Mother, Healthy Baby Coalition to form the Lancaster County Chapter of Cribs for Kids. LGH has housed and offered administrative support to the all-volunteer chapter through the Hospital's Healthy Beginnings Plus Program. Cribs for Kids seeks to reduce infant mortality by educating families on SIDS (Sudden Infant Death Syndrome) and accidental suffocation of infants. The program distributes educational information to encourage parents and caregivers to provide safe sleep locations and positions for their infants. Dawn's grant goes toward the purchase of Safe Sleep Survival Kits. They include Pack 'n Play cribs, which are portable, compact, and easy to assemble.

## **THE SADAQAH PROJECT**

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### ***Michelle Jackson, Penn Presbyterian***

Sadaqah is the Arabic word for charity, and the Sadaqah Project is a monthly outreach program. Every month, Michelle and other volunteers purchase and bag groceries and other foods, then drive throughout the neighborhoods of Philadelphia to deliver them to underserved senior citizens and others who otherwise may not have enough food to eat. Michelle's funds go to buy the needed foods.

## **PUBLIC HEALTH PIPELINE PLUS (PHPP)**

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*Heather Klusaritz, Perelman School of Medicine*

PHPP is a six-week summer internship that introduces public health to high-school students in West Philadelphia. Since 2017, PHPP has taught 27 youths about public health through interactive lessons, fieldwork, and community-based projects. While showing them how public health issues directly affect their communities, the program strives to empower local youth to become change agents in West Philadelphia. Heather's funding goes to provide healthy lunches and snacks for the student interns.

## **THE PHILADELPHIA PROJECT**

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*Deirdre Knight, Home Care and Hospice*

Started in 2010, The Philadelphia Project began its home-improvement work with one low-income home of an elderly person in the city's Germantown section. Today, its efforts have expanded to about five houses, where people could not afford necessary repairs that would make their homes safer. In addition, the Project has bought an abandoned building in a low-income area of Germantown that had been a hangout for drug users; plans are in the work to turn it into a day-care site. Deirdre's funding goes to provide materials for home improvements and for day care, summer camp for low-income families, and after-school care.

## **SETTING UP STUDENTS FOR SUCCESS**

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*Miyopa Little, Princeton Health*

It is well known that young adults entering college often face increased mental, physical, and financial stress. Miyopa's funds are directed toward helping first-year students to furnish their college dorm rooms and providing for their health care and school supplies. The recipients will be African-American, from low- to medium-income households, and from her church, First Pentecostal Prayer of Faith Church, in Hamilton Township, NJ. Miyopa's view is that going away to college will make a difference not only in their own lives, but in their communities as well.

## **ST. JOSEPH BAPTIST CHURCH FOOD PROGRAM**

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*Makael Mclendon, Hospital of the University of Pennsylvania*

Makael's funds help support the St. Joseph Baptist Church's three programs that offer food to the surrounding community three times a month: the Share Food Program, Philabundance Senior Commodity Box, and Philabundance (for low-income families). The church also supplements groceries by purchasing meats and vegetables to give out to the families. In addition, there is a clothing ministry where folks can go through donated clothing when they pick up their food.

## **CUT HYPERTENSION**

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*Neil Menon, Perelman School of Medicine*

The Cut Hypertension program is a volunteer community health organization led by Penn medical students at Philly Cuts and, more recently, Makkah Barbershop, two West Philadelphia barbershops that serve predominantly black and Middle Eastern communities, respectively. Through the program, Penn students provide information about managing hypertension and free blood pressure screenings to patrons while they wait, along with referrals to free clinics for prescriptions. The goal is to improve health and health literacy in a medically underserved neighborhood. Neil's funds support buying medical equipment; printing health education materials and blood pressure recording cards; and other materials.

## **ANABAPTIST STOP THE BLEED**

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*Jo Ann Miller, Lancaster General*

This initiative benefits K-12 teachers and students in Lancaster County, including those at Old Order Amish and Mennonite schools. Despite efforts to keep schools safe, there have been more than 270 school shootings in America since 2013. The project's goal is to provide the tools necessary to assist during incidents that threaten the safety and lives of schoolchildren.

The project also serves the community by educating students and teachers about the basics of first aid and hemorrhage control. Members of the trauma team donate their time and expertise to benefit the community. Most of Jo Ann's funding goes to purchase supplies for preparing first aid and tourniquet kits.

## **F.A.I.T.H. INITIATIVES**

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### *Stephen Naylor, Clinical Care Associates*

In Pennsylvania alone, opioid deaths surged more than 44 percent from 2016 to 2017. GOAL (Global Outreach for Addiction Leadership and Learning) responds and initiates training nationally and internationally for individuals, churches, schools, counties, and countries that need information about what to do for addicts and their family members. With support from GOAL Project, F.A.I.T.H. Initiatives (Face Addiction with Intervention and Training for Healing) is an innovative program that equips leaders of many traditions to provide programs for preventing addiction or supporting recovery to reduce addictions. A family physician and board member of GOAL, Stephen will use his grant to help offset the cost of updating and printing agency folders and brochures that would be distributed to many partnering organizations

## **RYAN'S CASE FOR SMILES**

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### *Lindy Newswanger, Lancaster General*

Lindy, who loves to sew, sews pillowcases for children who are admitted to a hospital. They are usually made of fun or comforting prints, and the children are able to choose which pillowcase want. The pillowcases can bring the children comfort during their stays, and they are able to take them home when they leave. Lindy does her sewing in conjunction with Ryan's Case for Smiles, a nonprofit that sends pillowcases to Lancaster General Hospital for its pediatric patients. Her grant helps with the cost of fabrics.

## **ANGELS IN MOTIONS**

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### *Nicole O'Donnell, Penn Presbyterian*

The Penn Center for Opioid Recovery and Engagement (CORE) and Angels in Motion have a shared mission of re-engaging patients after they have been discharged following treatment for drug and alcohol abuse. Although their patients are normally homeless or have relapsed, they can still be helped, and the programs have successfully brought patients back for care at Penn. Nicole's funding goes to provide IDs for the patients and to assist with housing fees.

## **COMMUNITY EDUCATION**

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### *Eunice Park-Clinton, Hospital of the University of Pennsylvania*

Senior citizens and families in the Korean population of Montgomery County lack sufficient and appropriate information about health-related matters such as advanced directives, home-care services, palliative care, hospice care, and end-of-life care. Working with Korean churches, Eunice, a clinical resource coordinator, will use her grant to cover the costs of printing Pennsylvania Advance Directives as well as pamphlet, posters, and other informational materials in Korean.

## **RONALD McDONALD CAMP**

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### *Marcela Pavon, Perelman School of Medicine*

Ronald McDonald Camp is a week-long overnight camp in the Poconos for children who have been treated or are currently being treated for cancer, as well as their siblings, ages 7-17. The camp offers these children the chance to try out new activities, connect with new friends, and simply have fun being a kid without worrying about being different. This year, one of the counselors wanted to run a sewing and textiles class. Marcela's grant covers the cost of renting four sewing machines for the week, as well as helping to provide health and wellness products to the children.



## BETTER BEGINNINGS

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*Jenny Pintado, Princeton Health*

The nonprofit Better Beginnings Child Development Center specifically serves low- to moderate-income families in the Hightstown-East Windsor area of Mercer County, NJ. Its mission is to provide a high-quality and affordable childcare program that contributes to the education of children, while allowing parents to become self-supporting and contributing members of the community. Jenny's grant goes toward the purchase of equipment at the facility.

## PHILLY FOR THE PEOPLE

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*Natalia Sidorczuk, Clinical Practices of the University of Pennsylvania*

Every Thursday, despite any rain or cold, Natalia's group of family members and friends gathers at 15th Street and John F. Kennedy Boulevard to serve 60-80 homeless people a hot, full meal and to provide clothing. Often, the homeless are also dealing with psychiatric issues. Natalia's group pays for the ingredients and prepares the food. Her funding goes to cover food for about eight visits.

## COVERED BRIDGE PARK

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*Rebecca Strauss, Good Shepherd Penn Partners*

Good Shepherd Penn Partners Kinetic Rehab treats the pediatric population, servicing individuals with varying developmental and physical disabilities. GSPP is collaborating with the New Britain Civic Association to make the Covered Bridge Park in New Britain, PA, entirely accessible, in accordance with the Americans With Disabilities Act. The 14-acre preserved park includes a pavilion, a soccer field, a basketball court, and a playground. Rebecca's grant goes toward the purchase of ADA-compliant equipment – for example, a wheelchair swing.

## HIV TESTING AT WEST PHILADELPHIA COMMUNITY CLINIC

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*Anne Teitelman, Perelman School of Medicine*

In an effort to expand care at United Community Clinic, which is run by Penn students, Anne is directing her grant toward certifying the clinic for HIV testing and purchasing HIV testing equipment and supplies. Part of the funding also goes for transportation fare to training sessions. West Philadelphia has a higher incidence of new HIV diagnoses than the citywide average, but more than 25% of adult residents have never been tested for HIV. Few testing resources are available outside of hospital systems, which are difficult to navigate for residents, many of whom lack insurance and regular primary care. The clinic aims to provide West Philadelphia with much-needed HIV testing resources.

## SOUTHWARD SCHOOL LICE PREVENTION AND TREATMENT

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*Owain Wilde, Pennsylvania Hospital*

Head lice in children is a leading cause of absenteeism from schools. Of all communicable childhood diseases, only the common cold occurs more often than head lice. In accordance with School District Policy, when a Southwark School student is identified with head lice, that student is excluded from school until adequate treatment has begun. Owain's grant helps to enable the school nurse to give free lice treatment kits to families who have known cases of head lice. Funding also goes toward flyers that provide information in the many diverse languages of the students and their families and for shampoo and treatment combs to those who become infected.

## COOKING FOR HEALTHY LIVING

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*Stacey Williams, Clinical Care Associates*

Stacey's group seeks to help adults who are looking to make a change in their life styles and to show them that healthier eating can help prevent and decrease the effects of hypertension, diabetes mellitus, and obesity. In the program, people have an opportunity to see hands-on cooking demonstrations and to get a chance to make a meal themselves. The

objective is to foster healthier choices of food and of portion sizes, with the help of healthy recipes. Stacey's grant goes to purchase kitchen equipment, nutritious foods, and other necessities.

## **IMPROVING ORTHOPEDIC SURGICAL CARE IN MADAGASCAR**

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### *CAREs Global Recipient*

#### *Matthew Winterton, Hospital of the University of Pennsylvania*

Matthew, a resident physician, has been traveling to Madagascar to help at HJRA Hospital, the main university hospital of the island country, for the past two years. Traumatic injury has been recognized as a major cause of morbidity and mortality that disproportionately affects low- and middle-income countries, and Madagascar is no exception. In addition, the country's surgical workforce density is projected to be among the lowest in the world, which leaves millions without access to safe surgery. Matthew and his team believe that the situation would be improved with a donation of three MacBook Air laptops and a surgical drill set, which his grant makes possible.

## **YOUNG MENTAL HEALTH AWARENESS DAY**

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### *Qun-Bin Xiong, Hospital of the University of Pennsylvania*

Qun-Bin has been involved with the Main Line Chinese Culture Center for 12 years. Its mission is to provide insights into China's culture to interested families in order to support their educational needs and career aspirations. The center also pays special attention to the mental health of the youth served at the its school and camp, especially in light of the alarming trend of mental illness among youths. The center plans to invite nationally recognized agencies like Minding the Minds to provide seminars on mental health for youth. Qun-Bin's grant helps pay for the rent of the conferences rooms, the printed literature on the topic, and other related costs.

## **AGNEW SURGERY CLINIC**

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### *Kevin Zhang, Perelman School of Medicine*

The Agnew Surgery Clinic at the University City Hospitality Coalition was founded in 2016 under Dr. Jon Morris with the goal of improving access to surgical care in West Philadelphia. The clinic serves patients from Penn's student-run clinics in the city. Because of a recently established partnership with Puentes de Salud, the clinic's patient population is growing. The primary objective of the Agnew Surgery Clinic is to serve as a triage clinic for uninsured/underprivileged patients who present with surgical conditions (hernias, abscesses, skin lesions) and to help facilitate higher-level care at Penn free of charge. Kevin's funding goes toward wound care supplies, exam table paper, and other necessities.

## SPRING 2019

### ENGLISH AS A SECOND LANGUAGE AT GRACE LUTHERAN CHURCH

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*Thomas Andersen, Lancaster General*

Lancaster County has many refugees from other countries who have not had the opportunity to learn English. Many are women left at home with small children. Thomas's grant helps support an English as a Second Language program, held twice weekly at Grace Lutheran Church. In addition, volunteers pick up the refugees who are otherwise unable to travel, and child seats have been purchased. Some of the refugees have graduated from the program and are now able to apply for jobs with their improved English skills.

### PLAY DATE PHILADELPHIA

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*Ayishah Berry, Hospital of the University of Pennsylvania*

Given that nearly 41 percent of youth in Philadelphia are overweight or obese (and nearly 70 percent in North Philadelphia), Play Date Philadelphia's mission is to gather children in target neighborhoods and bring them outside to play on weekends for an hour at a time. The group teaches traditional games for outside play, like Freeze Tag and Mother May I. Ayishah's grant goes to purchase jump ropes, basketballs, pogo sticks, and bottled water, and to cover advertising and poster costs.

### COURT APPOINTED SPECIAL ADVOCATES OF LANCASTER COUNTY

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*Lisa Binkley, Lancaster General*

Court-Appointed Special Advocates (CASA) of Lancaster County trains and coordinates volunteers who then serve as mentors for children in foster care and guide them through the system to a satisfactory residential status. That would be with a family member or a "forever home" via adoption. Having

an adult advocate breaks the cycle of neglect and has been shown to improve outcomes – such as increased high school graduations, fewer legal issues, and reduced substance abuse. For the past 10 years, Lisa has volunteered with a league that benefits CASA.

### REBUILDING TOGETHER PHILADELPHIA

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*Kim Bistrong, Home Care and Hospice*

As a physical therapist who assists patients in their homes, Kim has seen a need for vulnerable patients to keep their homes safe. Rebuilding Together Philadelphia transforms vulnerable houses into safer, healthy, and energy-efficient homes. The organization brings volunteers and communities together to repair and modify the homes of low-income owners, many with a medical or physical disability. Kim's grant will go towards grab bars, stair railings, new light fixtures, and the like.

### BACK ON MY FEET

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*Kelly Borges, Perelman School of Medicine*

Back on My Feet (BOMF), a national organization that was started in Philadelphia, fights homelessness through the power of running, community support, and essential employment and housing resources. BOMF's belief is that running can help restore confidence, strength, and self-esteem, making people better equipped to tackle the road ahead. Kelly's grant goes to pay for running shoes and race registrations for BOMF's homeless clients.

### MORE POSTPARTUM VISITS

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*Arlene Brackett, Clinical Practices of the University of Pennsylvania*

About 1,800 patients from The Dickens Center deliver at HUP, but less than 60 percent of them complete their postpartum visits resulting in those patients missing valuable care. To increase patients' attendance at the 6-8 week postpartum visit, Arlene is using her grant to purchase 200 gift cards that would be given to them when they return. The goal is to increase the rate of return 10 percent over the next calendar year.

## BREAST HEALTH FROM CANCER TO RECONSTRUCTION

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*Paris Butler, Hospital of the University of Pennsylvania*

Restoration of the breast following mastectomy has become an integral part of the holistic treatment of breast cancer. But rates of breast reconstruction after mastectomy vary substantially along racial and ethnic lines: African American and Latina women receive reconstruction at a lower rate.

An assistant professor of surgery, Paris aims to reduce the discrepancy by holding an educational seminar on breast health, focusing on underrepresented minority women in Philadelphia.

## HEARTS UNITED AGAINST CANCER

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*Sharon Civa, Corporate*

A past recipient and current volunteer with Hearts United Against Cancer, Sharon is directing her grant to pay for supplies used in making homemade cards and comfort bundles for cancer patients at cancer centers in the Philadelphia area. The cards are also used in personalized bundle requests that are delivered and shipped across the United States. HUAC uses about 7,000 cards per year.

## HEIMLICH HEROES

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*Sara Cohen, Pennsylvania Hospital*

Sara has been a volunteer with the Philadelphia Public Schools in various capacities, and her funds allow her to continue training the students in grades 5 through 7 in the lifesaving Heimlich Maneuver. So far, she has trained 700 students with this life-saving effort.

## COMMUNITY OF CARING

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*Allison Fantauzzi, Perelman School of Medicine*

The Department of Family Medicine and Community Health, which strives to deliver equitable, high-quality, and high-value primary care, has established a committee of employee volunteers called the Community

of Caring Committee. The Committee organizes several service projects throughout the year, including food drives and community clean-up days. Allison's funds will help its efforts to remove trash from community spaces and parks in West Philadelphia neighborhoods, including the purchase of trash grabbers, reflective vests, protective gloves, and trash bags.

## PHILADELPHIA HUMAN RIGHTS CLINIC

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*Kim Firm, Perelman School of Medicine*

Survivors of human rights violations who seek asylum in the United States must provide evidence of physical and/or psychological torture. But to document this evidence, physicians require forensic exam training. The Philadelphia Human Rights Clinic (PHRC) deals with Physicians for Human Rights, attorneys, and clinicians to facilitate completing medical evaluations for asylum seekers. Although the PHRC originally involved only Penn medical students, it now includes students from other local universities and has started a partnership with the Puentes de Salud clinic. Kim's funds will support the annual physician training.

## EMERGENCY DEPARTMENT RESCUE MEDICATIONS

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*John Flamma, Penn Presbyterian*

Many vulnerable patients from Penn Presbyterian's community come to its Emergency Department (ED), generally with either acute exacerbation of a chronic illness or an acute onset of a new illness that requires treatment with prescription medications. If these medications can be obtained, it could reduce or eliminate unnecessary admissions or return visits to the ED as well as reduce the patient's morbidity. John's funds will support providing the medications to the unfortunate individuals, at the discretion of the ED physician and ED case manager.

## **FITNESS IN RECOVERY**

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*Sidra Ghafoor, Hospital of the University of Pennsylvania*

John Breen, assistant coach for Penn's women's rowing team, initiated Fitness in Recovery (FIR) in 2012. Today there are three locations around Philadelphia where recovering addicts can achieve physical fitness by participating in group workouts and developing a sense of community. FIR is also open to those who are sober and those supporting people in recovery. Sidra's funds will help secure workout space on the Penn campus, as well as buy equipment and provide instruction.

## **CHILDREN'S DENTAL HEALTH MONTH**

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*Stephanie Grambau, Lancaster General*

As Stephanie notes, research has shown that taking care of your dental health is vital to one's overall health. Her funds go to purchasing travel-size toothpastes, brushes, floss, and mouthwash. These are packaged and distributed to the less fortunate during Children's Dental Health Month by the Alliance to the Lancaster County Dental Society, with help from local Boy Scout troops.

## **HOSPITAL OF UNIVERSITY OF PENNSYLVANIA INFANT CAR SEAT INSTALLATION TRAINING**

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*Patricia Haygood, Hospital of the University of  
Pennsylvania*

Proper use of car seats reduces the risk of death to infants by 90 percent. Patricia's grant funding will cover the training employees in the best ways to install the seat and position the infants. Because last year, HUP delivered 4,421 babies. This will prove a needed service.

## **HEART SAFE MOTHERHOOD**

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*Barbara Ketterer, Princeton Health*

Heart Safe Motherhood is a blood-pressure monitoring program for high-risk postpartum women, using text messaging. The target population is women diagnosed with gestational hypertension or preeclampsia. As part of the program, the new mothers would check their blood pressure twice a day and text the results to the Maternal Fetal Medicine nurse. Barbara's funds go to purchasing the blood-pressure cuffs for the home monitoring.

## **ST. WILFRID'S CLINIC**

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*Melinda Lamb, Pennsylvania Hospital*

For several years, Melinda has partnered with Grace Church in Haddonfield to host St. Wilfrid's Open Door Clinic in Camden. There, nurses, including Melinda, hear medical concerns every third Saturday of the month, and food and personal hygiene products are available for those who come to the clinic. Melinda's current grant will go toward creating a much-needed private space for the clinic's clients to meet with the health-care professionals.

## **PINK ELEPHANT CHILDREN'S WELLNESS**

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*Angela Liddell, Hospital of the University of Pennsylvania*

The Pink Elephant nonprofit helps children affected directly by addiction, most commonly because of their parents' use of opioids or overdoses. Angela's grant goes toward starting a yoga/meditation/art therapy program for these children in the Kensington section of Philadelphia, where opioid use has been widespread. While helping the children cope with the trauma they have experienced, the program seeks to build life skills. Angela's grant helps pay for yoga mats, the services of an art therapist, and venue space.

## **TRUE LIGHT SAFETY HOUSE FOR WOMEN**

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*Jennifer Loertscher, Hospital of the University of Pennsylvania*

True Light serves women in the Kensington/Badland area who have been victims of sex trafficking or otherwise abused or who are seeking to become sober. Most of the women have little in the way of belongings or financial support, and they receive hygiene kits and multi-vitamins when they arrive, which Jennifer's grant funding will help provide. The goal is to build a rapport with the women and direct them toward a safe, healthy, and holistic lifestyle.

## **COMMUNITY HEALTH READINESS**

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*Pam Mack-Brooks, Hospital of the University of Pennsylvania*

Pam's grant supports the HUP Community Health Outreach Program, currently working with Monumental Baptist Church in West Philadelphia to provide health screenings and offer information on health education and prevention. These efforts would steer members of the church and local community to improved health. Funding would be applied to purchase an AED machine and case, blood-pressure monitors, and first aid supplies.

## **PROVIDING BASIC NEEDS TO HIV CLINIC**

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*Lindsay McDonnell, Pennsylvania Hospital*

HIV-positive patients in the J. Edwin Wood Clinic at Pennsylvania Hospital often have a low socioeconomic status and cannot afford basic necessities of living, such as food, medications, and toiletries, which can affect their health status. Lindsay's funding goes to meet such needs. It also supports transportation to and from the clinic.

## **AIDEN'S A TEAM**

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*Ginny McGill, Hospital of the University of Pennsylvania*

Ginny started the nonprofit Aiden's A Team when she learned that the Philadelphia School District had limited assistance for autistic children, like her son. Last year, helped in part by her Penn Medicine CARES grant, she was able to build a sensory room/space at Samuel Gompers Elementary. This year's grant will help build a similar space at Add B. Anderson School in West Philadelphia. A sensory room is designed to provide stimuli to help individuals engage their senses through lights, colors, sounds, and soft play objects.

## **COHEN MILITARY FAMILY CLINIC**

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*Nicole Meek, Perelman School of Medicine*

The Steven A. Cohen Military Family Clinic, a nonprofit organization, provides mental health services to local military families at no cost. Its target population is Post 9/11 veterans and families. Given that many of them are low-income and uninsured, Nicole's grant will go toward providing transportation assistance to the clinic. This can include SEPTA fares and parking vouchers for nearby garages.

## **DANCE IS FOR EVERYONE**

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*Debra Mosley, Penn Presbyterian*

Based in Philadelphia, Feet of Faith Dance Company is a nonprofit organization that provides a wide range of dance education at very low cost. But there remain many children and teenagers interested in dance that cannot afford the cost. Debra's grant for Dance Is For Everyone sponsors several children and teenagers and provides for healthy snacks and water. It also helps pay for pamphlets that provide information on depression, healthy food choices, and menstrual cycles.

## LANGUAGE NAVIGATOR PROGRAM

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### *Zipporah Ngarama, Lancaster General*

Lancaster's Grape Leaf Empowerment Center provides culturally sensitive intensive case management services and resources to refugee and immigrant families. Zipporah's grant helps to bring translation services to the center. Translators and interpreters who communicate in the various languages represented in the immigrant community play an important role in helping social and health services be accessed within their communities.

## LOVE YOUR NEIGHBOR

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### *Bridget Nkatta-Abongwa, Princeton Health*

The Love Your Neighbor outreach, a community mission program organized by Sayre Woods Bible Church in Old Bridge, N.J., helps the elderly, single mothers, and disabled individuals with home repairs and needed home supplies. Church attendees volunteer their time twice a year.

## THE MIND IS A TERRIBLE THING TO WASTE

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### *Cortisha Patrick, Clinical Practices of the University of Pennsylvania*

Mental health problems affect many Philadelphians daily. Cortisha will use her funds to purchase such essentials as blankets, toothbrushes, underwear, and shoes as incentives to visit the Philadelphia Mental Health Center. To receive the items, the homeless and less fortunate must bring cards stamped by staff at the Center after they have kept their appointments.

## READ OUT AND READ

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### *Barbara Schmidt, Lancaster General* *Ayda Tello, Princeton Health*

A parent reading aloud to a child is a shared activity that helps boost a child's brainpower, promotes increased bonding, and shows that reading can be fun. Reach Out and Read gives young children a foundation for success

by incorporating books into pediatric care and encouraging families to read aloud together. Penn Medicine CAREs will support Reach Out and Reads at two locations. Lancaster County Reach Out and Read Books and Babies project seeks to provide a new book for every baby born at Women & Babies Hospital. Additionally, children's books are distributed at Bristol-Myers Squibb Community Health Center in Plainsboro, NJ, near Princeton.

## SERVICE LINK

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### *Jamie Song, Perelman School of Medicine*

Jamie serves as director of community sites for Service Link, a student volunteer organization associated with the Penn Center for Public Health Initiatives. He is directing his grant to help pay for printers and office supplies, as well as for student transportation to community sites in West, Southwest, and South Philadelphia. Service Link's goals are to improve access to public benefits and community resources, to reduce the impact of generational poverty, and to lessen the blow of the growing crisis of inequality.

## HOPE LODGE

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### *Ashley Stankiewicz, Hospital of the University of Pennsylvania*

Believing that there are physical, mental, and emotional aspects of health, Ashley directed her funds go to Hope Lodge. There, cancer patients and their caregivers are provided with free lodging while receiving treatment in the area. In addition, her staff selected a day to prepare and serve dinner to the patients and their families, which can boost staff morale and encourage team building.

## WORLD BREASTFEEDING DAY CELEBRATION

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### *Mary Steffy, Lancaster General*

The Lancaster County Breastfeeding Coalition was established in 2017 to address breastfeeding disparities. Among women living in poverty, the rate of breastfeeding drops significantly. Mary's funds will help celebrate World

Breastfeeding Day at Lancaster’s Musser Park, with a target audience of low-income women who are pregnant or breastfeeding. Promotion materials will include educational guidelines and nursing supplies.

## **“WHAT’S FOR DINNER?”**

*Monica Whalen, Lancaster General*

The Mix at Arbor Place operates as a youth development center with programming focused on helping Lancaster County’s disadvantaged youth develop skills to improve their well-being. The site provides a structured, safe environment with caring adult supervisors who expose the students to greater possibilities for future educational and employment opportunities. Its “What’s for Dinner” program reinforces health living choices by providing nutritious meals and snacks that comply with USDA Child Nutrition Program guidelines.

## **AIM TO EMPOWER**

*Beth Widdowson, Lancaster General*

AIM to Empower is a nonprofit that provides individualized yoga instruction to the underserved in the Lancaster, York, and Harrisburg communities. Its program addresses psychosocial and physical needs of different developmental ages, including pre-school children, school-age youth, and adults, as well as special populations such as inmates in local prisons. Beth’s grant supports the purchase mats benefitting the organization’s 12 programs in the Lancaster school district.

## **NONSTOPACTION**

*Chanel Williamson, Hospital of the University of Pennsylvania*

Chanel founded and coordinates NonStopAction, which aims to help youth from the different neighborhoods in Philadelphia to build self-esteem and learn about social and health issues that affect them. The program

concentrates on exercising, eating nutritiously, and serving the community. Her funding goes toward helping the youth group to be able to dance and take part in competitions as a healthy outlet. NonStopAction’s costs include studio rentals, choreographers, uniforms, and competition registration fees.

## **PENN BREAST HEALTH INITIATIVE**

*Emily Verderame, Perelman School of Medicine*

The Penn Breast Health Initiative (PBHI) is a navigation program for breast cancer screening at Penn’s Abramson Cancer Center. It strives to reduce the percentage of women aged 40-64 who are due or overdue for a mammogram. PBHI provides free breast cancer screenings and diagnostic services to uninsured and underinsured women in the Greater Philadelphia area. Because more than half of PBHI’s patients speak a language other than English, Emily’s grant supports the use of in-person interpreters that direct small groups of women to radiology and help them with registration – necessary steps for getting the mammograms.

## **BALLROOM DANCING FOR A BETTER YOU**

*Stephanie Yellin, Clinical Care Associates*

Ballroom Dancing for a Better U is a nonprofit organization devoted to showing that ballroom dancing can foster positive changes in people’s lives. In addition to helping to tone muscles and other physical benefits, dancing can increase cognitive acuity, and stimulating one’s mind by dancing may help ward off Alzheimer’s disease and other forms of dementia. Stephanie’s grant goes to host ballroom dance sessions for 15-20 special-needs adults.



### MUSCULOSKELETAL COMMUNITY CLINIC

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#### *Neil Batta, Hospital of the University of Pennsylvania*

Given that many patients have musculoskeletal issues and associated difficulty with functional tasks because of debilities, Penn Physical Medicine and Rehabilitation plans to start a free musculoskeletal community clinic. With the assistance of medical students, it will focus on patients with joint and back pain, and physicians will make referrals as clinically appropriate. Neil's funding will be used towards equipment such as canes, rolling walkers, crutches, and braces, which could be fitted to patients or used during clinic time.

### FALL PREVENTION/HOME SAFETY

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#### *Mary Jo Baldino, Chester County Hospital*

Falls continue to be a public health issue for the older adult population; in fact, falls are the primary threat to their maintaining their independence. In the past, the Chester County Health Department provided home safety items to the older adult population, but because of changes in state funding, that support is no longer available. As senior coordinator for Chester County Hospital's Senior HealthLink, a free outreach program in which senior nursing students make home visits to the elderly, Mary Jo will use her grant toward purchasing safety items like bath mats and flashlights with batteries. The goal is to help their clients maintain the highest level of wellness and remain able to live independently.

### OUR LADY OF ANGELS

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#### *Donna Callahan, Good Shepherd Penn Partners*

In July, a fire broke out in Our Lady of Angels Regional Catholic School in Morton, Pa., destroying the school and displacing 20 classrooms to Cardinal O'Hara Catholic High School. The students will remain there

until a new school is built. Donna, as part of Penn Medicine Bala Cynwyd, helped organize a school drive, collecting donations for school supplies and books to create a new library. Her grant will help both teachers and students with supplies as they adjust to the new setting.

### SISTERS IN SERVICE TO EDIFY, RESTORE, AND SERVICE (SISTERS)

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#### *Tarskia Chase, Clinical Practices of the University of Pennsylvania*

SISTERS, a program of Tarskia's Beloved St. John Evangelist Church in Philadelphia, will use her grant for items to aid victims of domestic abuse and to host a workshop on such abuse. The funding would support emergency shelter and transportation, undergarments, toiletries, food vouchers, counseling, and other basic necessities to help the women toward a new life. This is Tarskia's second grant for the program.

### BACK TO SCHOOL FOR THE LESS FORTUNATE

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#### *Darlene Coleman, Clinical Practices of University of Pennsylvania*

Darlene's church, Holy Ghost Jesus House of Prayer, will hold a back-to-school event in August as part of its goal of helping the youth and underprivileged families in the Upper Darby community. In addition to clothing, book bags, and other school supplies, the church provides free food at the event. This year, Darlene will also be working with Penn Medicine to come and give free dental, vision, and health screenings.

### HAITI OUTREACH MINISTRIES

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#### *CAREs Global Recipient*

#### *Bret Daniels, Lancaster General*

Bret has volunteered at a medical clinic in Cité Soleil, Haiti, where Haiti Outreach Ministries collaborates with its Haitian counterpart to staff the

clinic with volunteer healthcare providers. The clinic is the only medical facility in an impoverished city of 300,000 people. Bret's grant will help provide medications, including antibiotics. The goals of the clinic are to treat emergent and urgent care needs, to manage chronic diseases, and to improve the overall health of the community.

## **PURSES WITH A PURPOSE**

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### *Jacqueline Felicetti, Chester County Hospital*

Every year, Chester County Hospital selects a project to honor Dr. Martin Luther King, Jr. on the Day of Service in January. This year, it was Purses with a Purpose. The purses, new or gently used, were filled with necessities and given to charities in the area that support women and children in need. Items included toothbrushes, underwear, shampoo, feminine products, gas cards or gift cards, socks, gloves, and snacks.

## **DELAWARE ADOLESCENT PROGRAM**

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### *Mona Hargrove, Penn Presbyterian*

Delaware Adolescent Program, Inc., helps provide an alternative fresh start for pregnant teens. They receive the health and social services they need to continue their education during and after pregnancy. Many of the teens are interested in some kind of career in health care, and Mona has spoken to them about Penn Medicine and healthcare options. Her grant will be used for travel and gift bags that contain items that promote health and well-being. At the Empowerment Hour, that started as a career-day project, the teens are offered healthy options in light meals and snacks as well as literature about topics such as relationships, domestic violence, and post-partum stress. Mona's grant will be used for travel and gift bags that contain items that promote health and well-being.

## **COMBATTING OBESITY: A FAMILY AFFAIR**

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### *Arrienne Hudnall, Clinical Practices of the University of Pennsylvania*

Arrienne is a member of the National Coalition of 100 Black Women, which advocates on behalf of black women and girls to promote gender equality in health, education, and economic development. The organization seeks to target children ages 10-18 with a series of workshops that incorporate training around healthy meals and snacks, recipes, exercise strategies, and understanding of food labels. The workshops would provide tangible information to a vulnerable population that is at high risk for developing diabetes, hypertension, and high cholesterol. Arrienne's funds will help support two events this year.

## **BOYS TRACK CHARACTER ENHANCEMENT PROGRAM**

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### *Felix Jones, Good Shepherd Penn Partners*

Boys TRACK, a program of Phila Higher Education Network for Neighborhood Development, aims to promote social and emotional well-being for boys and girls in grades 7th through 12th. The 10-week boys program provides education and exposure to new experiences while also focusing on diet, exercise, and healthy eating for teenagers. Included are trips to hospitals, health centers, gym classes, and workshops for physical education. Felix's grant will help support this program for Philadelphia youth.

## **BROTHERLY LOVE**

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### *Erin Kim, Perelman School of Medicine*

Erin's grant goes to support a longstanding partnership between Renewal Presbyterian Church and My Brother's House, which offers pre-recovery housing and various supportive services to 20 vulnerable men with chronic mental illness and substance abuse problems. The initiative aims to improve sanitary living, cooking, and personal health needs and to prevent relapses. Funding will help cover the costs of kitchen-related items, clothing needs, and Brotherly Love Kits that include toiletries, as well as gift cards for residents who transition from the program.

## **MOOS NONPROFIT CARE PROGRAM**

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*David Leeking, Lancaster General*

MOOS is a self-supporting non-profit, enrichment program sponsored by Covenant United Methodist Church and Community Mennonite Church of Lancaster. MOOS provides a safe, fun, and nurturing place for students at Robert Fulton Elementary School in the morning before the school opens. More than 90% of the families that the school serves are considered to be economically disadvantaged. David's grant goes toward supplies for activities and housekeeping, snacks and incentive prizes, publicity needs, and other related purposes.

## **GET FRESH AT MANNA**

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*Heidi Lewis, Hospital of the University of Pennsylvania*

Get Fresh is a nutrition and cooking program that helps people facing serious illnesses, such as cancer and renal disease, to gain the skills necessary to improve their health sustainably. Groups learn about healthy eating habits, how to navigate grocery shopping, and how to prepare a balanced meal at home. Funds go towards the purchase of food, grocery gift cards, and kitchen equipment and supplies. This is Heidi's third grant for the program.

## **HEEDING GOD'S CALL TO END GUN VIOLENCE**

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*Joanne Miles, Hospital of the University of Pennsylvania*

A network of interfaith congregations and individuals, Heeding God's Call to End Gun Violence seeks to achieve its goal through direct action, education, and advocacy. Among its projects are the Memorials to the Lost, which exhibit T-shirts displaying the name, age, and date of death of individuals by gun violence, and Murder Site Vigils, when people gather at neighborhood sites where a recent murder by gun has occurred. Joanne's funds will support the goals of the network including raising gun violence awareness.

## **THERMOMETERS FOR THE UNDERSERVED**

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*Teri Nachtman, Princeton Health*

The Princeton Health clinic serves patients who are indigent and must use any resources they have for priority items like food and clothing. They do not have thermometers, which makes it difficult for care providers to triage patients and to follow up when they are ill. To meet this need, Teri has directed her grant toward the purchase of 250 digital thermometers for the patients.

## **FREE BROWN BAG MEALS**

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*Mildred Neron, Penn Presbyterian*

Mildred's church, Serving the Light Ministries, provides healthy sandwiches, fruits, and water bottles in brown bags to adults and children once a week during July and August. During the summer when schools are closed, many families have a difficult time providing meals for their children, and the Free Brown Bag Meals program is especially valuable. Mildred's funding goes toward buying enough food for 50-75 people a week.

## **BUILDING THE COMMUNITY WITH SOCCER**

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*Marco Ruella, Perelman School of Medicine*

In partnership with the University of Pennsylvania's Netter Center, Philadelphia Open Soccer operates soccer-based community initiatives with four elementary schools in West Philadelphia. The program includes weekly after-school clinics (soccer skills and drills), games, and studies of soccer culture around the world. The goal is to meet the community while fostering collaboration, team building, fair play, respect, and tolerance. Marco, involved in the project for four years, will use his grant to help purchase soccer balls, field cones, goals, T-shirts, and transportation.

## **THE PHILADELPHIA SUMMER MEDICAL INSTITUTE**

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*Philip Scribano, Perelman School of Medicine*

For its annual Summer Medical Institute, Medical Campus Outreach will recruit 22 health-care students who will live and work in underserved Kensington and Hunting Park and provide door-to-door health screenings. The project is in partnership with Esperanza Health Center, and the students are accompanied by volunteer health-care providers, including several from Penn Medicine. In addition to providing help and information to patients, the students will learn from mentors and be exposed to the complex issues involved in urban communities. Philip's grant will be applied to the cost of medical supplies used in the screenings and in training participants.

## **TRAVELING TOWARDS HEALTH**

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*William Short, Hospital of the University of Pennsylvania*

William's funding will be used to assist case managers from Philadelphia's Perinatal Medical Case Management Program in providing transportation assistance (via Uber) for clients who are unable to access public transportation. Adequate prenatal care is essential to the health of both the mothers and their unborn children. But many of these women suffer from mental health disorders, substance abuse disorder, and domestic violence, and their ability to get to appointments is limited. William's grant will help break down this barrier to care.

## **COMING UP FOR AIR**

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*Marlene Sisti, Princeton Health*

Suicide is the third-leading cause of death among youth in the West Windsor-Plainsboro (NJ) community, and suicides among those 12 years and younger have doubled in the past 10 years. Attitudes in Reverse (AIR) is a nonprofit that educates youth about good mental health and suicide prevention using therapy dogs. In the 2018-2019 school year, AIR provided guidance to more than 2,000 students in four community schools. Marlene's funds will be used to purchase silicone wristbands with informational cards to alert the youths about where they can seek help.

## **FREE LITTLE PANTRY**

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*Cheryl Stone, Clinical Care Associates*

Hammonton, N.J., is a secondary home to many migrant workers who work on the region's farms as well as to families on fixed incomes. At a Hammonton church, a cabinet of four shelves is secured to the porch and stocked with non-perishable food items and paper products that low-income families may need. The pantry also serves as a convenient way for members of the community to donate items. Cheryl's grant helps the church to stock items more consistently. This is Cheryl's second grant for this project.

## **ACTION WELLNESS EMERGENCY ASSISTANCE PROGRAM**

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*Erli Jessica Tang, Perelman School of Medicine*

Action Wellness, a Philadelphia-based nonprofit organization, primarily serves very low-income minorities and other at-risk individuals with serious chronic diseases such as HIV, hepatitis, and diabetes. Most of its clients also face challenges stemming from backgrounds that involve violence and trauma, addiction, and other socioeconomic barriers. Erli's funds go to provide transportation assistance for up to 100 vulnerable clients, helping them receive medical and social services.

## **NO ONE IS LEFT BEHIND**

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*Audrey Tucker, Hospital of the University of Pennsylvania*

No One Is Left Behind is a winter drive that collects new or lightly used coats, hats, gloves, socks, scarfs, and toys for the less fortunate men, women, and children in the Philadelphia community. Providing winter essentials to the vulnerable population will decrease health issues, including frostbite and upper respiratory diseases. Donations go toward the Woodstock Family Center, which provides services for homeless single parents and children, and other underserved individuals.

## **NORTH PHILADELPHIA HEALING PROJECT**

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*Camillee Turner-Townsend, Hospital of the University of Pennsylvania*

Camillee, a chaplain resident, will apply her grant to form an Art and Storytelling Workshop for youth, hosted by the Church of the Advocate in North Philadelphia. The workshop will use a holistic faith-based approach to heal trauma and encourage youth to advocate for peace and healing. The goal is to increase the ability of the residents to become activists for stabilizing the community and to become effective agents in determining its destiny. Funding will cover the cost of food, art supplies and resources, community outreach, and training facilitators.

## **FALL 2018**

### **HABITAT FOR HUMANITY**

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*Deron Benedict, Lancaster General*

For many low-income residents of Southwest Lancaster, there are many physical and financial challenges in maintaining a home, and these challenges are worse for the elderly. Deron's grant supports the Home Repairs Program of Habitat for Humanity, which enables those homeowners to make critical repairs to their houses. Habitat is working the Southwest Lancaster community partnership to provide as many repairs as possible and to help bring strength, stability, and independence to families that wish to remain in their homes.

### **DAY LABORER OUTREACH**

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*Steven Bergmann, Princeton Health*

For the past 8 years, Steven, his wife, and a group of volunteers have been helping undocumented day laborers that gather at the Home Depot in Passaic, N.J. These disenfranchised men came to the U.S. to improve their lives and send money to their families back home. In addition to feeding them a nutritious meal and giving them donations of clothing, the volunteers have provided psychological and spiritual counseling. With Steven's grant, the volunteers will also be able to provide special items like safety glasses, work gloves, socks, and boots, which would help protect them from construction-related injuries.

### **MIDDLE CREEK SEARCH AND RESCUE**

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*Lynn Beuerle, Lancaster General*

Middle Creek Search and Rescue (MIDSAR) is a team of trained volunteers that provides search and rescue operations and community outreach programs in South Central Pennsylvania. MIDSAR searches for and helps locate children and adults who are lost, missing, or in distress because of mental health issues. The team does not charge for its services and is

available at any time and in any weather. Lynn’s funding will be used for a thermal imagers that allow searchers to see into areas of low visibility.

## **RURAL HOSPITAL IN TANZANIA**

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### *CAREs Global Recipient*

*Fred Beyer, Lancaster General*

Since 1995, Dr. Fred Beyer of Lancaster General has been traveling to a small rural hospital in Shirati Tanzania as part of Friends of Shirati, a nonprofit based in Lancaster that supports the hospital. Although the hospital does not have a surgeon or obstetrician or gynecologist on site, it is the only place to receive medical care for the surrounding 50 miles. In January of 2019, Dr. Beyer not only volunteered his surgery skills, but he also took along an Ob/Gyn to help serve the Tanzanian people. A Penn Medicine CAREs grant enabled him to take supplies of oral and antibiotics and surgical supplies for this underserved area.

## **MEDICAL ENGLISH AS A SECOND LANGUAGE PROGRAM**

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*Vinesh Dedhia, Lancaster General*

Lancaster County has a strong tradition of welcoming immigrants, including 250 Cuban medical professionals who have recently settled in the community. Vinesh’s grant will cover the cost of textbooks in Spanish and practice examinations offered through The Literacy Council of Lancaster-Lebanon. The program provides an opportunity for well-trained, highly motivated physician to learn English, take the U.S. Medical Licensing Exams, and re-enter the health professions. The next step would be for these bilingual professionals to give back to a community that is nearly 40% Latino.

## **HUGH O’BRIAN YOUTH LEADERSHIP PROGRAM**

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*Michelle Feil, Hospital of the University of Pennsylvania*

Michelle has volunteered with the youth leadership program for more than 20 years. One of the features of the program is an annual seminar that brings together 200 high-school sophomores representing schools in the

eastern Pennsylvania region for four days of training in leadership, service-learning, and motivation-building. Michelle’s grant allows approximately six students to attend the seminar, covering the costs for food and lodging on a university campus. Michelle points out that some former “ambassadors” who took part in the program have since attended Penn and/or pursued a career in health care.

## **ST. VINCENT DE PAUL FOOD PANTRY**

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*Brian Fleming, Corporate*

The St. Vincent de Paul food pantry in Woodbury Heights, N.J., distributes food and personal-care items every week to low-income and no-income people in the community. On average, 15 families a week come to the pantry, where volunteers strive to meet their nutritional and hygiene needs. While the number of families has been increasing, donations have not. Brian’s grant will go toward purchasing nonperishable food items and hygiene items over the course of a year and serve as a complement to the Penn Medicine medical office in Woodbury Heights.

## **ORTHOPEDIC HOSPITAL IN RURAL HAITI**

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*CAREs Global Recipient*

*Jennifer Fimiani, Lancaster General*

Jennifer’s grant supports the MIVO Foundation, a non-profit organization dedicated to providing support to the people of Haiti, especially the severely underprivileged. The devastating earthquake of 2010 caused an even greater need. Two years later, the foundation built and opened an orthopedic clinic to care for the countless number of people in need of orthopedic treatment. Jennifer’s funds will help to purchase a 60 kW generator to provide consistent electricity for the clinic.

## **THE RENEGADES**

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*Vania Freire, Home Care and Hospice*

In 2018, IMPacT, a program of the Penn Center for Community Health Workers, created a support group focused on high-risk patients of the

Veterans Administration, to help them deal with their chronic illnesses. The group, called The Renegades, meets every week – during the growing season at Bartram’s Garden and during the cold months at the Red Cross, with a nutritionist from The Agatston Urban Nutrition Initiative. Vania’s grant will go to pay for refreshments for the group, garden tools and garden seedlings for the veterans to plant, and transportation costs. They will also take herbs and vegetables home to make health meals.

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## DAILY LIVING NEEDS

### *Sherry Gassert, Lancaster General*

Sherry has been volunteering with Ferris Wheel Clothing Bank in Lititz, near Lancaster General Hospital. She requested funding to purchase daily living supplies – such as soap, shampoo, deodorant, and toothpaste – for the 150-200 people who use the Bank’s services every month, regardless of income, race, employment, or housing. In addition, the Bank would like to increase the number of people it can help.

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## BENCH MARK PROGRAM

### *Mary Harnish, Lancaster General*

The Bench Mark Program (BMP) uses fitness to connect young adults with mentors, academic resources, and tools for career development. It operates a weight-lifting gym facility in Lancaster City that serves at-risk teens and young men that are referred from the Department of Juvenile Probation, Lancaster County Children and Youth Agency, and the School District of Lancaster. In addition to using weightlifting and boxing to build the youths’ confidence, BMP has a small academic center where they can do homework with mentors. Many BMP students, however, find it difficult to sit still and focus at a traditional desk. Mary’s funds will go to purchase a strider desk that allows the students to move their legs while focusing on homework.

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## ICARE BETTER

### *Golkoo Hosseini, Perelman School of Medicine*

Educating patients is one of the most important aspects of patient care, but there is often a gap, mainly because of restrictions on physicians’ time. Giving patients handouts does not work as well as using multimedia educational material. iCare Better, a group of young physicians working on patient education, has allowed access to some of its educational material for use in Penn Medicine community clinics and health fairs. Yet because material on mental health is very underrepresented, Golkoo, a physician and scientist in the Department of Psychiatry, will use her funding to create videos about depression and suicide awareness.

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## HEART HEALTH COMMUNITY OUTREACH

### *Corey Houpt, Hospital of the University of Pennsylvania*

Corey’s grant supports outreach efforts by the American Heart Association, Penn Medicine, and the Philadelphia Housing Authority (PHA) partnership. Many residents of PHA buildings do not have access to doctors, medications, or healthy lifestyles, and Dr. Paul Mather, a cardiologist, visits the buildings in South and West Philadelphia to provide information, perform free blood pressure screenings, and discuss healthy lunches and health cooking.

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## THE WELL

### *Kathleen Hubbard, Chester County Hospital*

Kathleen, a nurse, has volunteered with Hopewell United Methodist Church for the past 10 years. One of its outreach programs, The Well, is located in Downingtown, where it promotes job training, after-school activities, and tutoring. More recently added are a combination/rotation of art therapy, exercise and fitness, and other activities aimed at older adults. Kathleen’s funds will go to purchase an automated external defibrillator for the community.

## **BURLINGTON TOWNSHIP FOOD PANTRY**

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*Kathleen Hubbs, Princeton Health*

The Burlington Township Food Pantry is run by a large group of volunteers dedicated to eliminating hunger. The pantry provides high-quality food for families that live, work, or worship in the community. Kathleen's grant will go toward the purchase of a walk-in refrigerator/freezer. It will help the volunteers store food better and, as a result, feed more people and relieve those who have had to choose between buying groceries or buying medication.

## **SCENT FROM HOME II**

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*Julia Lavenberg, Corporate*

The Clyde Barker Transplant House provides a home-like atmosphere for patients and families during the process of organ transplantation. Family members spend several hours each day in the hospital, watching loved ones undergo multiple tests and complex surgeries. Returning to the Transplant House, they are greeted by the enticing aroma of cookies, cakes, and soup, which bring comfort and reduce stress. Having established a new collaboration with the Restaurant School at Walnut Hill College, Julia will direct her funds to help the students from the school create healthy soup and bread recipes, to be made and served at the Transplant House, as well as a crock pot and containers for leftovers.

## **PENN KIDNEY DISEASE SCREENING AND AWARENESS PROGRAM (PENN KDSAP)**

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*Mary Ann Lim, Hospital of the University of Pennsylvania*

In the United States, 1 in 6 adults has chronic kidney disease (CKD). CKD is known as a silent disease, meaning that most people with CKD don't know they have it. As the disease progresses, survival depends solely on dialysis or transplantation. The mission of Penn KDSAP is to help prevent the disease's progression in at-risk communities through free kidney screenings at local community centers. Mary Ann's grant will support three screenings (totaling about 150 community members).

## **GRIEF REACH: REDISCOVERING FAMILY, REDISCOVERING FUN**

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*Andrea Lurie, Corporate*

At present, one in 13 children in Pennsylvania experiences the death of a parent or sibling by the age of 18, and the result can lead to stress and adversity. Grief Reach helps bereaved families build resiliency and reconnect with each other as a new family unit in the second or third year after a death in the family. Typically, hospice bereavement programs across the nation provide support for a standard 13 months. Andrea's funds will help bring Grief Reach to Chester County, in partnership with Neighborhood Hospice, a local provider, and help increase the number of workshops offered in the year.

## **MOMMA C'S COMMUNITY KITCHEN**

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*Noemi Martinez, Lancaster General*

One of the several programs of Ebenezer Baptist Church in Lancaster that serves the community is Momma C's Kitchen, which provides free meals on the first Wednesday of each month. Noemi's funds will go toward buying a commercial reach-in refrigerator to store the food at a safe temperature, which would also allow the program to serve an increasing number of people in need. The church also provides clothing and household supplies for individuals and families in the community.

## **FITNESS CLUB AT PANTOJA CHARTER SCHOOL**

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*Ovi Medina-Estevez, Pennsylvania Hospital*

Oviodelis is a volunteer in the after-school fitness program at the North Philadelphia charter school. There, she partners four times a week with the school's physical education teacher to lead the students in physical activity and teaches healthy eating and healthy habits. But as she's learned, the school lacks a proper gymnasium and proper equipment. Her funds will go toward purchasing items to provide healthy workouts in a limited space.



## WEST PHILADELPHIA ALLIANCE FOR CHILDREN

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*Janet McMaster, Penn Presbyterian*

In conjunction with West Philadelphia Alliance for Children (WePAC), Janet volunteers every Tuesday at Powelton Elementary, a few blocks from Penn Presbyterian. The Alliance's goal is to provide programming, books, and volunteers for the public schools that are not funded by the district and to steer the children into reading. Her grant will help purchase a collection of culturally sensitive books that have been described as "healing fictions." These are stories that humanize people who have been often marginalized in American society.

## LOADS OF LOVE

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*Ana Park, Penn Presbyterian*

Ana is part of the Loads of Love Program of Bucks County Presbyterian Church, which provides free laundry services once a month at a Levittown laundromat. Many of the people who use the service are homeless or are part of underprivileged families with young children. With Ana's grant, the program can provide 200 additional laundering opportunities, which could help prevent unhealthy conditions that promote sickness and loss of dignity.

## HIGH BLOOD PRESSURE: TREAT IT LIKE A LADY

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*Natalie Pierson, Clinical Practices of the University of Pennsylvania*

A Philadelphia public health assessment found that more than one in three adult Philadelphians has been diagnosed with high blood pressure. To reach the African American population of West Philadelphia, Natalie plans to host one community-education session per quarter to help improve knowledge, suggest changes in lifestyle, improve the ability to manage hypertension, and provide access to more education and resources. Her funding will go to offset the costs for the venue, the speaker, and refreshments or lunch/brunch for the participants.

## PHILLY YOUTH PEACE PROJECT

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*Shariq Raza, Clinical Practices of the University of Pennsylvania*

The Philly Youth Peace Project hosts after-school programs for middle-school and high-school students in an attempt to keep them off the streets and focused on creative activities. The after-school hours are when teens are most prone to be exposed to violence and gangs. Penn's trauma team has been involved in leading the outreach project. One program is a printing press workshop where youths can create and screen-print their artistic designs; the second program offers a production studio for them to record music remixes and spoken art and publish them on social media. Shariq's grant helps support both programs.

## COLORECTAL CANCER SCREENING AT PUENTES DE SALUD CLINIC

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*Julian Rose, Hospital of the University of Pennsylvania*

Julian, a resident in internal medicine, has been working with Puentes de Salud and serving the undocumented Mexican immigrant population. She has used funding from another grant to provide Fecal Immunochemical Tests (FIT) to test for colorectal cancer. Patients that test positive are then referred to Penn Presbyterian for reduced-cost colonoscopies. Julian's grant will allow the purchase of more FIT tests when the current support ends.

## THE PARKINSON COUNCIL

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*David Schaaf, Corporate*

David has helped to raise funds and promote physical activity for Parkinson's patients, which is known to help individuals with the condition. His grant is directed to expand services, primarily provided by the Good Shepherd Penn Partners rehab location in Center City, for Penn Neurology patients as well as those from Jefferson and other local health-care organizations. The grant will also help practitioners go to other facilities in the region and better reach patients who have difficulty getting into the city.

## COMMUNITY HEALTH WORKERS

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*John Schafhauser, Hospital of the University of Pennsylvania*

John, a social worker at the Penn Center for Community Health Workers, received a grant to help community health workers better establish meaningful and efficacious relationships with Penn Medicine's high-risk patients. Among the tangible intervention methods are providing coloring books, playing cards, puzzles, newspapers, magazines, books, and other resources that can make a significant difference in the health and lives of these patients.

## JARELL CHRISTOPHER SEAY LOVE AND LAUGHTER FOUNDATION

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*Cheryl Seay, Home Care and Hospice*

Cheryl's funding will be used to purchase fitness trackers, sanitary pads, deodorant, and lotions to give out at the first annual Seay Foundation Dance 4 Peace Marathon. The event is intended to encourage children in low-income communities in West Philadelphia to strive for healthy bodies and minds. The foundation's programming also includes a weekly safety workshop at one school and a 6-8 week girls' mentorship program at another middle school.

## FRIENDS OF ROBERT MORRIS

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*Saisha Smith, Hospital of the University of Pennsylvania*

Friends of Robert Morris is a community group in Philadelphia's Brewerytown section, where many low-income families have minimal support. The Friends help a local elementary school by improving early literacy skills and preparedness for kindergarten. Saisha's funding goes to purchase age-appropriate and diverse children's books; childhood literacy training for the community; and support for reading programs and events. The project furthers Penn Medicine's commitment to communities by improving literacy levels, which encourage more academic success and health literacy.

## OUTREACH PARAGUAY

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*CAREs Global Recipient*

*Eileen Sosa, Lancaster General*

Eileen is the director of Outreach PARAGUAY, a not-for-profit organization that brings groups of medical and nursing professionals and students to Paraguay. In the nation's resource-poor communities, they conduct service-learning projects, participate in health outreach programs, and learn about the delivery of health care throughout Paraguay. Eileen's grant also goes to purchase Spanish-language books that are given to school libraries in the country. The experience, she believes, helps participants to be better global citizens.

## ANGELS SAVING MINISTRY

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*Helena Whitest, Corporate*

Every Christmas Day, Helena has helped her church, Kingdom Life Christian Center and its Angels Saving Ministry, serve a hot dinner to homeless people in downtown Philadelphia. The outreach program, which has taken place for the past 12 years, served about 300 people last year. Helena's grant helps provide the food as well as clothing and toiletries. Each year, the number of people has increased, and this year's goal is to serve about 500 men, women, and children.

## SATURDAY ENRICHMENT PROGRAM

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*Victoria Wilson, Clinical Practices of the University of Pennsylvania*

Southwest Philadelphia is one of the poorest and least educated ZIP code areas in the nation. To help address the matter, Grace Christian Fellowship has developed a Saturday enrichment program that provides three hours of supplemental academic and social support. In addition to the core academic subjects, the program offers music, dance, health and nutrition, and African American history. Victoria's funding will be used for books, teaching supplies, writing utensils, and food to enhance the learning environment for the 10 weeks of the program.

## HEALING GARDEN FOR COATESVILLE PA VETERANS' HOSPITAL

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### *Jeffrey Wise, Chester County Hospital*

In Chester County Hospital's service area, the Coatesville Veterans Affairs Medical Center provides significant assistance to veterans in their Community Living Center's residential treatment center, nursing home, and hospice facility. Recognizing that the veterans enjoy watching birds or being able to walk or wheel outside the facility, Jeffrey has directed his grant for designing, purchasing vegetation, planting, and promoting a meaningful healing garden to benefit the well-being and quality of life of veteran hospice patients.

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