



Penn Medicine  
CAREs  
GRANT

2020  
Grant Recipients

Beyond the walls of our hospitals and clinics, the Penn Medicine community is dedicated to serving its neighbors. Now, more than ever, the impact of that service is acutely felt — as individuals and families are facing new hardships during this especially difficult year. The multitude of 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 the wellbeing of others in communities throughout our region. Those communities span from metropolitan Philadelphia to the suburbs, to rural Lancaster and Chester counties, to Southern and Central New Jersey.

The health system 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, as well as to recognize and amplify employee volunteerism. The 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, and the potential overall impact of the project. Since its inception, the CAREs program has funded 630 projects with nearly \$650,000. This year's recipients further exemplify the dedication, passion, and creativity of the Penn Medicine family — many volunteers needed to pivot their plans to provide continuity of services to communities and organizations during the COVID-19 pandemic, while other, new projects were created to offset the effects of the crisis.

The projects featured here encourage and inspire 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 visit [PennMedicine.org/Community](https://PennMedicine.org/Community).



Patrick V. Norton  
*Vice President, Public Affairs*

## **COVID-19 SUPPORT IN PHILADELPHIA'S RUSSIAN-SPEAKING POPULATION**

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*Feredun Azari, Hospital of the University of Pennsylvania*

Feredun, who serves as vice president of the Azerbaijani American Medical Association, seeks to inform the older, Russian-speaking population of Philadelphia about the dangers of COVID-19 and to dispel misconceptions. These citizens are particularly at risk, because many do not speak English or utilize video conferencing. Feredun's grant makes possible the delivery of essential sanitary goods (masks, wipes, hand-sanitizers, and gloves) and multi-lingual educational brochures to this vulnerable group.

## **COVENANT MINISTRIES OF CAMDEN**

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*Cordelia Baffic, Clinical Practices of the University of Pennsylvania*

Every Saturday for the past 30 years, Covenant Ministries has set up its station in an empty lot in Camden and offered food, clothing, and toiletries to hundreds of underserved people. It has also served as a safe haven to women affected by domestic violence or who have been the victims of sex trafficking. Due to COVID-19, there has been an increase in homelessness and of need. Cordelia's funds help the group to continue providing food and toiletries to women in need.

## **SUPPORT FOR THE HOMELESS DURING COVID**

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*Maryanne Bourbeau*

Under normal circumstances, the homeless that Maryanne Bourbeau serves, within her position at Hall Mercer's Homeless Outreach, receive some cash resources from street donations by passerbyers in the city. In turn, this cash is used for toiletries and food. However, since the onset of COVID and as

a result of many folks sheltering-in-place, street donations are scarce. To offset this already unstable resource, Maryanne received funding to provide toiletries and food to the homeless clients Hall Mercer serves.

## **HANDS ACROSS THE STREET**

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*Megan Clark, Lancaster General*

During the COVID-19 crisis, 12 people have been staying at Hands Across the Street, a shelter in Columbia, Lancaster County. The shelter provides them with a comfortable place to sleep and live as they work to get back on their feet. It also helps keep medical conditions such as asthma and COPD controlled in a cooler, lower-humidity environment. Megan's funds will support the replacement of two air conditioners and an upgrade of its electrical system.

## **CAMP SOJOURNER DURING COVID-19**

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*Lauren Cliggitt, Pennsylvania Hospital*

The mission of the Girls' Leadership Camp (GLC) of Camp Sojourner is to help girls become leaders who take charge of their own lives and act as agents of positive change in their communities. The program focuses on team-building, developing leadership, creative arts, and appreciation of nature by involving girls in its year-round mentoring, service projects, and enrichment activities. COVID-19 has severely disrupted the lives of many of GLC's camper leaders. Lauren's grant supports sending arts and crafts materials to girls' homes, so they can participate in the online enrichment platforms.

## **CARE KITS FOR SICKLE CELL PATIENTS**

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*Jabina Coleman, Clinical Practices of the University of Pennsylvania*

Sickle Cell Disease (SCD) impacts more than 100,000 Americans a year, characterized by painful crises, frequent hospital admissions, and mental health comorbidities. The Penn Comprehensive Sickle Cell Program cares for 220 patients at HUP and PPMC. Over the past year, the program has

collaborated with Crescent Foundation. In response to COVID-19, the in-person patient-support group transitioned to a virtual platform. To further address health disparities and barriers imposed on the SCD community by COVID, the joint effort will assemble and distribute 200 Crescent Cares kits to help keep vulnerable patients safe, protected, and healthy. Jabina's funding helps provide cloth masks, hand sanitizers, digital thermometers, and other useful items in the kits.

## **DISCOVERY MINISTRIES**

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### *Matthew D'Arcy, Corporate*

Matthew's grant helps offset the costs of retreats for children from families in the Camden/Bridgeton area who have been affected by violence and other negative issues. The children come from Saving Grace Ministry, which offers multi-faceted programming to provide emotional support. The retreats take place at Discovery House, a project of the non-profit Discovery Ministries, Inc., located in the pinelands of South Jersey. Discovery provides educational, spiritual, and recreational experiences for the at-risk children and local communities while paying attention to issues of mental health and disease.

## **HYPERTENSION IMPROVEMENT PROGRAM**

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### *Nicole D'Avella, Clinical Care Associates*

Penn Partners in Care utilizes a multi-disciplinary primary-care team to implement safe transitions of care following inpatient admissions, as well as to educate and monitor its high-risk, chronically ill patients. Nicole's funding goes toward the purchase of blood pressure cuffs for low-income primary-care patients whose insurance does not cover their cost. The cuffs allow patients to self-manage and make timely readings during this time of COVID-19 isolation.

## **SEEDS OF HOPE MINISTRIES**

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### *Lawrence Davis, Penn Presbyterian*

Seeds of Hope Ministries is a Christian outreach organization based in Camden, N.J. One of its initiatives is My Father's Hands, a food kitchen

that each Saturday serves the homeless, the poor, and others who find themselves on the streets of Camden. Lawrence's grant supports the food kitchen, which is staffed by volunteers from Bethel Baptist Church of Cherry Hill. They now regularly serve between 250 and 300 people.

## **ACCESS TO SAFETY**

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### *Allison Digiacinto, Penn Presbyterian*

Allison volunteers with Project SAFE and SOL Collective in Kensington, as well as with grassroots efforts at the homeless encampment at 22nd Street and the Parkway. During the pandemic, she has contacted distribution companies, used social media, and raised funds for personal protective equipment (PPE). Her grant goes toward purchasing surgical masks, N95 respirators, gloves, sanitizers, and cleansers.

## **HISTORICAL GENIUS COLORING BOOK**

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### *Laura Dudek, Pennsylvania Hospital*

Laura's funds support the summer project of Da Vinci Art Alliance for children of South Philadelphia, who are ages 3-8 years old, and speak English, Spanish, or Mandarin. The project's aim is to support artists by having them create coloring books that feature examples of historical genius and to give the books and crayons to children. The goal, during this time of COVID-19, is to inspire and educate children to dream of their future. Some of these kits will be distributed door to door (with masks and gloves), and some will be provided to food-bank sites to include with boxes of food intended for families.

## **OPERATION CONNECT**

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### *Nadine Dupiche, Hospital of the University of Pennsylvania*

The COVID-19 pandemic exacerbated a growing public-health crisis among older adults: social isolation and loneliness. As older adults sheltered in place, many lost access to vital resources: companionship, socialization, and access to medical care and food. Nadine's grant goes to purchase 10 computer tablets that allow the adults to connect virtually

for medical visits, to face-time with family, to order groceries, and other uses. The pilot group involves 10 adults identified by Dr. Johanne Louis Foundation, a non-profit organization that helps the underserved in the United States and Haiti.

## **LOMBARD CENTRAL COMMUNITY OUTREACH MINISTRY**

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*Stephanie Edgecomb, Hospital of the University of Pennsylvania*

Lombard Central (LCPC) Community Outreach Ministry supports the programs of Lombard Central Presbyterian Church, which provide nutritious meals and clothing to those in need every Thursday and Friday. Stephanie assists in various duties, such as cleaning, set-up and breakdown, shopping, prepping food, serving meals, and sorting the donated clothing. Her funding goes to support LCPC's meal, grocery, and clothing outreach, as well as to purchase personal protective equipment (PPE) to ensure that staff and volunteers remain safe.

## **THE GOLD PAGES**

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*Erica Mukai Faria, Hospital of the University of Pennsylvania*

The Gold Pages is a multilingual print magazine and digital video series that offers free advertising space, shares compelling phone interviews, and safely connects people with brick-and-mortar shops and innovative entrepreneurs in their local community. Originally funded by a Temple Velocity Grant, the project honors the unsung heroes of a working-class city by promoting the tenacious stories of small businesses and employees who have persisted in the face of COVID-19, changing neighborhoods, and growing web sales.

## **MILITARY FAMILY COVID-19 SUMMER SURVIVAL KITS**

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*Pete Freudenberger, Perelman School of Medicine*

The average military child relocates six to nine times between kindergarten and high school. Today, because their parents are working during the

COVID-19 pandemic, these children face a summer without the fun social and emotional-based activities that often alleviate the stress and anxiety of being a military kid. The Steven A. Cohen Military Family Clinic at Penn already serves military families. Pete's project identifies military-connected children and ships them "Summer Survival Kits." These kits include fun activities, art supplies, games, and other items to ease the burden on military parents and help the military kids to have a great summer.

## **UNITY CLINIC REHABILITATION PROGRAM**

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*Yoonhee Ha, Perelman School of Medicine*

The Augustinian Defenders of the Rights of the Poor, a non-profit organization committed to addressing poverty in Philadelphia, founded Unity Health Clinic in 2003. Located inside St. Edmond's Church in South Philadelphia, the clinic is staffed by volunteer physicians, nurse practitioners, and health professional trainees from the University of Pennsylvania and Villanova University. Each week, the clinic seeks to provide culturally competent primary and preventive care to about 45 uninsured and underinsured adults of Chinese descent and to offer services at no cost and medications at no or reduced cost. Most of the patients do work that demands much manual labor with minimal rest. Yoonhee, a medical student, is directing her funding toward establishing a musculoskeletal program in partnership with physicians from Penn Physical Medicine and Rehabilitation. Such a program would also provide a specialty training space for students that volunteers there.

## **ICARDS IN THE COVID-19 ERA (GLOBAL PROJECT)**

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*Norrisa Haynes, Hospital of the University of Pennsylvania*

In Haiti, the number of COVID-19 cases is rising exponentially, and the nation has limited health-care resources and trained professionals equipped to address the global challenges of both the pandemic and cardiovascular disease. Norrisa, a cardiology fellow who worked as an attending physician in a hospital in Haiti for two years, will apply her grant toward Integrated Cardiology Curriculum Adapted for Remote Distance Learning (ICARDS), a distance-learning platform. It will store

recorded lectures and reading material and enable residents at hospitals in Haiti to view and use the relevant material at their convenience.

## RECLAIM U

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

Reclaim U is a nonprofit organization whose mission is to inspire and empower individuals and strengthen families and communities. Its focus is largely on the inner-city populations, educating them about hypertension and diabetes. Locally, Reclaim U has partnered with the Philadelphia Housing Authority. Felix's funding goes to items to support workshops on health education and mental health across the city.

## CONNECTING SENIORS WITH TECHNOLOGY

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### *Daniel Kim, Hospital of the University of Pennsylvania*

Although social distancing is critical for managing the coronavirus pandemic, it can worsen social isolation and loneliness for the elderly. Studies have linked persistent feelings of social isolation and loneliness with higher risk of developing heart disease, stroke, anxiety, depression, and premature death. Daniel's grant goes toward the purchase of video-capable devices to be installed in designated rooms at Renaissance Nursing Home in West Philadelphia. These devices would enable the more than 100 seniors living at the home to see and feel connected to their loved ones at a safe distance during this time of COVID-19. As a fellow in geriatric medicine, Daniel will rotate through Renaissance and help train the nursing home staff on the use of the video-call devices.

## COVID-19 HELP FOR SENIORS

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### *Yun Mi Kim, Penn Presbyterian*

Having witnessed firsthand how many patients, families, and residents of West Philadelphia lack basic screening tools, Yun Mi is directing her funding to the purchase of thermometers. Penn Medicine hospitals are doing their best to monitor temperatures during the pandemic; however,

with appropriate access to a thermometer, many people will be able to self-monitor for a fever. Having the thermometers will also empower them to be proactive in their own care. Yun Mi plans to distribute the thermometers in the University Square Complex, which has 442 units for senior citizens.

## THE PHILADELPHIA PROJECT

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### *Deirdre Knight, Home Care and Hospice*

The Philadelphia Project (TPP) is a nonprofit that coordinates summer work for college students (mostly from suburban, high economic areas) to help with home repairs and various programming for children within the underserved Germantown/Mt. Airy section of Philadelphia. Deirdre's grant goes toward replacement windows for a home for seniors in Germantown. TPP has made minor changes to help all the residents to remain safe from COVID-19 during the summer. TPP volunteers have continued to work through the pandemic safely, distributing food to those in need and finishing other home projects.

## ST. WILFRID'S CLINIC

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### *Melinda Lamb, Pennsylvania Hospital*

St. Wilfrid's Clinic serves the health and social needs of the people of Camden and surrounding area. The clinic normally runs once a month, providing blood-pressure screenings as well as clothing, toiletries items, and food bags. With the onset of COVID-19, however, the need has been greater, and the clinic has been safely handing out 50-60 food bags each week. Melinda's funding will buy nonperishable items to give out to the hungry families.

## COMMUNITY PANTRY

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### *Joseph McElvenney, Hospital of the University of Pennsylvania*

Given the current pandemic and the resulting social concerns, Joseph decided to build miniature pantries, much like the little libraries used as



book exchanges in the front yards of neighbors. With his grant, he will install and stock them with nonperishable food for willing neighbors to help with the food shortages that many families are facing. Homeowners and neighbors can contribute what they can and take what they need. Joseph hopes the idea gains momentum and helps communities across the country.

## **COVID-19 SOCIAL NEEDS RESPONSE TEAM**

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*Patricia Meehan, Hospital of the University of Pennsylvania*

The Penn Medicine COVID-19 Social Needs Response Team was created by the HUP Department of Case Management and Social Work with support from the Center for Health Equity and Advancement. The goal is to help patients who are experiencing distress, expressing safety concerns, or requesting assistance with their social needs. Penn medical students monitor referrals in the pool. One of the frequent patient concerns is obtaining masks. Patricia's funding will go to purchase masks for the patients.

## **BREAKING BREAD**

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*Joanne Ruggiero, Pennsylvania Hospital*

Breaking Bread is a project of Doors of Hope in the Kensington section of Philadelphia, where opioid use is rampant. The project's goal is to host a gathering twice a month for homeless people where they can have coffee, feel safe, and be encouraged to make use of helpful resources in the area. Joanne's funding goes for coffee and home-baked goods as well as the equipment needed to transport the items back and forth. The group aims to serve 1,200 people this year.

## **OSBORN FAMILY HEALTH CENTER**

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*Cynthia Skotnicki, Hospital of the University of Pennsylvania*

The Osborn Family Health Center has been providing access to primary medical care in the Camden, N.J., area for the past 45 years. The region

has a low percentage of residents who graduated from high school or attained higher education levels, with higher unemployment rates. To help improve the situation, Osborn has followed a Reach Out and Read model, a scientifically validated approach to early literacy development that trains doctors and nurses to talk to parents about the importance of reading aloud to their children and offering age-appropriate tips and encouragement. The goal is to make books a routine part of pediatric primary care so that children grow up with a love of books, reading, and learning. Cynthia's grant allows Osborn to purchase more new, discounted books in Spanish and English to distribute.

## **STOPPING COVID-19 IN THE AFRICAN AMERICAN CHRISTIAN COMMUNITIES**

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*Michele Smith, Home Care and Hospice*

The African American Christian community relies on the church for spiritual, educational, and moral support and guidance. The church also encourages a healthy balanced life that reduces stress and illness. Michele's funding will help to educate the community about COVID-19 and help prevent its spread among those 60 years and older by providing masks, hand sanitizers, educational literature (provided by Penn Medicine) and other materials at churches in West Philadelphia. In addition, she plans to arrange an oral presentation about COVID during a service.

## **SHARP BARBERSHOPS**

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*Casey St. Luce, Perelman School of Medicine*

Casey and his Penn team – consisting of other medical students, Wharton students, and physicians – are working with West Philadelphia barbershops and hair salons. The team's name is Safe Haircuts As we Reopen Philadelphia (SHARP) Barbershops. The target population is the predominantly Black community served by West Philadelphia barbers and hair salons. The first goal is to help these shops reopen safely, by supplying screening thermometers, disinfectants, personal protective equipment for employees, masks for the patrons, and COVID-19 educational materials, purchased through Casey's grant. In that way, SHARP hopes to mitigate

the financial and physical burdens caused by COVID, particularly on communities of color.

## **COVID-19 PATHS TO FOOD ACCESS**

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*Rosemary Thomas, Corporate*

The COVID-19 pandemic has forced vulnerable Penn Medicine patients to remain quarantined in their households. The consequential loss of income, because of layoffs and reduction in hours, has made access to food more difficult within our communities. Rosemary's funding provides for two weeks of food box deliveries to those patients, including seniors who are isolated and individuals who are unable leave their homes. The project makes use of caterers and their high-capacity vehicles whose work has been suspended since the onset of COVID, providing them with income as well. Share Food Program, a Philadelphia-based nonprofit, is a partner in this initiative.

## **PENN MEDICINE BREAST HEALTH INITIATIVE**

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*Emily Verderame, Perelman School of Medicine*

The Penn Medicine Breast Health Initiative (PBHI) is a patient navigation program focused on breast cancer at the Abramson Cancer Center (ACC). Reaching the populations in their diverse communities requires a team approach. The Initiative has brought in more than 2,500 racially and ethnically diverse, low-income women and diagnosed breast cancer in 50 patients who were enrolled in health insurance and treated at the ACC. The patient navigator guides patients into mammogram screenings and, as needed, through diagnostic follow-up and into treatment; gets women health insurance to cover treatment; and ensures timely, quality care. The patient navigator also helps reduce women's barriers to care by providing language, education, and transportation support. Through Emily's grant, the PBHI can offer an in-person translator to assist patients at their mammogram appointment who do not speak English, and also provide translations of promotional and education material.

## **PRINCETON MOBILE FOOD PANTRY**

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*Anna Westrick, Princeton Health*

Food insecurity has a significant impact on the nation's most vulnerable residents: children, seniors, people with chronic illness, and people of color. Anna's funds go to pay for healthy groceries and Maseca in bulk for Princeton Mobile Food Pantry. When the COVID-19 stay-at-home-orders were put in place, the pantry lost its donor supply chain. But it revamped its service. At present, the pantry safely delivers fresh, culturally relevant groceries to 90 households but aims to increase it to 100, consisting of 400-500 individuals.

## **HEART HEALTH BRIDGE TO CARE DURING COVID-19**

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*Christian Wood, Perelman School of Medicine*

Heart Health Bridge to Care provides hypertension and diabetes care for the patients of United Community Clinic, a free clinic in West Philadelphia. Volunteers include students from several Penn schools as well as Penn physicians. Because the pandemic and the associated recession have disproportionately affected the community that HHBC serves, it is attempting to expand its services. Through weekly telemedicine visits, students meet with patients, identify their health needs, and refill medications (via mail and with physician approval) as needed. Christian's funding will go to cover the costs of blood pressure cuffs and shipping for medications to the patients.

## **COMMUNITY OUTREACH AND SUPPORT IN NORTH PHILADELPHIA**

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*Trevor Yassin, Hospital of the University of Pennsylvania*

Operated by the Tabernacle of the Holy Spirit Church in the Frankford area of Philadelphia, Community Outreach and Support serves hot meals to 500 people weekly. It also provides fresh vegetables to 1,000 community members every week. In addition, the church offers counselling to its community members, helping them to cope with COVID-19, alcohol dependency, and domestic abuse. Trevor's grant goes to purchase the vegetables and hot meals given to those who come seeking help.



## SPRING 2020

### GRACE ESL OF GRACE LUTHERAN CHURCH

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*Thomas Andersen, Lancaster General*

Thomas's funds support ESL (English as a second language) lessons at Grace Lutheran Church in Lancaster, including the purchase of teaching materials, class supplies, and transportation for students. Staffed by volunteers, the class is designed for refugees and immigrants who face two serious barriers to learning English – the need for childcare and the need for transportation. Grace ESL seeks to break down these barriers by offering on-site childcare for babies and children of preschool age and transportation for students living in the Lancaster City area.

### GIGI'S PLAYHOUSE

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*Susan Baker, Lancaster General*

Part of a nonprofit network, Gigi's Playhouse offers free education and career-development support for those with Down Syndrome and their families. According to the network, Down Syndrome is the largest chromosomal disability in the United States but also the least funded. Susan's grant helps to fund four different programs for those of all ages: LMNOP (Language Music N Our Peeps), Destination Discovery, Fantastic Friends, and GiGiFIT Adult. While programming at the building is temporarily suspended, GiGi's At Home provides live virtual programming.

### CLIP STROKE AND HYPERTENSION

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*Khiry Carter, Hospital of the University of Pennsylvania*

Through his work as a neuroscience registered nurse, Khiry came to see the long-term effects and consequences that result from a stroke – and saw that African American males tended to suffer strokes of higher severity. Previously, he hosted a hypertension and stroke awareness and screening day at a West Philadelphia barber shop. This year, his funding goes toward a blood-pressure monitor, flyers, blood pressure logs, and other materials to educate his target audience.

## THE CARING CUPBOARD

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*Carla Cherry, Lancaster General*

Based in Lebanon County, the Caring Cupboard is a food pantry focused on vulnerable families, providing fresh fruits and vegetables, milk, eggs, proteins, and shelf-stable items. Carla's grant helps the organization to address the social determinants of health through outreach programs and access to healthy foods. In particular, it supports the Summer Lunch Program, which operates during the 11 weeks of summer vacation and provides more than 17,000 meals to children who would otherwise have had breakfast and lunch at school.

### ONE EXTRA BAG: HOUSE CALLS

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*Eden Engel-Rebitzer, Perelman School of Medicine*

Eden, a medical student, is using her funding to support a program in which medical students are paired with elderly patients. Through the Penn House Calls Program, a student shops for an elderly patient once a week and delivers the items outside the door of the patient's home, maintaining a safe, social distancing. These patients have been identified by Penn home-care physicians as having the greatest need for this service.

### FITNESS IN RECOVERY

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*Sidra Ghafoor, Hospital of the University of Pennsylvania*

Forty million Americans over the age of 12 suffer from addiction in its many forms. Despite these daunting statistics, addiction is treatable, and recovery is possible. Recognizing the power of fitness, goals, and community, in 2015, Sidra, a physician specializing in addiction psychiatry, cofounded Fitness in Recovery to offer support for persons in recovery from addiction. The program has three locations around Philadelphia, where more than 350 participants have worked together while also working their toward individual goals. During this time of COVID-19, Sidra requested funding for web design, Zoom descriptions, and support in order to provide workouts and connection virtually. The goal is to offer interactive programming through Zoom or a similar platform.

## uGO SENIOR WELLNESS

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*Gary Ginsberg, Penn Presbyterian*

uGO offers free weekly exercise workshops in an outdoor family-friendly environment. Local fitness instructors and trained youths help lead weekly workouts, and private health screenings help monitor weight, blood measure, and BMI. uGO targets families in the West Philadelphia Promise Zone where high rates of heart disease and obesity have become a public health epidemic. African Americans constitute 81% of the population. Gary's grant supports Community Connectors from the People's Emergency Center, a network of local young adults who help facilitate this program and reach out to recruit neighbors. The Connectors make weekly phone calls to uGO participants to track their progress and encourage them to stick with the program, while using social media to promote the program to their peers.

## GRIEF THROUGH ART

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*Mick Kauffman, Lancaster General*

The Pathways Center for Grief & Loss, a program of Hospice & Community Care, provides support for children and teens in Lancaster and York counties who are coping with the loss of a loved one. It is the only program in that area that specifically targets the needs of grieving children. Mick's grant goes to provide art supplies for the center's therapeutic art project, which serves more than 200 children. Children and teens are often able to express their feelings with less difficulty through creating art.

## JAMAICA'S MENTAL HEALTH AND RELIEF (GLOBAL PROJECT)

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*Anaya Kellogg, Clinical Practices of the University of Pennsylvania*

Anaya, a psychotherapist, is part of the Outpatient Clinic (OPC) of Penn's Department of Psychiatry. As it has done over the last 11 years, the OPC

is assembling a team to support the department's annual outreach work in St. James, Jamaica. There, it provides mental health "First Aid" to an impoverished population where mental health education, supplies, and treatment can improve the quality of life of an entire community. Anaya's funding will be put toward relevant educational literature; first aid supplies; venue space; and medication fees.

## STOP THE BLEED PHOENIXVILLE SCHOOLS

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*Andrew Kelly, Clinical Care Associates*

Acutely aware of the school shootings, stabbings, and violence that can occur in schools across the nation, Andrew directed his grant toward the purchase of Stop the Bleed Kits. These kits will be stocked in each middle school and high school in the Phoenixville School District. Because the scenes of violence must be safely secured by law enforcement before EMS care can be provided, many injured students and staff members bleed out from extremity wounds that are not in themselves life-threatening. In addition, Andrew, who is a physician assistant, and staff of Penn Family Medicine Phoenixville will volunteer to teach Stop the Bleed yearly to the school district's teachers and nurses.

## YOUNGMOMS

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*Sharon Larson, Chester County Hospital*

The YoungMoms Mentoring and Advocacy Program serves mothers living in Southern Chester County who are between the ages of 15 and 21. Many of them have endured adverse childhood experiences and continue to face challenges, including poverty, incomplete education, unemployment, housing instability, domestic violence, and lack of health care. The program provides the academic, employment, parenting, and relational support these mothers need to help them achieve their academic and employment goals, to gain life and parenting skills, and to feel part of a community of support. They remain in the program between two and four years. Children of the young mothers also gain a better quality of life, as they are connected with educational opportunities and medical supports.

## **SUSTAINABLE HEALTH EDUCATION HAITI (GLOBAL PROJECT)**

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*Susan McDonald, Lancaster General*

Having worked as a volunteer in Haiti for 10 years, Susan learned the severe costs in human lives when hospitals lack basic and advanced life-support knowledge and materials. At present, she is working primarily with one small hospital where all training materials must be in French. Although the hospital has two automated external defibrillators (AEDs), they require new batteries as well as inserts to make them speak in French. Susan's grant will help with these costs, as well as go toward the cost of purchasing ventilators and other life-support supplies and for training.

## **LINDSAY'S GIFT**

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*Joanne Miles, Hospital of the University of Pennsylvania*

Lindsay's Gift is a not-for-profit, family-based fund that offers grants to faith communities and congregations seeking to make worship and the life of faith more accessible and more welcoming for people with disabilities. The grant recipients have varied programs, among them a summer camp, a local congregation that installed a hearing-assistance system, and a Jewish academy renovating its building to make physical access easier.

## **BACK PACK GIVE BACK**

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*Debra Mosley, Penn Presbyterian*

Debra is founder of Feet of Faith Dance Company, which offers free dance lessons and coordinates performance events for underserved children and teens in West Philadelphia. She has received earlier CARES grants, but this time her funding will go not only for dance lessons but also for a mini bookbag giveaway. In addition to the free dance class, attendees will receive healthy snacks and a bag with school supplies, as well as pamphlets about bullying, good touch/bad touch, and suicide prevention.

## **NEVER GIVE UP**

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*Cheryl Padulese, Hospital of the University of Pennsylvania*

Never Give Up is a charitable nonprofit that helps those who are homeless and suffering from substance use disorders. One of its main goals is to end the opioid crisis in Philadelphia, focusing on Kensington and Juanita Park. Another goal is to inform people in the community about ways they can help in the fight to combat the stigma of addiction. Part of Cheryl's grant will be used for "blessing bags" and shoes, to be given to those in need. In the bags will be bottled water, juice boxes, Pop Tarts, cereal and protein bars, and other snacks. The rest of the grant goes to buy socks, underwear, shoes, and other personal items.

## **SMILES FROM KARA**

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*Paige Powick, Penn Presbyterian*

Paige's grant supports the nonprofit Smiles from Kara, which raises funds to provide opportunities for underprivileged and special-needs children in the Camden area. The children receive financial support for sports fees, scholarship money, and extracurricular activities. Those in need are identified through individuals, local groups, public and private school, and religious organizations. Fund-raising events have included 5K runs and one-mile walks.

## **THERAPEUTIC ARTS SUPPORT SERVICES FOR INFUSION PATIENTS**

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*Amy Schwartz, Penn Presbyterian*

Amy's grant is used to purchase art supplies for the patients of Penn Presbyterian Oncology during their infusion treatments. She has found that many of the patients are open to therapeutic art projects at that time, and research has shown a correlation between such activities and a decrease in anxiety while patients receive their treatments. Amy's funding will provide coloring pencils, crayons, coloring books, and puzzles for the patients. In addition, they will be surveyed to evaluate and improve the patient experience.

## **OUTREACH PARAGUAY (GLOBAL PROJECT)**

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*Eileen Sosa, Lancaster General*

The mission of Outreach PARAGUAY is to help poor communities in Paraguay and to assist in developing mutual respect and friendship between the people of Paraguay and the United States. The organization collaborates with professional staff at a regional hospital in Paraguay. The resources Eileen's nonprofit provides are primarily medical and educational.

## **CREATIVE RESILIENT YOUTH PROGRAM**

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*Lauren Southwick, Hospital of the University of Pennsylvania*

Creative Resilient Youth is an after-school arts program that offers teens a platform to co-design with adults a tailored approach toward mental health. Weekly sessions support a transference of leadership from adults to teen artists as they deal with topics like suicide, intergenerational trauma, and family relationships. Lauren's grant goes toward the costs of art materials and materials for a touring exhibition as well as for printing a 40-page teen-led report.

## **CATHY MILLER CANCER FUND**

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*Ashley Stankiewicz, Hospital of the University of Pennsylvania*

Ashley's grant goes to the Cathy Miller Cancer Fund, which supports the Astra Zeneca Hope Lodge in Philadelphia. There, patients who live far from the treatment center can stay with their families while receiving treatment for cancer. Ashley also plans to sell t-shirts for nurses' week and donate the profits to the Cancer Fund. She will volunteer to cook and serve dinner to the patients and their families at the Lodge as well.

## **BEBASHIA: TRANSITION TO HOPE**

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*Beth Stearman, Perelman School of Medicine*

Beth is associate director of the Basser Center for BRCA in the Abramson Cancer Center, home for research, treatment, and prevention of BRCA-related cancers. She and others from the center volunteer with Bebashia, a non-profit organization that offers services to improve the health and wellness of the community, including those HIV / AIDS and other sexually transmitted diseases. Beth's funds go toward assembling personal hygiene kits with such items as toothpaste and toothbrushes, razors, deodorant, and menstrual hygiene kits, as an incentive for Bebashia's current base to get tested for STIs.

## **HARVEST RX**

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*Courtney Summers, Perelman School of Medicine*

The Harvest Rx Project is funded by Health Care Improvement Foundation, which assists low-income prenatal patients with food insecurity who have been screened by Penn's Family Medicine practice. The goal is to improve pregnancy health outcomes by providing patients with boxes of fresh fruits and vegetables at home. Courtney's grant increases the number of food boxes that can be delivered to 20 deliveries over the full 40-week gestation period.

## **HEALTHY KIDS**

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*Mitiku Tolassa, Corporate*

Mitiku serves as executive committee president of the Oromo Community Organization of Pennsylvania. Its primary location is in West Philadelphia, where a sizable population of African immigrants resides. He also serves at his church, Rehobeth Afan Oromo Christian Church, near Ridley Park. His grant goes toward activities and retreats for the children in his church's after-school program and summer camp. One goal of such programs is to educate the children about the dangers of substance abuse and other addictions, which can affect the whole community.

## URBAN YOUTH KINGS & QUEENS

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*Charlina Towler, Home Care and Hospice*

A nonprofit organization, Urban Youth Kings & Queens seeks to educate and empower Philadelphia's children and adolescents. Through wellness, sports, and after-school programs, the goal is to have them recognize their talents, pursue college, and become leaders in their communities. One important objective is to overcome the factors that prevent young urban females from achieving their potential by offering mentorship and professional development. In addition to the programs, all participants engage in monthly community activities such as neighborhood cleanups, fundraisers, and coat giveaways.

## A & E HEARING CONNECTION

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*Pamela Vnenchak, Lancaster General*

The nonprofit A&E Hearing Connection provides health care, including hearing aids, to underprivileged adults and children living in Lancaster. Its principle is that treating hearing loss improves education opportunities, enhances human connection, and provides a bridge out of barriers to a fuller participation in life. In return, patients help pay for their hearing care by volunteering at other nonprofit organizations. Pamela's funds pay for the costs of new or refurbished hearing aids and related supplies.

## WINTER 2020

## HIGH SCHOOL BIOTECHNOLOGY STARTUP

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*Varian Adebisi, Hospital of the University of Pennsylvania*

Varian, whose field is infection prevention and control, directs her funds to the biomedical technology program at Murrell Dobbins Career and Technical Education High School in North Philadelphia. The grant goes to purchase supplies needed for preparing solutions, culturing cells, isolating proteins, and other procedures. The program provides students with hands-on lab work and experimentation while preparing them for entry-level laboratory positions or university-level science studies after graduation.

## UC GREEN

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*Angela Burns, Penn Presbyterian*

Angela's grant will be used to purchase items to help boost the number of volunteers for UC (University City) Green, a nonprofit that works to keep West Philadelphia neighborhoods green. The organization, now 20 years old, has planted more than 4,500 trees in the 19139, 19104, and 19143 neighborhoods, helping improve the environment and beautify Philadelphia neighborhoods. Angela will purchase educational and promotional materials and demonstration tools used for tree care.

## UNIVERSITY CITY HOSPITALITY COALITION

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*Franklin Caldera, Hospital of the University of Pennsylvania*

Franklin, a Penn Medicine physician, volunteers at University City Hospitality Coalition, a free clinic run by medical students, which sees patients with multiple pathologies and musculoskeletal or neurologic conditions. His funding will help to purchase an ultrasound probe that will increase the quality of care at the clinic and broaden the education opportunities for the students. The probe will allow medical students to see how the ultrasound can be used on live patients, not only in their diagnosis but also in their therapeutic treatment.

## PATIENT CARDS

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*Sharon Civa, Corporate*

With her funds, Sharon is continuing her project of creating get well or cheerful cards for hospital patients. Using card stock, stickers, markers, pens, and decorations, she and other HUP volunteers plan to make and distribute about 1,500 cards. The volunteer program supports the project, viewing the cards as a good conversation starter for the volunteers and a pick-me-up for the patients.



## **CHILDREN'S MENTAL HEALTH**

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*Ann Marie Collington, Good Shepherd Penn Partners*

CASA (Court Appointed Special Advocates) trains and supports volunteers to serve as advocates for children and youth in the Dependency Court systems in Delaware and Chester counties. In 2018, at least 87 of the 231 children served by CASA presented with a mental health diagnosis that qualified them for behavioral health services. Accessing mental health services for these children is challenging for several reasons, including frequent placement moves that result in delays in initiating services and lack of available staff at agencies covered by child's medical insurance. Ann Marie's funding will help provide services for children, regardless of insurance lapses.

## **THE COEXIST PROJECT**

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*Edwin De Leon, Clinical Care Associates*

The Coexist Project, a nonprofit organization in Philadelphia, holds monthly events where members provide food and everyday essentials like socks, deodorant, and sanitary wipes – in so-called “Blessing Bags” – to the homeless and less fortunate in the city. The goal is to show compassion to those going through a difficult time in their lives.

## **FLEET OF FEET**

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*Samuel Edge, Penn Presbyterian*

Samuel volunteers as a coach for a summer high-school basketball team that plays in the Chosen League based in Philadelphia. Several alumni of the league have gone on to play in the NBA. Samuel's grant will outfit the 12 players on his basketball team with indoor practice shoes and socks. The league used to play outdoors, but on the indoor surface the new shoes will be safer, providing more traction and stability for the students.

## **COMMUNITY VOLUNTEERS IN MEDICINE**

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*Rachel Fedor, Corporate*

The physical and mental benefits of practicing Yoga are becoming more widely researched and accepted by medical communities around the world. While serving as a Spanish-English volunteer medical interpreter at Community Volunteers in Medicine (CVIM) for more than 4 years, Rachel has become familiar with the health concerns and risks the patients face: chronic pain associated with repetitive movements and heavy lifting at work, chronic illness, and cancer. Some also suffer from the mental health stresses brought on by living on limited financial resources and/or a precarious immigration status. Free, bilingual Yoga instruction will complement the services already offered at CVIM. Rachel's funds will go to purchase Yoga mats, blocks, blankets and other necessary supplies.

## **HUGH O'BRIAN EAST YOUTH (HOBY) LEADERSHIP**

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*Michelle Feil, Hospital of the University of Pennsylvania*

HOBY, an international program established in the 1950s, presents seminars in all 50 states and in countries around the world. Its mission is “to inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service, and innovation.” Michelle's grant will allow the program to offer another day to the annual three-day seminar in the eastern Pennsylvania region, which brings together 200 high-school sophomores. Many former “ambassadors” who took part in the program have since attended Penn and/or pursued a career in health care, including herself and several others now working at Penn Medicine.

## **CHESTER COUNTY HOSPITAL FOOD PANTRY**

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*Jacqueline Felicetti, Chester County Hospital*

With the onset of COVID in our area, Jacqueline noticed the Food Pantry at Chester County Hospital needed restocking. The Food Pantry is freely accessible to all employees of Chester County Hospital, but had taken a hit



when resources became tight. Jacqueline's grant goes toward the purchase of nonperishable goods and groceries for the Pantry.

## **THE WEIGHT CAN'T WAIT**

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### ***Debi Ferrarello, Pennsylvania Hospital***

Debi's grant allows the purchase of a scale sensitive enough to measure an infant's intake. It would be used by Pennsylvania Hospital's free breastfeeding support group, which serves families regardless of where they gave birth as well as patients of the Ludmir Center for Women's Health and Latina Community Health Services. Patients of these programs either cannot obtain or afford insurance.

## **PRESCRIPTION MEDICATION ASSISTANCE PROGRAM**

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### ***John Flamma, Penn Presbyterian***

John's grant goes to help prevent unnecessary admissions or readmissions among the large number of indigent patients who are served by Penn Presbyterian's emergency department. The ED often encounters many acute issues because of partially treated or completely untreated chronic medical conditions. In such cases, appropriate prescription drugs can both ameliorate the acute problem and prevent a hospital admission or secondary ED visit.

## **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 hygiene 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. Brian's grant will go toward purchasing nonperishable food items and hygiene items over the course of a year, serving as a complement to the Penn Medicine medical office in Woodbury Heights.

## **CHRISTIAN COMPASSION CHILDREN'S KITCHEN**

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### ***Dawana Holmes, Corporate***

The Children's Kitchen at Dawana's church, the Church of Christian Compassion in the Cobbs Creek neighborhood of Philadelphia, opens its doors Monday through Friday evenings to children from the community so that they can eat a hot meal and receive help with their homework assignments. More than 2,000 children in this underserved neighborhood make use of the Children's Kitchen. Dawana's grant will help to provide food and snacks to be served at the kitchen and for the children to take home.

## **ONE PROJECT**

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### ***Tina Inverso, Princeton Health***

For the last six years, ONE Project, a faith and community coalition that addresses social needs and bring groups of all faiths and walks of life together, has brought thousands of volunteers to work side-by-side, packing meals to help combat community hunger. Last year, volunteers with ONE Project and the nonprofit Feeding Children Everywhere packaged more than 152,000 meals for low-income children of Mercer County. Ingredients included a red lentil jambalaya meal created by nutritionists at Feeding Children Everywhere. Tina's funds will go to help purchase the food and packing supplies.

## **WEST PHILADELPHIA STOP THE BLEED**

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### ***Sunny Jackson, Penn Presbyterian***

Sunny's grant will go toward purchasing bleeding control kits for community centers in the West and Southwest Philadelphia neighborhoods that experience the most gun violence. With the kits, churches and community centers will be able to receive Stop the Bleed training this year. The plan is to continue working to establish relationships and trust in these neighborhoods and develop proactive measures to decrease violence in Philadelphia.

## TIME OUT

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*Megan Kalafsky, Hospital of the University of Pennsylvania*

Alzheimer's disease takes a devastating toll on caregivers, many of whom provide around-the-clock supervision for their loved ones. Caregivers can experience substantial physical, emotional, and financial difficulties, and the cost of professional respite care through a home health-care agency in Philadelphia can be substantial. Time Out is a low-cost intergenerational program in which students provide respite services for families who are caring for their elderly members. Megan's funds will help to subsidize the program.

## HAYDEN'S HOUSE OF HEALING

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*Heather Landis, Lancaster General*

The mission of Hayden's House of Healing is to provide a safe, tranquil space for bereaved mothers, fathers, couples, children, and families where they can heal and connect together after having lost a child because of congenital heart defects (CHD) which affects 1 in every 110 children. According to the Centers for Disease Control, it is the most common cause of infant illness and death. The organization works with the Children's Hospital of Philadelphia (CHOP). Heather was introduced to the program at CHOP after her child, Jenna Jean Hope Landis, passed from CHD. Heather has been a volunteer at Hayden's House of Healing since then. Her grant will help send grieving individuals to the House and will contribute to the House's support of CHOP.

## MOOS NONPROFIT CARE PROGRAM

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*David Leeking, Lancaster General*

More than 90 percent of families of the Robert Fulton Elementary School in Lancaster are economically disadvantaged. David's grant supports MOOS, a non-profit enrichment program sponsored by Covenant United Methodist Church and Community Mennonite Church of Lancaster. MOOS provides before-school care for the Fulton Elementary students, offering supplies, snacks, and incentive prizes for the children who demonstrate respect and good behavior.

## COMMUNITY-TO-HOSPITAL REFERRAL SYSTEM

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*Rachel McFadden, Hospital of the University of Pennsylvania*

The 2019 Southeastern Pennsylvania Community Health Needs Assessment identified "substance/opioid use" as the leading concern of local communities. Community members who inject drugs are at risk of serious soft tissue infections and face many barriers to medical care. These include lack of transportation, stigmatization, and inadequate treatment of withdrawal while they receive medical care. A number of nurses, physicians, and recovery specialists at HUP also serve the community through Prevention Point Philadelphia (PPP). The proposed "referral" program uses this HUP and PPP provider network to facilitate high-quality wound infection management for individuals actively using drugs in a non-judgmental, stigma-free environment. Rachel's grant helps the system provide transportation vouchers to those in need of advanced medical treatment at HUP. Additionally, part of the grant was used to purchase items necessary to keep PPP's shelter and the people that stay there safe from COVID.

## OSHUN FAMILY CENTER

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*Karla Mendez, Clinical Care Associates*

Based in Jenkintown and Philadelphia, Oshun Family Center seeks to fight the stigma of mental health by providing culturally sensitive therapy services to women, children, and families impacted by perinatal mood disorders in minority communities. In addition to focusing on maternal mental health, the center works to reduce the rate of maternal mortality in Philadelphia. Another goal is to join forces with midwives and providers in educating patients about their birthing rights and options. Karla's grant will be used to fund workshops throughout the city and to advertise Oshun Family Center.

## **CHELTENHAM LITTLE LEAGUE**

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*Tamara Montroy, Corporate*

Tamara, who serves as vice president of Cheltenham Little League, supports the organization because it allows girls and young women to learn a sport, become team players, and understand what good sportsmanship looks and feels like. She works with other moms and dads who understand what sports can do to empower the young girls in their community. Given the league's aging and damaged batting helmets, Tamara's grant allows the purchase of new helmets and increases the safety of the sport.

## **FRIENDS OF THE SOUTH PHILADELPHIA LIBRARY**

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*Theresa Moran, Clinical Care Associates*

The Friends of South Philadelphia Library has provided hygiene kits to the housing-insecure people who use the public library for daytime shelter. The kits meet basic personal care needs, promote dignity, and share resources. They include products for washing, sun protection, menstrual care, foot care, hydration, small wounds, and grooming, as well as information on housing, food, and health resources and on applying for public benefits. Helping this population meet basic hygiene needs is a prerequisite for preventing illness and maintaining health. The larger goal is to continue this project indefinitely and expand it to all libraries in the city.

## **PUENTES DE SALUD**

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*Daphne Owens, Hospital of the University of Pennsylvania*

Puentes de Salud is a nonprofit that partners with the University of Pennsylvania to provide low-cost, high-quality preventative and specialty care to uninsured immigrants in Philadelphia. It is primarily staffed by Penn faculty, residents, and medical students. One essential task of its basic clinical processes is to do an intake/assessment and get vital signs of each patient for appropriate triage. Part of the process involves using a GE Healthcare Dinamap machine. But when its machine broke, the clinic needed a replacement. Daphne's funds will go toward purchasing a Dinamap machine.

## **KIND INITIATIVE**

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*Cheryl Seay, Home Care and Hospice*

The KIND Initiative uses mentoring, focus groups, and small group assemblies to offer ways to regulate emotions and resolve conflicts at the Daroff School (K-8th) while fostering a kinder environment for the students. The program is a partnership of The Jarell Christopher Seay Love and Laughter Foundation, the Daroff School, and the Penn Injury Science Center. The Foundation is Cheryl's own nonprofit that she and her husband started after their teenage son was shot and killed on the porch of their home in 2011. The KIND Initiative includes focus groups to discuss important community issues like bullying and violence as well as a recreation therapy program. Student mentoring will pair younger students with older students to give young children another big brother or sister to look out for them. Cheryl's funds will be used for student-incentive gift cards, sports equipment, snacks, educational materials, and other costs.

## **HORIZON HOUSE**

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*Holly Sharpe, Hospital of the University of Pennsylvania*

For the past five years, Holly has conducted donation drives at HUP to help support Horizon House, an emergency shelter that cares for the homeless in its two Philadelphia locations. During inclement weather, there can be as many as 75 people seeking shelter at the houses. Holly's current goal is to purchase 80 rest mats for one of the houses, helping to provide a safe and restful place to sleep.

## **TRAVELING TOWARDS HEALTH**

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*William Short, Perelman School of Medicine*

Adequate prenatal care is essential to the health of both the mother and her unborn child, but difficulty obtaining reliable transportation to clinic visits is frequently cited as a barrier to care. Penn Medicine works with Philadelphia's Perinatal Medical Case Management Program, a referral-based program designed to work with women living with HIV during pregnancy and up to 1 year postpartum. The case managers provide psychosocial support

and address structural, psychosocial, and other barriers to medical care. William's grant will provide transportation for women to and from their OB appointments who are unable to get there by other means and will help to ensure that no baby in Philadelphia is born with HIV.

## **ACCESS TO PRIMARY AND SPECIALTY CARE**

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*Deborah Sinni, Clinical Care Associates*

Dr. J. Edwin Wood, Chair of the Department of Medicine at Pennsylvania Hospital from 1969 to 1990, established the Wood Clinic to provide quality care to patients regardless of their ability to pay. Although Dr. Wood's mission is stronger than ever, the patients continue to experience huge challenges in getting to their clinic and specialty appointments because they are unable to afford transportation or have physical limitations. Deborah's funds go to offset transportation costs to and from appointments for the Clinic's patients and for juice and snacks for patients who are hypoglycemic.

## **TEAM HEART, INC. GLOBAL PROJECT**

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*JaBaris Swain, Hospital of the University of Pennsylvania*

JaBaris, a fellow in cardiovascular surgery, is directing his grant toward the purchase of a bone-cutting sternal saw to help the care of patients in Rwanda with rheumatic heart disease (RHD). He has been volunteering with a nonprofit, Team Heart, Inc., for 10 years. Following civil war and genocide that ended in 1994, Rwanda's medical infrastructure lay in shambles and today there is still a lack of access to simple treatments like antibiotics. That is a major reason for widespread, untreated strep infections, which leads to RHD throughout rural parts of the country. One goal toward sustainability is building a cardiac center in Rwanda, staffed by Rwandan nurses and a Rwandan cardiac surgeon – mentored by Team Heart.

## **ACTION WELLNESS**

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*Erli Jessica Tang, Perelman School of Medicine*

Action Wellness, a Philadelphia-based nonprofit, provides emergency transportation for low-income and vulnerable patients, allowing them

to get to vital medical, behavioral health, employment search, and social services appointments. The goal is to empower their clients to rise beyond the barriers of poverty and infirmity to achieve wellness. Action Wellness primarily serves low-income minorities with serious chronic illnesses and histories of trauma, addiction, and homelessness.

## **CAMP DREAMCATCHER**

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*John Welsh, Hospital of the University of Pennsylvania*

John volunteers every year at the health clinic at "Camp Dreamcatcher," located in Oxford, Pa. The camp, held for one week each summer, is designed for children from ages 5 to 17 who have HIV / AIDS or who have immediate family members with the disease. Staffers at the health center hold educational sessions on HIV treatment and prevention. John's grant will help to ensure that those most at risk for spreading the disease are educated about it. The grant helps to cover costs for first aid kits, educational information, and office supplies, as well as to help sponsor underprivileged campers.

## **CHESTER COUNTY SUICIDE PREVENTION TASK FORCE**

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*Tracey Whalen, Chester County Hospital*

An alarming public health concern, suicide is the 10th leading cause of death in the United States. As a volunteer and contributor to the CCSP Task Force and as a parent who lost an 18-year-old son to suicide, Tracey believes it is imperative that people better understand suicide and its warning signs. The mission of the Task Force is to prevent suicide through increased awareness, education, and dissemination of resources. One of the important evidence-based tools is QPR (Question, Persuade, Refer). Tracey's grant helps offset the costs of certified instructors and student booklets.

## **ASIAN AMERICAN YOUTH MENTAL HEALTH**

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*Zheya Jenny Yu, Pennsylvania Hospital*

Suicide was the leading cause of death for Asian Americans between the ages of 15 and 24 in 2017. Asian American female students in grades 9-12 were 20% more likely to attempt suicide than non-Hispanic white

female students. Yet only 6.3% of Asian American adults received mental health services in 2018. To help deal with the challenges that Chinese Americans face in seeking such services – such as a strong sense of stigma, cultural beliefs, and language barriers – Zheya, a child and adolescent psychiatrist, provides workshops and forums for parents and their children in eight Chinese schools in the Philadelphia region. Her partner in this effort is Dr. Yong-Tong Li of the University of Pennsylvania Counseling and Psychological Services. Both doctors are Chinese American and speak Mandarin.

## FALL 2019

### SCHOOL SUPPLIES

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#### *Rejo Abraham, Penn Presbyterian*

The youth group at Grace Pentecostal Church provides school supplies for children who attend the summer program at Norris Community Center in north Philadelphia. The initiative supplements the church's annual donation drive. The group's goal is to provide all the necessary supplies to the 65-75 children who attend each year, which include back packs, notebooks, pens and pencils, folders, and more.

### ELDERS ON THE MOVE

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#### *Sheila Anderson, Penn Presbyterian*

The Elders on the Move program, with volunteers from the Penn Presbyterian Acute Care for the Elders Unit (ACE), is directed to people 65 years old and above. It provides physical activities to residents at nursing home facilities and promotes indoor sports like volleyball, musical exercises (for active range of motion), and mind exercises. Sheila's funding will purchase yoga items, vintage clothing accessories, and gifts for the residents of Renaissance Healthcare and Rehabilitation Center, in West Philadelphia, helping to host a Sweetheart Dance.

### MOMS LIKE ME

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#### *Tawandaa Austin, Home Care and Hospice*

Moms Like Me, Tawandaa's own nonprofit organization, is designed to uplift and strengthen middle-class mothers by reducing their stress and making them feel more appreciated as they face economic challenges. While Tawandaa's funding goes toward helping with their utility bills, her nonprofit further offers educational opportunities and provides for outings like Painting with a Twist and other fun activities.

### HEALTHLINE'S MATERNITY ANNEX GLOBAL PROJECT

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#### *Alexandra Archer, Clinical Practices of the University of Pennsylvania*

Alexandra is a development associate for Compassion Corps (CC), a nonprofit organization that brings groups of medical providers and teachers to underserved families in Africa, with particular attention to widows and orphans. In particular, CC partnered with Healthline Clinic in Liberia, which was one of the few clinics to remain open during the Ebola crisis, providing life-saving medical and maternity care. At present, CC is providing funds to build a maternity annex at the Healthline Clinic and to pay for equipment that creates a safer environment for birthing mothers. Given that Liberia has one of the highest rates of maternal mortality in the world, such support is very welcome.

### HEART SAFE MOTHERHOOD AT CHESTER COUNTY HOSPITAL

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#### *Jamie Bastek, Chester County Hospital*

Heart Safe Motherhood is a novel approach to delivering care developed at Penn Medicine that uses connected health technology to improve women's transition from admission to the hospital through delivery to the return home. The program allows pregnant or postpartum women to monitor their blood pressure and send readings by texting to their healthcare providers. Jamie, a clinical assistant professor of obstetrics and



gynecology, will use her funding to purchase 50 blood-pressure cuffs for the women.

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## **ST. VINCENT DE PAUL THANKSGIVING BASKETS**

*Joan Casarella, Princeton Health*

The St. Vincent de Paul Society of Joan's church, St. Bartholomew's near Edison, N.J., assists families with critical needs and helps them get back on their feet. All the members are volunteers who provide case management and prepare, deliver, and serve meals every other week at the Ozanam Family Shelter. Joan's funding helps with the Thanksgiving baskets they prepare, as well as going to restock items for the food pantry.

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## **HELPING HANDS MINISTRY**

*Kandice Chandler, Princeton Health*

The ministry, part of Calvary Missionary Baptist Church in Trenton, reaches out to help feed the homeless and provide hygiene items and clothes to the less-fortunate families in the area. Every November, the ministry also puts together 50 Thanksgiving baskets for those in need and also adopts one or two families for Christmas.

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## **RENEGADES- SOCIAL SUPPORT FOR VETERANS**

*Anthony Davis, Home Care and Hospice*

The Renegades, a social support group for veterans, is a thriving venture of the Penn Center for Community Health Workers in partnership with the VA Medical Center. The purpose of the group is to provide veterans with a resource for coping with post-traumatic stress disorder through service to others and to the community. It also provides a space for veterans to come together. Another project is a community garden. Anthony's grant supports the Renegades' program activities.

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## **MOTHERS OF MINISTRY**

*Kia Graham, Clinical Practices of the University of Pennsylvania*

Kia's funds go for supplies like toiletries, waters, canned goods, and blankets that are given out to homeless people in shelters, train stations, and on the streets. Each year, M.O.M. also provides blankets, hats, gloves, and other useful goods in Suburban Station, along with homemade soup and sandwiches. The Mothers also give supplies to families at Children's Hospital of Philadelphia on Mother's Day.

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## **MILAGRO HOUSE**

*Rebecca Wilson Griffith, Lancaster General*

Milagro House, in Lancaster, PA, provides housing, education, and support services for women and their children who would otherwise be homeless. Even as the prices of CPR classes increase, many of the women must have CPR certification for the education courses and jobs that they are trying to get. Rebecca's grant is used to buy the necessary equipment and materials for those classes.

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## **FEMALE GENITAL CUTTING CENTER COLLABORATIVE**

*Abike James, Hospital of the University of Pennsylvania*

Abike, an associate professor of clinical obstetrics and gynecology, will use her funds to help Philadelphia women who have migrated from African countries where the practice of female genital cutting (FGC) is common. The practice can result in long-term complications like pelvic pain and obstetric complications that require referrals to uro-gynecologic and obstetric specialty care. Penn faculty members form part of a collaborative with other concerned entities, including the Philadelphia Department of Public Health and the African Cultural Alliance of North America. Abike's grant helps support community outreach efforts, educational workshops, screening, and treatment.



## COMMUNITY HEALTH EDUCATION AT BREWERYTOWN/ SHARSWOOD

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*Tanya Johnson-Coleman, Hospital of the University of Pennsylvania*

Working within the HUP Nursing Community Outreach Council, Tanya is using her grant to help provide education about diabetes and blood pressure to the African American adults in Brewerytown. The goal is also to demonstrate healthy nutritional food choices, healthy menus, and nutritional information. During the program, there will also be diabetes screening and blood-pressure monitoring, and box lunches will be provided.

## FRIENDS OF CARROLL PARK

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*Joyce Jones, Perelman School of Medicine*

The goal of the Friends of Carroll Park is to inform the community of the benefits that the West Philadelphia park offers, such as walking trails, green space, and exercise equipment. The target population is in need of information on various preventive health-care measures. The Friends have planned two large-scale wellness events for all ages as well as three events specifically for youths. The group's grant goes to provide outdoor play equipment, arts and crafts, various health and wellness samples, and snacks and beverages.

## THE CHAIM FUND

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*Yisreal Kraus, Princeton Health*

The Chaim Fund's mission is to ensure that needy children receive appropriate care, especially when a family is struggling financially, emotionally, or physically. Yisrael's grant allows the Fund to send approximately 60 care packages every week for 12 weeks to needy families. The Fund mainly supports Tomchei Shabbos, which serves weekly Shabbos and Yom Tov food packages to needy Jewish families in Middlesex County, NJ.

## TAKE CHARGE OF YOUR HEALTH

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*Arabia Laramore, Princeton Health*

Innovations Ministries operates under Generations, Inc., a community development corporation that provides comprehensive, coordinated services to meet the needs of families and individuals. Twice a year, the Ministries program offers "Take Charge of Your Health," a six-week workshop on self-management of chronic disease. It gives people and/or their caregivers the knowledge, skills, and confidence to take a more active role in their healthcare. Arabia's grant helps support the program, paying for textbooks, workshop supplies like handouts and notebooks, and healthy food.

## PENN KIDNEY DISEASE SCREENING AND AWARENESS PROGRAM

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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), but 96% of those with early-stage CKD are not aware that they have it. As the disease progresses, survival depends on dialysis or transplantation. Early detection of CKD greatly improves community health. Penn Kidney Disease Screening and Awareness Program (PennKDSAP), a group of Penn undergraduates and a faculty leader, provides free kidney disease screenings at local community centers. Mary Ann's funds go to purchase the necessary supplies, such as glucometers, antibacterial gauze pads, and safety lancets.

## IMPROVING ACCESS TO PALLIATIVE CARE

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*Mary Pat Lynch, Pennsylvania Hospital*

Mary Pat is part of the Delaware Valley Palliative Care Collaborative, a non-profit organization with members from more than 30 hospitals and healthcare systems throughout Southeast Pennsylvania, New Jersey, and Delaware. It brings together an interdisciplinary group of healthcare providers who are interested in promoting and providing palliative care

and educating the public about it. Mary Pat's grant goes toward the design and development of educational materials for patients that all members of the collaborative could use in the respective bases.

## **HELPING HANDS@ENON**

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### ***Gwendolyne Mayrant, Clinical Practices of the University of Pennsylvania***

Helping Hands at Enon is a continuing project involving children in Gwendolyne's church, Enon Tabernacle Baptist Church, and the surrounding neighborhoods in the North Philadelphia 19150 zip code. The goal is to provide the basic necessities that they lack on a daily basis. Gwendolyne's funding goes to purchase clothing, toiletries, goodie bags, shoes and boots, and gift cards for the children.

## **SAN JUAN BAUTISTA PLAZA**

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### ***Miriam Ortega, Lancaster General***

Miriam's funds go to support a youth and cultural center serving Lancaster with after-school programs, free household items, food, and housing resources. Additionally, support has been provided for those in Puerto Rico affected by the devastation caused by Hurricane Maria. Specifically, the CAREs Grant will help improve the area in Lancaster where people can pick up food items, providing an awning at the entrance to shield them from the elements.

## **SISTERS R US CIRCLE SURVIVORSHIP CIRCLE**

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### ***Marylou Osterman, Pennsylvania Hospital***

Sisters R Us holds five free educational workshops each year to support women – primarily African American with low or moderate incomes – who have been impacted by a diagnosis of breast cancer. In addition, the workshops educate people in the community about the importance of good breast health practices and access to yearly mammograms that can lead to early detection and a decrease in the number of women diagnosed with Stage IV breast cancer.

## **CHRISTIAN GROWTH MINISTRIES COMMUNITY DEVELOPMENT CORPORATION**

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### ***Shenique Parham, Clinical Practices of the University of Pennsylvania***

A volunteer with the Community Development Corporation for 15 years, Shenique directs her funds to support its range of services in the Wilmington area. These include weekly food and clothing drives, movie nights, Thanksgiving Good Giveaways, and a Christmas Toy Drive. There is also an annual Community Day, when services and goods are given free and health screenings are offered. The goal of the Ministries is to spread a message of hope to those in the community.

## **SERVE SATURDAYS**

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### ***Myra Rodriguez, Clinical Practices of the University of Pennsylvania***

Myra's church, The Block Church, has a goal of helping to revive the city, one block at a time. It has instituted Serving Saturdays once a month for two hours, simultaneously in nine Philadelphia locations, including gas stations, where members provide cards for free gas. Other items the members give out include gift cards for supermarkets. People from the church also prepare meals for the homeless and help clean city parks.

## **LOCAL COMMUNITY EMPOWERMENT**

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### ***John Schafhauser, Home Care and Hospice***

John's grant seeks to enable Penn's Community Health Workers (CHW) to engage and build rapport with patients in the local community. In part, the effort involves purchasing such materials for patients as magazines, crossword puzzles, coloring books, reading glasses, etc. Other uses of the funds include Uber/Lyft costs so that a CHW could physically check in on a patient during a potential crisis.

## SOUP KITCHEN HEALTH OUTREACH PROGRAM

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*Joseph Teel, Hospital of the University of Pennsylvania*

Joseph's grant creates a new project that has Penn undergraduate students visit soup kitchens throughout Philadelphia, where they would perform free blood-pressure screenings for the homeless. In addition, they would provide referrals to free clinics for follow-up care. Up to 25% of this vulnerable population suffer from hypertension, among other health issues that go undetected. Another goal of the project is to help foster a meaningful internal community of volunteers.

## MUSICOPIA

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*Gui Valladares, Princeton Health*

Gui's funding goes toward the purchase of drumming supplies, including practice pads and sticks, for approximately 80 students in Musicopia drumming workshops. Its program evaluations show improved mood, attention, and behavior among economically disadvantaged students, ranging from pre-K through 12th grade. In addition, in its service to the students of the Philadelphia region, Musicopia has expanded its after-school Drumlines program from 200 to 300 students.

## OPPORTUNITY ADKINSON PROJECT

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*Helena Whitest, Hospital of the University of Pennsylvania*

A recently organized nonprofit organization, the Opportunity Adkinson Project provides a home on East Allegheny Avenue for those needing a place to heal while dealing with abandonment, substance abuse, mental health issues, and other problems. Helena's funding goes toward renting the house and paying for utilities, as well as for six beds, linen, towels, and other items necessary for a new home.

## HEALTHY HOMES AND COMMUNITIES

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*Victoria Wilson, Corporate*

Victoria's project has been to develop seminars for community organizations and special events that highlight some ways low-income and senior residents can minimize allergens, asthma triggers, mold, and pests – thus creating healthier homes. Her current targets neighborhoods are Belmont, Mantua, and Mill Creek. Special tool kits and custom workbooks are provided to participants, along with healthy snacks.

## VOLUNTEERS IN MEDICINE

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*Demetra Zalman, Hospital of the University of Pennsylvania*

Volunteers in Medicine (VIM) provides healthcare for the uninsured or under-insured/under-served people of South Jersey. Its clinics are the only ones in the region that offer free healthcare for individuals who earn up to 300 percent of the Federal poverty guidelines and have no affordable insurance. Patients are also educated in health literacy so they may navigate their own care better when they no longer require VIM services. Demetra's grant goes toward purchasing supplies for glucose monitoring and educational materials as well as for flu vaccinations.

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[PennMedicine.org/Community](http://PennMedicine.org/Community)  
[CAREs@pennmedicine.upenn.edu](mailto:CAREs@pennmedicine.upenn.edu)

We applaud the community work of Penn Medicine employees and Perelman School of Medicine students. If you would like more information on the CAREs grant or community outreach, please check out [PennMedicine.org/Community](http://PennMedicine.org/Community) or feel free to contact us.

3600 Civic Center Blvd., 5th Floor West, Philadelphia, PA 19104-4103