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Chicago

Schweitzer Fellows

○ Spring 2010

New Fellows Gear Up for Year of Service Work

The newly selected 2010-11 Chicago Schweitzer Fellows kicked off their year at Orientation during the weekend of April 24-25. At a wooded campground in Algonquin, IL, the 31 Fellows learned about the logistics of the Fellowship and began planning their community health improvement projects. This was the first time that the new Fellows met as a group, and so the weekend retreat was also an opportunity for them to become acquainted with each other through team-building exercises, fun activities such as a drum circle, and informal discussions.



See pictures from Orientation on page 3 and a list of the new Fellows on page 7



The 2009-10 Fellows organized a service day at the Maywood Ronald McDonald House. See page 4

The Brotherhood Experience: Improving the Health of Black Men in Chicago



Project Brotherhood resides in the Woodlawn Health Clinic on Chicago's south side. Every Thursday from 4-7 pm, doctors, social workers, and even alternative therapy specialists, come together to celebrate black men and their health - holistically. Studies show black men are

one of the populations least likely to have a primary care physician -- sometimes going decades without visiting a doctor -- and also are more prone to having a poor quality of life. Since it began in 1998, *Project Brotherhood* has fought against these statistics. Most of the patients at the clinic are uninsured, African American males ages 18-70. Many are affected by diabetes, hypertension, alcoholism, and are smokers. Some have even been incarcerated, strongly affecting their ability to get a job in a tough economy.

Project Brotherhood helps change the lifestyles of many men by a successful working model: providing care in a culturally and gender specific way, including free haircuts, food, and transportation assistance for every clinic session. The clinic staff is primarily black men and includes social workers, physicians, and trained community members. The community members are well aware of the needs of the men due to their personal experience, and have been given training to understand how the hardships that black men experience can contribute to their health and quality of life. What seems remarkable is the way the clinic has answered the call to reach black men, helping them to be more health conscious and to improve their quality of life. The model's success and effectiveness is attested through the fact that the bulk of recruiting is by now mostly through word of mouth.

As a current Albert Schweitzer Fellow at *Project Brotherhood* I have worked closely with my site mentor, Dr. Bonnie Thomas, physician and medical director of the clinic, and a southside native. Before providing service to the community, I first observed the functions of the clinic and what the men experienced while they were there. I was definitely impressed with what I saw. The waiting rooms were full, with several patients waiting to be seen free of charge by one of the 5 available black male doctors, the focus group in the center of the facility had about 30 men debating and exchanging ideas about some of the key issues disturbing the black community, such as the absence of fathers in

Cont. p. 4

Orientation Brings New Fellows Together

Ideas, Inspiration and Friendship Shared at Spring Retreat



Fellows enjoyed the fascinating biodiversity of a forested fen, and then weeded invasive species to help native plants grow.



Problem solving together during team-building activities.

With the help of *Funkadesi* band member Carlos Cornier, Fellows made music together during an evening drum circle.



Mentor Justin Welke (at center) leading a symposium planning discussion.



Fellows shared their community service project ideas with Dr. Arthur Kohrman, Chair of the Schweitzer Advisory Council.

Leadership by Example Lecture Refuels Fellow's Passion for Service



Dr. Greg Scott

My experience at the May 4 *Leadership by Example Lecture* by Dr. Greg Scott changed my whole schema of the world. We Fellows are all people who feel the vocation of service to mankind as a part of the fabric of our essence. Each of us are. I certainly am. To come away from a presentation that expanded *my* world concept is no small thing.

Dr. Scott, a professor of sociology and documentary filmmaker, took us on a journey into a world that is so far on the fringe that we tend to insulate ourselves from it. He took us into the heart blood of the homeless heroin addict that stands on the corners of our world, hand outstretched, cup shaking, begging for our pennies, or whatever we can spare. He took that person, the one we walk a few steps away from as we scurry down the sidewalk to school, to work...and revealed to us a man, and, ourselves.

To say his talk was powerful woefully understates its impact. It was as if he transplanted our own eyes with the eyes of the addict.

From this day forward I see with a different vision. We are people who desire, even more, who feel the vocation of service of giving to humanity. It is who we are. To attend a lecture like the one given for us last night, is to walk away completely filled to over-flowing with passion, recharged, rejuvenated, ready and excited to re-invest myself into my fellowship.

As Schweitzer Fellows, we are all asked to serve. At Fellows for Life lectures, we are served. Don't we need to fill up too?
-Pauline Abrego, 2010-11 Fellow, Adler School of Professional Psychology

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The Brotherhood cont...

the home. There was also a Qi Gong class taking place, something I had never previously attempted myself, teaching the men how to cope with life's stress. The experience was awe-inspiring.

The following week, Dr. Thomas allowed me to see patients for the first time. My goal was to learn as a student pharmacist and Fellow, and to educate patients, some who were taking in excess of eight medications. I had my game face on that day – I studied all the medications I knew relating to heart disease, cholesterol, and everything else I had learned, even finding new information on other things that could possibly come up. I heard how physicians love to make their students squirm asking them complex questions, but I was surprised by the questions he asked. He did not ask me what the procedures were for a hypertensive emergency, or what to do in the case of a stroke within the optimal time frame window. His first question was “Name the 5 leading causes of death,” which I fumbled through slightly, but was able to come up with the correct answer. He then said, “List the leading risk factors for heart disease.” I listed those as well. Dr. Thomas explained to me the importance of knowing and understanding these factors, because they are the guidelines we should use when treating black men. Most of these factors were related to lifestyle and public health. We discussed these things directly in front of the patient to educate him on the challenges he may face.



James Lott (right) works with a client



For my Schweitzer project, I have been working alongside the physicians and social workers in helping provide excellent patient care. I recommend drug therapy to the physicians when needed, take detailed patient histories, help in establishing a medical reference library that supports information on African American men's health, and provide fellowship to the patients, listening to their inspiring stories. I have gotten the opportunity to educate men about chronic illnesses like high blood pressure and colon cancer and how to prevent or treat the diseases.

Project Brotherhood has developed into a working model of health, mentorship, and a way for men to feel a sense of support they may not receive anywhere else. Being a Fellow at Project Brotherhood has made me take far fewer things in my personal life for granted and has given me the opportunity to be inspired by other men, both patients and staff. The clinic has motivated me to become a leader in minority health advocacy, along with demanding a better public health system to support a better quality of life for individuals. I have had superior mentorship from the staff at *Project Brotherhood*, which has made my Schweitzer experience a truly life changing experience and a success.

-James Lott, 2009-10 Fellow, CSU College of Pharmacy

Fellows Serve Families of Hospitalized Children in Maywood



Shana Salik (far left, UIC Nurse-Midwifery), Greg Van Hyfte (middle left, Univ. of Chicago SSA), and Dana Cozzetto (left, Rosalind Franklin Scholl School of Podiatry) prepare breakfast.

On February 20th, a group of Fellows and Fellows for Life cooked and helped with housekeeping chores for families at Ronald McDonald House in Maywood. The nonprofit provides housing and support for families from out of town while their children receive treatment in Chicago hospitals.

Fellows' Community Work Celebrated at 2010 Annual Event

On April 15, 2010, the 2009-10 Fellows, their families and friends, site and faculty mentors, Fellowship Advisory Council, and HMPRG Board and staff gathered to celebrate the Fellows' achievements helping underserved Chicago communities improve their health. Held at Northwestern University's Lurie Research Building, the evening began with a reception with live jazz music and hors d'oeuvres. During the seated program Dr. Funmi Olapade, a renown breast cancer researcher, gave the keynote about the connections between global and local health, and then each of the Fellows described their projects. Appreciation awards were presented to Schweitzer Fellow for Life Dr. Elizabeth Salisbury and to Advisory Council Member Catharine Quinn.



Funmi Olapade, M.D., FACP spoke about disparities in breast cancer, globally and locally



Podcasts of some of our Fellows can be seen at <http://www.youtube.com/user/schweitzerfellows>



Health @ HOME: Fellow Works with Low-income Seniors to Improve Health



Mike Bennett with clients at Housing Opportunities and Maintenance for the Elderly (HOME)

Health @ HOME, the working title of my Schweitzer project, is a series of weekly health education events for low-income seniors at Housing Opportunities and Maintenance for the Elderly. These ever-evolving gatherings have focused on a variety of health topics and have featured individualized goal-setting and health screening, communal meals, health education presentations, and practical discussions of health promotion and disease prevention. Most of the topics we've covered were selected by the participants, and most of the content was from the CDC's website. Some of the more recent discussions have been particularly engaging and relevant for the participants, and many have coincided with my coursework as a graduate nursing student at the University of Illinois at Chicago.

During the first gathering of March, we continued a discussion from the previous month on gastroesophageal reflux disease (GERD). As the conversation continued, it evolved into a discussion of tips for preparing for their doctor appointments. Several residents mentioned that this information was helpful for them and they intended to use the health journal technique to contain the information health care providers will be eliciting from them during their appointments.

The next week we discussed Cancer prevention, and the residents received handouts from the CDC website on cancer prevention. Caren, the Housing Coordinator, also mentioned specifically that one resident was concerned about cancer being contagious, so we addressed that concern specifically, differentiating between viruses like HPV that can be carcinogenic, and cancer itself. Having recently covered cancer in my advanced pathophysiology class, I was also able to show them some images to reinforce some of the information provided about malignant cell growth. The discussion was a lively one, but not quite as lively as would be the discussion during the following week.

Fellows Raise Awareness About Human Trafficking in Chicago



The 2009-10 Fellows' forum, "Human Trafficking: A Community Perspective," on March 9 aimed to increase awareness about human trafficking in Chicago and efforts to stop it. Jody Raphael, a Senior Research Fellow at DePaul University's College of Law, and Andrea Palombella, the Executive Director of Traffickfree Chicago, spoke to the audience about the prevalence of Human Trafficking in Chicago and ways individuals can take action against it.

Planned by a small group of Fellows, the symposium brought together students, faculty, and community members to hear about this important topic. One Fellow said, "I never realized how pervasive the problem is in our own community," and another said, "the symposium was eye-

opening." The symposium was filmed by CAN-TV and aired on their network later that month. The Fellows who planned the event said it was nice to work with each other and learn about a topic many of them previously knew little about.

Health @ HOME Cont....

Though there was not nearly as much substance as we had covered the previous week, the topic of falls and fall prevention was an engaging one, as a couple of the residents had a history of falls, and they had all known people who had fallen. As we talked about exercise as a technique for fall prevention, I invited and encouraged several of the residents to demonstrate the exercise regimens they had been practicing with their physical therapists – emphasizing of course that each regimen was specific to the individual. One resident led us all through his exercises. Another resident even demonstrated some of the martial arts exercises he had previously practiced, and yet another taught us some tai chi exercises that she had learned at her senior center. The residents were engaged in the discussion and activities and they reported that they enjoyed discussing the topic.



During the final discussion of the month, on Medication Safety, we discussed the importance of understanding the purpose of medications, their side effects, adverse effects to monitor for, any required lab tests, and techniques for organizing medications. I also began to create an archive of the presentation materials for distribution to new residents and for future reference.

What I have learned the most about myself in designing and implementing this project is that my words and actions, however humble, do have a very tangible impact on those I serve. Some of the information that residents bring up is from presentations that happened months ago. For example, in this month alone, I found out that two residents have graduated from walking laps within the building, to taking walks around the block on a regular basis, which we covered during our discussion on physical activity in October. In addition, the content we covered on nutrition has frequently re-emerged during our meals together. For example, a resident offered me salt to put on my potato one evening, but before I could even respond another resident jokingly chided him, and began to educate him about what she had learned from our discussions. So not only are my efforts at least partly influencing an apparent increase in health knowledge, but they also appear to be influencing improved health behaviors.

I am very pleased with the spirit that the meetings have begun to take on. The mutual learning process that I intended has only improved as the year has progressed. Every week I learn from their wealth of experience with managing chronic health conditions, and they have clearly been learning and retaining the information I have brought to the discussions. I truly look forward to each week I spend with them and this project, and it is clear from their comments, their behaviors, and their consistent attendance of the discussions that the feeling is mutual.

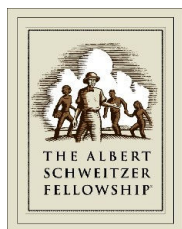
- Michael Bennett, 2009-10 Fellow, UIC College of Nursing

Congratulations to the 2010-2011 Schweitzer Fellowship Class!

The Chicago Area Schweitzer Fellows Program has selected the 2010-2011 Schweitzer Fellowship class. We are excited to welcome 31 students as Fellows, representing 12 universities, 18 academic programs and 11 health and human service disciplines. The Fellowship recipients are:

Pauline Abrego, Adler School of Professional Psychology
Francois Blumenfeld-Kouchner, Northwestern Univ. Chicago College of Osteopathic Medicine
Carmen Cancino, UIC College of Medicine
Erin Cavanagh, Loyola University Stritch School of Medicine
Meenadchi Chelvakumar, UIC College of Medicine
Sarah Cordes, DePaul University, Department of Nursing
Courtney Driscoll, DePaul University, Department of Nursing
Kaori Ema, UIC College of Dentistry
John Ryan Hayes, Northwestern Univ. Chicago College of Osteopathic Medicine
Rene J. Herrera, Chicago School of Professional Psychology
Laura Hodges, The University of Chicago, Pritzker School of Medicine
Ryan Hollon, UIC, Urban Planning Doctoral Program
Vivian Leung, Rush University College of Medicine
Saria Lofton, UIC College of Nursing
Ifrah Magan, University of Chicago School of Social Service Administration
Toussaint Mears-Clarke, University of Chicago Pritzker School of Medicine
Matthew Murphy, Loyola University Stritch School of Medicine
David Murray, Loyola University Stritch School of Medicine
Nicole Oxendine, Columbia College Dance/Movement Therapy and Counseling Program
Adam Paberzs, UIC School of Public Health
Shalonda F. W. Patterson, St. Xavier University, School of Nursing
Cherese Pullum, UIC College of Nursing Doctoral Program
Sangeetha Ravichandran, The School of the Art Institute of Chicago, MA in Art Therapy Program
Brittlyn Riley, The School of the Art Institute of Chicago, MA in Art Therapy Program
Sara Rosenthal, DePaul University, Department of Nursing
Scott Schwartz, UIC College of Dentistry
Alicia Stapleton, Loyola University Stritch School of Medicine
Mara Terras, UIC College of Medicine
Chung (John) Won, Rosalind Franklin University, Chicago Medical School
Benson Wright, Rush University College of Nursing
Melanie Younger, Loyola University Chicago, School of Law

Thank you to all who applied for the Fellowship!



The Chicago Area Schweitzer Fellows Program, a collaborative effort of The Albert Schweitzer Fellowship™ and the Health and Medicine Policy Research Group, provides service learning opportunities and support for graduate level students in health and social service fields interested in working with individuals and communities who are underserved by the health care system. The Program envisions that the Fellows are embarking upon a lifelong commitment to serve the most vulnerable members of our society. The Chicago Area Program is one of eleven nationwide, and is administered by Health and Medicine Policy Research Group. For further information, visit <http://www.hmprg.org>, or contact Program Director Ray Wang at 312 372-4292 ext. 24

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Fellows Program**

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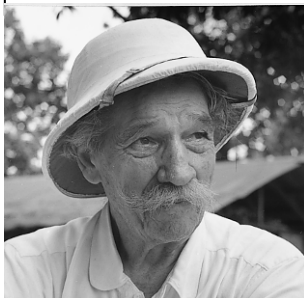
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Quentin D. Young, MD
Chairman, HMPRG

Arthur F. Kohrman, MD
Schweitzer Fellowship
Advisor
Advisory Council Chair &
National Schweitzer Board

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Chicago Area Schweitzer Fellowship Events

**June 10, 2010 (Thur.) 6:00pm – FFL Leadership by
Example Lecture featuring Bechara Choucair, MD**
*For more information and to RSVP, please email
rsvp@hmprg.org or call 312-372-4292 ext 24.*

Mid-July, 2010 (Date TBA) – FFL Skills-Building Workshop
*For more information, please email rwang@hmprg.org or call
312-372-4292 ext 24.*

**August 18, 2010 – FFL Leadership by Example Lecture.
Speaker TBA.**

October 17-18: National FFL Conference- Baltimore
*Don't forget to register for the 2010 FFL Conference in
Baltimore! Registration information can be found at
<http://schweitzerfellowship.org/features/fellows/conference/>.*

“Service: Never have this word on your lips, but
keep it in your hearts.”

- Albert Schweitzer

We express our gratitude to:

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