Historical List of Chicago Area Schweitzer Fellows and Projects
Updated May 2026

2025-2026 Chicago Area Schweitzer Fellows

Shazaad Ahmed, *Chicago State University, Social Work*
Shazaad partnered with Howard Brown Health to address social isolation and inequities in accessing healthcare services among LGBTQ+ older adults in Chicago by facilitating a series of community discussions focused on connection, health, aging, and resilience. The project creates a supportive space where LGBTQ+ elders can share experiences and build relationships across diverse neighborhoods in Chicago. Through these conversations and activities, the initiative aims to strengthen social support networks and improve the overall quality of life for LGBTQ+ older adults.

Abdalla Ali, *University of Illinois at Chicago, Pharmacy*
Abdalla partnered with IMAN Health Clinic, a federally qualified health center, to work with patients and community members through workshops and one-on-one discussions about pharmacy use, chronic conditions, and associated medications. He centered conversations on optimizing medication management and improving lifestyle habits so that patients could better engage with their health and overall well-being.

Andrea Bejar, *Northwestern University, Medicine*
Andrea partnered with MiMedico Primary Care Clinic to develop programming aimed at improving access to medical imaging and cancer screening in the Latino community in Pilsen. Her project's goal was to provide culturally competent educational materials and group sessions about cancer screening, self-advocacy, and radiation safety. She offered one-on-one support to answer patients' questions about health screening and imaging, help patients schedule appointments, and apply for financial assistance.

Shanthi Cambala, *Midwestern University, Medicine*
Shanthi partnered with Richard T. Crane Medical Preparatory High School and Dominican University to provide small group workshops and individual mentoring sessions focused on healthcare exploration and professional development for first- generation high school and college students. Through these sessions, students learned about various healthcare careers, explored educational pathways, developed professional networks, and built wellness skills to approach their journeys toward healthcare careers with confidence and intention.

DeAndrea Carter, Benedictine University, Nursing
DeAndrea partnered with the Harvey Brooks Foundation to enhance nutrition education for adults and children in the Joliet community. Through interactive workshops, hands-on cooking demonstrations, and engaging educational activities, she promoted practical skills and increased awareness of healthy food choices. The initiative incorporated family-centered strategies by sending home ingredients and tools that encouraged children to recreate healthy snacks with their parents, reinforcing learning beyond the classroom. This approach strengthened nutritional knowledge, fostered family engagement, and supported sustainable behavior change within the home environment.

Mary Chaudhry, Midwestern University, Medicine
Mary partnered with Hamdard Health to strengthen health literacy and improve access to care for underserved immigrant and elderly communities. Through culturally tailored preventive health education workshops, cancer screening initiatives, and chronic disease programming, she empowered participants to make informed decisions and take proactive steps toward managing their health. She also collaborated with RUSH CURE to expand access to specialty services, helping bridge gaps between community members and needed medical care.

Catherine Chen, *Northwestern University, Medicine*
Catherine partnered with Project Vision to increase healthcare-seeking behaviors and reduce stigma surrounding sexual and reproductive health in the Chinatown community. She implemented a culturally tailored health education program for parents and students, facilitating interactive workshops and communication skill-building sessions in both Mandarin and English. The program addressed topics often considered taboo, including menstruation, healthy relationships, and sexual consent.

Samuel Chen, *University of Chicago, Medicine*
Sam partnered with Walls Turned Sideways, a community arts and education space by and for people affected by the criminal-legal system. Together with system-impacted folks, Sam crafted and led trauma-informed mindfulness programming. From meditation to kintsugi, these programs aimed to help those returning from prison better care for themselves and those around them.

Lauryn Coleman, *Loyola University Chicago, Social Work*
Lauryn partnered with West Cook County Youth Club to develop and implement SPARKS, a culturally responsive career exploration and skill-building program for 4th through 8th grade students. She facilitated interactive workshops that introduced youth to diverse career pathways including STEM, entrepreneurship, architecture, and the arts. Through hands-on activities she helped students build financial literacy, problem-solving skills, leadership capacity, and confidence. Through SPARKS, she aimed to expand students' awareness of future opportunities and strengthen their belief in their ability to pursue meaningful educational and career pathways.

Diana Dao, *National University of Health Sciences, Naturopathic Medicine*
Diana partnered with Deborah's Place and Nourishing Hope to improve nutrition literacy among individuals experiencing housing and food insecurity in Chicago. She developed and implemented a nutrition education program to help participants better understand what they are eating, why it matters for their health, and how to use accessible foods to build balanced meals. Through educational lectures, food demonstrations, and one-on-one nutrition support sessions, Diana focused on increasing participants' confidence in reading nutrition labels, understanding key nutrients, and using pantry staples to support their health. Her project provided practical knowledge and tools that empower individuals to make informed food choices and support their overall well-being.

Ayanah Dowdye, *Rush University, Medicine*
Ayanah partnered with Kenwood Academy to launch Sister Strong, a wellness and mentorship initiative for young Black and Brown women at Kenwood Academy. Through weekly workshops focused on mental health, self-expression, and joy, the program aimed to help students build confidence, a sense of community, and foster meaningful dialogue around topics they had not previously had the space to. Programming was co-created with student input and included guest speakers and reflective discussions that affirmed students' identities and supported their overall well-being.

Andrew Kim, *Rosalind Franklin University, Medicine*
Andrew supported the expansion of a Diabetes Prevention Program for high-risk patients at Lawndale Christian Health Center. The program provided contextualized, evidence-based education, addressed chronic health inequities on the West Side of Chicago, and equipped patients to best-practice lifestyle changes, effective partnerships with local stakeholders, and group-based accountability.

Dominik Kucirek, *University of Chicago, Medicine*

Dominik partnered with Trans CARE on the South Side of Chicago to increase peer supports for patients seeking gender-affirming care. He also helped patients navigate pre- and post-surgical periods after gender-affirming surgeries and helped patients form mentorship pairs to share knowledge and build community.

Hannah Lewis, *University of Illinois at Chicago, Social Work*
Hannah partnered with Rush School-Based Clinics to provide mental health coping skills training to high school students at Crane Medical Preparatory High School. She taught coping skills through games and creative expression. She also provided students with a space they could come to relax and de-stress from the day. Additionally, she taught caregivers how to teach and practice the skills with their youth to foster healthy coping at home.

Karina Mak, *Loyola University, Medicine*
Karina partnered with the SHARE Network to create an Advance Care Planning program for older adults living in community settings across Chicago. She hosted group informational sessions and individual consultations to help older adults document their end-of-life wishes through advance directives. These sessions also fostered conversations between older adults, their caregivers, and healthcare teams to support more informed and compassionate future care.

Andrew Mohama, *Rush University, Medicine*
Andrew partnered with Working Bikes and Stone Temple Baptist Church to expand access to transportation, health, and community connection on Chicago's South and West Sides. Through the "Cycle of Power" initiative, he identified individuals experiencing social isolation and transportation insecurity and connected them with refurbished bicycles, safety equipment, ongoing repair support, and a supportive community. In collaboration with community leaders and educators, he incorporated basic health education, screenings, cycling safety instruction, and follow-up wellness check-ins. Through this work, Andrew strengthened access to care, employment opportunities, and social connection through sustainable transportation.

Yasemin Mumay, *University of Illinois at Chicago, Dentistry*
Yasemin partnered with El Valor to provide interactive oral health education for children and oral hygiene workshops for parents and caregivers during community events and family programs. She led engaging sessions using storybooks, hands-on demonstrations, and puppets to help children better understand brushing and preventive oral health practices. Under faculty supervision, Yasemin also conducted oral health screenings and preventive services for children from El Valor's Family & Children Center and for residents with special healthcare needs living in El Valor's residential homes. Through this work, she helped expand access to preventive oral health education and care within the community.

Jennifer Nacnac, *Rush University, Nursing*
Jennee partnered with Healthy Hood Chicago and Steinmetz College Prep High School to lead *Unmuted*, a violence prevention program that empowered freshmen to understand consent, challenge harmful norms, and practice safe bystander intervention. The initiative emphasized skill-building, peer accountability, and measurable growth in students' readiness to intervene.

Ugonna Nwakudu, *University of Illinois at Chicago, Medicine*
Ugonna combined her interest in pediatrics with her passion for performance by leading improv workshops for children with autism and other neurodevelopmental conditions at City Elementary, a K–8 school in Hyde Park. These workshops provided a safe and supportive environment where children practiced communication, emotional expression, and self-regulation, supporting positive behavioral health outcomes.

Maryam Othman, *University of Illinois Chicago, Dentistry*
Maryam developed a project to address oral hygiene awareness and habits within the Arab community and broader Chicago area. Through workshops at local community centers, she provided education on preventive oral health and demonstrated proper brushing and flossing techniques. Her program included coordination with community leaders, community health workers, and dental health volunteers to deliver workshops throughout the year. Maryam emphasized sustainability as a central component of her work, designing the program to continue beyond her fellowship year.

Eric Peprah Osei, *University of Illinois at Chicago, Nursing*
Eric partnered with the Ghanaian Community Health Clinic in Chicago to implement a culturally tailored, community-based diabetes education program for Black communities. He developed interactive materials focused on nutrition, physical activity, and blood glucose management, ensuring the content reflected community values and lived experiences.

Nikita Rabbitt, *Northwestern University, Physical Therapy*
Nikita partnered with Lydia Home, a group home for youth in foster care, to increase healthy relationships with exercise and reduce the risk of chronic disease later in life. Nikita developed and implemented a curriculum of weekly creative movement classes tailored to the site's activity goals for their youth, increasing body awareness, coordination, and self-efficacy.

Victoria Roehl, *North Park University, Nursing*
Victoria partnered with the UIC Cancer Center and its affiliated clinics to deliver workshops focused on developing personalized self-care plans for individuals navigating cancer survivorship. Using SMART goal setting and mindfulness practices, she supported participants in building sustainable strategies for resilience, strengthening community connections, and honoring their survivorship journeys.

Christina Rogers, *Rush University, Medicine*
Christina led community-based workshops and educational sessions for underserved older adults and their caregivers, focusing on evidence-based lifestyle strategies to support cognitive health and overall well-being. Through partnerships with aging-focused community organizations, libraries, faith-based groups, and senior housing communities, she engaged participants on topics such as physical activity, cognitive engagement, social connection, and adherence to the MIND diet. In addition to facilitating presentations, Christina volunteered within aging communities and participated in outreach events to increase awareness of brain health and dementia prevention.

Sondra Ross, *Chamberlain University, Nursing*

Sondra partnered with Harvey Brooks Foundation to provide community health education. She hosted health education fairs focused on mental health techniques to improve mood and overall well-being. She also developed and taught a 6-week curriculum for children ages 3 and up, as well as adults. This curriculum highlighted how food choices affect energy, mood, and cognitive functions. To support lasting impact, she provided Canva booklets with nutrition guidance and healthy recipes, along with case management services to help address the holistic needs of participating families.

Courtney Savage-Hoggard, *Loyola University, Medicine*.

Courtney partnered with Girls in the Game to develop and facilitate The Lab: Reproductive Justice & Equity Lab, a youth-centered program that integrates reproductive health education with sports-based leadership development. Through interactive, trauma-informed workshops, she helps girls build skills in body literacy, boundary setting, and healthy relationships while exploring topics such as consent, self-advocacy, and Title IX protections in sports. The program centers the lived experiences of Black and Latina girls and uses discussion, reflection, and creative activities to empower participants to understand their rights, advocate for themselves, and lead both on and off the field.

2024-2025 Chicago Area Schweitzer Fellows

Mohammad Abdallah, *University of Illinois at Chicago, Pharmacy*
Mohammad collaborated with UI Health to enhance access to smoking cessation services for underserved patients in Cook County. Recognizing barriers such as travel costs and health limitations that prevent patients from attending in-person appointments, he spearheaded the development of a telehealth service. This initiative provided patients with remote access to counseling and medication refills, ensuring continuous engagement with the smoking cessation clinic. His efforts focused on improving medication adherence, empowering patients to establish quit dates, and supporting them with personalized action plans to enhance their treatment outcomes.

Kavya Anjur, *University of Illinois at Chicago, Medicine*
Kavya created a series of wellness classes for women and children in domestic violence shelters through the Connections for Abused Women and Their Children Program. These classes taught healthy physical and mental health practices and provided a space to develop social support networks, learn about positive parenting practices, and feel empowered to take charge of their own health. In addition, Kavya is developing a standardized wellness curriculum to support improved health outcomes for these families and distributing a sustainable guidebook to shelters across the country.

Rachel Bartnett, *Loyola University, Medicine*
Rachel collaborated with Maywood Fine Arts (MFA) to create sustainable mental health and wellness programming for students ages 6-18. Her programming addressed the eight pillars of a wellness wheel—social, emotional, physical, intellectual, spiritual, environmental, financial, and occupational. Through individual check-ins and group classes, Rachel empowered students with critical knowledge about mental health and equipped them with tangible skills to promote wellness in their own lives.

Daniel Benedum*, School of the Art Institute of Chicago, Art Therapy*
Daniel designed a creative zine and character art workshop that aimed to decrease minority stressors affecting LGBTQ+ youth while also increasing positive resiliency factors. The zine and character workshop operated at eight Chicago Public Schools and also included a Zine and Character workshop at Chicago Public Schools' Galaxy Summit. Bringing in voices and highlighting different LGBTQ+ artists, historical moments, and Chicago community events combined educational and creative outlets in relation to LGBTQ+ student health and wellness. The Zine and Character workshop aimed to offer new approaches to considering how affirmative and affordable LGBTQ+ care can happen.

Brian Carter, *Northwestern University, Medicine*
Brian partnered with Legal Council for Health Justice to train community members to advocate for solutions to legal barriers to accessing quality health care services in their communities. Activities included learning about Medicare/Medicaid and the legislative process, drafting a statement for an Illinois Department of Healthcare and Family Services listening session, identifying contact information of representatives, preparing elevator pitches for policymakers, and attending an advocacy day in Springfield. Brian also assisted community members in drafting advance directives for their health care.

Kevin Chen, *University of Chicago, Medicine*

Kevin partnered with the Chinese American Service league to provide educational lessons and group exercise sessions to address the increasing burden of musculoskeletal problems in the senior Chinese population. By providing culturally sensitive prevention strategies and management options, Kevin equipped participants with the knowledge to combat age-related physical decline and musculoskeletal-related pain.

Ateh Fonteh, *Northwestern University, Medicine*
Ateh worked with Chicago Help Initiative to increase community understanding of chronic health conditions and healthy lifestyle behaviors in unhoused adults in Near North. She initiated a weekly series of health literacy workshops covering topics decided by workshop participants. She also provided printed workshop-specific resources and directed participants to local community resources.

Jesse Gamoran, *DePaul University, Clinical-Community Psychology*
Jesse worked in alliance with The Boulevard, a medical respite shelter for unhoused individuals, to enhance sense of community among residents and staff and reduce staff burnout. With residents and staff, Jesse designed and implemented two weekly support groups (one for residents and one for staff) that utilized visual art, music, and cooking-based activities.

Axel Garcia, *Roosevelt University, Pharmacy*
Axel partnered with Rush Medical Center through the Rush Generations program to provide the Latino immigrant population of Chicago's South and Southwest sides with Spanish education on medications and affordable health care. His project equipped community members with tools to manage chronic diseases and prevent future illnesses.

Ivory Griffin, *Northeastern Illinois University, Public Health*
Ivory led the Academic Connection Experience (ACE) program, which helps adolescents receiving mental health care at Hartgrove Behavioral Health System address academic and environmental stressors. The program offers interactive health educational group sessions, as well as individual consultations to assist adolescents and their families in managing stress, improving well-being, and enhancing family communication for a successful return to school after hospitalization.

Sayyida Hasan, *Rush University, Medicine*
Sayyida partnered with the Salvation Army and Box United to increase movement and health literacy in adolescent girls in the Humboldt Park neighborhood. She initiated a program that included boxing and health literacy aimed at helping the girls to be more physically active, understand their bodies and how it impacts their function, and empower them to take control of their health.

Grace Keegan, *University of Chicago, School of Medicine*
Grace partnered with Firebird Community Arts to implement an emergency preparedness and empowerment program for people affected by or at risk for community violence. She promotes life-saving skills and healing among youth and people involved in trauma recovery programs by teaching emergency preparedness skills and organizing art therapy and therapeutic conversations that address the burden of community violence.

Saranya Menon, *University of Illinois at Chicago, Medicine*
Saranya worked in conjunction with Deborah's Place on the West and North sides of Chicago to improve knowledge about nutrition and its relation to mental health. She led interactive live cooking demonstrations and nutritional workshops to encourage women to take control of their nutrition, learn about ways to access local resources for healthy produce, and break down perspectives that healthy eating is not delicious.

Erika Meraz, *Roosevelt University, Biomedical Science*

Erika partnered with The Resurrection Project and IWS Family Health Center to increase health insurance literacy among the Latine community in Chicago. Through hosting workshops and sharing essential information, Erika helped community members understand key health insurance terms, navigate Medicaid applications and renewals, and access additional resources. She also collaborated with Community Health Workers (CHWs) to strengthen their understanding of health insurance to continue educating and supporting their communities.

Roberto Mizhquiri, *DePaul University, Nursing*
Roberto worked side by side with The Peace Exchange to enhance mental health literacy, self-management skills, and advocacy among youth in North Lawndale. Through the A.S.P.I.R.E. Project, he implemented an interactive, skills-based mental health education program that equips students with an understanding of the body's role in mental health, self-management techniques, communication and decision-making skills, and goal-setting strategies to navigate stress, trauma, and emotional challenges. He also provided resources to parents to help foster mental health, emotional well-being, and self-awareness at home.

Deniz Namik, *University of Illinois at Chicago, Dentistry*
Deniz united forces with RefugeeOne to decrease oral healthcare disparities among refugee, asylum-seeking, and immigrant populations in the Chicagoland area. She hosted dental education workshops that covered a variety of topics, provided basic dental preventative services, and fostered sustainable initiatives through translated resources that can be used long-term. Deniz aims to continue empowering individuals to take control of their oral health and promote long-term oral health equity.

Katie Owens, *Northwestern University, Medicine*
In partnership with Chicago Help Initiative, Katie facilitates health education sessions on diabetes and heart health for people experiencing homelessness in downtown Chicago. These sessions in conjunction with community meals held twice a week, which meets immediate needs and fosters further engagement and understanding of nutrition. Additionally, in collaboration with another fellow, Katie hosted a wound care and blood pressure check station, stocked wound care bags, and provided immediate education on high blood pressure.

Binita Pandya, *Rosalind Franklin University, Medicine*
Binita coordinated efforts with Roberti Community House to increase health agency and help community members make positive everyday health decisions and navigate health systems. She created an educational curriculum and programming focused on health education and communication. She initiated interactive lessons and experiments with youth through the afterschool program and created bilingual infographics and lectures for the adult cooking program.

Anjali Pinto, *University of Illinois at Chicago, Nursing*
Anjali partnered with Lawndale Christian Health Center to support new migrant families living in shelters, focusing on parents of newborns. She developed an ed1ucational program to promote safe sleep practices, aiming to reduce the risk of Sudden Unexpected Infant Death (SUID). Additionally, she led health promotion activities on safe sex, family planning, and mental health. Through successful fundraising efforts, families received essential items such as diapers, wipes, clothing, car seats, and bassinets.

Trevor Poulson, *Rush University, Medicine*
Trevor joined forces with the CURE clinic to integrate ophthalmology services and address a critical gap in vision care for homeless and migrant populations on Chicago's west side. By collaborating with Rush Medical Center and Franciscan Outreach, he secured an auto refractor, developed a workflow for prescription approval, and provided free or low-cost glasses to patients in need. This project improved health care accessibility and empowered individuals by restoring their ability to navigate daily life with

clear vision.

Sara Ruiz, *Loyola University, Public Health*
Sara collaborated with Erie Family Health Centers to increase awareness of intimate partner violence (IPV) and teen dating violence (TDV). Sara led engaging workshops and educational programming among diverse audiences, including new moms, sorority women, high schoolers, and middle schoolers. Her project entered upon challenging misconceptions regarding IPV and determining new ways to gain trust and rapport among different communities.

Nicole Safran, *Rush University, Nursing*
Nicole partnered with Saint Leonard's Ministries to provide weekly programming for justice involved men, focusing on health topics of interest to residents. Through group and one-on-one sessions participants gained the knowledge, skills, and resources needed to improve their health literacy, understand common health conditions, and enhance awareness of healthy behaviors.

Hussein Salem, *University of Illinois at Chicago, Dentistry*
Hussein partnered with the Aden Center, a Yemeni American community center, to promote oral health and nutrition among underserved Middle Eastern communities in Bridgeview and the north side of Chicago. He implemented culturally sensitive oral hygiene workshops for children and adults, focusing on proper dental care, the importance of regular check-ups, and the impact of nutrition on oral health. Hussein engages community members through interactive educational sessions, distributes oral hygiene kits, and empowers members of the community to share their knowledge and promote healthy habits, ensuring sustainability of the program beyond his involvement.

I**smihan Uddin,** *Midwestern University, Medicine*
Through Chi-Care, Ismihan launched the Mobile Care Medical Van to provide essential health care services to the homeless population. Understanding the barriers to medical care faced by those experiencing homelessness, she created a mobile clinic that brings free check-ups, basic treatments, and health education directly to those in need. Through this initiative, she works to address health disparities, improve access to care, and advocate for a more equitable healthcare system. By meeting individuals where they are, Ismihan helps restore dignity, promote well-being, and ensure necessary medical attention.

Suvitha Viswanathan, *Loyola University, Medicine*
Suvitha formed an alliance with Gilda's Club to offer patient-centered educational workshops on sexual health, pleasure, and intimacy for women and people affected by cancer. She led virtual and in-person discussions to encourage folks to connect over unique challenges in their cancer journeys. She also engaged cancer health care providers and offered resources for addressing patient needs surrounding intimacy and sexual health.

Nicole Walkowiak, *Rush University, Nursing*
Nicole partnered with The Night Ministry (TNM) to work with people who inject drugs (PWID) in Chicago, primarily on the city's westside. The community included adults of all ages and genders who are housed, unhoused, or in encampments. This project aimed to provide chronic wound healing for PWID as a harm reduction effort to prevent infection, promote self care, and foster enrollment into substance use treatment programs.

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Oluwamuyiwa Winifred Adebayo, *Rush University, Medicine*
Winnie developed a multimodal educational intervention for African American/Black adults living with

cardiovascular diseases in partnership with 23rd Place at Southbridge Apartments. This fitness-focused educational intervention promoted self-management and wellness, and facilitated tertiary prevention.

Hana Ahmed, *University of Illinois at Chicago, Medicine*
Hana worked with two groups of incarcerated women at Cook County Jail. She led programming centered on storytelling techniques. Each session contributed to a toolbox of coping skills to productively process traumatic experiences (e.g., being separated from children, or surviving domestic assault). Hana witnessed this community's incredible motivation and capacity to self-reflect and improve the circumstances of their life.

Ruth Londono Alzate, *Rosalind Franklin University, Medicine*
Ruth partnered with Beacon Place to create a program that supports at-risk minority high school students in developing skills to tackle the challenges that come in the transition from high school to a career. The program provides knowledge, tools, and resources that will help students achieve their career goals while caring for their mental health. She also partnered with North Chicago Think Tank and Nature's Emporium (a local Black-owned business) to provide information and awareness on hypertension and diabetes to local community members.

Sahar Al-Najjar, *Adler University*, *Clinical Psychology*
Sahar partnered with the Marjorie Kovler Center to strengthen healthy coping skills in adults who identify as immigrants/refugees. She initiated weekly psycho-educational groups to support this community in feeling more included and better equipped to manage the stressors of acculturation. She also engaged participants who identified within the LGBTQIA+ community and provided them with gender and sexual minority support that was inclusive to their identity through weekly psycho-educational stress-relief groups.

Karyn Byrne, *National Louis University, Community Psychology*
In partnership with Central DuPage Hospital, Karyn launched a virtual postpartum support group to reach new mothers who do not have the resources to attend in person. She also researched, designed, and launched a training seminar on promoting family resilience for new parents.

Ivana Chmielewski, *North Park University, Nursing*
Ivana partnered with the Rohingya Culture Center to increase health literacy through focused educational sessions that incorporated interactive science experiments and aimed at improving basic healthcare knowledge in both children and adults.

Sydney Love Cush, *Northwestern University, Medicine*
Sydney partnered with Cook Country Health and Stroger Hospital OB/GYN Clinic to develop a program that addressed non-medical and surgical alternatives to alleviating chronic pelvic pain and endometriosis. The program provided an educational foundation for the mechanisms underlying acute and chronic pain. Sydney's goal was to support and educate underserved women from diverse backgrounds in becoming more involved in their reproductive health and to encourage a holistic outlook that bolsters mental, emotional, and physical health, simultaneously.

Inés Debbiche, *Northwestern University, Medicine*
Inés partnered with the Community Health Clinic to increase health literacy and improve hypertension management. She created an educational intervention aimed at improving health literacy in Hispanic patients and expanded their knowledge in addressing and improving hypertension.

Celeste Dedic (Guzman), *University of Illinois, Pharmacy*
Celeste worked with the UIC Hispanic Center of Excellence to initiate mental health workshops for high school students living in underserved communities of Chicago. Through interactive and engaging sessions, Celeste guided the students in learning practical mental health strategies emphasizing emotional intelligence and adaptability. By fostering a supportive and inclusive environment, she amplified students' ability to become catalysts for change within their communities.

Kai Holder, *Northwestern University, Medicine*
Kai collaborated with the Gyrls in the H.O.O.D., an organization that provides Black gyrls with the reproductive resources, social support services, and sexual health education they need to make informed choices. Kai's project addressed the current maternal mortality crisis in the United States, and the crucial need for accessible, relevant, and culturally competent information. Kai delivered this information in nontraditional and innovative formats, centered on the experiences of BIPOC women, and crafted to help them advocate for themselves in the healthcare sphere.

Chinasa U Imo, *University of Chicago, Social Work, Policy, and Practice.*
Chinasa partnered with The Vineyard Church, Hyde Park, and Family Rescue Chicago. She adopted an asset-based approach to implementing a support group program that addressed domestic violence and abuse by fostering psychosocial support, psychoeducational training and empowerment, and resilience-building among women and young people facing domestic violence and abusive situations on the South Side of Chicago.

Julia Kavanagh, *Midwestern University, Medicine*
Julia partnered with LYDIA Home to address the poor health outcomes of children living in the Chicagoland area foster care system. Through education, hands-on activities, and self-empowerment, her project worked to improve the children's health literacy and combat the early health disadvantages they face.

Jacqueline Lueken, *Loyola University, Social Work*
In collaboration with the Wellness House and Cancer Wellness Center, Jacque designed programming to decrease stress and anxiety in supporters and caregivers of loved ones diagnosed with cancer. She facilitated support groups utilizing expressive arts to provide a space for those who are often the last to ask for help or a support space to make connections. Caregivers shared their hardships and experiences and found a much-needed reprieve from being the "one leaned on," and made connections within the community, as they learned to navigate their grief.

Tyler Linder, *Rush University, Medicine*
Tyler facilitated a community educational program through Rush University and Project sWish Chicago for underserved youth affected by street violence. Project sWish hosted basketball tournaments during times of high gang violence, and by working as a team, young adults learned valuable lessons on mental and physical health and learned more about careers in healthcare.

Paige Madden, *Midwestern University, Medicine*
Paige partnered with Martin Avenue Apartments, in Naperville, Illinois to increase oral health literacy within the senior resident community. She initiated an interactive lecture series that focused on topics such as oral health and aging, periodontal disease, and at-home oral cancer screenings. She worked to create an engaging environment in which residents felt safe to ask questions and learn about how

important oral health is to systemic health.

Angela Olivar, *University of Illinois Chicago, Dentistry*
Angela partnered with El Valor to raise awareness about the importance of oral healthcare. She provided preventive services and educational sessions that addressed factors that limit Latino communities in seeking continuous oral healthcare services.

Evan Patel, *Rush University, Medicine*
Evan worked to create a specialty healthcare clinic for unhoused and migrant patients across Chicago to improve access to healthcare, reduce overall costs, and provide timely and effective care to the residents of houseless shelters—a vulnerable population that deserves equal access to the same resources as the rest of society. Participants were able to receive otolaryngological care not previously available from medical providers typically available for this community.

Simon Park, *Loyola University, Medicine*
In collaboration with the Friedman Place on the Northwest side of Chicago, Simon developed a healthcare self-advocacy program for blind adults and adults living with visual impairment. This program's goal was to educate, and further empower adults who are blind or visually impaired in advocating for their medical needs in the healthcare space.

Fatima Rasoul, *Loyola University, Social Work*
Fatima partnered with World Relief Chicagoland to increase access to culturally congruent mental health literacy and resources for refugee mothers in the Chicago area. She organized an 8-week-long group and developed a curriculum that focused on mental health and healthy coping to provide refugee mothers with the tools that will further empower them in their mental health journey here in the US.

Ambika Seshadri, *DePaul University, Nursing*
Ambika partnered with Chicago Family Health Center to serve the women of the South Chicago and Pullman neighborhoods and build upon their health literacy and sense of agency. Her project improved access to support communities for women of childbearing age by facilitating the exchange of knowledge and mutual aid through support groups, baby showers, and other community-building events.

Chirag Shah, *Midwestern University, Medicine*
Chirag partnered with the Chicago Hispanic Health Coalition to support migrants in tackling the significant lack of resources devoted to their immediate needs. Chirag worked with the migrant population to meet their immediate health and primary needs in dynamic situations. This included access to basic medical care, work permits, necessities, and other wraparound services.

Michelle Soans, *DePaul University, Research Psychology*
Michelle collaborated with Cook County Jail to increase healthy coping and improve mental health in women experiencing incarceration. Michelle initiated an interactive mental health education program to help women learn about mental health disorders and heal from the traumas they have experienced. She encouraged them to be vulnerable, share their experiences, and become better versions of themselves. She provided resources, handouts, books, and group activities to facilitate this learning and encouraged them to continue prioritizing their mental health once released.

Alexander Wang, *University of Chicago, Medicine*
Alex worked with the Coalition for a Better Chinese American Community to sustain and enhance the

Origin Youth Program. This youth-led program empowers high school students to develop and conduct civic engagement projects of their choosing to support Chinatown and surrounding neighborhoods. Alex integrated a series of identity discussions into the Origin Youth Program to promote greater understanding and exploration of racial-ethnic identity in Origin students. Alex hopes to compile and disseminate findings from Origin to provide a framework for other youth-led project-based programs.

Jason Xiao, *University of Chicago, Medicine*
Jason partnered with the Chinese American Service League (CASL) to promote vision health and screening for youth and older adults living in the Bridgeport and Chinatown areas. He created an interactive, language-concordant education program that engaged adults within CASL and through partnerships with multiple senior housing facilities and organizations. Furthermore, he implemented a basic vision screening protocol and provided resources for low-cost eye exams. With the Youth Development Program, Jason designed a series of workshops to excite interest in science and health-related careers, such as practicing how to conduct eye exams.

Karen Yuan, *Loyola University, Medicine*
Karen partnered with the Center on Halsted to connect LGBTQ+ older adults with affordable and affirming senior housing communities in Chicago. She increased awareness about aging services, policies, and resources tailored to LGBTQ+ older adults. She also delivered LGBTQ+ cultural competency training to staff at long-term care facilities to promote an inclusive and equitable care environment.

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Elnaz Alimi, University of Illinois Chicago, Disability Studies
Elnaz partnered with Heartland Alliance International Marjorie Kovler Center to increase community participation among Afghan refugees. She initiated fun, interactive, and community-centered assessments aimed at gaining community-driven data and insight into the actual needs of the target community. She also conducted community-based, cultural-oriented group sessions to facilitate occupational engagement and community participation among the Afghan community and foster their social networking.

Tina Barrett, National University of Health Sciences, Acupuncture
Tina partnered with York High School, an alternative high school servicing mostly young Black and Latino men, ages 18-24 housed inside Cook County Jail. Tina engaged her students with lessons in everything from anatomy to mental/emotional health to drug abuse. Class discussions also addressed bail reform and life in prison.

Nicholas Cooper, DePaul University, Nursing
Nicholas partnered with Ann & Robert H. Lurie's Gender Development Program to connect transgender and gender expansive youth with gender-affirming medical, social, and psychiatric services as they transition into adulthood. He created a transition toolkit and provided consultation to trans youth as they began searching for gender-affirming healthcare providers in their area, and developed a registry that has over 100 gender-affirming healthcare providers spanning across the U.S. He engaged with youth and their families to find and develop care teams that meet their individual needs, while empowering participants to take an autonomous role in their healthcare decisions.

Cindy Cruz, University of Illinois at Chicago, Nursing
Cindy developed a series of short and supplemental Un Minuto Conciente (Mindful Minute) presentations focused on mental health care for the pre-diabetic adult participants of Alivio Medical Center’s Prevent T2

program. The goal was to help build coping strategies that will facilitate success in achieving a healthier lifestyle.

Jennifer Cunningham, University of Illinois Chicago, Nursing
Jennifer partnered with Southside Community Center in Peoria to reduce risks of child abuse and neglect. She shared information on stress, trauma and their effects on the body as well as resilience. Together with the Center, Jennifer also shared information about positive parenting techniques, resources to address needs such as food access, and information on health topics such managing your blood pressure, reproductive health, and helping the choking child.

Amy De La Torre, University of Illinois Chicago, Medicine
Amy partnered with the UIC Hispanic Center of Excellence to teach Mental Health classes designed for underrepresented minority students in the Medicina Academy Apprentice Program (MAAP). The curriculum was created to equip the students with knowledge, skills, and resources in support of their mental health literacy and wellness.

Salma El-Behaedi, Northwestern University, Medicine
Salma initiated a patient education program for breast cancer patients actively undergoing cancer treatment. The program allowed a larger proportion of individuals to learn more about the myriad dermatologic side effects that they may expect over the course of their cancer treatment and provided patients with multiple strategies to minimize toxicities associated with such treatment. This program targeted a patient population that may not traditionally have access to specialist services, allowing for more equitable access to important information during a truly life-altering time.

Jean Gavina, University of Illinois Chicago, Nursing
Jean focused her efforts on minority high school students and community champions. The project concentrated on mental health, wellness and self-care sessions in collaboration with Asian Health Coalition, Healthy Washington Heights, Frida Kahlo Community and Live Every Second. The program involved a series of interactive workshops that offered activities, discussions and coping mechanisms to address stress and promote mental health awareness. The goal was to empower participants to take control of their mental health, promote positive practices, and apply what was learned in their daily lives. Participants extended the program by facilitating these themes with others and helping spread awareness and knowledge about mental health and wellness.

Zhong Huang, The University of Chicago, Medicine
Zhong partnered with the Coalition for a Better Chinese American Community to revitalize the Origin Youth Program, a youth-led, staff-supported leadership development program. Working with Origin participants and CBCAC staff, Zhong designed a structured curriculum that highlights youth empowerment, exposure to different communities of advocacy, and identity and social development.

Austin Hwang, Northwestern University, Medicine
Austin partnered with Rohingya Cultural Center to improve health outcomes in children and adults through health literacy and individual casework. He initiated discussions amongst community members about hypertension, diabetes, and lifestyle changes that could be made within the framework of locally available resources and cultural sensitivity. He also helped community members navigate the healthcare system and register for federally/state-funded resources such as SNAP, Medicaid, and Medicare.

Brice Jones, Rush University, Clinical Research

Brice partnered with a U-46 School District Elementary School to provide opportunities for positive male figures to demonstrate their presence in the school through the implementation of the Watch D.O.G.S. program. During his project, students had an opportunity to have safe and structured play at recess time reducing the number of conflicts that occurred on the playground. In addition, he was able to provide the students with strategies on teamwork, making good choices, and conflict resolution. Brice also partnered with community stakeholders such as My Block My Hood My City (M3) on implementing a youth gun violence intervention project. This program utilized a community-based participatory approach that empowered youth to address and find intervention points to combat gun violence.

BoBo (Boram) Kim, Art Institute of Chicago, Art Therapy and Counseling
BoBo created a memory album "Ways of Remembering" with residents of Central Baptist Village that helps them communicate by recalling memories and calming their mood. Making a memory book can be an effective way for the person with memory impairment to recollect their memories and stimulate their mind. When viewed with people who do not know how to communicate with the person with memory impairment, the book prompts discussion about what is in the album. The book was shared with the residents, family and staff. BoBo used Polaroid Now i-Type Instant Camera and Color i-Type Film for this project.

Rebecca Lai, Rush University, Nursing
Rebecca partnered with Project: VISION, a Chinatown-based tutoring center that serves youth who are mostly immigrants or children of immigrants. She worked with their middle school program staff to reconsider how to integrate social and emotional learning (SEL) into their programming as well as reconsider what mentorship can look like for the organization. Rebecca partnered with a local Asian American art-therapist to develop a 4-week Saturday enrichment program that explored the elements of SEL via art activities. She also developed weekly mentoring activities for the youth, ran a workshop for tutor-mentors that integrated therapy-based techniques which can be utilized in mentoring, and provided on-site guidance for staff and tutor-mentors as mentoring rolled out.

Samantha Maurer, Midwestern University, Medicine
Samantha partnered with LYDIA, a group foster care home aimed at providing hope and healing to children and their families. She empowered participants ranging from grade school to high school to be more aware of their physical health and lay down a foundation for a healthy lifestyle. To accomplish this goal, she designed a comprehensive series of engaging health education activities.

LaWanda McCraney, Alder University, Clinical Psychology
LaWanda partnered with Illinois Humanities to promote emotional wellness through creative expression for students enrolled in their Sojourner Scholar's program. LaWanda taught the students self-care and awareness techniques to help them identify both positive and uncomfortable emotions. She also facilitated interactive art and music workshops to promote and teach creative expression as an adaptive coping skill. Workshops included painting mood and encouragement rocks, creating and coloring daily mood trackers, creating emotional wellness vision boards and conflict resolution through interactive skits.

Meghan Murphy, Saint Xavier University, Nursing
Meghan partnered with Tapestry 360 Health to increase self-management skills of uninsured, Spanish-speaking diabetes residents of Albany Park. She initiated monthly cooking classes open to participants and their family members to learn more about nutrition and healthy eating for diabetics. She also engaged with diabetic participants one-on-one through phone sessions to discuss self-management skills, provide education and resources, and coordinated appointments for preventative screenings. She empowered

participants to take ownership of their diabetes and become advocates and sources of diabetes information for their families, friends, coworkers, and community.

Travis Nielsen, Loyola University, Medicine and Public Health
Travis partnered with administrators from Morton East High School and physicians from the private primary care clinic Cicero Medical Clinica San Lazaro, both in the predominantly Latino community of Cicero, IL. Together, they provided high school students interested in healthcare careers with an experience of what it is like to be a primary care provider for a population of mostly Spanish-only speakers in a low-resource setting. Clinic staff taught student participants how to perform basic tasks, such as taking vital signs and properly handling lab specimens. Participants also learned about the duties of clinic staff members. In addition to learning what it is like to be a health care provider, student participants also helped improve access to health care by reaching out to patients and directly coordinating preventive medicine visits.

Aishwarya Nugooru, Rush University, Medicine
Aishwarya partnered with Richard T. Crane High School and TaskForce Prevention to provide education in financial literacy and healthcare literacy to minority, underserved youth and community members in Chicago through a culturally sensitive and community-centered approach. She was able to educate and empower vulnerable youth to take steps to efficiently manage their finances and learn about navigating their present and future healthcare needs. The goal of this project was to bridge gaps in financial literacy education and health disparities to help address generational poverty.

Anne Osuji, University of Illinois Chicago, Medicine
Anne facilitated the DASH of Soul Food program, a program intended to reduce high blood pressure based on DASH diet principles that have been adapted to culturally appropriate recipes. This program at Deborah's Place, a supportive housing program for women with previous experiences with homelessness, incorporates heart healthy wellness practices, easy-to-follow recipes, and balanced lifestyle modifications to empower women impacted by housing and food insecurity to take control of their health.

Jenna Pasanen, University of Illinois Chicago, Criminology, Law, and Justice
Jenna partnered with Cook County Jail Women's Division to deliver a Re-entry Program for incarcerated women to support their preparation for release. Her group sessions focused on meeting needs such as housing, employment, and healing from trauma. Through group discussion, the women were encouraged to reflect on their goals for their lives after incarceration and to make plans for how to achieve them.

Havisha Pedamallu, Northwestern University, Medicine
Havisha partnered with SAATH and SAHELI South Asian community organizations to provide culturally competent health information to individuals. She conducted health demos and screenings to encourage people to take more agency and control over their health and ensure they had access to actionable information.

Jennifer Plascencia-Lopez, University of Illinois at Chicago, Public Health
Jennifer collaborated with the University of Illinois Chicago's Urban Health Program to support youth in pursuing higher education. One of her contributions was to facilitate the implementation of a hybrid educational program that offered participants exposure to health careers, guidance on the college application process, and knowledge acquisition on public health and youth advocacy. Furthermore, Jennifer implemented in-person workshop sessions, where students gained practical, hands-on experience in techniques such as suturing and CPR. Participants also broadened their professional networks by

connecting with health professional students at UIC.

Juaquan Savage, University of Illinois at Chicago, Dentistry
Juaquan partnered with Suder Montessori School to initiate weekly Mouth meetings which address nutrition, oral health and socioemotional support. These classes provided education to increase oral health literacy.

Tanner Shull, University of Illinois at Chicago, Public Health
Tanner partnered with Healthy Hood Chicago to expand the 5+1=20 program in four alternative high schools in Pilsen, Little Village, and Humboldt Park. He implemented a behavior change and public health curriculum using a "train the trainers" approach. This increased health knowledge to prevent, screen, and treat 5 prevalent diseases in the South and West sides. It also improved student capacity to act as health promoters in their community and contextualized Chicago's 20-year life expectancy gap within critical public health theory.

Sharmain Siddiqui, Loyola University, Medicine
Sharmain has spent her past year working with Little Village Environmental Justice Organization (LVEJO) to create a decolonized herbal medicine curriculum and a mutual-aid apothecary on their community farm. The apothecary was born out of the herbs grown collectively at the farm, to combat food apartheid in the West Side of Chicago and create more trusting relationships with health and medicine for marginalized populations in the city.

Niam Vora, University of Illinois Chicago, Pharmacy
Niam developed the nation's first Transitions of Coordinated Care program for released HCV/HIV prison patients from the Illinois Department of Corrections. Through UI Health, the case management/ social support program advocated and provided HCV treatment to recently incarcerated populations during their transition back into the community. Demonstrating the greater need for transitional health services for incarcerated populations, Niam's program ensured patients have access to medication, counselling, addictions resources, health literacy, and insurance throughout Illinois.

Jim Zhang, Rosalind Franklin University, Medicine
Jim partnered with Arts of Life to promote mental health and wellness for those with intellectual and developmental disabilities. He created interactive group programming that focused on a variety of topics such as mindfulness, stress management, relationships and life transitions. He also engaged with individuals on a one-on-one basis to help with their specific mental health needs.

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Brandon Ansbro, Northwestern University, Medicine
Brandon developed mentorship programs for underrepresented minority premedical college students at MiMedico Clinic to provide immersive and educational clinical exposure and volunteering experiences as well as career mentorship to Black and Latinx students aspiring toward careers in medicine. He also provided medical Spanish interpretation and volunteered as a student at the clinic to eliminate barriers to care and to provide primary care to patients from Spanish-speaking, immigrant, and undeserved communities. Finally, he also designed and implemented education workshops on recommended dietary servings and physical activity guidelines for pediatric patients and families to promote healthy lifestyles and reduce rates of overview.

Shams Azzawi, Roosevelt University, Pharmacy
Shams partnered with the Middle Eastern Immigrant and Refugee Alliance (MIRA) to provide various wellness workshops, social events, and health screenings in service of the Middle Eastern refugee community in the Chicagoland area. Shams worked alongside MIRA to provide mental health workshops to the women's group, a 5k fundraiser run, disease state breakfast discussions, yoga classes, and health screening events. Shams is also working to collaborate with other fellows in her class to provide an online introduction to boxing, yoga, and creative discussion classes. Lastly, Shams partnered with students at the University of Illinois at Chicago to provide a youth engagement program that entails field trips, team-building activities, and a safe environment for the youth to connect.

Teliane Bakala, University of Illinois Chicago, Dentistry
Teliane partnered with Heartland Alliance Youth and Family Services to increase oral health knowledge for refugees and asylees children, a population at risk for dental decay and caries. She initiated fun, interactive workshops aimed to help the children have a better knowledge of the importance of oral health hygiene. She also mentored young adults in helping them explore potential careers in Dentistry by reviewing resumes and providing them with college and alternative resources.

Jaclyn (Camardo) Darling, University of Illinois at Chicago, Nursing
Jackie partnered with WeGrow Chicago to increase accessibility to COVID vaccines, testing, education, and outreach. She assembled a team of volunteers to call over 150 families in the Englewood community to do wellness check-ups and provide updated information.

Paige-Ashley Campbell, University of Chicago, Medicine
Ashley partnered with World Relief Chicago to carry out a health education workshop series for vulnerable immigrant and refugee families in the Chicagoland area. These workshops provided education on topics identified by the families at World Relief as vitally important, such as the COVID-19 pandemic and the COVID-19 vaccine/ booster shot. Paige-Ashley is the 2021-22 Tarik F. Ibrahim, MD, MS Schweitzer Named Fellow.

Cori Cafaro, DePaul University, Clinical Psychology
Cori partnered with the Marjorie Kovler Center, an organization under Heartland Alliance International, to organize and develop a client advisory council that was responsible for organizing client events and providing feedback to improve program services. She also provided accompaniment and advocacy services for resettled refugees seeking medical and legal services. These services assisted clients in navigating U.S.-based health systems and promoted their self-advocacy skills.

Ariel Crenshaw, University of Illinois at Chicago
Ariel B. Crenshaw partnered with UI Health CHAMPIONS and UI Health Urban Health Program's Urban Health Club (UHC) which promoted college readiness and health advocacy through a virtual 6-week summer internship and a virtual after school program. Jointly, both UI Health programs focused on exposure to health career pathways, workforce development, college readiness, and a dive into public health, health disparities, and the importance of serving as youth advocates. She also engaged with students at Benito Juarez's HOSA Chapter to provide a 5-week hybrid training focused on Emergency Preparedness and Clinical Nursing Skills.

Danielle Drinkuth, University of Illinois at Chicago, Urban Planning + Public Health
Danielle partnered with Respond Now to connect residents in Chicago Heights to community resources and to increase access to foods that support healthy eating patterns. She used flyers to engage and

connect Respond Now's food pantry clients to available rental assistance and eviction prevention programs so that individuals and families could remain housed despite the financial challenges of the COVID-19 pandemic. She also initiated a healthy recipe challenge to encourage and inspire food pantry clients to prepare nutritious meals for themselves and their families using food items readily available to them.

Taylor Ellebb, University of Chicago, Medicine
Taylor partnered with The Young Doctors Club of North Lawndale to increase preparedness and provide mentorship to high school students who expressed interest in pursuing healthcare careers. She facilitated a series of college-readiness workshops whose topics included application completion, personal statement drafting, scholarship hunting, and resume building.

D'Monte Farley, Loyola University of Chicago, Medicine
D'Monte partnered with J.B. Jenkins & Associates - a podiatry clinic that serves Chicago's Southside. The aim of his project is to provide education to patients to raise general health awareness surrounding diabetes and its associated health complications. D'Monte created infographics explaining the diabetic disease process, A1c, and general nutrition information, and provides 1:1 instruction to patients as part of their regular podiatry appointments.

Symphony Fletcher, University of Chicago, Medicine
Symphony partnered with The Provident Foundation to increase access to information and resources pertaining to trauma recovery & violence prevention for at risk adolescents in the Chicagoland area. She helped organize a trauma recovery and violence prevention curriculum tailored to adolescent populations. She also assisted in recruiting specialists and lecturers to work with students in their school setting to deliver the multipart curriculum.

Rachel Francis, National University of Health Sciences
Rachel partnered with The Bloc Chicago to support their boxing and after-school programming for youth on Chicago's West Side. Assisting in one-on-one and group drills in practice, Rachel aspired to foster confidence and self-expression through physical activity with the fighters. Rachel was also able to initiate art projects and a 3-week yoga curriculum into the after-school program, which aimed to introduce a variety of creative outlets and explore rotating socioemotional learning competencies.

Veronica Gonzalez, Loyola University of Chicago, Medicine
Veronica partnered with Housing Forward to facilitate community for people experiencing homelessness in the Western suburbs in a time of isolation for their transitional housing clients. Through new client intake sessions, phone wellness checks, and on-site medical clinic visits, she worked with clients to create individualized health management plans and goals. She worked in interdisciplinary teams to help clients build their healthcare network and address their individual chronic health concerns.

Ibraheem Hamzat, University of Chicago, Medicine
Ibraheem established an after-school program at Joseph Brennemann Elementary School in Uptown, Chicago. He has organized a weekly interactive education program that teaches students about the intersections of the human body and the environment as well as what that means for the health and well-being of a person. This program is a safe space within which students can learn about future careers, have a meal, and feel supported. Ibraheem is a graduate of Brennemann Elementary and finds the opportunity to give back extremely rewarding.

Ivy Hernandez Delgado, University of Chicago, Master's in Social Service Administration
Ivy partnered with Chicago Appleseed for Fair Courts to engage in community awareness for immigration policies and procedures. She created Know Your Rights presentations aimed on empowering the immigrant community in Chicago. She developed presentations and conducted them via Facebook live and through zoom by collaborating with immigrant friendly organizations. She also collected resources for legal services and distributed them to all attendees. Ivy is the 2021-22 Bob and Caryle Perlman Schweitzer Named Fellow.

Emilie Lacy, University of Illinois at Chicago, Disability Studies
Emilie partnered with BACKBONES to organize and create monthly webinars with community guest speakers to increase women's health knowledge among women with spinal cord injuries. Together they partnered with a privately owned gym in Bucktown for, free to the community, weekly fitness classes. Finally, Emilie facilitated monthly small discussion groups specifically for women with SCI/D.

Priyanka Mathur, Northwestern University, Feinberg School of Medicine
Priyanka partnered with WINGs to increase chronic health screenings including blood pressure and diabetes screenings and provided health education for people facing domestic violence in underserved communities in the greater Chicago area. She also developed a referral system with a local health clinic to ensure that patients have access to long term care

Oak Moreno, Adler University, Clinical Mental Health Counseling
Oak worked with folx struggling with substance use utilizing theatre as a therapeutic approach to help community members find healing and closure.

Hana O'Hagan, Loyola University of Chicago, Stritch School of Medicine
Hana O'Hagan, a student at Loyola University's Stritch School of Medicine, partnered with the Quinn Center of Saint Eulalia to provide programming, support, and community to senior citizens and their caregivers. Hana and her team held weekly classes via Zoom where homebound seniors could participate in discussion topics, chair yoga, Zumba, and more. She also hosted three musical events, multiple virtual and in-person art therapy classes, and a Christmas care package distribution. Partnering with a different organization, Firehouse Dream, Hana also facilitated the recording of video interviews with seniors living in Maywood, giving these locals a platform to share their stories and lived experiences.

Thwisha Sabloak, Northwestern University, Feinberg School of Medicine
Thwisha worked with the Family Planning Department at Cook County Health to spread Reproductive Health knowledge and services to the nearby community. She helped implement the new Application RepLi for the patients at Cook County Health. Additionally, Thwisha led longitudinal sexual health classes at the Juvenile Detention Center (JTDC) on Healthy Relationships, Reproductive Anatomy, Pubertal Development, Consent, and more. Lastly, Thwisha partnered with the organization Gyrls in the H.O.O.D and helped set up a program called H.O.O.D Gyrl Summer where participants could come into the family planning clinic, ask questions about reproductive health, and choose the form of birth control that was best for them.

Natali Smiley, Rush University, College of Medicine
Natali partnered with World Relief to support Afghan refugees as they navigate the US healthcare system. She hosted Women's Health discussion groups, taught Healthcare System 101 classes, and accompanied clients to doctor's appointments. Her goal was to help build bridges for refugee clients to

feel comfortable in navigating and understanding our complicated system while developing personal health confidence. Natali is the 2021-22 Leslie Nickels, MS, PhD Named Schweitzer Fellow.

Isaiah Teixeira, Rush University, College of Nursing
Isaiah partnered with Rush University & Alive Faith Network to increase covid-19 vaccination, testing, and decrease vaccine hesitancy within the west and south sides neighborhoods of Chicago. To complete this, he developed a Youth Advisory Board consisting of youths between the age of 14-21y.o. He developed a 20-week plan, with interactive workshops, open discussion sessions and health education. After the first 5 weeks of the workshops and education, the next 15 weeks included health promotion events (Vaccine drives, passing out testing kits, and providing education) in the west and south side neighborhoods driven directly by the Youth Advisory. Board. The Youth Advisory Board also contributed to RUSH's social media campaign "Covid is a Test," released at the end of March.

Meg Tomlins, University of Illinois at Chicago, College of Nursing
Meg provided support for the Peoria Public School's Foundation program, LightsOn!, and partnered with a local food pantry to help address food insecurity in the Peoria community. Through her work, Meg was able to connect model community members (nurses, firefighters, etc.) with the students to support students' academic and job interests after high school.

Ange Uwimana, University of Illinois, College of Medicine
Ange Partnered with Deborah's Place to help improve the lives of vulnerable women in Chicago. She taught healthy eating to prevent hypertension among women who experience homelessness in East Garfield Park and Old Town, using Mediterranean-based vegetable recipes to provide simple and healthier nutritional options. She also introduced a course on how women can grow green vegetables locally to increase access and lower the cost.

Jennifer Vu, Rosalind Franklin University, Chicago Medical School
Jennifer partnered with the Inter-professional Community Clinic, Community Care Coach, and North Chicago Think Tank to increase health literacy in adults in under resourced communities in Lake County. She created educational info graphics as a visual and interactive way to engage community members in conversations about chronic health diseases. Her project aimed to demystify health in minorities communities through informal conversations about diabetes, hypertension, hypercholesterolemia, and asthma.

Veronica Zheng, Northwestern University, Feinberg School of Medicine
Veronica partnered with the ReVive Center for Housing and Healing to implement weekly music workshops. She worked with community members to explore their interests in music, including singing, playing instruments, dancing, and sharing music recommendations. Veronica also taught basic music theory and voice lessons. Sharing music is an incredible way to connect and foster community, and the music workshops have provided an outlet for community members to destress.

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Loiza DeJesus, Roosevelt University, Clinical Psychology
During the project, Ms. DeJesús provided weekly peer support sessions for a group of community youth. She also provided one-on-one mentoring, college counseling, and referral services. Many participants reported the group helped them cope with stressors. Most participants have chosen to continue the work started in a group with individual therapy. Furthermore, many participants have expressed a desire to

continue with the group when it restarts in the fall of 2021.

Marissa Dupont, Midwestern University, Medicine
Marissa worked to create an inclusive online environment where students could find a sense of normalcy in a year that was anything but normal. On zoom, they covered current event topics throughout the year and students could also use the space to play games with their friends after school. By the end of the school year, she was able to have in-person sessions on vaccine hesitancy and worked with students to encourage the community to get vaccinated. Thanks to the Syrian American Medical Society and Pillars Community Health, she was able to host vaccination events for the community out of the elementary school.

Olivia Ekean, Rosalind Franklin University, Medicine
Olivia initiated prescription drug educational and health literacy classes and provided overall wellness checks and structured counseling to underserved populations in Southside Chicago who are experiencing substance abuse. Virtual support groups and meditation sessions were put into place to allow for a safe space to vent and build coping mechanisms. These sessions provided a positive space for learning, discussions, structure, building meaningful relationships, and social support for low-income men and women who are suffering from substance dependence.

Tanya Ghannam, Roosevelt University, Pharmacy/MBA
Tanya worked to help bridge the gap between the underserved Arab American refugee community and access to healthcare. Tanya's goal throughout the Schweitzer Fellowship was to rebuild trust towards healthcare professionals by providing educational presentations to increase health literacy throughout the refugee community located in the Southwest suburbs of Chicago. Within these presentations, the community was provided with resources and support to be proactive and lead healthy lifestyles.

Suzette Guzman, University of Chicago, Medicine
Suzette primarily worked with Latinx teenagers who are involved with Pilsen Alliance. Pilsen Alliance is a social justice organization committed to developing grassroots leadership in Pilsen and neighboring working class, immigrant communities in Chicago's Lower West Side. Her project aimed to provide young adults in the Pilsen community with mental and physical health workshops, in addition to assisting with a broad spectrum of issues brought up by the community. Although the pandemic caused a few logistical issues, the community still found her programs to be valuable and informative.

TJ Harper, University of Chicago, Social Work Administration
TJ sought to coordinate with his site, the Chicago Urban League, and conduct a series of workshops that focused on the intersection of mental health and financial well-being. Despite this being a crucial topic, it seldom receives the commensurate amount of attention; thus, TJ wanted to provide a support space for those who needed to engage with others in similar positions. Through a series of workshops and one-on-one conversations, TJ spent the program year helping people in financially precarious positions connect with one another engage in mindfulness practices, play, and positive coping strategies. In addition to this, TJ also helped participants access financial resources during the height of the pandemic such as expanded unemployment insurance and eviction moratorium.

John Hawkins, University of Chicago, Pritzker School of Medicine.
John Hawkins worked with the community site Black & Pink, an abolitionist grassroots organization that supports and advocates for the currently and formerly incarcerated TLGBQ+ community. He used educational direct mailings, personal correspondences, and material support in order to increase access to

trustworthy information pertaining to COVID-19 infection and immunization, reduce anxiety for community members experiencing detrimental effects of incarceration and/or infection during the pandemic, and answer questions for those with varying levels of trust in the medical system making important choices about getting vaccinated.

Amira Kefi, University of Illinois Chicago, Bioengineering
Amira initiated a data-science class for youth in Cook County Juvenile Temporary Detention Center. This class introduced the youth to the world of big data analysis and general life and computer skills.

Rameda Lee, National University of Health Sciences, Chiropractic Medicine
Rameda launched CHAMPIONS FOR CHANGE which was converted from in-person to a weekly webinar targeting African American adults ages 30-60 years old who were residents of North Lawndale, to adjust for COVID-19. It had the primary goals of; improving health and health care literacy; improving agency in self-management and health care engagement; favorably influencing the reduction of risk(s) of adverse health events that result from negative lifestyle factors; and favorably influencing the rates of decrease in preventable chronic disease condition(s).

David Mata Vaca, Loyola University, Medicine
Davis helped to develop a bilingual, web-based, COVID-19 training curriculum for community health workers. Additionally, he partnered with the Youth Vaccine Corps where his team worked with high school youth to develop materials on COVID-19 and vaccines. This curriculum was used to train youth to go into their communities to educate and reduce misinformation to combat vaccine hesitancy.

Megan McDermott, Loyola University, Medicine
Megan worked with the Quinn Center of St. Eulalia to design and implement community building programming for seniors in Maywood. By conducting outreach to create a senior network, meeting weekly for online classes, forming relationships and planning special events, the program was successful in providing a space for social support, empowerment, and resources to combat isolation throughout the pandemic.

Kelly Moore, University of Illinois Chicago, Nursing Practice, Adult-Gerontology
Kelly served in collaboration with the non-profit organization, Little Brothers – Friends of the Elderly (Chicago Chapter). Her main goals were to reduce isolation among older adults in the Chicago community while empowering these elders, along with fellow staff and volunteers, through virtual video recordings. Topics were selected based on feedback and included mental health awareness, end-of-life care terminology and Advance Care Planning resources.

Yetunde Osakue-Allison, Rush University, Nursing
Yetunde partnered with Chicago Youth Programs located in Washington Park and my project catered to Adolescent Girls. The main project objective was to help and encourage youth to navigate adolescence in healthy ways and prepare them for their future by fostering their positive development. The project outcome was students improved self-reported and tested knowledge, increased confidence in their abilities, knowledge and skills in life.

Amy Paul, Loyola University, Medicine
Amy partnered with Loyola and Housing Forward to build up a Loyola Street Medicine program that brings quality medical care and services to people living in homelessness in West Cook County. As part of the project, she created health education programming for clients and helped operate our weekly medical

clinic. Additionally, she worked to increase student awareness of the needs of people experiencing homelessness in her own community, and get students involved in her various initiatives to serve the community.

Mallory Primm, Adler University, Clinical Psychology
Mallory completed her Schweitzer Fellowship community service project at Namaste Charter School, a CPS charter school located in the McKinley Park neighborhood of Chicago. Mallory aimed to support Namaste students in enhancing their self-awareness, self-management, relationship skills and responsible decision-making capabilities through virtual SEL individual check-ins and virtual expressive arts group programming. Mallory's year-long involvement at Namaste Charter School resulted in approximately sixteen students receiving SEL services and a growing interest from teachers and staff in having SEL services more readily available for the student body.

Emmalynne Pytlowany, Rush University, Physician Assistant
Emmalynne's project objectives were to discuss with and educate high school students about mental, social and emotional wellness via weekly meetings, journal entries, and various projects. These objectives were met throughout the fellowship year, as students demonstrated increased knowledge about various mental illnesses, and identified ways to combat mental health stigmas. Students uncovered their personal stressors and triggers and determined tangible ways to combat these stressors. They categorized relationships as healthy or unhealthy based on specific characteristics, learned to create boundaries, and determined how to effectively communicate and resolve conflicts. In addition, they established healthy avenues to express self-love and promote wellness in their personal lives.

Marjorie Remy, University of Illinois Chicago, Nursing
Marjorie's primary community site was Alivio Medical Center. The primary objective of the implemented project was to develop modules (COVID 19 toolkit) that included up-to-date, accurate information involving the global pandemic to vulnerable communities. In doing so, the COVID 19 modules aimed to train community health workers and provide information on keeping communities safe amidst a worldwide pandemic.

Kayla Schmittau, Rush University, Medicine
Kayla worked to improve health literacy among the women at Grace House, which is a residential program for women who have exited the Illinois prison system and have committed to preparing for a successful future. Her health education sessions aimed to increase understanding of common chronic health conditions and lifestyle modifications that can decrease risk of the development of these diseases. Through this work, she hopes to empower the women at Grace House to be informed decision-makers for themselves and their families.

Courtney Severin, Rush University, Medicine
Courtney served with The Night Ministry Street Medicine team to gain insight into the barriers faced by the homeless community in accessing health and reaching their own health goals. With the information she learned she hopes to begin to build a more trauma-informed experience for this at-risk population when they interact with the healthcare system.

Jane Sobczak, University of Illinois Chicago, Dentistry
Jane partnered with Urban Initiatives, a sports-based youth development organization. With Urban Initiatives, she created an oral health presentation to promote healthy behaviors at home and increase parent involvement in the community. Within the presentation, she raises awareness of the resources

available in the community that advocate preventive dentistry. As her time with Urban Initiatives was limited due to COVID, she supplemented her project by working with a pediatrician and dentist at Miles Square Back of the Yards location. Here, she talked to children and their families about oral health and helped them set up dental appointments for exams and cleanings.

Jessie Jingru Tan, University of Illinois Chicago, Public Health
Jessie initiated mental health assessment and support for Chinese immigrant caregivers who lived in poverty. Her project provided home visit services and group socialization to offer comprehensive supports for immigrant families. Her work helped caregivers to have healthier mental health status.

Pearl Ugwu-Dike, University of Illinois Chicago, Medicine
Pearl set out to implement health and leadership curriculum for girls aged 9-17 through Girls in the Game. Pearl planned sessions that focused on building leadership skills, nutrition and health education, exploring self-esteem and self-image, and engaging physical activity. The primary objectives of Pearl's programs were aligned with the mission and values of GIG—to encourage physical and emotional health and promote active minds, bodies and hearts of young participants.

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Daniel Ahn, University of Chicago, Pritzker School of Medicine
Daniel helped initiate a workshop-based curriculum and mentorship program for young immigrant men of color at the HANA Center called Committed Against Patriarchy (CAP). His project has provided space for young men to discuss masculinity and develop long-term goals in higher education and employment.

Sara Al Azmeh, University of Illinois at Chicago, College of Pharmacy
Sara worked with Syrian refugees at the Syrian Community Network. Her project involved implementing health related workshops, medications counseling, and social events for elderly clients. It also involved participating in the After School Program and providing academic support while building strong relationships with the students and their parents.

Maggie Bridger, University of Illinois at Chicago, Department of Disability and Human Development
Maggie, along with her project partner, Sydney Erlikh, developed and delivered a series of creative movement workshops for children and adults with disabilities at Access Living. The workshops focus on developing an artistic voice and perspective, as well as providing a safe space to explore different forms of movement and build artistic community.

Melissa Bustamante, University of Illinois at Chicago, Jane Addams School of Social Work
Melissa implemented a Latinx Student Union (LSU) for high school students at UIC College Prep (UICCP) in Pilsen, Chicago. Through culturally relevant and sensitive topics, the program focused on teaching students healthy social skills, building confidence in their history/identities, and improving their emotional awareness. LSU also aims to create a safe space for Latinx Students to express themselves and find ways to share/teach the school population on their culture.

Maricristal (Cris) Chan, Rush University, Medical College
Maricristal initiated a program that offers sports medicine education for minority high school athletes at Richard T. Crane Medical Prep High School. This education is primarily provided in the form of weekly sessions that focus on various healthcare topics and involve interactive games and group discussions. This program helps promote preventative health awareness and healthcare careers.

Jennifer Cunningham, University of Illinois at Chicago, School of Public Health
Jennifer initiated a literacy program that incorporated active play at Heartland Alliance for children between the ages of 3-6 years old. This population is comprised of immigrant children who have limited experience in a school setting. The program helped children to improve their literacy skills, improve sensory awareness, and build confidence.

Jacob Dachman, University of Illinois at Chicago, College of Dentistry
Jacob initiated oral health seminars, oral hygiene instruction, and oral health status assessment for medically fragile children at United Cerebral Palsy Seguin of Greater Chicago (UCP Seguin). Through his efforts, Jacob hopes to raise awareness that dental care is the most common unmet need among children with special needs.

Chike Egbuna, Chicago State University, College of Pharmacy
Chike implemented medication adherence sessions for people living with HIV at Howard Brown Health. The sessions provided insight into managing medication adherence and psychological coping mechanisms. Patients gained insight on how to manage their HIV and how to deal with the stigma associated with the virus.

Sydney Erlikh, University of Illinois at Chicago, Department of Disability and Human Development
Sydney Erlikh, along with her project partner, Maggie Bridger, developed and delivered a series inclusive of creative movement workshops for children and adults with disabilities at Access Living. The workshops focus on developing an artistic voice and perspective, as well as providing a safe space to explore different forms of movement and build artistic community.

CiErra Garrett, Rush University, College of Nursing
CiErra partnered with THRIVE, an organization at the Women's Cook County Jail, which serves women who suffer from addiction but look to recover and prevent future substance abuse. CiErra facilitated group discussions to empower the women of THRIVE to make better decisions and form healthy habits. The group discussions created a community environment where the women of THRIVE received support to face their addiction, trauma, grief, and mental illness. CiErra recognizes this opportunity as a valuable experience that is directly linked to public health nursing and prevention.

Fadi Hamati, Rush University, Medical College
Fadi Hamati collaborated with the Syrian Community Network to mentor refugee and immigrant youth and support them as they navigate various stages of their lives in the US paying particular attention to higher education. Fadi has developed individualized plans with each student and worked with them closely to create attainable goals and tackle barriers. In addition to addressing academic goals, Fadi created a safe space for students to mention issues they struggle with and would like to work on, such as navigating mental health, tough relationships, public speaking, as well as networking.

Andrea Hinojosa, Loyola University Chicago, Master of Science in Dietetics Program
Andrea partnered with Near North Health Service Corporation's WIC clinics and BUILD (Broader Urban Involvement & Leadership Development) to increase the exposure of farmers and locally farmed produce to the Chicago community. She has created a strong community garden relationship between Near North's WIC clinic and Chicago Lights by initiating interactive garden events and learning activities for WIC participants. She has also started an indoor hydroponics community garden at Near North's Kostner and Winfield Moody clinic to expand access to locally fresh produce and empower the Near North community

to take ownership of their consumption and production of produce. With BUILD's support and partnership with Chicago Public Schools, Andrea has started teaching youth at their after-school programs on nutrition, culinary, and hydroponics with a sustainability focus. At BUILD's main site, she has become an informal mentor, re-introduced hydroponics and indoor gardening, and modeled healthy behaviors for the youth and community while also being involved in other BUILD events and programs that relate to sports, art, culinary, and getting chickens for this summer! Andrea plans to continue working with both Near North and BUILD for the rest of this year.

Fatima Hooda, Midwestern University, Chicago College of Osteopathic Medicine
Fatima partnered with Heartland Alliance's Marjorie Kovler Center, where she developed curriculum and personalized workshops aiming to improve the quality-of-life of immigrant survivors of politically sanctioned torture. She focused on teaching multi-faceted life-skills around mental health, physiological health, and economic health, which served to contribute toward an overall higher quality of life, increased self-reliance and client empowerment.

Jovanna Johnson, Rush University, College of Nursing
Jovanna partnered with Richard T. Crane Medical Preparatory Highschool to connect minority high school students with minority college students and working professionals to prepare the students for life after high school. She developed and implemented workshops to teach students basic life skills for success such as professional development and appearance, time management, academic and personal goal setting, accountability, healthy relationships, and managing emotions. She also had different minority professionals speak with the students about their health care and non-healthcare professions. The speakers also gave the students advice to start preparing for college which entailed how to search for scholarships and grants, utilizing the admissions office to answer questions about different majors/minors, tips for a strong application, and encouraging them to get exposure in the things they are interested in through volunteering.

Scott Kupferschmidt, Loyola University, School of Social Work
Scott continued and formalized an ongoing cooking education program for young adults transitioning out of housing instability at The Night Ministry's STEPS residence. This program was composed of weekly classes that taught participants how to plan and cook nutritious, healthful meals while simultaneously providing social engagement and encouraging mutual support between residents. Scott also created a binder of modules for other volunteers and future fellows to facilitate the recreation of this program at The Night Ministry and potential other sites.

Itzel Lopez-Hinojosa, University of Chicago, Pritzker School of Medicine
Itzel developed and implemented a two-part curriculum at Holy Cross—Immaculate Heart of Mary Parish in Back of the Yards. For the first part, she partnered with Casa Romero, an after-school program, and worked with a group of ten children, 3rd and 4th graders. Itzel developed different lesson plans covering nutritional knowledge, exercise, and an interactive cooking activity. The second part focused on empowering young female mentees in the mentorship program: Girls Reflection. Mentees participated in several themed workshops including self-esteem, relationships, and mental health.

Ryan Mak, Loyola University Chicago, Stritch School of Medicine
Ryan will partner with the North Lawndale Kinship Initiative and the Boxing Out Negativity Team to provide fitness and athletic training to youth living in areas marked by violence and diminished life-expectancy. These training sessions will provide the tools to establish lifestyles that combat chronic disease while surrounding them with mentors and a space which develops resiliency and personal character.

Samantha Nau, DePaul University, School of Clinical Psychology
Samantha Nau partnered with the Rohingya Culture Center (RCC) where she helped develop a home-based English literacy program for the Rohingya refugee community. In addition to pairing trained tutors with community members for weekly tutoring sessions, this program also consisted of an experiential learning component. Samantha initiated these language café meetings to help create a safe space for community members to practice language skills and to facilitate dialogue between students, tutors and program staff.

Josie Needs, Rush University, College of Nursing
Josie worked to decrease social isolation and loneliness among older adults through intergenerational activities at Little Brothers Friends of the Elderly. Elders at risk for social isolation and school-aged youth joined together for a variety of events throughout the school year, including playing Bingo, designing a mural, creating artwork, and discussing favorite memories. Josie assisted in evaluating the effect these intergenerational encounters had on improving attitudes and perceptions toward aging among both the elders and youth involved. In addition to assisting with the program planning and evaluation, Josie also participated in the intergenerational programming by becoming a visiting friend to an elder, driving elders to the monthly birthday celebrations at Little Brothers, and calling elders to build friendships and gather feedback.

Teresa Palkowski, Loyola University Chicago, Stritch School of Medicine
Teresa worked closely with a refugee family from Mexico. Her project involved weekly home visits, accompanying the family to medical appointments, connecting the family to food pantries, providing psychosocial support during emergencies, and serving as a liaison between the family and case managers at RefugeeOne. Teresa also assisted the mother with finding full-time work and locating legal services. Additionally, she helped to connect one of the children to inpatient mental health care services and to ensure that the mother received the proper diagnosis, treatment, and follow-up care for a serious medical condition.

Elizabeth Rios, University of Illinois at Chicago, College of Nursing
Elizabeth worked with Latino families at St. Joseph Church in Harvard, IL, where she organized and lead monthly screenings and health talks. She also partnered with another facilitator to facilitate the first Spanish Age Options Diabetes Self-Management class in Harvard. She is working on empowering Latino families to take charge of their health by facilitating the formation of a Health Ministry led by Community Health Workers or Promotoras/es to continue to foster health promotion and disease prevention within the Latino community.

Jessica Rodriguez, Northwestern University, Department of Physical Therapy
Jessica partnered with the Center on Halsted to work with LGBTQ+ youth experiencing homelessness. She hosted physical health and wellness workshops that focused on understanding our bodies, communicating with healthcare professionals, and learning how to decrease pain. She also served as an informal mentor and modeled healthy behaviors to the youth while helping to create a safe space to unwind & relax.

Deborah Rose, Loyola University Chicago, Stritch School of Medicine
Deborah partnered with the Addiction Treatment Program at the Edward Hines Jr, Veterans Administration Hospital in Hines, IL and other collaborators in Chicago to serve a community of individuals struggling with addiction and chronic substance use. She worked with counselors to lead wellness workshop presentations on topics such as managing stress, goal setting, adopting healthy eating habits,

and making healthy life changes. Deborah also engaged in a story-capturing initiative to empathetically listen to and document the stories of individuals who have suffered from addiction, an experience that has been cathartic for the storyteller and profoundly eye-opening for the listener.

Martie Sanders, Loyola University Chicago, School of Social Work
Martie hosted a garden club at Winthrop Harmony Arts Garden, a community garden and performing arts venue in Uptown, Chicago. The club provided residents living in a nearby CHA high rise building with urban gardening education and opportunities to engage in the garden's ongoing arts activities.

Shirley Scott, MS, RN-BC, C-EFM, APN, University of Illinois at Chicago, College of Nursing
At Young Masterbuilders in Motion, Inc. (YMIM), Shirley taught health education classes to teens- mature adults. Since the mind, body, and spirit are not separate entities but together contribute to our health as human beings, the curriculum focuses on self-acceptance, self-esteem, healthy relationships, and improved decision making in a safe and loving environment.

Stefani Scott, Erikson Institute, Social Work, Children's Law and Policy
Stefani has worked to support youth in identifying needs in their community and designing and implementing a community service project to create positive change at the McGaw YMCA Children's Center in Evanston, IL. The project focused on empowering youth to organize and use their voice to improve their community and environment.

Fariha Siddiquie, Midwestern University, Chicago College of Osteopathic Medicine
Fariha proposes to initiate sexual health and literacy classes for at risk Muslim women through the HEART women and girls organization. The classes will address cultural and religious barriers for refugee, college age, and immigrant women.

Jasmine Solola, University of Illinois at Chicago, College of Medicine
Jasmine's DASH of Soul Food project aims to mitigate hypertension by adapting traditional soul food fare to incorporate DASH (Dietary Approaches to Stop Hypertension) diet principles. At Deborah's Place, a supportive housing program for women experiencing chronic homelessness in the East Garfield Park and Old Town neighborhoods of Chicago, Jasmine has led more than thirty cooking demonstrations- including Chicken N' Waffles and Cornbread -and reviewed nutritional health education topics geared towards blood pressure management. The project will culminate in publishing the DASH of Soul Food cookbook to be distributed to members of Deborah's place and available broadly through Amazon. Proceeds of the cookbook will continue to support cookbook distribution to those recovering from homelessness in Chicago.

Julia Walczak, Benedictine University, School of Nursing
Julia initiated a cancer prevention health program with a focus on HPV in Chicago's Polish community in collaboration with the Chicago Department of Public Health Immunization Program. She traveled to Polish Language Saturday Schools where she led discussions with adolescents about cancer prevention. She also sought to teach children social skills, healthy mindsets and a love of movement through Polish folk dance and lead educational talks for elder caregivers.

Yiran Xu, University of Illinois at Chicago, College of Dentistry
In collaboration with Project Vision and Asian Health Coalition, Yiran hosted a series of interactive workshops addressing mental health topics commonly encountered in the Chinese immigrant youth population. A heavy emphasis was placed on career development, as well as exposing students to

occupations beyond the stereotypes for the Asian American population through on-site visits, lectures, and hands on experiences. The students collaborated on a final project to raise awareness for mental health issues in the community by creating a social media account on the social media platform, Instagram. The template and outline for the workshops will be utilized to train future leaders and educators who will continue this project.

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Gabriela Aitken, Loyola University Chicago, Stritch School of Medicine
Gabriela worked to increase Spanish-speaking patient comprehension and healthcare plan adherence at the Loyola Access to Care Clinic. She created an individualized yet universally replicable teach-back tool and initiated volunteer-led teach-back sessions after medical encounters. In the long term, she hopes that these one-on-one sessions will improve health literacy while helping underserved patients feel supported and empowered to take control of their health.

Mallory Davis, Rush Medical College
Mallory continued her work as a community garden coordinator for Pilsen's local organization, Healthy Hood. Healthy Hood works to support families disproportionately impacted by chronic disease, specifically by providing a productive space for community members to engage in modifiable risk factors: affordable fitness classes, access to fresh fruits and vegetables, health education, and a shared space for community building. She worked to expand the scope of garden-related workshops and increased access to health screening and education through biweekly health fairs and produce distribution sessions called 'Harvest Hours', focusing on increasing health education opportunities, connecting community members with PCPs, and making positive connections between the community and our complex health care system.

Nhu Do, DePaul University, College of Nursing
Nhu's project, SciArt for Girls, integrated health science and visual art into weekly workshops. SciArt worked directly with school-age girl students from immigrant families. During collaborative discussions and activities, they also worked on strengthening emotional health by addressing issues of identity and body-image. SciArt promoted the exploration of science through a creative lens among girl students, while highlighting the importance of womxn's empowerment. Nhu's project's goal was to champion the students to be confident and compassionate learners.

Amanda Dobron, Pacific College of Oriental Medicine, East Asian Medicine
Amanda created and implemented classes on Tai Chi, dietary therapy, herbal therapy and acupuncture at the Senior Center of Casa Maravilla, to introduce tenants of Traditional Chinese Medicine to the community. She also created a free community acupuncture clinic for seniors and organized trips to local green spaces.

Nia Fonéy, University of Illinois at Chicago, College of Medicine
Nia developed an innovative nutrition and cooking program for youth and young adults at the Farm on Ogden in collaboration with Windy City Harvest and Lawndale Christian Health Center. "Veggie Rx 4 Kids" will offer an engaging curriculum that encourages youth to develop healthier eating habits and take more ownership of their overall health and well-being.

Evan Fry, University of Illinois at Chicago, College of Dentistry

Evan created the Habits for Health program, a six-week workshop series implemented in senior centers on Chicago's West Side. Habits for Health empowered seniors to establish consistent routines to maintain their overall well-being. Community members gained knowledge on managing their oral health, developing healthy eating habits, and maintaining their health as they age. The program focused on making a lasting difference in participants' health status through the development of healthy behaviors.

Dipika Gaur, Rush Medical College
Dipika worked one-on-one with the case management team and formerly homeless individuals and families at Facing Forward to End Homelessness to identify and begin to address barriers residents face in addressing mental health concerns. She also developed a toolkit for emotion and mood regulation for use by residents and staff at Facing Forward. The resources served as a first point of accessing mental healthcare for many women and families who have previously lacked these services.

Lincoln Hill, Loyola University Chicago, Counseling Psychology
Lincoln created a multicomponent intervention program addressing the mental health and wellness needs of Evanston Scholars while considering the influence of culture and community.

Rodney Johnson, University of Illinois at Chicago, School of Public Health
Rodney partnered with Englewood Quality of Life Plan to increase community support for primary caregivers of children diagnosed with asthma in the Greater Englewood community. He developed a network aimed at improving the care coordination of children and their primary caregivers, as well as empowered the people of the community to better manage their health issues by engaging stakeholders on different levels of the socio-ecological model.

Ronisha Johnson, Rush University, College of Nursing
Ronisha created and facilitated a college prep curriculum geared towards increasing student academic success in low-income African American and Latino high school students with ambitions in the healthcare field. Students learned about navigating the college application process, paying for college, and life on campus and created an online portfolio with items such as a personal statement, resume, and brag sheet, to use to apply to college and to prepare for job interviews. Additionally, Ronisha engaged high school students in discussions of the intersectionality's of race, health, and the impact that the social determinants play on the health outcomes of communities and individuals.

Sayeeda Kausar, Loyola University, School of Social Work
Sayeeda initiated a counseling group that became a support system for incarcerated women living with drug addiction. The sessions helped the women to better understand substance abuse and help them move past their addiction. She also provided domestic violence classes to the women each week. These classes allowed the women to learn everything about domestic violence (safety plans, different types of abuses, and how domestic violence effects children etc.).

Divya Khandekar, Midwestern University, Chicago College of Pharmacy
Divya initiated a program called 'Music for the Mind' for the elderly population of South-Asian origin at American Association of Retired Asians. The program focused on using Indian music as a way of combating loneliness and social isolation in this population.

Sarah Kwon, DePaul University, School of Nursing
Sarah has worked in partnership with the Japanese American Service Committee (JASC) with the Adult

Day Service for older adults. She has developed weekly art projects and activities to promote expression of creativity and improvement of tactile ability. She also prepared an art show to display the seniors' artwork that was created on Family Day, where family members were able to appreciate the artwork as well.

Bhavik Lakhani, University of Illinois at Chicago, College of Dentistry
Bhavik initiated oral health seminars for the South Asian immigrant population in the Chicago area. Through these seminars, he raised awareness about the importance of oral healthcare and addressed the factors limiting the immigrant population in seeking continuous oral healthcare services. Bhavik is this year's Tarik F. Ibrahim, MD, MS Schweitzer Fellow.

Andrea LeFlore, University of Illinois at Chicago, Occupational Therapy
This project aimed to address barriers to transition out of homelessness including substance use, mental health, and community integration. The Capacity Inventory, World Café and Asset Mapping were conducted to inform the project's focus and relevance to the community. As a result, resident citizens developed the Community Group. The group outlined this mission: "to make an impact in our community and maintain sobriety through volunteering, advocacy, and involvement in our community." Using a transformative learning approach, members designed activities targeting empowerment and community participation to support their health, families, and quality-of-life.

Veronica 'V' Lozano, Loyola University, School of Social Work
V created and facilitated an educational/advocacy support group for LGBTQ individuals with disabilities to provide mental health and sexual health education. The group sessions helped address their specific intersectional health needs.

Isabel Montoya, Adler University, Clinical Psychology
Isabel worked in partnership with Fellow Shaun Morganfield to initiate mental health seminars and mentorship programs for 6th-8th grade students and high school students with the support of Mental Health America. The seminars and mentorship program provided advocacy, education, and social support structure for pre-teens and teenagers.

Jennifer Moreno, University of Illinois at Chicago, College of Medicine
Jennifer provided Latino students the opportunity to explore and learn about health careers, healthy living, and health disparities to recruit underrepresented minorities into the health care field.

Shaun Morganfield, Adler University, Clinical Psychology
Shaun worked in partnership with Fellow Isabel Montoya to initiate mental health seminars and mentorship programs for 6th-8th grade students and high school students with the support of Mental Health America. The seminars and mentorship program provided advocacy, education, and social support structure for pre-teens and teenagers.

Molly Narrod, Rush University, College of Nursing
Molly worked with youth experiencing homelessness at La Casa Norte in a community group setting. The major focus of the group meetings was to provide mental health promotion activities and serve as an outlet for social support, self-empowerment, and community leadership. Group activities encouraged self-care and helped grow participants' social support networks.

Christianah Ogunleye, The University of Chicago, Pritzker School of Medicine

Christianah implemented Gymnastics for Recognition and Ownership of Wellness also known as GROW. The program is a mindfulness-based fitness program that primarily focuses on the teaching of gymnastics skills but also incorporates elements of yoga, dance and other forms of creative expression. With this project, the primary goal was promotion of physical fitness while also helping young girls develop a toolbox of skills to deal with the emotional stressors of life.

Viveka Patel, University of Illinois at Chicago, College of Dentistry
Viveka initiated a holistic wellness and life-skills program for homeless youth at The Crib, The Night Ministry's overnight youth shelter. The program encouraged academic achievement through tutoring and mentorship, increased financial literacy through guest speakers, and provided oral health and systemic health education through workshops focused on giving participants the tools and knowledge to sustain healthy habits for their future. The program also utilized art, music, and dance therapy to channel the youth's energy into positive outlets.

Olyvia Phillips, Benedictine University, Public Health
Olyvia worked with the McCormick YMCA to develop a health education program with 13-17 year old teens participating in Youth Safety and Violence Prevention programming at the Y. Project Ph.D. (Positive Health Discussions) provided a space for pre-teen/teen Black and Latinx youth to engage in activities and discussions centered around physical, mental, social, and emotional health, with an emphasis on their understanding that current circumstances do not have to impede on future successes.

Kelly Rojek, Northwestern University, Feinberg School of Medicine, Physical Therapy
Using documentary-style photography, journaling, and physical fitness, Kelly Rojek's PhotoVoice project addressed the mental health needs of the young African American women by exploring targeted issues related to mental health and positive outlets to manage the daily stressors in their lives and community. Participants identified needs in their lives related to mental health based on their experiences and utilized photography, fitness, and meditation to develop an understanding of how to manage these stressors, and how they as young women can have larger impact on their local communities.

Jennifer Sefcik, Loyola University School of Social Work
Jennifer incorporated trauma education and mindfulness meditation into a yoga program for people who are currently or have previously experienced homelessness. This program addressed the trauma endured prior to and throughout the homeless experience to reduce the effects this trauma has on preventing participants from moving out or staying out of homelessness.

Zaheera Shabbir, University of Illinois at Chicago, College of Pharmacy
Zaheera partnered with Mile Square Health Center to provide culturally conscious diabetes education to Hispanic/Latinx patients. The purpose of this project was to bridge the health literacy gap, promote patient safety, reduce adverse effects attributed to polypharmacy, and identify specific cultural and socioeconomic barriers to achieving optimal medication adherence.

Alexandra Strawbridge, DePaul University, College of Nursing
Alex worked with grade school children identified as well below their peers in terms of reading and writing. She worked at Erie Neighborhood House, an organization that provides various services to undocumented and citizens of Mexican decent. Her program implemented one-on-one programming to boost confidence, increase academic performance, and promote future success.

Elizabeth Weiss, University of Chicago, School of Social Service Administration

Elizabeth built on Safe Circles, a health literacy talking circle program developed by 2017 Schweitzer Fellow, Megan Garrard. Elizabeth's program took place at the Gary Comer Youth Center as part of their Leaps and Bounds program for first-year students and worked to increase health literacy and self-efficacy around health and wellness through participation in talking circles designed to foster community and empowerment.

Yue Xu, University of Illinois at Chicago, Disability Studies
Yue is providing informational workshops on transitioning and future planning for Chinese immigrant families of children with disabilities. She integrates mindfulness and other stress-coping activities into these workshops to help parent caregivers realize the importance of their own health. She is also providing one-on-one case management support for these families to provide extra support to families in need.

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

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

Quinn Davis, Columbia College Chicago, Dance/Movement Therapy & Counseling Quinn worked with Deborah's Place to support women that have experienced homelessness. She established a therapeutic dance program that aims to reduce stress, increase self-esteem, and foster community to bolster the mental health and wellbeing of the women as they reach their goals.

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

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

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

Jaleesa Harris, Rosalind Franklin University, Chicago Medical School

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

Alexandra Johnson, University of Illinois at Chicago, College of Nursing
Alexandra designed and implemented a health promotion program for low-income individuals living with HIV/AIDs. The program offered hypertension screening and education at a Heartland Alliance food pantry in the West Garfield Park neighborhood.

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

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

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

Kelly Leffler, Rush University, College of Nursing
Kelly provided group and one-on-one tutoring and career mentoring to formerly incarcerated individuals on Chicago's West side.

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

Molly MacInnes, University of Illinois at Chicago, College of Medicine
Molly increased access to harm reduction services and supportive living resources for people who inject drugs. These services and resources were provided through street outreach with the Community Outreach Intervention Project.

Jazzmyne Montgomery, Loyola University Chicago, Stritch School of Medicine Jazzmyne empowered African American and Latino youth to identify health disparities impeding healthy living in their Maywood community. She utilized youth- driven strategies for implementation of sustainable changes in health and wellness.

Marlena Mosbacher, Rush University, Occupational Therapy
Marlena facilitated a series of creative self-expression workshops for adults with lived experience of cancer. These sessions used art as a means of personal reflection to promote empowerment, self-love,

and resiliency.

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

Michael Musharbash, Northwestern University, Feinberg School of Medicine Michael organized mindfulness programs for queer and homeless youth at the Center on Halsted. This project helped them build resilience through individualized counseling and empowerment.

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

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

Cassandra Pax, The School of the Art Institute of Chicago, Master of Arts in Art Therapy
Cassandra implemented an Opening Minds through Art (OMA) program, an intergenerational art program which pairs older adults with memory impairment with community volunteers to complete weekly abstract art projects. These OMAm sessions encouraged the building of positive relationships, as well as encouraging autonomy, self-expression and enhancing personal well-being of participants.

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

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

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

Andrew Ta, University of Illinois at Chicago, College of Medicine
Andrew Ta and Jonathan Lee continued and expanded the youth literacy program READS+ at the Erie

Neighborhood House, which primarily serves low-income Hispanic families. The expanded program provides age-appropriate English verbal engagement to ages 2-12.

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

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

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

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

2016-2017 Chicago Area Schweitzer Fellows

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

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

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

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

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

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

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

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

Madison Hammett, University of Illinois at Chicago, Jane Addams College of Social Work and School of Public Health
In partnership with Cabrini Green Legal Aid, Madison created a mental health and parenting education group for incarcerated mothers. Coupled with referrals to social services for children and their care givers, this served to strengthen communication and relationships between mothers and families, as well as help to prevent recidivism in the criminal legal system.

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

Victoria Herrera, The School of the Art Institute of Chicago, Master of Arts in Art Therapy Program
Victoria partnered with Erie Neighborhood House where she created and implemented art therapy programs. The programs included two intergenerational art therapy programs: one for Latinx young children and older adults and another for Latinx parents and their children. She also provided art therapy programming for Erie's after school youth program. All three programs provided the participants with an opportunity to explore art making as an avenue to build relationships, preserve cultural values, and address social and emotional needs.

Catie Isroff, Rush Medical College
Catie partnered with Haymarket Center, a community-based nonprofit in Chicago's West Loop that provides detoxification and support services for people in drug recovery. Catie worked to increase the

breadth of Haymarket's women's health programming by initiating a series of women's health and wellness workshops called the WORTH-E program, Women Overcoming Resistance Through Health-Education). The interactive workshops addressed women's mental, physical, and sexual health with topics ranging from preventive care to heart health to discussions of healthy relationships.

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

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

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

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

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

Alyson Moser, University of Illinois at Chicago, School of Public Health and the Jane Addams College of Social Work
Aly created and implemented a general wellness program at The Community Builders at Oakley Square Apartments, a housing facility on Chicago's West Side. While building empowerment and self-efficacy, participants worked towards their personal goals such as job preparedness, studying for the GED, and increasing reading comprehension.

Carly Offidani-Bertrand, The University of Chicago, Comparative Human Development
In partnership with Growing Power, Carly created and taught free healthy lifestyle and fitness classes to

low-income adolescents. The classes developed confidence, self-esteem, resiliency, and healthy habits among youth as they learned about self- defense, food justice, and active transportation.

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

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

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

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

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

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

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

Kris Rosentel, The University of Chicago, School of Social Service Administration Kris collaborated with Care2Prevent in redesigning their Washington Park drop-in program to be more centered on LGBTQ youth and responsive to their needs. Kris provided resource advocacy to LGBTQ youth, connecting them

to housing, employment, health care, social benefits, and legal identification. Kris also helped plan and lead workshops for LGBTQ youth on topics including using storytelling and art as a form of community care, finding LGBTQ-friendly employment opportunities, and knowing legal rights regarding the criminal justice system.

Golda, Olga) Sinyavskaya, The University of Chicago, Pritzker School of Medicine Golda partnered with the Chicago Recovery Alliance to increase access to information about Hepatitis C for individuals who use drugs. This initiative increased the number of participants screened and treated for Hepatitis C.

Alisa Jordan Sheth, University of Illinois at Chicago, Disability Studies
At Misericordia Heart of Mercy, Alisa created a seniors' group with older adults with intellectual disabilities to foster social support and explore issues around self-defined successful aging. Group members were also supported to create individual life history photo books using a combination of photos they took, and photos supplied by others, and generating text to share important life events, meaningful routines, and essential elements of their social networks.

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

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

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

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

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

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

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

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

Joshua Eastham, Midwestern University College of Dental Medicine - Illinois
Josh continued and expanded a previous Schweitzer Fellow's project, "Right from the Start," an oral health education initiative at J.R. Tibbott Elementary School in Bolingbrook. The project incorporated education about making healthy lifestyle choices and developing good health habits into the curriculum

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

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

Megan Gordon, University of Illinois at Chicago, College of Nursing
At Christopher House, Megan initiated a class for pregnant adolescents that focused on childbirth education and empowering the young women and their partners to advocate for themselves to have better birth outcomes.

Rachel R. Gottfredsen-Gage, University of Illinois at Chicago, College of Nursing Rachel partnered with the Metro YMCA to create an "Art for Peace" youth group in Humboldt Park to cultivate greater social connections and provide a platform for sharing stories. The project worked to improve healthy behaviors, self-esteem, conflict resolution skills, ability to handle stress, and other protective factors.

Phylicia Hammonds, National University of Health Sciences, Doctor of Naturopathic Medicine
Working with Girls in the Game, Phylicia initiated "Be(YOU)tiful," an interactive health awareness program focused on developing a positive self-image in adolescent girls through the incorporation of nutrition education and physical fitness.

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

Mary Clare Houlihan, DePaul University, School of Nursing
Mary Clare implemented a scrapbooking workshop for cancer survivors through the 201's Club Satellite Program at Rush Cancer Center. These workshops promote a creative and relaxing way for individuals to socialize. The process of scrapbooking also promotes social interactions and quality of life of individuals affected by cancer.

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

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

Jennifer Lequieu, Rush University, College of Medicine
Jennifer worked with PrimeCare Community Health Center in Humboldt Park to provide health education and support to empower individuals and families to understand how to maintain their health and lead healthier lives

Tessa Garcia McEwen, University of Chicago, School of Social Service Administration Tessa implemented "My Evergreen Baby," a perinatal loss support program on the south side of Chicago in partnership with local hospitals and health agencies. Tessa worked to increase access to local bereavement support for grieving parents and to increase health providers' understanding about how to provide more compassionate and culturally competent care with parents experiencing pregnancy and infant loss.

Sarah Moore, Columbia College Chicago, Dance/Movement Therapy and Counseling Graduate Program
Sarah offered yoga and mindfulness classes to the refugee community at Heartland Alliance for Human Needs and Human Rights International FACES program. She worked to provide participants with tools to help address their trauma and connect to their newfound American community.

Iqra Mushtaq, University of Illinois at Chicago, School of Public Health
Iqra created and taught heart disease risk-reduction workshops for refugee/ immigrant women at Asian Human Services aimed at empowering the women to incorporate healthy lifestyle changes.

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

Katherine Palmer, University of Chicago, Pritzker School of Medicine
Katherine partnered with the Teen Health Advocates Program, T-HAP) for high school student leaders

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

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

HB Riley, University of Illinois at Chicago, Jane Addams College of Social Work & School of Public Health
Riley worked with an interdisciplinary team at the Health Justice Project to address environmental health hazards such as lead exposures, mold, and infestations affecting low-income tenants. Her project also worked to build institutional capacity by developing best practices for the creation of healthy homes.

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

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

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

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

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

Raheem Young, Argosy University Chicago, Doctor of Business Administration Program
At Banner Academy Alternative High School in Austin, Raheem initiated "Suited for Success," a mentoring and empowerment program aimed at helping African American youth gain

employment, economic empowerment, and break the cycles of poverty.

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

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

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

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

Rebecca Charles, Chicago-Kent College of Law and University of Illinois at Chicago, School of Public Health
Rebecca partnered with Heartland Health Center to educate immigrant populations on culturally appropriate nutrition interventions for better diabetes control.

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

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

Laura Douglas, University of Illinois at Chicago, College of Dentistry
Laura increased oral health awareness and preventive care among the special needs population at the Arts of Life Studio. She also incorporated arts activities to engage the community and to support the

studio's efforts to help individuals with and without developmental disabilities realize their full potential.

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

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

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

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

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

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

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

Kate Kinasz, University of Chicago, Pritzker School of Medicine
Kate worked with Girls in the Game, an organization which promotes healthy lifestyles and self- esteem in girls from diverse backgrounds and abilities through exercise and nutrition education. Serving as a

coach to help implement the Girls in the Game program, Kate also worked to expand the curriculum to improve the effectiveness of the sessions and introduce obesity and eating disorder lessons.

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

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

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

Farah Shakir, University of Illinois at Chicago, College of Dentistry
Farah focused on oral disease prevention within the Iraqi refugee community. She conducted community outreach in Arabic and English to assess and improve the community's knowledge about oral health, and to address barriers to their receiving oral health care. Working together with Dr. Sheila Raja, an expert in psychological trauma and PTSD, Farah hoped to address the underlying mental health issues that impact the community's overall health.

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

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

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

Jane Thomason, University of Illinois at Chicago, School of Public Health
Jane facilitated support groups for home care workers. These support groups aimed to mediate the

occupational stress caused by the unpredictability, lack of support, and minimal training in their workplaces. Participants shared about their jobs and learned about stress management techniques through group discussions, games, and activities.

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

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

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

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

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

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

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

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

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

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

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

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

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

Marcus Han, Loyola University Chicago, School of Social Work
Marcus worked with LGBTQ youth involved with the Center on Halsted Youth Program to provide them with increased opportunities and integration into sports and exercise programming in the community. In addition, he worked with the Illinois Safe Schools Alliance and the Chicago Metropolitan Sports Association to develop a mutual working relationship and organize an annual bowl-a-thon event to

support the Gay-Straight Alliances in the Chicagoland area.

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

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

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

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

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

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

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

Bernice Man, Chicago State University, College of Pharmacy
Bernice provided disease state education presentations, health screenings, and medication reviews in

Cantonese to Chinese older adults who reside in Chinese American Service League, CASL) Senior Housing. She also coordinated "Doctor Q&A" sessions, where the older adults asked medical questions to a physician who speaks Cantonese. Through her project, she aspired to increase the residents' health literacy and medication adherence.

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

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

Triniece Pearson, University of Illinois at Chicago, College of Nursing
Triniece initiated health education sessions for homeless women at Sarah's Circle. The weekly sessions aimed to reduce risky sexual behaviors and improve health consciousness in the population.

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

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

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

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

Rachelle Sico, Loyola University Chicago, School of Law
Rachelle worked to ensure that continuous primary and preventive health care services are accessible for previously uninsured individuals in Chicago. Partnering with Loyola University's Health Justice Project and Erie Family Health Center, Rachelle provided health advocacy education on Illinois CountyCare, Medicaid expansion, and the Application for Benefits Eligibility at community health events. She also

provided health reform trainings and resources to medical professionals, empowering them to communicate with patients about health coverage options.

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

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

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

Annabella Vidal-Ruiz, University of Illinois at Chicago, College of Nursing
Annabella initiated a teleneurology program for uninsured adult patients at CommunityHealth. By increasing access to neurologists using teleconferencing, Skype, this project helped to reduce wait times for patients. In the future, the model may be applied to other specialties within the clinic.

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

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

2012-2013 Chicago Area Schweitzer Fellows

Stephen Addington, University of Illinois at Chicago, College of Medicine
Together with Fellow Ayodele Oke, Stephen sustained and expanded upon a previous Schweitzer Fellow's "Young Doctors Program" for school-age children and adolescents in North Lawndale. The health careers pipeline program continues to expose youth to various health professional fields and teach them anatomy and physiological processes of the human body to inspire them to

pursue their passion in the life sciences and eventually return to work in the community.

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

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

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

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

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

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

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

Amina Ghalyoun, Midwestern University, Chicago College of Pharmacy

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

Valerie Anne Guerra, The University of Chicago, School of Social Service Administration
Valerie implemented a music therapy group at Family Matters in Rogers Park for refugee and immigrant children who have experienced trauma. Through regular rehearsals and community- wide performances, the music therapy project provided an opportunity for the children to experience positive group membership and fostered non-violent expression and non-intrusive conversations about trauma.

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

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

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

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

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

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

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

Dana Madigan, National University of Health Sciences, Doctor of Chiropractic Program and University of Illinois at Chicago, School of Public Health
Dana partnered with the Salvation Army Adult Rehabilitation Center, which helps people who have experienced homelessness and other challenges attain life skills and employment. Since many of the community members struggle with employment qualification tests, Dana taught basic adult education classes to help them succeed with achieving their goals.

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

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

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

Nicole Oddo, Rosalind Franklin University of Medicine and Science, Dept. of Physical Therapy at Park Place Senior Center in Waukegan, IL, Nicole created a walking club and implemented a fall prevention program. Nicole taught a series of workshops that combined lectures and interactive activities focusing on exercise to improve balance. She is working to sustain and expand the balance program throughout Lake County.

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

Anita Petit-Homme, Northwestern University Feinberg School of Medicine
Using a comprehensive approach aimed at developing capabilities, Anita partnered with Chicago Youth Programs to establish the Chicago Youth Programs Leadership Academy, and taught classes to middle

and high school students to help them develop life skills, prepare for higher education, and practice healthy lifestyle behaviors.

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

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

Pierre Rowen, The University of Chicago, School of Social Service Administration, Graduate Program in Health Administration and Policy
Pierre partnered with Care for Real Food Pantry in the Edgewater neighborhood to help low-income community members seeking employment with job readiness, training and placement services.

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

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

2011-2012 Chicago Area Schweitzer Fellows

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

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

Ndang Azang-Njaah, The University of Chicago, Pritzker School of Medicine
Ndang partnered with the Chicago Family Health Center in the Pullman and South Chicago neighborhoods to promote health among the patient and community populations through nutrition and

health education awareness.

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

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

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

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

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

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

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

Ryan Heath, The University of Chicago, School of Social Service Administration
Ryan designed and integrated a service-learning component into the therapeutic program of Chicago

Adventure Therapy, CAT). Utilizing a positive youth development framework, the combined preventive-therapeutic model enhanced the experiential programming that builds positive mental health and social-emotional skills of at-risk Chicago youth.

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

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

Erica Martinez, University of Illinois at Chicago, School of Public Health
Erica worked with Alivio Medical Center in Pilsen to promote health among Latino families and the community through increased physical activity, nutrition awareness, and health education.

Ashley McDonald, University of Illinois at Chicago, School of Public Health
Ashley established a "College Within Reach" program for 11th and 12th graders in partnership with the Greater Humboldt Park Community of Wellness. In addition to focusing on college preparedness and career exploration aimed at piquing students' interest in health care professions, Ashley sought to engage the youth about health disparities and the needs of their communities.

Amy McNew, The Chicago School of Professional Psychology
Amy developed and facilitated an LGBTQ support group at the Center on Halsted for individuals who are age 55 and older. It provided an opportunity for social engagement and helped individuals develop healthy social skills.

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

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

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

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

Tatiana Ormaza, University of Illinois at Chicago, Jane Addams School of Social Work and School of Public Health
Tatiana addressed trauma and violence in Chicago by establishing a "Writing Inside Out" program for adolescent male residents of the Juvenile Temporary Detention Center, JTDC). The program incorporated poetry, spoken word and cognitive behavioral therapy to foster a healthy, non-violent channel of self-expression for participants.

Elisa Pleasant, Loyola University Chicago, Beazley Institute for Health Law and Policy
Elisa worked to incorporate nutrition education into the physical education classes of 2nd, 5th and 6th graders at Perkins Bass Elementary School. She also explored the challenges of addressing nutrition in a community where many students are food insecure.

Anand Sandesara, University of Illinois at Chicago, College of Medicine
Anand established a diabetes and nutrition education program for incarcerated men at North Lawndale Adult Transition Center in partnership with the Safer Foundation. The services were intended to empower the population to make healthy lifestyle choices both in prison and following release from the criminal justice system.

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

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

Rebecca Smith, University of Illinois at Chicago, College of Nursing, Nurse/Midwifery Program
Rebecca addressed teen obesity in Chicago by coordinating a summer and after-school health and wellness program at UPLIFT Community High School. The program focused on exercise, nutrition and learning how to access health services within the community.

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

Katie Tomarelli, Rush University, College of Nursing

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

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

2010-2011 Chicago Area Schweitzer Fellows

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Toussaint Mears-Clarke, University of Chicago, Pritzker School of Medicine
Toussaint started a peer health education-counseling program at the Project Brotherhood Clinic, a clinic

in the Woodlawn community that serves primarily African American males. The program educated the men about healthy eating, the importance of exercise, and smoking cessation.

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

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

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

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

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

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

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

Sara Rosenthal, DePaul University, Department of Nursing
In collaboration with Fellow Courtney Driscoll, also a DePaul nursing student, Sara conducted a year-long health education program aimed at empowering students at UPLIFT Community High School to make healthy lifestyles choices and prevent adolescent obesity. Their program focused on the interrelationship of good nutrition and physical activity, providing activities such as regular cooking

lessons, meal planning and grocery shopping on a budget, 5K run/walk training and exposure to many other forms of exercise.

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

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

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

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

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

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

2009-2010 Chicago Area Schweitzer Fellows

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

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

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

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

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

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

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

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

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

Meg Helder, Loyola University Chicago, School of Law & School of Social Work
Meg worked with Uplift School Health Center on a variety of projects intended to promote healthy behaviors among students at Uplift Community School. These activities included teaching comprehensive reproductive health classes, co-leading a girls group designed to facilitate positive interaction between girls at the school, acting as the adult facilitator for a group of students working on a nutrition advocacy project, leading a nutrition group for students who have identified health needs that could be better controlled via a restricted diet, and organizing a school wide health professions education day.

Gihane Jeremie-Brink, Loyola University Chicago, Department of Psychology

Gihane provided therapeutic support and group counseling services for families struggling with HIV/AIDS. Alongside counseling she partnered with African American churches and educated them about the prevalence of HIV/AIDS in communities throughout Chicago and empowered them with prevention strategies.

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

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

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

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

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

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

Denise Maniakouras, University of Illinois at Chicago, College of Dentistry
Denise provided oral health care education, promoted oral health care awareness, and provided preventive dental services to underserved children at a variety of schools and settings.

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

This curriculum emphasized the importance of respect, safety, hygiene, teamwork and other key lessons.

Uchenna Ossai, University of Illinois at Chicago, Department of Physical Therapy
Uchenna designed and implemented healthcare workshops targeting health issues of homeless youth in Chicago. The program also involved a special focus on improving healthcare literacy and outcomes among the African American and LGBT population.

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

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

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

Shana Salik, University of Illinois at Chicago, College of Nursing, Nurse-Midwifery
Shana initiated group prenatal care classes for the women served by ACCESS Community Health Clinics. She also worked to raise awareness about infant mortality and premature birth.

Gregory Van Hyfte, University of Chicago, School of Social Service Administration
Greg created a relaxation and stress management curriculum and then provided training for staff and community members at Horizon Hospice and Palliative Care, Chicago Family Health Center, and other health care and social service organizations. He also organized the yoga community to serve underserved organizations beyond the current program year.

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

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

Justin Welke, University of Illinois at Chicago, College of Dentistry
Justin provided free dental exams and dental supplies for the underserved children of El Valor, a Chicago Head Start program. He also presented oral hygiene instructions and education to children and

adolescents in Chicago Public Schools. This education promoted proper oral care and better oral health in Chicago's youth.

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

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

2008-2009 Chicago Area Schweitzer Fellows

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2007-2008 Chicago Area Schweitzer Fellows

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

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

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

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

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

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

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

Jessica Horwitz, DePaul University Department of Nursing

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

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

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

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

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

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

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

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

Elisha Peterson, Rush University College of Medicine
Elisha worked with African American youth through the MGR Foundation serving as a mentor and

providing relevance and motivation to excel academically via career exploration, educating teens on money management skills; and helping them develop positive behaviors. She has also worked with Westside Health Authority/Austin Family Healthcare Center in developing a character-building, theme-based curriculum and designing a curriculum specifically for adolescent women.

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

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

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

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

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

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

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

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

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

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

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

2006-2007 Chicago Area Schweitzer Fellows

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

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

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

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

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

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

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

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

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

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

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

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

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

Karen Larimer, Loyola University School of Nursing
Karen worked with MacNeal Hospital and Berwyn Public Health Department to provide community-based education for Hispanic adults regarding risk factors and treatment options for patients with cardiovascular disease.

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

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

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

Karen Meyer, DePaul University Department of Nursing
At King Elementary, Karen assisted in health and physical education classes, teaching the kids ways to

lead healthy and active lives. She also coached the girls' basketball team and started a cardiovascular fitness center at the school.

Kathleen Moorhead, Loyola University Chicago Stritch School of Medicine
Kathleen worked with Interfaith House, a recovery center for ill and injured homeless man and women, where she developed and taught classes to educate clients with diabetes how to manage their disease.
Michelle Parr, Rosalind Franklin University, Scholl College of Podiatric Medicine
Michelle conducted an outreach program for teenage girls at the Boys and Girls Club of Lake County to promote healthy living, leadership development, and active lifestyle choices.

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

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

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

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

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

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

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

Tracy Yun, Rush University College of Nursing
Tracy worked to educate parents and children about the risks and solutions to childhood obesity through

intervention at the University of Chicago Hospital pediatric emergency department.

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