

# Community Service Projects at Geisel

August 16, 2019





# Community Service Committee



- **What we do:**

- Oversee and introduce community service organizations
- Organize school wide service projects – e.g. Geisel Service Day, Burger Sale, Clothing and Food Drive, Charity Auction
- Help publicize service projects
- Provide funding for service projects

- **Who we are:**

- Jay Bader ([Justin.M.Bader.MED@Dartmouth.edu](mailto:Justin.M.Bader.MED@Dartmouth.edu)) VP of Community Service
- Eric Lu ([Zhuoyan.Lu.Med@Dartmouth.edu](mailto:Zhuoyan.Lu.Med@Dartmouth.edu))
- Sathvik Namburur ([Sathvik.R.Namburur.MED@Dartmouth.edu](mailto:Sathvik.R.Namburur.MED@Dartmouth.edu))



# CSC Contacts and Important Links



## Geisel CSC Website:

- Includes:
  - descriptions of current CS projects
  - Google calendar showing upcoming events
- <https://geiselmed.dartmouth.edu/students/organizations/csc/>

## Funding Request Link:

- [https://geiselmed.dartmouth.edu/students/organizations/csc/csc\\_guidelines.pdf](https://geiselmed.dartmouth.edu/students/organizations/csc/csc_guidelines.pdf)

**CSC email:** geisel.community.service@dartmouth.edu

# **Schweitzer Fellowship Project**



**UPPER VALLEY**

**STEM SCHOLARS**

# Who we are



## **Chad Lewis:**

- Former 5th/6th Grade YMCA B-Ball Coach
- Mentoring in Medicine Volunteer
- Big Brother in Norwich, VT



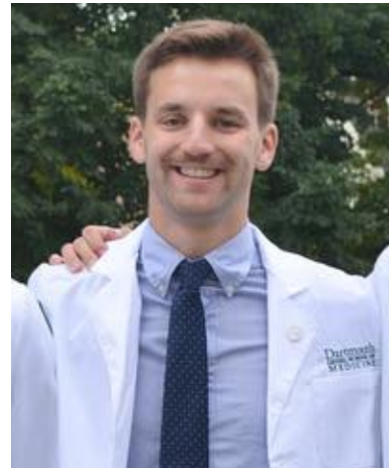
## **Kenny Williams:**

- Former MS math and science teacher
- Wanted a way to continue to engage with students



## **Sha Ali:**

- Former K-12 community health coordinator from Harlem
- Believes in working with youth in order to inspire next generation of leaders



## **Luke Mayer:**

- Hartford High School alum
- Wanted to leave HHS better than I found it
- Used to run a nerd camp in DC

# Origins



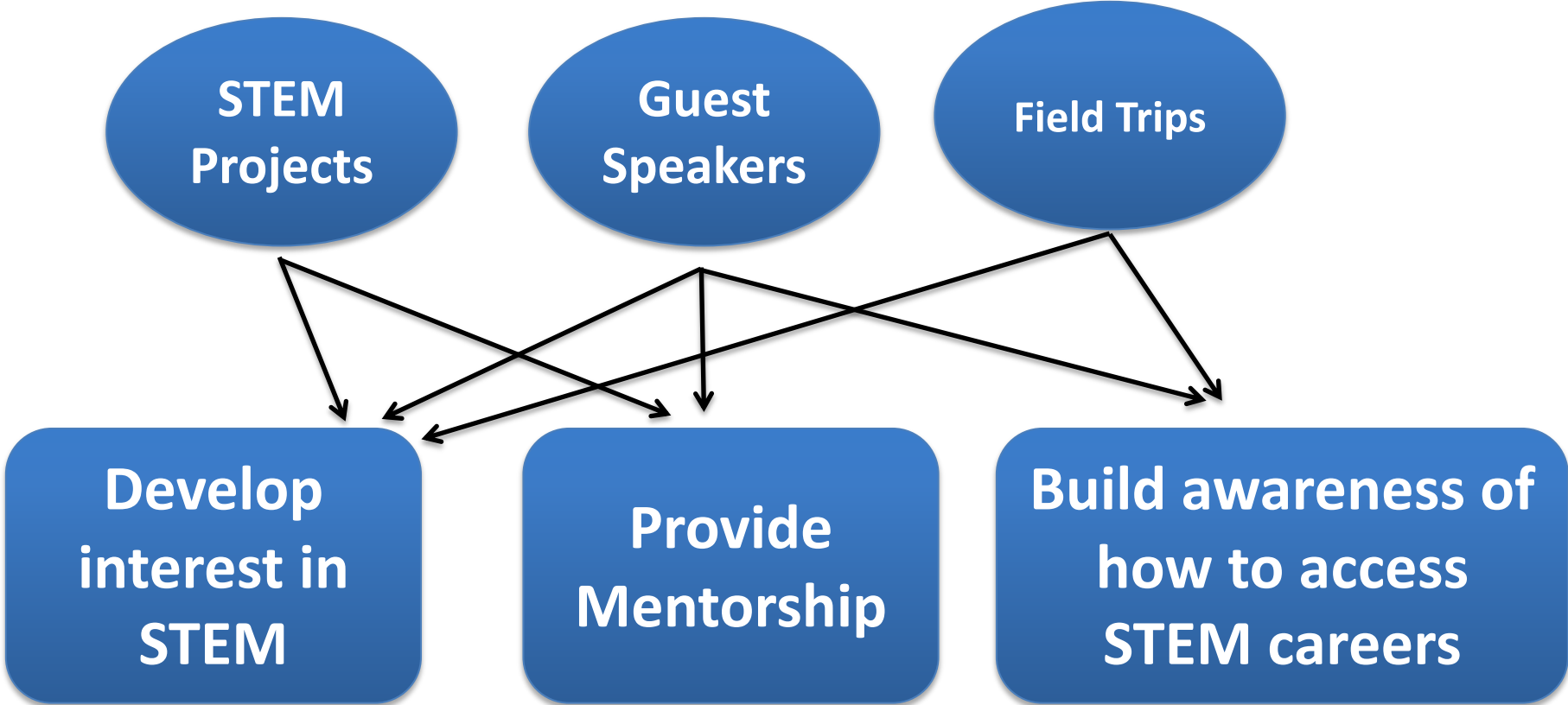
Hartford High School



Lebanon High School

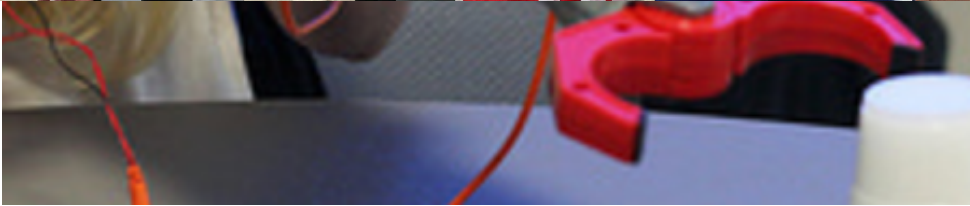


# Mission





# Activities



Lebanon High School students (left to right) Klaleh Punni, Weati Punni, and Lorraine Zaki interact with Carlos Aramayo '21 in Geisel's anatomy lab, as part of the Upper Valley STEM Scholars program.

# Support



**Hartford High School**  
Home of the Hurricanes  
37 Highland Avenue  
White River Junction, VT 05001

February 24, 2017

To the members of the Schweitzer Fellowship selection team:

As the principal of Hartford High School, I am pleased to offer my support for the Upper Valley STEM Scholars program. Participation in this program will not only demonstrate to our students the exciting applications of a post-secondary degree in a STEM field, but it will expose them to mentors and opportunities right here in the Upper Valley.

Through this program, our students would be exposed to a variety of STEM-related careers available to those who persist in their pursuit of higher education. Students will meet potential mentors who have walked the path before, and they will interact in small-group settings with inspiring figures such as surgeons, engineers, and even an astronaut.

I strongly support this fellowship application. The experience gained by Hartford High School participants will benefit not only the students themselves, but their surrounding community as well.

Sincerely yours,

Nelson Fogg  
Principal  
Hartford High School

March 1, 2017

Chad Lewis and Lucas Mayer  
Dartmouth Geisel School of Medicine  
45 Kellogg Bldg.  
Hanover, NH 03755

AH  
EC | New Hampshire  
Area Health Education Center

Dear Mr. Lewis and Mr. Mayer,

On behalf of the New Hampshire Area Health Education Center (NH AHEC), I write to offer my overwhelming support of your proposal to create the Upper Valley STEM Scholars program. This proposed collaborative initiative for training high school students in the fields of science technology engineering and math (STEM) is of critical need in rural and underserved communities in our region and across the country. Your application to the NH/VT Albert Schweitzer Fellowship, composed of local high school teachers and student, to increase capacity to in the areas of STEM addresses a critical need of the North-Central region of our twin states

Much research around the areas of healthcare workforce pipeline points to the need for early exposure to STEM fields as a foundation for future education. Rural areas encounter disadvantages in the scope and the scale of exposure in high school curriculum due to small class size and resources. Having the ability to use resources as you propose, could enable increased engagement in these STEM fields for high school students in the North-Central region of VT and NH and eventually increase the likelihood they will return to a rural region following training.

Your proposal has clear benefits to the region in to create opportunities that will have potential for development of the future medical providers, educators, students and residents in our region and across the country. We support your commitment to training young learners and are happy to provide guidance, based on our 20 years of experience, if you face barriers in implementation of your proposal.

As an organization which seeks to ensure that an adequately trained workforce exists in rural New Hampshire by expanding opportunities for young people to pursue careers in the health professions (which include many STEM fields), we feel that your program stands to be a great addition to help advance our mission.

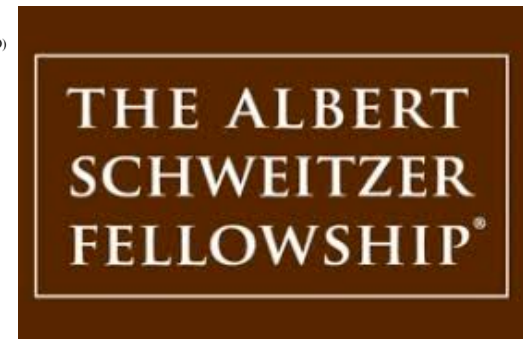
Please do not hesitate to contact me if you have any questions.

Sincerely,

Kristina Fjeld-Sparks, MPH  
Director, New Hampshire Area Health Education Center;  
Director, NH SBIRT IPE Collaborative; and,  
Program Director, Health Careers Institute at Dartmouth (HCID)



**Hypertherm**<sup>®</sup>  
SHAPING POSSIBILITY<sup>™</sup>



# Recognition



U.S. Department of Health and Human Services



COMMISSIONED CORPS OF THE  
U.S. PUBLIC HEALTH SERVICE

*America's Health Responders*

## The Dartmouth

AMERICA'S OLDEST COLLEGE NEWSPAPER. FOUNDED 1799.

Lewis and Mayer are working on a project to increase interest in science, technology, engineering and math fields at Hartford High School in Vermont. Their project includes three aspects: a field trip to a STEM-based industry, working on a laboratory project with robotics and a lecture by an astronaut. As of now, 20 students have signed up to participate in their first event, they said in a joint interview.

Hartford Middle School has also expressed interest to expand the program to younger students within the Hartford school district, Lewis and Mayer said.

Lewis and Mayer are beginning to consider a long-term plan to expand the program beyond the one-year duration of the fellowship.

"It would be cool to have [the project] be just a part of [the middle school] and not part of the Schweitzer fellowship per se," Mayer said.

### Schweitzer Fellows make progress on their projects

by [Claudia Bernstein](#) and [The Dartmouth Senior Staff](#) | 10/27/17 2:05am [f](#) [t](#)



by [Tiffany Zhai](#) / The Dartmouth

# Mentoring Students about the Power of Advocacy

© April 3, 2019 [Sherry Liu](#) [Leave a Comment](#)

By [Erica Houskeeper](#)



Kenneth Williams



Shuaibu Ali

## STEM Program Helps High Schoolers Make Connections, See What's Possible

by [Timothy Dean](#)



Shuaibu "Sha" Ali '21 (left) and Kenny Williams '21 (right). (Photo by Rob Strong)

## Who we are looking for:

- **Two M1s** with an interest in education, youth mentorship, and social equity.
- **This year you will help administer programming** and learn the curriculum.
- **Next year you will take over the program** and help us expand it.
- Funding is being obtained to give **scholars a \$1000 stipend** on top of covering all program expenses.

Questions?



**Interested candidates reach out to:**  
Lucas.W.Mayer.Med@Dartmouth.edu

# Health Clinics

# Good Neighbor Health Clinic



Free health clinic in WRJ, VT

Limited volunteer opportunities within the clinic

**ADMISSIONS**   **CLINIC MANAGER**   **NURSE**

Satellite Clinics – many volunteer opportunities!

- Claremont Soup Kitchen
- Vision Screening
- Mascoma Clinic
- Haven Clinic
- Diabetes Clinic

How to get involved:

1. Paperwork 😊
2. Interested in a specific clinic? Talk to the current co-leaders to see if they need volunteers!
3. Opportunities to volunteer at Good Neighbor will arise later in the year – stay tuned!

Contact:

Isabelle Yang

[Isabelle.T.Yang.Med@Dartmouth.edu](mailto:Isabelle.T.Yang.Med@Dartmouth.edu)

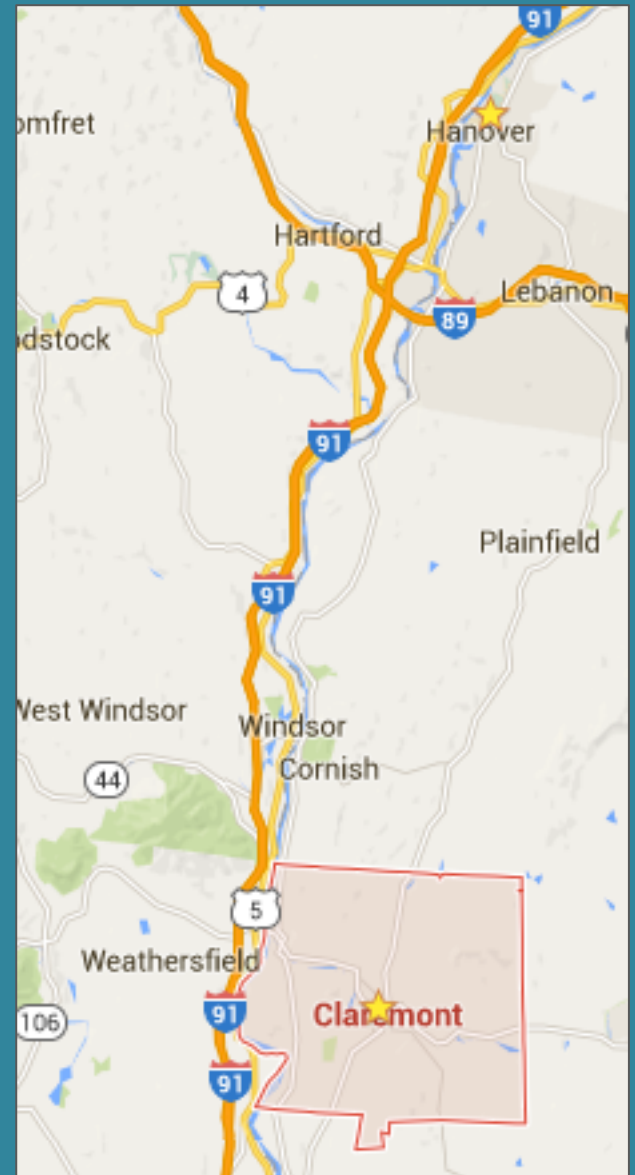
# Claremont Soup Kitchen Clinic

Clinic operates every 2<sup>nd</sup> and 4<sup>th</sup> Monday during meal times

- Aims to reduce barriers to accessing medical care

What we do:

- Provide acute care
- Screening for HTN, diabetes





# Claremont Soup Kitchen Clinic

How can you get involved?

- Improve local resource and referral information
- Support with medication and supply management



- Develop educational material
- Future on-site support and clinical care

# Claremont Soup Kitchen Clinic

Want to get involved or learn more about  
what we do? Email us!

Hannah Fuson

[fuson.med@dartmouth.edu](mailto:fuson.med@dartmouth.edu)

Rebecca Stern

[rstern.med@dartmouth.edu](mailto:rstern.med@dartmouth.edu)

# Diabetes Clinic

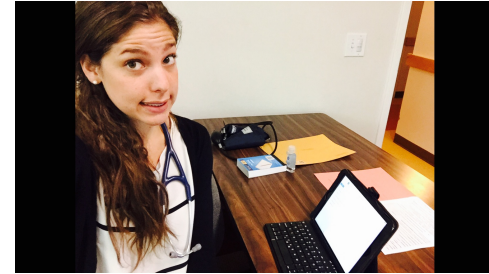
- **When:** Meets regularly (1-2 times per month) at Good Neighbor Health Clinic
- **Goal:** diabetes management
  - Medication review/changes
  - Motivational interviewing
- **Contact:** John Mascari, Ace St. John, and Nara Michaelson

# Upper Valley Haven Health Clinic

**What:** Health clinic (branch of Good Neighbor) current Schweitzer project run by two Geisel 18's.

**Mission:** Improve the health of adults and families of the UV who are homeless and have a lack of access to healthcare services or a lack of understanding of how to use them when available.

**Future goals:** Create partnerships with nearby homeless shelters to expand our services to different sites and to begin to offer our care to the warming shelters in the winter.



# Upper Valley Haven Health Clinic

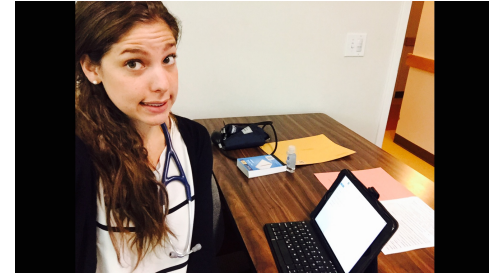
## Why should you get involved??

- The homeless population in the UV desperately needs care.
- We believe our clinic is truly impacting lives.
  - In the last year, the Haven has seen a 30% decrease in the number of ambulance calls and emergency room visits
  - we believe this is a direct result of our services and the health education we continue to provide to our patients.
- Because you will get a lot of experience in a clinic setting to perform Hx, physical exam, oral presentations, etc... ! And you will have a lot more flexibility than in your preceptor.

## Contact information:

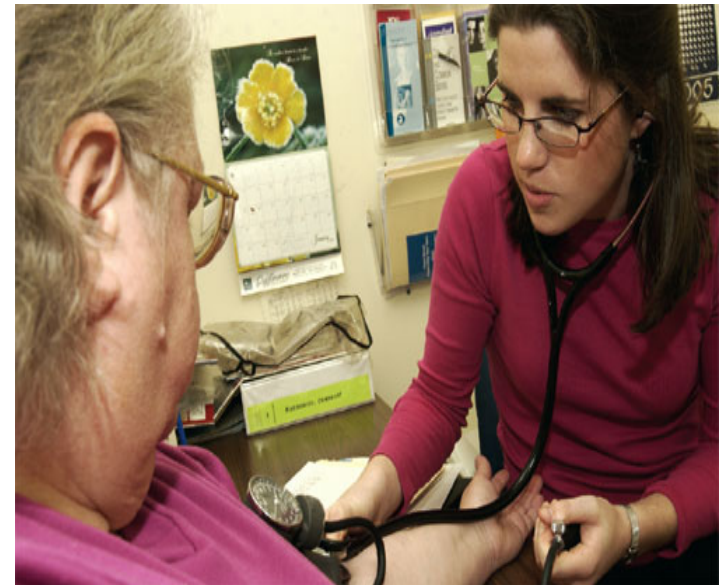
**Nayrana Carneiro:** [nayrana.Carneiro.MED@Dartmouth.edu](mailto:nayrana.Carneiro.MED@Dartmouth.edu)

**Alexander Soto:** [alexander.Soto.MED@dartmouth.edu](mailto:alexander.Soto.MED@dartmouth.edu)



# Mascoma Clinic

- The Mascoma Clinic is a satellite clinic of the Good Neighbor Health Clinic
- It is run by second year medical students in Enfield, NH on **every Wednesday evening.**
- This is a phenomenal opportunity for students to really experience the entire process of running a clinic, from intake to clinic management to full physical exams and patient care



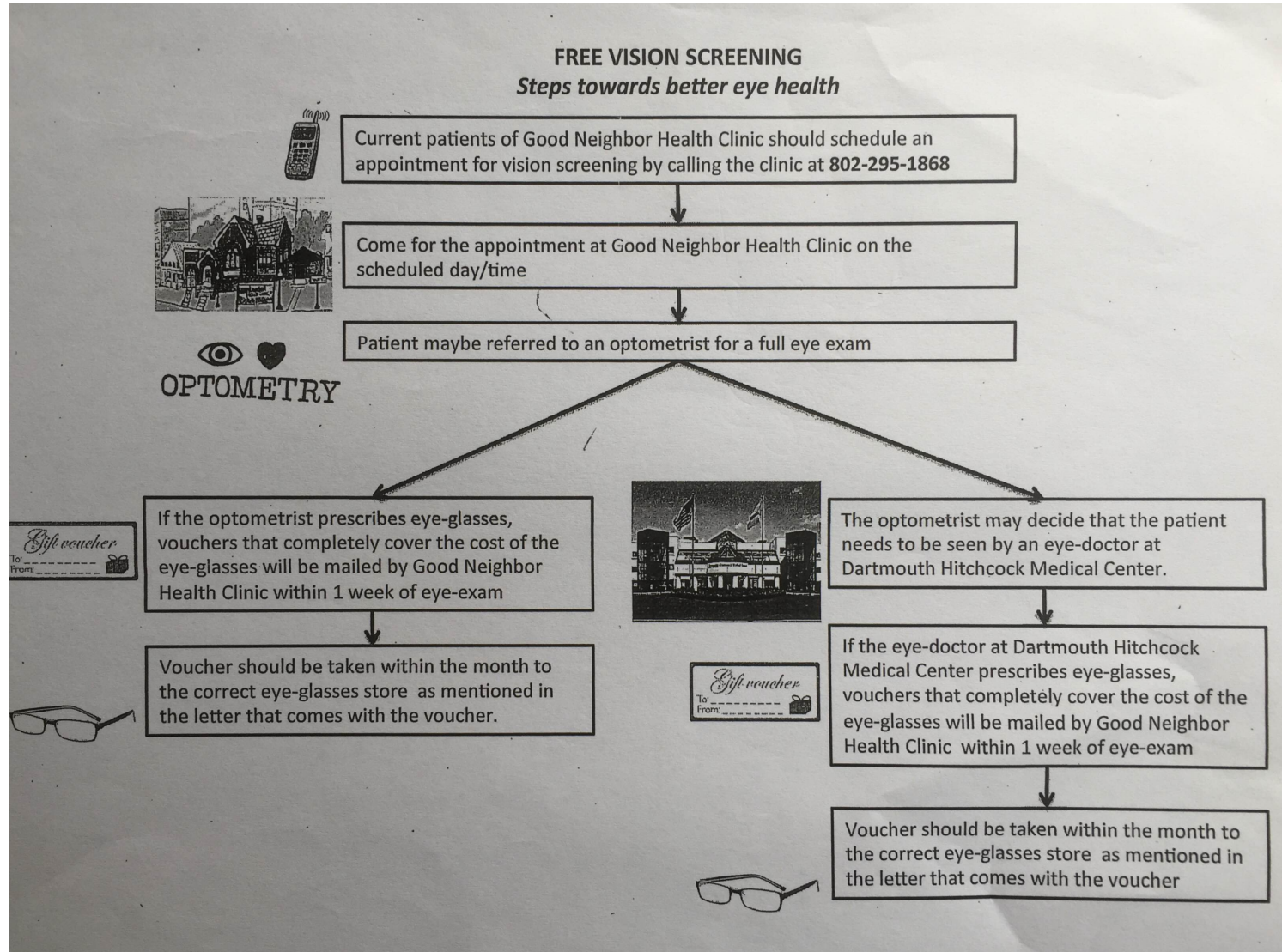
# Mascoma Clinic

- Regular Clinic runs three times a month
- Women's Clinic runs once a month
- Each clinic is staffed by one Attending Physician, one second year Clinic Manager and two medical student volunteers
- Volunteers wear "On Doc" attire + ID, but white coats are not needed
- Time commitment ~ 5-9 PM (depending on number of patients)
- Clinic manager will provide volunteers with transportation to and from clinic in Enfield and free dinner
- For more Information, contact:

**Falen Demsas** ([Falen.Demsas.MED@Dartmouth.edu](mailto:Falen.Demsas.MED@Dartmouth.edu) or

**Britney Petrina** ([Britney.M.Petrina.MED@Dartmouth.edu](mailto:Britney.M.Petrina.MED@Dartmouth.edu))

# Vision Screening Clinic



**Contact:** Huili Zhu, Temi Fregene



**Other Amazing Projects!**

# Active for Life



Emma Hanlon

[Emma.L.Hanlon.MED@Dartmouth.edu](mailto:Emma.L.Hanlon.MED@Dartmouth.edu)

Abiah Pritchard

[Abiah.K.Pritchard.MED@Dartmouth.edu](mailto:Abiah.K.Pritchard.MED@Dartmouth.edu)



## What?

- Lead weekly exercise classes for older adults!

## Where?

- Dartmouth Aging Resource Center (near DHMC)

## Who?

- Anyone! No experience needed.



# Beyond the Books

GEISEL SCHOOL  
OF MEDICINE

Equipping medical students to provide the best care to the populations that need it most



**The Upper Valley Haven**



**Spark! Community Center**



**Good Beginnings  
of the Upper Valley**

**Good Beginnings**

Application Form: <https://forms.gle/TvpAByVogRscShFd6>

# Dartmouth Ears



- Dartmouth medical students pair up with undergraduates to engage in patient visitation
- Medical Specialties floor (i.e. inpatient medicine) at DHMC and the mental health unit at VAMC
- Volunteers provide company for patients who need to be at the hospital for one reason or another and who, sadly, often do not have anyone to see them



- Fall through winter terms (September – March)
- At least one hour per week. You are free to volunteer any day of the week at whatever time best suits you and your partner
- The patients love it, the nurses love it, and you get to learn about the people who live in your community while polishing your communication skills with patients!
- Questions? Contact: Lisa Francomacaro [Lisa.M.Francomacaro.MED@Dartmouth.edu](mailto:Lisa.M.Francomacaro.MED@Dartmouth.edu)
- Or
- Adelaide Tousley [Adelaide.Tousley.GR@Dartmouth.edu](mailto:Adelaide.Tousley.GR@Dartmouth.edu)



# Flu Clinic

Please feel free to contact any of us with questions:

**Greg**

[Gregory.Tsougranis.MED@dartmouth.edu](mailto:Gregory.Tsougranis.MED@dartmouth.edu)

**Leslie**

[Leslie.C.Yuen.MED@Dartmouth.edu](mailto:Leslie.C.Yuen.MED@Dartmouth.edu)

**Sam**

[Sam.L.Tsai.MED@Dartmouth.edu](mailto:Sam.L.Tsai.MED@Dartmouth.edu)

**Xiangyu**

[Xiangyu.Zhao.MED@Dartmouth.edu](mailto:Xiangyu.Zhao.MED@Dartmouth.edu)

## **Mandatory Training Session**

Chilcott Lab (Vail 118)

Wednesday, 9/25, 5-6PM

Enfield Community Center

Thursday, 10/10 4-7PM

Plainfield Elementary School

Thursday, 10/17, 4-7PM

Vermont Law School

Tuesday, 10/22, 4-7PM

Orford Congregational Church

Thursday, 10/24, 4-7PM

Mascoma Community Health Center

Thursday, 10/31, 4-7PM



## UPPER VALLEY HAVEN

White River Junction, Vermont

- **What is it?** A place that provides temporary shelter for homeless families while also serving the community through a food bank, thrift store, after-school program and warming shelter in the winter
- **How can I help?**
  - Volunteer in the food pantry and thrift shop, help out at the after-school program, cook dinners, help with fundraising projects
- **I'm interested in volunteering, what should I do next?**
  - Fill out the online volunteer application at:  
<http://uppervalleyhaven.org/volunteer/>

# Dinners at The Haven

- **What:** Prepare a healthy dinner & eat with the residents
- **Where:** Hixon House at The Upper Valley Haven in WRJ
- **Frequency:** Once or Twice per Month
- **Time away from your iPad:** About 2hrs (\*including a warm homestyle meal\*)
- No cooking skills or experience required!!

## To Volunteer:

Contact us:

- Janae Dunchack [Janae.A.Med@Dartmouth.edu](mailto:Janae.A.Med@Dartmouth.edu)
- Eric Lu - [Zhuoyan.Lu.MED@dartmouth.edu](mailto:Zhuoyan.Lu.MED@dartmouth.edu)





# Girls on the Run

- **Who/What:** Girls on the Run is a national nonprofit designed to encourage lifelong health and fitness among 3rd-8th grade girls through dynamic, interactive lessons and running games. Geisel leads a Vermont chapter at Hartford Memorial Middle School.
- **Where:** Hartford Memorial Middle School (about 10 min from campus)
- **Goal:** To inspire confidence, build leadership and teamwork skills, and promote healthy behaviors among a group of middle school girls so they can successfully complete a 5k at the end of the 10-week program
- **When:** Practices are held twice a week (Tuesdays and Thursday from 3:00-4:30PM) from September to November
- We are looking for volunteers to serve as Assistant Coaches and attend approximately 5 practices this fall (number will vary depending on how many volunteers we get)
- Volunteers wear athletic attire
- Great way to get involved in the community, spend time outdoors, and provide mentorship to local youth
- How to get involved: there will be a VERY short application and info session (look out for an email/Facebook post/come talk to us at the Activities Fair on August 23rd)
- **For more info, contact:** Katherine Amano ([Katherine.A.Amano.MED@dartmouth.edu](mailto:Katherine.A.Amano.MED@dartmouth.edu)) or Leslie Yuen ([Leslie.C.Yuen.MED@dartmouth.edu](mailto:Leslie.C.Yuen.MED@dartmouth.edu))

# DartHealth

- DartHealth is a volunteer-based health education program
- Geisel students visit local high school classrooms to teach classes on substance abuse, mental health, and healthy sex and sexuality (coming soon!)
- Classes are interactive and "Physician-Style"
- Volunteers wear their white coats and work with students to solve real medical cases
- Time commitment: 2-3 afternoons/term + introductory meeting
- Participants will receive training and experience in teaching, mentoring, curriculum development, and clinical problem solving

For more information, contact Abby Dutton –  
[Abigail.J.Dutton.Med@Dartmouth.edu](mailto:Abigail.J.Dutton.Med@Dartmouth.edu)

or

Alex Mittman – [Alexander.C.Mittman.Med@Dartmouth.edu](mailto:Alexander.C.Mittman.Med@Dartmouth.edu)

# Upper Valley Memory Café

- Café held on the first Saturday of each month from 10:30am-12:30pm at the Howe Library in Hanover
- Each café includes breakfast and activities for community members with dementia and their caregivers
- The Aging Resource Center at DH is the sponsor for the café
- Staff of the Aging Resource Center attend in addition to medical and undergraduate student volunteers
- Time commitment is ~2hours on day of café, and ~1hour monthly meeting for leaders
- All are welcome!!
- **For more information, contact**

Emma Hanlon [emma.l.hanlon.med@dartmouth.edu](mailto:emma.l.hanlon.med@dartmouth.edu)

or

Joe Minichiello [joseph.m.minichiello.med@dartmouth.edu](mailto:joseph.m.minichiello.med@dartmouth.edu)

# Dartmouth Ears Program

- **Dual purpose:** mentor paired undergraduate, provide social outlet to hospitalized patients at DHMC
- Each medical student is paired with an undergraduate pre-medical student. Twice a month for about 2 hours, the pair meets at DHMC and talks with hospitalized patients. The goal is not to discuss their illness, but to provide a social outlet to chronically hospitalized people. This is an opportunity to mentor an undergraduate student as well as to get a better understanding of how hospitalized affects the lives of patients outside of their illness.
- Initial orientation and volunteer training at DHMC
- Commitment twice a month, 2 hours per time

For more information, contact: Lisa M Francomacaro, [lmf.med@dartmouth.edu](mailto:lmf.med@dartmouth.edu)