



▶ UPCOMING SCHWEITZER
EVENTS - BACK COVER

Schweitzer Fellows

A Healing Environment: One Fellow's Journey with The Night Ministry

After nearly 4 years of medical school, I have learned many things about being a doctor, but my experience at The Night Ministry has taught me more about being a healer than any textbook or clerkship ever could. The Night Ministry is a non-denominational non-profit organization that aims to create a supportive community for people experiencing homelessness throughout Chicago. Their network of mobile vans delivers direct health services, food, clothing, hygiene supplies, and referral services to people on the streets and they also operate several shelters throughout the city. I was drawn to their



model of a non-judgmental “ministry of presence” that celebrates the strength and dignity of each individual while empowering them to make positive change in their life, however they may define it.

Since early May, I have been working with The Night Ministry's Youth Outreach Team in Lakeview, where we serve a largely Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) community. Every Tuesday and Thursday night, we drive to our usual street corner near Belmont and Halsted and set-up shop right on the sidewalk. I facilitate health education sessions on topics chosen by the group participants, including sexually transmitted infections, HIV/AIDS prevention, basic first aid, and ways to eat healthier when options are limited. Some of these sessions have taken a more unconventional turn, such as when I made condoms into balloons and rubbed them with Vaseline and baby oil until they popped to highlight the importance of using condoms and water-based lubricants. I have also administered flu shots and developed “Healthy Kits of Joy,” which include information pamphlets on common medical issues and some over-the-counter medications to alleviate them. Translating my medical knowledge into information that is both relevant and accessible to the youth participants has been tremendously challenging yet rewarding work. *(Cont. p. 6)*



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Reflections of a Reminiscence Project



Fellow Sarah Cordes with a client from her Reminiscence Project

This year, I've been working on a life history project with older adults through Fourth Presbyterian Church and the Center for Whole Health. Prior to beginning nursing school I spent some time working in a hospice unit; some of my favorite moments were hearing the stories of the patients and learning who they were and where they came from. Those moments led me to deeply value the sharing of stories and integrating the parts of our lives into a whole; values which in turn led me to this project.

Reminiscence, the action of looking back on one's life, has gained popularity over the past several decades as a normal, healthy activity of aging. Reviewing one's life and history helps

to integrate the past and present into a whole and provides perspective. Additionally, passing on wisdom to future generations is seen as meaningful by both the sharer and recipient.

It's been a blessing for me to hear the stories of those I'm working with; in our society, we too often disregard the lives of the elderly and ignore their histories. Hearing of past and current loves, triumphs and failures, and lessons learned is a beautiful reminder that everyone has a story worth hearing. Some of my favorite activities have been going through old photo albums, writing down the stories that go with the pictures, and really seeing the history and memories of the person I'm sitting next to. One woman, in sharing about family losses and the pain of divorce, chose to focus on her recovery and her strength in moving forward and the confidence she had gained in herself. Another woman, in reviewing childhood memories about her family, began laughing harder than I'd seen her laugh the entire time I've known her. That kind of joy is contagious, and I'm happy to be around it! As I finish up with both nursing school and the fellowship, I hope the lessons I've learned and the stories I've heard will stick with me and help me to see the whole person behind the faces I encounter.

-Sarah Cordes, 2010-11 Schweitzer Fellow, DePaul Dept. of Nursing

Fellows' *Universal Right to Health* Symposium Spotlights Gaps in Services for Immigrants, Need for Reform

The 2010-11 Chicago Schweitzer Fellows hosted a symposium in March 2011, to explore the health needs of and services for international populations in Chicago and the U.S. Susan Bauer, MA, MPH, the Executive Director of Community Health Partnership of Illinois, Dr. Mark Sanders, MD, JD, MPH, LLM, the Chair of Family Medicine at Chicago College of Osteopathic Medicine, and Janna Stansell, MPH, Policy Analyst and Schweitzer Program Associate at Health & Medicine Policy Research Group, spoke about the health care system for immigrant populations in Chicago, with a specific focus on migrant farm workers in Illinois and Texas. Some of the take-away messages included, "We cannot have real health reform without comprehensive immigration reform," "as health professional students, you must learn to work in teams and be open to a changing healthcare system," and "immigrant populations are hard working people who contribute greatly to our society, and should have the right to access health services."



Fellow John Hayes with the three symposium speakers: Susan Bauer, Janna Stansell, and Dr. Mark Sanders

Fellows for Life Find Inspiration at Annual Conference in Baltimore



16 Chicago FFL attended the Conference. From top left row: Art Kohrman (Advisory Council Chair), Andrew Loehrer, Bobby Redwood, Yasmeen Golzar, Janet Lee, Mary Gainer, Claude Jacob. Middle row: Raina Philips, Meredith Dixon, Sara Van Koningsveld. Bottom row: Gihane Jeremie-Brink, Saranya Kurapati, Emma Barton, Asfia Qadir, Janna Stansell. Not pictured: Pauline Abrego and Elizabeth Salisbury

(Baltimore, Oct. 2010) - Fellows for Life (FFL) from around the nation gathered at the fourth annual conference for Schweitzer alumni to network, learn, and share enthusiasm for service. Sixteen Chicago FFL attended, including three who presented: Saranya Kurapati, who gave a workshop on quality improvement initiatives and Sara Van Koningsveld and Emma Barton who co-led a session on self-care and movement therapy.

Chicago FFL Yasmeen Golzar reflected, "Attending the FFL conference has rejuvenated my passion for serving underserved populations." Sara Van Koningsveld said, "Through my involvement in the conference, there were many opportunities to learn from other professionals, gain experience as a presenter, and also engage in lectures and presentations of interest." Speaking to the passion of the conference, FFL Gihane Jeremie-Brink noted, "This conference has informed me about significant issues within society, equipped me with

tools to actually do the work, but most importantly echoed my own passions, sense of social obligations and global vision for individual formation and communal flourishing."

The 5th Annual FFL Conference will take place October 28-29, 2011, in Boston, MA.

Visit <http://schweitzerfellowship.org/features/fellows/conference/> for more information!

Wellness Retreat Rejuvenates Schweitzer Alumni

Fellows for Life (FFL) gathered in February for a day of relaxation and rejuvenation. Activities included yoga, a self-care and burnout discussion, mini-massages, and ear acupuncture. FFL Kohar Jones said, "I left feeling committed to taking good care of myself so I can care well for others." Fellow Pauline Abrego reflected, "Today offered a rich assortment of tools for my personal and professional growth and development. Like a



Fellows for Life Liz Appel (in foreground) and Tanuja Jagernauth, both licensed acupuncturists and herbalists, led a self-care and burnout discussion.

smorgasbord of delicious and nutritious delights, these tools were explained, demonstrated, and experienced by me." She went on to say, "I am ready to make my life my argument and I am abundantly grateful to be a part of a fellowship doing the same." We hope all of our alumni can continue to care for themselves as they care for others.

Participatory Video Making Raises Awareness of Mental Illness

The telling of our lives through stories is powerful. I am a 4th year medical student, and I was reminded of this in a clinic on the West Side of Chicago last year, where I met MK, a woman in her sixties who had been struggling with depression for longer than she could remember. She told me about her life and how her church was very important to her. She had only just recently come out to her congregation about the struggles she faced in living with depression.

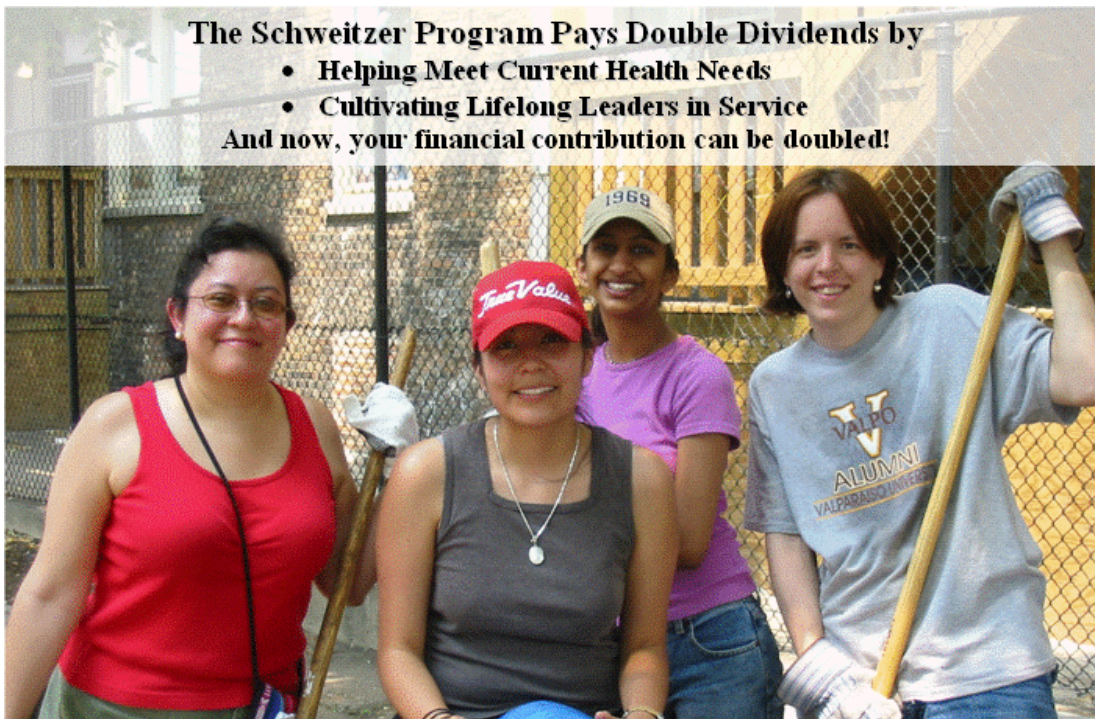
"My friends thought I was crazy," she told me, "but I wanted to testify in church about my depression and what I'd gone through. I thought, 'what if I can help someone else?'"



MK's story of testifying to her congregation moved me. She did it primarily to help others in her community who also live with mental illness but might have otherwise thought they were alone in their struggle. Mental illness is a highly stigmatized condition, and people are hesitant to talk about their experiences because they are unsure of what the social repercussions will be. The political and social power of a publicly declared story such as MK's is tremendous, and stories such as hers have the power to change people's minds about what it means to live with a mental illness.

This is why, as a Schweitzer Fellow, I decided to start a participatory video (PV) project at Thresholds, the largest provider of psychosocial services for people living with severe and persistent mental illness in the Chicago area. PV is a unique approach to video making, in that it works hand in hand with community members and allows participants to document and share their lives as they see fit. My project started this year in a room in the basement of one of Thresholds' South Side locations. I started off by showing my participants the basics of how to use a small video camera, and then we got straight to work with filming. In PV, participants are the directors, camera operators, and oftentimes, the subjects of their own videos. In our first few sessions, we learned basic video making techniques and practiced our interviewing skills on each other. We asked each other many questions: what do you want to get out of your participation in this video project? Why did you get involved? What skills or talents do you have to offer to the project and your fellow participants?

(Cont. p. 7)



The Schweitzer Program Pays Double Dividends by

- Helping Meet Current Health Needs
- Cultivating Lifelong Leaders in Service

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*An anonymous donor is matching new contributions to the
Chicago Area Schweitzer Fellows Program until Dec. 8, 2011*

Thank You Chicago Schweitzer Fellows and Fellows for Life!



***2010-11 Chicago Schweitzer Fellows:
Your dedication to communities and love of service are inspiring to us all!***

A Fellow's Journey with The Night Ministry (Cont from p. 1)

In addition to strengthening my teaching skills and reinforcing my medical training, collaborating with the youth has given me invaluable insight into difficult social issues and the human lives they impact. One woman told me about how she lived in a basement storage area for her entire senior year of high school after being rejected by her family for her sexual orientation. Another woman shared her story of sleeping on the blue line with her 4 year-old son after leaving an abusive marriage. These young people have experienced things beyond my imagination, but instead of wallowing in hopelessness or despair they show tremendous resilience that is both humbling and inspiring. Their stories and successes have shown me how the love of a community can empower someone to accomplish superhuman feats and how providing an accepting and supportive environment is often the most powerful act of healing.

-Mara Terras, UIC College of Medicine, 2010-11 Fellow

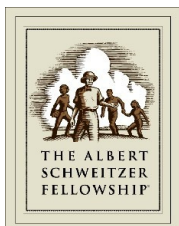
“These young people have experienced things beyond my imagination, but instead of wallowing in hopelessness or despair they show tremendous resilience that is both humbling and inspiring.”

Congratulations to the 2011-2012 Schweitzer Fellowship Class!

The Chicago Area Schweitzer Fellows Program has selected the 2011-2012 Schweitzer Fellowship class. We are excited to welcome 31 students as Fellows, representing 10 universities, 21 academic programs and 11 health and human service disciplines. The Fellowship recipients are:

Akua Agyeman, University of Chicago School of Social Service Administration
Aifah Angela, University of Chicago School of Social Service Administration
Ndang Azang-Njaah, The University of Chicago, Pritzker School of Medicine
Maimoona Batul, Chicago State University, College of Pharmacy
Jordan Becerril, Rush University College of Medicine
Tara Berkson, UIC College of Pharmacy
Amy Cavazos, The School of the Art Institute of Chicago, MA in Art Therapy Program
Lacie Durand, Rush University College of Nursing
Dana Elborno, Loyola University Stritch School of Medicine
Mary Alex Friedman, Northwestern University Feinberg School of Medicine
Ryan Heath, University of Chicago School of Social Service Administration
Kisha Hope, Northwestern University Physician Assistant Program
Ayesha Khan, Midwestern University Chicago College of Pharmacy
Elizabeth Martin, Rush University College of Nursing
Erica Martinez, UIC School of Public Health
Ashley McDonald, UIC School of Public Health
Amy McNew, Chicago School of Professional Psychology
Regine Michel, Rush University College of Nursing
Natalie Morgan, UIC College of Dentistry
Rachel Newhouse, UIC College of Nursing, Nurse-Midwifery
Chiagozie Ononye, Northwestern University Feinberg School of Medicine
Tatiana Ormaza, UIC Jane Addams College of Social Work and UIC School of Public Health
Elisa Pleasant, Loyola University School of Law
Douglas Posey, Northwestern University Law School
Anand Sandesara, UIC College of Medicine
Amrita Sehra, Rush University College of Medicine
Jessica Sittig, Columbia College Chicago, Dance Movement Therapy & Counseling
Rebecca Smith, UIC College of Nursing
Elizabeth Springston, Northwestern University Feinberg School of Medicine
Katie Tomarelli, Rush University College of Nursing
Katie Zabinski, Loyola University School of Social Work

Thank you to all who applied for the Fellowship!



The Chicago Area Schweitzer Fellows Program, a collaborative effort of The Albert Schweitzer Fellowship™ and the Health & Medicine Policy Research Group, provides service learning opportunities and support for graduate level students in health and social service fields interested in working with individuals and communities who are underserved by the health care system. The Program envisions that the Fellows are embarking upon a lifelong commitment to serve the most vulnerable members of our society. The Chicago Area Program is one of 13 nationwide, and is administered by Health & Medicine Policy Research Group. For further information, visit <http://www.hmprg.org>, or contact Program Director Ray Wang at 312 372-4292 ext. 24

Fellows Support Benton House with Service and Donations



On a post-blizzard February day, Schweitzer Fellows volunteered at Benton House, an historic community center that aims to improve stability, economic development, and cultural growth in the Bridgeport neighborhood of Chicago. Fellows helped move hundreds of computers and equipment from the Benton House center to a storage unit, where they will wait to be used as part of Benton House's "Youth Technology Corps," a program that helps youth gain job skills and confidence by refurbishing personal computers.

Fellows also worked to clean the food pantry at the Benton House and performed other refurbishment tasks around the center.

The Fellows also organized a food and supply drive for Benton House throughout February, 2011, collecting food for the food pantry, school supplies for the youth, and sports and arts supplies for the center's after school recreation programs.



Participatory Video Making Raises Awareness About Mental Illness (Cont from p. 4)...

It turns out that participants want many things out of the project. They want to have fun, to show others that people with mental illness are just like them, and to demonstrate their skills and talents through the making of a video. I am in the process of acquiring digital editing equipment as well as handheld, ultra low-cost video cameras that participants can take home with them to shoot footage in their homes and communities. Once I teach participants how to use this equipment, the participants will have the tools they need to create their own videos from start to finish. One of the basic principles of participatory video is that, as the name implies, it is participant-driven. As such, the shape of the final projects and what participants choose to do with them will ultimately be their own decision. We have discussed the possibility of posting videos on the internet, conducting screenings in the community, and broadcasting videos on public access television.

Although I myself don't know exactly what the final projects will look like, I do know that they will in some way reflect the needs, desires, thoughts, and multiple talents of the people who make them. For people who live with severe mental illness, having the means to give voice to these parts of themselves is something that is long overdue.

-Laura Hodges, University of Chicago, Pritzker School of Medicine

**Chicago Area Schweitzer
Fellows Program**

Health & Medicine Policy
Research Group
29 E. Madison, Suite 602
Chicago, IL 60602
(312) 372-4292

Ray Wang
Program Director

Janna Stansell, MPH
Program Associate

Margie Schaps, MPH
Executive Director, HMPRG

Quentin D. Young, MD
Chairman, HMPRG

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

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Chicago Area Schweitzer Fellowship Events

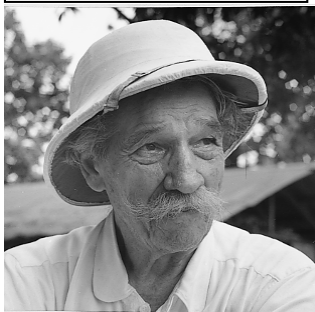
April 13, 2011 (Wed.) – Schweitzer Annual Event, 6pm.
Northwestern University Lurie Research Building. RSVP to
rsvp@hmprg.org.

**May 14, 2011 (Sat.) FFL Community Service Day: Urban
Gardening at Benton House, 8:30am-1pm**

June, 2011: FFL Leadership by Example Lecture (TBA)

**July 20, 2010 (Wed.): FFL Leadership by Example Lecture
and Networking Dinner**

**August 23, 2010 (Tues.): FFL Leadership by Example
Lecture and Networking Dinner**



“The only ones among you who will be really happy are
those who will have sought and found how to serve”

- *Albert Schweitzer*

We express our gratitude to:

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Michael Reese Health Trust

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Polk Bros Foundation

Rosalind Franklin
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and the many individuals and
families who support the
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