

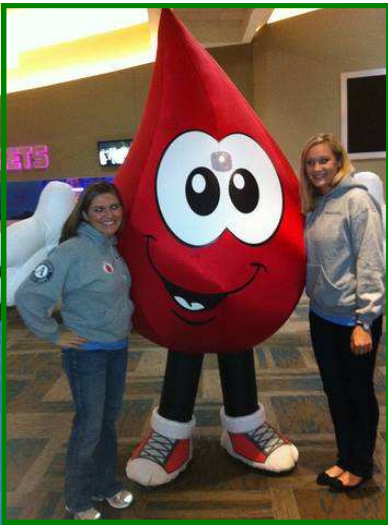
THE NORTH FLORIDA HEALTH CORPS NEWSLETTER

December 2011



HIGHLIGHT: MEDICAL TRAINING COALITION

By Jennifer Larramore



Medical Training Coalition Members, Emily Parrott (left) and Katherine LaMar (right) pose for a quick picture while serving with The Blood Alliance.

Each service term North Florida Health Corps members choose a Training Coalition to serve with based on their future career interests. The purpose is to gain exposure in their field through group trainings and group service projects each quarter. The eight members of this term's Medical Training Coalition include Rose Dowd, Melody Engelbrecht, Katherine LaMar, Kirsten Ohmer, Sarah MacDowell, Emily Parrott, Nahstajia Pinnock, and Jeffrey Yu. These NFHC members have a passion for clinical medical practice and have been very busy filling out applications to medical or nursing schools. This daunting task hasn't kept them from working together as a team to attend Grand Round Seminars at Shands Hospital in Jacksonville or learning more about Health Literacy through a webinar to increase their skills when communicating with patients.

In addition to the trainings they attend as a group, these eight members were able to set up a partnership with The Blood Alliance to volunteer at Everbank Stadium for their 17th annual Jags Gift of Life Blood Drive on Tuesday, December 13th. The event included live music, free massages, and special appearances by the Jaguars players and their mascot, Jaxon de Ville. There were also a variety of children's activities including face painting and appearances from clowns, like Ronald McDonald.



The single day event set a new record for The Blood Alliance, registering 1,006 donors who gave 824 units of blood. With such a large event, the members were fully utilized from 9:30am to 8:00pm on three different levels of the stadium. Members greeted new arrivals, directed donor traffic, assisted with donor registration, helped watch children whose parents were donating blood, and ensured each donor had a positive experience.

CREATING A HOME AT THE CHILDREN'S HOME SOCIETY

By Sandy Chan

On the first Saturday of November 2011, eight North Florida Health Corps members served at a United Way Children's Home Society site, painting a house being constructed for teenagers in foster care. The Children's Home Society are committed to ensuring more children are safe, healthy and prepared for life.

Most of the members painted, while others, like Emily Phillips, used power tools to remove fixtures from the walls before painting the room. Lauren Tevelow placed tape on the baseboards and around doorways to help guide the painters.

"Everyone was enthusiastic about the project and it made our work so much more enjoyable," says Emily. "Helping construct comfortable housing for young mothers allows them to raise their children in a positive environment," says Lauren, as she felt privileged to assist United Way reach its goals.

Nahstajia Pinnock also had feelings similar to Lauren. "It was great opportunity to help out a worthy cause, and add comfort to the lives of individuals in search of a home."

A common theme that was highlighted among the members during the project was unity and teamwork to accomplish an important initiative for the Children's Home Society providing good housing for teenage mothers to have a successful future and allowing them to create the future they deserve.



Tavia Mirassou-Wolf (left) and Lauren Tevelow (right) painting inside a house.

MEMBER HIGHLIGHT: ELIZABETH COTTRELL By Matt Cafiso

Elizabeth Cottrell cares about people she has just met.

“Commitment to helping others is powerful—letting a new acquaintance in need know you are somebody that cares makes an impact,” says Elizabeth Cottrell.

Every summer in high school, Elizabeth took weeklong trips to rural West Virginia with the Appalachian Service Project to repair homes and meet local residents. Her positive experiences with Appalachian Service Project led her to continue service through the North Florida Health Corps.

Elizabeth now serves as a patient advocate with JaxHATS, a medical home for youth with chronic disabilities transitioning into adult health care.

“I assess client needs to transition to adult care, develop a transition plan and provide the necessary education to make the transition seamless,” explains Elizabeth.

“Effective transitions, for me, begin with establishing rapport and providing examples of how I have helped other clients to build patient confidence.”

Elizabeth also provides intakes and community referrals for JaxHATS’ 450 clients. She relies on counseling techniques to address the various needs of her clients. Elizabeth graduated with a Bachelor’s in psychology from the University of North Carolina at Asheville in 2010. She hopes to work in health psychology, evaluating patients holistically to improve health, a career goal that parallels her current service.



Elizabeth Cottrell

Born in Raleigh, North Carolina, Elizabeth is from the South, but she grew up in the suburbs. “Jacksonville is certainly the South, but the feel is completely different and I’m really enjoying it.”

A MERRY CORPS FOOD DRIVE By Stacey Hoffman



NFHC members unload food donations for the United Way. Kirsten Ohmer (left), Rose Dowd (back), and Tavia Mirassou-Wolf (Right)

On Saturday, December 3rd, a superb AmeriCorps team joined together to help make a difference in the Jacksonville community with Second Harvest Northeast Florida and United Way. Both non-profit organizations came together to host a food drive at the Orange Park Mall. Second Harvest serves the community by distributing food and meals to over 500 agencies, including local homeless shelters, the Salvation Army and food pantries. The group’s mission of the day was to collect and sort through food donations. To be a part of something with a huge impact gave the members great fulfillment.

The food drive accepted donations from anyone who offered. The donations came from individuals or organizations and were divided into three separate boxes: canned, dry foods and bottles. It was the responsibility of AmeriCorps members to merrily greet and thank everyone for their donations. Some motivated members stood on the street holding signs in an attempt to get more people in the community involved.

“I was thrilled by the generosity and kindness I saw from the donors, the volunteers, and even the news crew that was at the drive,” says Kirsten Ohmer. “It was a wonderful feeling to know that the holidays can bring out the best in people.”

Emily Phillips agreed. “It was great to see people go out of their way to make a donation to help those in need, especially around the holiday.” Emily was also featured on First Coast News for her lively and optimistic attitude during the event.

The news station also took footage of AmeriCorps members engaged with food sorting. The holiday spirit was in the air and the members agree that the day was an unforgettable one.

UPCOMING ARTICLES:

- Toy Distribution Service Project
- How To Be A Host Site
- Member Highlight

Special Note—

The Newsletter Committee would like to thank the members who have contacted us regarding what is happening at their host sites.

The NFHC is a special initiative of the

