



NORTH FLORIDA HEALTH CORPS NEWSLETTER

NFHC devotes a day to Salvation Army

INSIDE THIS ISSUE:

Robert Hsu Highlight	2
Joke	2
Members' Futures	3
Calendar	4

Donning our gray AmeriCorps t-shirts and comfy shoes, the North Florida Health Corps members spent a day sorting food at the Salvation Army Food Bank for our May service project. The ever changing face of hunger is no longer the homeless vagrant or drug addicted junkie; it is working fami-

lies, single parents and even children. In a given month 26,000 food items are distributed through the Salvation Army of Northeast Florida. The food stuffs are donated by supermarkets, other social service agencies and residents of the First Coast. In a giant warehouse overflowing with donations, we set to work. The NFHC members sorted through bread, desserts, canned goods; even candy to dis-



tribute to Jacksonville's needy. According to the Salvation Army's website, between 2003-2008 over two million total meals were distributed to Duval County residents. It's heartening to know a day of our service will help address the hunger of those less fortunate.



Give Kids the World

Give Kids the World is a non-profit organization that exists to fulfill the wishes of any child with a life threatening illness and give them the opportunity to enjoy Disney World, Universal Studios as well as other local attractions for free. With over 1,200 volunteer shifts to be filled per week to ensure each child has had a great experience it is essen-



tial that volunteers continue to flow year round.

AmeriCorps members went down for the weekend of May 14th-16th. There we were utilized for a myriad of services including maintaining the carousel, manning the salon, and delivering meals to families. This presented us with an opportunity to serve very closely with many children that had come down for the week. Thus were we able to support this great organization as well as put cheer on many tiny faces.

Robert Hsu: Member Highlight



My name is Robert Hsu and I am a first-year member serving my term

as a Patient Navigator for the Duval County Health Department Hospital Emergency Rooms Alternative Program (HERAP). On a daily basis, my primary responsibility is to provide financial medication assistance for uninsured and low-income patients utilizing programs set up by pharmaceutical companies. I coordinate and meet directly with patients here at the clinic and I help them put together the required materials needed for their applications. I will interact directly with the physician and nurse practitioners at our clinic and not only determine which medication assistance applications the patient will need but obtain the necessary prescriptions and signatures. I help patients with forwarding their information to obtain a clinic card giving them primary care services and setting them up with access to our Insulin Distribution Program. In addition, outside of the clinic, I attend Community Living Rooms where I do preliminary diabetes and blood pressure

screenings.

I am from near New York City and I attended Cornell University in Ithaca, NY receiving a B.S. in Biology and Biometry & Statistics. I joined the North Florida Health Corps because I wanted a longer-term commitment to community service after my previous experiences and I wanted to get a firsthand healthcare perspective and direct patient interaction.

In my position as Patient Navigator, I have learned about the hectic schedules healthcare professionals endure as well as the difficult situations that they constantly encounter. It's not easy trying to juggle a patient load of 30 patients while trying to coordinate labs, plan of care, and medication assistance applications with various clinical staff members.

But what makes it all worth it is the chance to better patients' lives. I appreciate the gratitude and openness of many of the patients as well as the direct impact they have made on my own life. The personal battles they have fought through and the long roads they have taken have made me more open-minded and considerate as a person.

I remember one of my patients—a diabetic with

nerve issues. He had just received a clinic card and was out of insulin. Through our insulin program, we were able to get him access to insulin that day and prevented him from a trip to the ER. Then, the patient was in need of Lyrica, a diabetic medication that was intended to treat the diabetic nerve pain he battled. It was a very expensive medication but through the Pfizer Connection to Care Program, I was able to get the patient access to the medication. The medication not only saved the patient hundreds of dollars each month but it gave the patient a positive outlook on improving his quality of life. The patient called me a few weeks later saying he was able to buy new shoes that got him to walk a lot more with the reduced nerve pain. He talked about having a new sense of energy and even looking towards trying to obtain a job. It meant a lot being able to make a direct contribution to the turnaround of a patient's outlook on life.

Making such an impact to a patient's life humbles me and has motivated towards a career in medicine. After my AmeriCorps experience, I plan on going to medical school. I hope to one day become a physician focusing on primary care and serving the low-income population.



This is what AmeriCorps members can expect in Jacksonville this summer

Members' 5-year plans matching game

See if you can match the future plan with the correct member.

Members:



A. Heather Applewhite

1. I will be entering graduate school at North Carolina Central University next year. I will be working towards a master of arts in clinical psychology. Once I complete school I would like to work as a Child Protective Service social worker.

2. _____'s 5 steps to saving the world in the next 5 years:

Step 1: Obtain my MPH in International Health and Development at Tulane University in New Orleans.

Step 2: Get accepted into the Master's International Program of the Peace Corps.

Step 3: Backpack across Africa.

Step 4: Find an amazing job improving water quality and sanitation in developing countries.

Step 5: Find a rich benefactor to pay off my debt, take me on lavish vacations and save money for future debt (see step 6).

Step 6 (optional): Get married and make babies.



B. Sarah Babcock

3. After leaving Americorps, I will be living on a kibbutz in Israel (a collective, self-sustaining community), working and learning Hebrew from September until January. I will also be applying to schools in genetic epidemiology and genome sciences. After I return from Israel, I hope to relax for a few months until I start graduate school. After completing my masters in one of those programs, I hope to either enter an MD/Ph.D program, an MD program, or a Ph.D program in genetics.



C. Alayna Lee

4. Next year I will be joining the class of 2014 at University of Florida College of Medicine. My plans are to specialize in Family Medicine and/or Community Health, hopefully culminating in a joint degree of MD/MPH. I also have hopes to be involved in Global Health and other clubs to develop more ideas for continuing my service to disparaged populations.



A. Dacey Storzbach



NFHC

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Calendar of Upcoming Events

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Monthly Meeting	2	3	4	5 Alayna's Birthday
6	7	8	9	10	11	12
13 Jazz Concert Series	14	15 Connie's Birthday	16	17	18	19 Social gathering--Tubing Soul Food Festival
20	21	22 AmeriCorps Recognition Ceremony Jimmy's Birthday	23	24	25	26
27	28	29 Jennie's Birthday	30			

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Liberty Celebration and Fireworks	5	6	7	8	9	10
11 Jazz Concert Series	12	13	14	15	16	17
18	19	20	21	22 Katrina and Charisse's Birthday	23	24
25	26	27	28	29	30 Dacey's Birthday	31