Service Activities at Geisel

2017-2018
Community Service Committee (CSC)

- **What:** As a branch of the Student Government, we help coordinate the many community service groups on campus, provide funding for small service projects, and host class-wide events! Be on the lookout for the Rail Trail Ramble!!
- **When can I join:** Elections for CS Reps will be held around the same time that elections for SNAP Reps will be held.
- **Who do I contact?**
  - Angela ([angela.lee.med@dartmouth.edu](mailto:angela.lee.med@dartmouth.edu)),
  - Rui ([rui.zhang.med@dartmouth.edu](mailto:rui.zhang.med@dartmouth.edu)),
  - Colin ([colin.belanger.med@dartmouth.edu](mailto:colin.belanger.med@dartmouth.edu))
David’s House

**What:** Hospitality volunteer or cook a meal for residents!
- David’s House is a home away from home for families with children receiving treatment at the Children’s Hospital at DHMC. As a hospitality volunteer, you will welcome guests and help make their stay as comfortable as possible during this stressful time. Another great way to volunteer is to cook a meal for the residents so that they can come back to the house to homemade food.

**Where:** Lebanon

**When:** Minimum one shift (2-3 hours) per month, but regular weekly preferred

**When can I join:** Whenever

**Who do I contact?** Jaye (jaye.olmstead@davids-house.org); Tina Hoisington (Tina.L.Hoisington@dartmouth.edu)
Active For Life

- **What:** Exercise program for older adults. Students lead an hour long exercise session every week and design new exercise modules.
- **When:** Every Thursday 4-5 p.m.
- **When can I join:** M1s who are interested are welcome to help co-lead the sessions.
- **Where:** Aging Resource Center
- **Who to contact:** Lydia Gill (lydia.gill.med@dartmouth.edu)
Addiction and Mental Health Screening

What: Screen patients for signs of depression, as well as excessive alcohol use or other substance use. Based on patients’ screening results, we counsel using harm reduction and motivational interviewing techniques. If needed, patients are referred to additional mental health and substance use resources.

Where: Good Neighbor Health Clinic (free clinic, 10 min drive)

When: Minimum 2 clinics per month, you pick your own schedule!

When can I join: Soon! Look out for an application in August

Who do I contact? Deirdre.G.Caffrey.MED@Dartmouth.edu
Art for Kids

- **Who:** Everyone! No art experience required
- **What:** A series of arts and crafts workshops working with local kids who have developmental disabilities
- **Where:** AVA Art Gallery in Lebanon, NH
- **When:** Once a month as desired (no ongoing commitment), 2 hrs per session
- **When can I join:** Initial meeting in the next few weeks! Details to follow. Sign-up for dates at Activities Fair.
- **Who do I contact?**
  - Karissa LeClair (Karissa.L.LeClair.MED@dartmouth.edu)
  - Yvette Zhou (Yvette.Zhou.MED@dartmouth.edu)
  - Shruthi Nammalwar (Shruthi.Nammalwar.MED@dartmouth.edu)
BRIDGES at The Junction

- **What:** LGBTQ High School Mentorship Program
  - Facilitate monthly group sessions with teens on various issues related to building healthy relationships and self-confidence
- **Where:** White River Junction, VT
- **When:** 1.5 hours per month
- **When can I join:** Aim to transition new facilitators early 2018 (Jan)
- **Who do I contact?** Jake Perlson (jacob.e.perlson.med@dartmouth.edu),
Claremont Soup Kitchen Clinic (GNHC)

- **What**: Free clinic that aims to reduce barriers to accessing care in rural NH
  - 3 M2s act as clinic managers and provide acute care services to walk-in patients with supervision from a PA. Ex: BP and blood glucose screenings, cold care
- **Where**: Claremont, NH (30 miles south of Hanover)
- **When**: 4pm-5pm, 2nd and 4th Monday of each month
  - Time commitment: 3-4 hr for clinic and transportation; 1 hr writing clinic notes
- **When can I join**: Now! Looking for help with patient check-in during clinic. Also will have a smoking cessation training with GNHC in September. Clinic manager applications in Jan/Feb with decisions made in March.
- **Who do I contact?** Dan Forsman, Kayla Hatchell, Isabelle Magro
  - daniel.w.forsman.med@dartmouth.edu, kayla.e.hatchell.med@dartmouth.edu, isabelle.l.magro.med@dartmouth.edu
Community Flu Clinics

- **What:** Provide vaccinations to members of the public at regional flu clinics
- **Where:** Plainfield, Orford, Enfield, Caanan
- **When:** Thursdays 4-7 pm, 1.5 hour shifts - Sept. 28, Oct. 12, 19, 26
  - Mandatory training: Sept. 26th 12:30-2 PM Chilcott Lab
- **When can I join:** Right now!
- **Who do I contact:** Nick Valentini and Chelsea Manning - Don’t worry we’ll send you an email reminder.
- **Perks:** Real patients. Sharp objects. Community health. Free food.

*WINTER IS COMING*

*GET YOUR FLU SHOTS*
Cooking For Life

- **What:**
  - A cooking class for the elderly that suggests fun and healthy recipes, and provides nutrition information about the ingredients being used

- **Where:** Aging Resource Center, Lebanon
- **When:** Classes are held once a month
- **When can I join:** In April we will be looking for M1’s to continue the project
- **Who do I contact:** Briana Goddard, Griffin Reed, Hira Haq
DartHealth Education Corps

- **What:**
  - Design curriculum and teach health-related topics to classes across the Upper Valley!
  - Topics include substance abuse, addiction, sex ed, and nutrition
- **Where:** Middle and High Schools
- **When:** Minimum 4 hrs per term if teaching
- **When can I join:** Anytime; teaching in classrooms can be ANYTIME during the school year!
- **Who do I contact?** Priscella Chan or Francesco Emiliani
Dermatones

- **What:** Geisel’s acapella group!
  - We perform at various events, including the anatomy memorial, heart rounds, and Memory Cafe.
- **Where:** On campus or at DHMC
- **When:** We rehearse once a week for ~1hr + performances
- **When can I join:** Early September--keep an eye out for an email!
- **Who do I contact?** Bianca Di Cocco ([Bianca.L.Dicocco.med@dartmouth.edu](mailto:Bianca.L.Dicocco.med@dartmouth.edu)) and Gayathri Tummala ([Gayathri.C.Tummala.med@dartmouth.edu](mailto:Gayathri.C.Tummala.med@dartmouth.edu))
FitKids

- **What:** Lead 7 weeks of “Body Workshops” - Teaching fourth graders about their body systems and how to care for them in a way that is engaging, fun, and age-appropriate.
- **Where:** Hanover Street School
- **When:** Monday afternoons 1-3 pm
- **When can I join:** Now! Classes will start in October
- **Who to contact:** Sarah DiBrigida (Sarah.J.DiBrigida.MED@dartmouth.edu) Haley Moulton (Haley.N.N.Moulton.MED@dartmouth.edu)
Girls on the Run

- **What**: After school program for girls at Hartford Middle School.
  - Designed to: build self-esteem, promote confidence, practice problem solving skills, and foster team-building.
- **Where**: Hartford Memorial Middle School, White River Junction, VT
- **When**: Practices are Tuesday’s and Friday’s 2:30-4:00pm
- **When can I join**: NOW!!! Practices begin September 12th!
- **Who do I contact**: Abby Alexander (Abigail.J.Alexander.MED@dartmouth.edu) and Addie Tousley (Adelaide.R.Tousley.MED@dartmouth.edu)
Dartmouth Ears

- **What:** The program pairs Dartmouth medical students with undergraduates to engage in patient visitation. Volunteers provide company for inpatients who have had extended stays at the hospital, and who, sadly, often do not have anyone to see them.
- **Where:** DHMC or the VA
- **When:** 1 hour/week (more if desired)
- **When can I join:** Early September-October (all students must be certified by DHMC and the VA in order to begin volunteering!)
- **Who do I contact?** Yasmin Kamal: yasmin.kamal.GR@dartmouth.edu, Addie Tousley: adelaide.R.Tousley.MED@dartmouth.edu
- **For more information, visit:** http://geiselmed.dartmouth.edu/mdphd/links/ears/
High Horses

- **What:**
  - We help mentally and physically disabled children and adults learn how to ride horses, and use the horses as a part of their therapy.
- **Where:** Sharon, VT (About 25 minute drive)
- **When:** You can be as involved as you choose! It works best to find a consistent time once a week that you can commit to.
- **When can I join:** Any time!
- **Who do I contact?** Briana Goddard
  - briana.goddard.med@dartmouth.edu
Mascoma Clinic

- **What:** A free clinic run by Geisel medical students!
- **Where:** Lebanon, NH
- **When:** Every other Wednesday (~5-9PM) *you can sign up for as many clinics as you’d like (there is no minimum or maximum)*
- **When can I join:** Because we, as medical students, are seeing patients, first year students must wait until April, when they have finished learning the complete physical exam. However, this is GREAT practice for OSCEs in May, and will be open to you all during second year. Applications for leadership will be accepted in the spring as well.
- **Who do I contact?** Swathi Krishnan (swathik.med@dartmouth.edu), Sima Sadeghinejad, or Dave Praharaj
Memory Café

- **What:** Enjoy brunch and spend time connecting with people with dementia and other neurocognitive disorders and their families! Memory Cafe combines fun activities with informal conversation and group discussions. We also feature performances by local campus acts.
- **Where:** 13 South Street, Hanover (next to Ramunto's at the public library)
- **When:** 10:30am-12:30pm, First Saturday of every month (Starting September 16th)
- **When can I join:** Email will be sent out for sign ups for each session
- **Who do I contact?** Tlalli Moya-Smith, Lydia Gill
  - Tlalliaztlan.E.Moya-Smith.MED@dartmouth.edu, Lydia.Gill.MED@dartmouth.edu
Migrant Health Project

- **What:** We are a team of doctors, researchers, and students who work to provide medical and dental care to migrant farm workers in the dairy and agri-business around the Upper Valley. If you're interested in working with underserved populations, using your Spanish skills, and participating in service-learning activities, join our team!

- **Where & When:**
  - Interpreting for clinic appts in Wells River, VT throughout the year
  - Variety of research opportunities throughout the year
  - Biannual mobile farm clinics + mobile dental clinics (Oct/Nov + April/May)
  - Medical Spanish elective in the Spring
  - Regular Spanish conversation dinners

- **When can I join:** Applications will be available after the separate MH info session

- **Who do I contact?** Meghan Bullock (Meghan.E.Bullock.MED@dartmouth.edu), Tlalli Moya-Smith (tlalliaztlan.e.moya-smith.med@dartmouth.edu), Miguel Reyes-Zaragoza (Miguel.A.Reyes-Zaragoza.MED@dartmouth.edu)
Craniofacial Clinic: Face of Art

**What:** Volunteer at DHMC's Craniofacial Clinic, a multidisciplinary clinic for children with special needs
- Do art and play with kids while they spend their day at the clinic
- Make the day easier and more fun for children and their families
- Meet and work with a wide range of patients and professionals: otolaryngologists, plastic surgeons, psychiatrists, neurologists, geneticists, speech therapists, social workers, etc.

**Where:** DHMC

**When:** Clinic held every other Tuesday; we ask for a minimum of 4 hours/term

**When can I join:** Now!

**Who do I contact?** Katherine Trinh, Kathy Cazares, Mallory Perez
(Mallory.N.Perez.med@dartmouth.edu)
Physicians for Human Rights (PHR)

**What:** PHR is a national organization that exists to stop mass atrocities and the violation of human rights with the understanding that physicians are uniquely positioned to address these matters.

**When:** Intro meeting WEDNESDAY 8/23 from 12:15-1pm in KELLOGG AUDITORIUM

**Types of Events:**
- Mentorship Dinners
- National Conference
- Regional Conference
- Refugee Advocacy
- Social Justice Lunches
- Community Service
- Asylum Clinic

**Last Year’s Projects:**
- Physicians Against Violence
- 800 White Coats
- Protect Our Patients
- A Refugee’s Journey of Courage and Hope
- Restorative Justice
- Collaborations with SNaPH, Dickey Center for Health Equity, Nathan Smith Society, CHaD

**Contact:** Katherine Trinh (Katherine.V.Trinh.MED@dartmouth.edu), Chi Zhang, Reza Hessabi, Natalia Zbib, Chelsea Gaviola, Alex Doering
PHR & Restorative Justice Center

What: PHR members are involved in human rights/social justice oriented projects that serve individuals in the Upper Valley.

Restorative Justice Panel: Medical students serve on a panel along with other members of the community to engage petty offenders, their victims and community members (all those affected by the crime) in identifying, repairing, and preventing harm. The process is a more holistic and humane alternative to the traditional criminal justice system.

- **Where:** Hartford Community Restorative Justice Center (White River Junction, VT)
- **When:** Meetings (about 2-3 hrs) are held twice a month; you can decide when to go, based on your schedule. You do not have to stay for the whole meeting. Dinner is provided!
- **When can I join:** Anytime! You should try to attend a training session first (about 4 hrs).
- **PHR Contact:** Chelsea Gaviola (Chelsea.Aika.V.Gaviola.MED@dartmouth.edu)
- **Other Students Involved:** Julie Ocampo, Cat Gordon, Mariah Servos
PHR Asylum Clinic

What: Help start a clinic to conduct pro-bono forensic medical evaluations for those who are seeking asylum after suffering persecution or torture

"Having a medical affidavit as part of their case triples the likelihood of their being granted asylum," said Carmen Stellar, 25, a second-year medical student at Cornell who is the PHR asylum clinic’s director of organizational operations.

Contact: Chi Zhang (Chi.Zhang.MED@dartmouth.edu), Reza Hessabi, Natalia Zbib, Chelsea Gaviola, Alex Doering, Katherine Trinh
Patient Support Corps

- **What:** This program is part of the Center for Shared Decision-Making at DHMC. Volunteers can:
  - Help patients generate a list of questions before doctors’ appointments
  - Accompany patients to appointments and write a summary
- **Where:** DHMC
- **When:** Very flexible, can range from 1-3 hrs/week
- **When can I join:** Anytime! (note that there is an online training session that takes 3-4 hours)
- **Who do I contact?** Priscella Chan ([priscella.s.chan.med@dartmouth.edu](mailto:priscella.s.chan.med@dartmouth.edu)) and Chi Zhang ([Chi.Zhang.Med@dartmouth.edu](mailto:Chi.Zhang.Med@dartmouth.edu))
Good Neighbor Health Clinic (GNHC) - Diabetes Clinic

- **What:** Conduct a free diabetes clinic for low-income community members
  - 2-3 students to conduct clinic under physician supervision - complete CC, HPI, PMH, SH, focused PE, and clinical write-up
  - 1-2 students to conduct nutritional education with patients in waiting room during clinic
- **Where:** White River Junction, VT & Lebanon, NH
- **When:** Monthly clinic on Wednesday afternoons (3rd week each month)
- **When do I apply:** Transition to a new student leaders in March/April
- **Who do I contact?**
  - Clinic: Julia Berkowitz (Julia.L.Berkowitz.MED@dartmouth.edu); Priscella Chan (Priscella.S.Chan.MED@dartmouth.edu); Cat Gordon (Catherine.R.Gordon.MED@dartmouth.edu); David Lakomy (David.S.Lakomy.MED@dartmouth.edu)
  - Education: Swathi, Sarah D, Lucia, and Hira
Project 439

- **What:** NH’s First Needle Exchange
  - New Hampshire is in the midst of an opioid epidemic. According to Governor Maggie Hassan, “The heroin and opioid crisis is the most pressing public health and safety challenge facing New Hampshire.” Since 2013, opioid related overdose deaths have more than doubled in the state, reaching a record high in 2015 of 439.
  - We distribute clean needles, sharps containers, and Narcan while also teaching users about safe usage and overdose reversal. We aim to decrease the transmission of blood-borne diseases and to save as many lives as possible.
- **Where:** Claremont Soup Kitchen (Claremont, NH)
- **When:** 6 hours per month
- **When can I join:** August 2016 (will be emailing out application)
- **Who do I contact?** Louisa Chen (b.louisa.chen.med@dartmouth.edu) and Nasim Azizgolshani (nasim.azizgolshani.med@dartmouth.edu)
Schweitzer Fellowship

- **What**: Fellowships for second years looking to design/continue and engage in service-based projects in the Upper Valley
- **Where**: Variety of community sites in Upper Valley
- **When**: Year-long commitment that begins 1st year, typically spanning from April to May of the following year
- **When do I apply**: An information session will be held in January for interested first-years and applications are usually due February 15
- **Who do I contact?** Nancy Gabriel (program director; nancygabrielasf@gmail.com) or Dr. Tim Lahey (Timothy.Lahey@dartmouth.edu)
  - Second year fellows: Nasim Azizgolshani, Sarah Bennett, Fred Burton, Missy Cantave, Louisa Chen, Chad Lewis, Luke Mayer, Jake Perlson, Trenika Williams
Schweitzer Fellowship Project

- **What**: Using the Telling My Story curriculum to equip teen girls with confidence and skill to achieve the future paths that they desire.
  - Trust building, skit making, discussions, college tours and writing skills!
- **Where**: Stevens High School (Claremont, NH)
- **When**: One morning every week
- **When can I join**: Spring (potential mentorship during year)
- **Who do I contact?**
  - Sarah Bennett ([Sarah.M.Bennett.MED@dartmouth.edu](mailto:Sarah.M.Bennett.MED@dartmouth.edu))
  - Missy Cantave ([Melissa.K.Cantave.MED@dartmouth.edu](mailto:Melissa.K.Cantave.MED@dartmouth.edu))
Rodis Fellowship in Compassion-Centered Medical Care

- **What:** Year-long funded, self-designed fellowship related to compassion-centered medical care
- **Where:** Must have a local impact (Geisel, Dartmouth, Community)
- **When:** 8 months (Oct. - June), projects may extend beyond the first year
- **When can I join:** Applications due early October
- **Who do I contact?** Dr. Martha McDaniel
  ([Martha.D.McDaniel@Dartmouth.EDU](mailto:Martha.D.McDaniel@Dartmouth.EDU))
- **2016-2017 Rodis Fellows:** Catherine Gordon, George Knaysi, Karissa LeClair, Nick Valentini, Myriam Taibi, John Damianos, Devanshi Mehta, James Durham, Lauren Kascak, Devin Van Dyke, Celestine Warren, Diana Funk, Yvette Zou
Sununu/Ledyard Charter School Project

What: We are a group of medical, graduate, and undergraduate students who teach a GED course to young adults/teens at the Ledyard Charter School once a week. We welcome anyone with extensive teaching experience or interest in working with underprivileged youth.

Where & When: Ledyard Charter School @ Lebanon, once a week

When Can I Join: Anytime!

Who do I Contact: Angela Lee (angela.lee.med@dartmouth.edu)
Vision Screening Clinic @ GNHC

- **What:** We provide basic vision screening assessments to patients at Good Neighbor. We also offer referrals to local eye care professionals and free or reduced cost prescription glasses to patients when necessary.
- **Where & When:** Good Neighbor Health Clinic @ White River Junction, one afternoon per month
- **When Can I Join:** Transition starts in March!
- **Who do I Contact:**
  - Chelsea Manning ([Chelsea.t.manning.med@dartmouth.edu](mailto:Chelsea.t.manning.med@dartmouth.edu))
  - Cameron Yi ([Cameron.yi.med@dartmouth.edu](mailto:Cameron.yi.med@dartmouth.edu))
Haven Shelter Dinners at Hixon House

- **What**: Come cook dinner at the Hixon House adult shelter! No cooking skills required. You get to eat dinner with the residents after!
- **Where**: Upper Valley Haven in White River Junction
- **When**: 4-6 PM, typically on a Sunday
- **When can I join**: No need to make a long term commitment--Michelle will send out an email the week before asking for volunteers. Note: We’ll need new leaders in April - see that month!
- **Who do I contact?** Email CSC if interested.
Haven Health Resource Clinic

- **What**: We see shelter guests who are having trouble accessing primary care or have general health and wellness questions. We do a brief history and physical exam and then make a plan with them to coordinate care with their regular provider.
  - Supervision is provided by the esteemed Peter Mason, of Good Neighbor Health Clinic.
- **Where**: Upper Valley Haven
- **When**: Twice per month for three hours.
- **When can I join**: Starting in October we can accept occasional first year volunteers who think they may be interested in taking over the clinic next year -- applications will be accepted in April for those who want to take over the clinic.
- **Who do I contact?** Please contact Sarah Rosenstein ([Sarah.R.Rosenstein.MED@dartmouth.edu](mailto:Sarah.R.Rosenstein.MED@dartmouth.edu)) or Kathy Cazares ([Kathy.S.Cazares.MED@dartmouth.edu](mailto:Kathy.S.Cazares.MED@dartmouth.edu))
WISE

What: Volunteer on the WISE crisis line to support survivors of domestic and sexual violence. WISE leads the Upper Valley to end gender-based violence through survivor-centered advocacy, prevention, education and mobilization for social change.

Where: WISE Center, Lebanon, NH (10 minutes from campus)

When: Training for 2 months and then 1-2 volunteer shifts per month

When can I join: Fall training begins in October! Apply now!

Who do I contact?
  - Sarah Rosenstein (Sarah.R.Rosenstein.MED@dartmouth.edu)
Women’s Health Clinic

- **What**: A free women’s health clinic run by Geisel medical students!
- **Where**: Claremont, NH
- **When**: 1st Wednesday of every month
- **When can I join**: Applications for 2nd year clinic leaders will be available in Spring 2018
- **Who do I contact?** Kyra Bonasia ([Kyra.L.Bonasia.MED@dartmouth.edu](mailto:Kyra.L.Bonasia.MED@dartmouth.edu)), Haley Moulton ([Haley.N.N.Moulton.MED@dartmouth.edu](mailto:Haley.N.N.Moulton.MED@dartmouth.edu))