

## Service Learning Newsletter

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Web Version



# SERVICE LEARNING NEWSLETTER

UPDATES ON THE LATEST SERVICE LEARNING ACTIVITIES, HEALTH EQUITY  
NEWS, AND LOCAL VOLUNTEER OPPORTUNITIES.

January 3, 2021









## Albert Schweitzer Fellows Create Service Learning Elective in MSK Module

Matthew Hudson, MS2, partnered with Dr. Will Brooks, UAB Disability Support Services, the Albert Schweitzer Foundation, and Henry Kendrick, a student in the UAB School of Dentistry, to create a service learning activity as part of the musculoskeletal (MSK) module. The goal was to increase students' knowledge of how to work with people with disabilities, their families, and their caregivers.

The activity partnered with Joy O'Neal, Executive Director of Red Barn, a non-profit in Leeds that specializes in therapeutic horsemanship, which has been shown to significantly improve health outcomes for people with disabilities. Medical students observed and participated in equine-assisted therapy at the Red Barn in order to gain more experience interacting with patients with disabilities and their families in a less intimidating, more informal and fun setting. The clients and their families at Red Barn were able to teach students the things they wish all healthcare providers knew about working with kids with disabilities.

One participant, Sri Prahad, said, "going to the Red Barn was an amazing experience that gave me the opportunity to identify and understand the gaps in my knowledge and learn more about the different kinds of therapy that patients with disabilities can participate in."

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 <p><b>“</b> <i>Having a group of peers who share similar interests adds tremendous value to my medical education.</i> Getting to know others in the program has been my favorite part! HES allows me to engage in discussion about issues critical to medicine, such as race, gender and socioeconomic status.</p> <p>— MEGHNA KATTA MS2 Health Equity Scholar</p> <p><b>What is your favorite part of being a Health Equity Scholar?</b></p>	 <p><b>“</b> <i>Growing up in rural Alabama, I have always been interested in health equity.</i> HES offered the opportunity to not only learn more about health inequities but also meet people who are taking on various health inequities in our state.</p> <p>— BRANNEN UHLMAN MS2 Health Equity Scholar</p> <p><b>What made you want to join Health Equity Scholars?</b></p>	 <p><b>“</b> <i>I applied for HES because my reason for pursuing a career in Medicine is to address disparities in health due to access</i> I wanted to be around like minded people who also want to address health disparities in their careers in the future, to grow my medical sociology knowledge, and to get support for any relevant projects. Also, HES has a community service requirement that helped me to stay connected outside of medical school.</p> <p>— SHEFA SUHAILA MS3 Health Equity Scholar</p> <p><b>What made you want to join Health Equity Scholars?</b></p>
<p><b>“</b> <i>HES helped me realize how I could incorporate advocacy into my future career.</i> I'm applying for emergency medicine. I have always been interested in social justice and health equity, which is what motivated me to apply to this program, and because emergency medicine is the gatekeeper of medicine, there are so many opportunities for patient advocacy and justice in this field because of the patients we serve. Often times, the ED is the only link to medical care that people get, so we're in an important position to speak up on their behalf.</p>  <p>— ALA'A ABU-SPETANI MS4 Health Equity Scholar</p> <p><b>How did HES help prepare you for your chosen specialty?</b></p>	<p><b>“</b> <i>The community I've found in HES is irreplaceable.</i> It's been so sustaining personally and professionally to work with others who prioritize combatting injustice in medicine and the broader society we live in. My classmates in this program are some of my closest friends in medical school, and I love that we have the chance to grow and learn together and also have an additional support system built into our medical education.</p>  <p>— JASPER KENNEDY MS4 Health Equity Scholar</p> <p><b>What is your favorite part of being a Health Equity Scholar?</b></p>	<p><b>“</b> <i>The support, insight, and inspiration that I receive from my fellow HES classmates.</i> The organization has provided me with so many resources and opportunities and has been one of my favorite parts of UAB.</p>  <p>— ANDRES CAMINO MS3 Health Equity Scholar</p> <p><b>What is your favorite part of being a Health Equity Scholar?</b></p>

**Apply to Health Equity Scholars by January 17th**

The Health Equity Scholars program seeks to develop physician leaders with the knowledge and skills to promote health equity for medically underserved communities.

MS1s are invited to apply for this program, which will help you develop the knowledge and skills you need to successfully work towards health equity by caring for historically marginalized populations as a physician. Scholars participate in volunteer work, service learning, academic retreats, and complete a scholarly project over the course of this three year program.

[Want to learn more?](#) There will be a Health Equity Scholars Lunch & Learn on Wednesday, January 5th from 12-1 in Lecture Room C.

Apply now: [Apply here](#) by January 17th at 11:59 PM to be considered.

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### **Medical Students Ask & Advise Student Organization Returns to The Foundry**

The Foundry Ministries is a residential rehabilitation facility for women recovering from addiction. UAB Heersink SOM students who are specially trained in smoking cessation counseling have formed the group Medical Students Ask and Advise (MSAA). Since 2019, they have met with Foundry participants to provide a structured curriculum with the goal of tobacco cessation.

According to Baker Smith, one of the co-directors, "through our monthly smoking cessation meetings with members of The Foundry in Bessemer, myself and co-directors Ryan Zaniwski and Willow Bryan have been able to develop meaningful relationships with a unique and determined group of individuals who are working hard to improve their health. As a medical student, this experience has provided valuable experiences addressing mental health, honing the arts of health promotion and motivational interviewing, and developing my ability to treat the whole patient."

The meetings originally took place over Zoom but, after over a year, MSAA has been able to return to in-

person meetings with participants. In spite of having to have virtual meetings for the past year, MSAA has been able to expand its programming to include the men's branch of The Foundry as well as the women's branch, and is working on establishing a sustained relationship with Equal Access Birmingham patients as well. MSAA offers an incredibly rewarding experience in which students establish meaningful bonds with the patients as they strive towards a healthier, smoke-free lifestyle.

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## Events and Volunteer Opportunities

- **Volunteer with the UAB Live HealthSmart Mobile Market this month (multiple dates):** The Live HealthSmart Alabama Mobile Market is a grocery store on wheels, bringing fresh, affordable, and healthy food to residents living in food deserts. Volunteers at the Mobile Market will greet shoppers, help them complete simple surveys and assist shoppers carrying their purchases, if needed.
- **Donate Blood:** Blood supplies are dangerously low across the United States. UAB Hospital is asking the public to roll up their sleeves and donate blood during this critical time. Schedule an appointment at UAB's Birmingham Red Cross Blood Donation Center [here](#)

[Office of Service Learning](#)

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