

Community Service Descriptions 2016-2017

***Affording Medications Project:** Helping patients with strategies to afford medications.

***Asthma Camp:** A camp for children ages 6-12 years living with this chronic disease. Urban Health Scholars help elementary school students explore and learn about asthma in a fun and exciting way. The children learn about asthma triggers, medication education and coping skills. Parents/guardians will attend a Q&A led by health care professional about the treatment of asthma.

***Biomedical Engineering Discovery Program:** Is a Saturday immersion program for high school students about the biomedical engineering field as it applies to health care. Urban Health Scholars work directly with students to accomplish their hands-on activity, which may involve building a hydraulic arm, designing and building a prosthetic leg or designing a heart valve.

***Brushing Bunnies:** Teaches children about the importance of oral hygiene through story-telling and sharing information about what to expect when seeing a dental provider. Brushing Bunnies is offered to childcare centers/programs and elementary schools enrolling underserved children.

Citizens for Quality Sickle Cell Care Holiday Party: Join families/children affected by Sickle Cell Disease for the annual holiday social by coordinating arts and crafts activities at this Saturday event.

CT Mission of Mercy: Sponsored by the CT Dental Association, scholars and faculty support the medical triage areas, serve as medical interpreters, patient escorts, and patient educators, and have the opportunity to observe in the dental clinic. Over 2,000 patients and nearly a million dollars' worth of free dental care are provided over the course of 2 days. The location of CT MOM changes annually and rotates throughout the state.

CCMC/UCHC HIV/Peds/Family Holiday Social: Join families/children affected by HIV for the annual holiday social by coordinating arts and crafts activities at this Saturday event.

***Community Garden Initiative:** Promoting community gardening, better nutrition, and health promotion activities for residents in Hartford, UST Scholars work with community agencies and the public to plant, maintain, and nurture the Burgdorf Health Center's community garden. Activities begin in the spring and culminate early fall.

***Community Health Fairs** – UST Scholars and faculty participate in numerous health fairs throughout the state each year. Services include hypertension, obesity, oral health screenings, and Ask the Pharmacist plus a variety of health promotion education including healthy eating, immunization awareness, diabetes, oral health, and smoking cessation and prevention education. The following programs fall under this category:

- Neighbor Housing Services of New Britain Health Fair (mid/late June)
- Rawson Elementary School – Healthy Kids' Day (mid/late July)
- Greater Hartford NAACP Family Day (mid/late August)
- Annual Senior Health & Wellness Expo (mid-September, South End Wellness Senior Center)
- Simpson Waverly Health Fair (mid/late September-early October)
- Sickle Cell Walk-a-thon & Health Expo: Provide basic healthcare screening and education materials to the local Sickle Cell community and supporters. (Keney Park Pond House usually a Saturday in October)
- National Primary Care Week Afternoon of Service (mid/late October-early November)
- *Bloomfield/West Hartford Health Department Initiative (throughout the year)
- *Going Beyond Initiative (throughout the year; agencies and locations rotate) – reaching out to populations not typically seen at other UST outreach events
- Go Red Women's Heart Health – collaborating with the American Heart Association, this event is typically held in March. Urban Health Scholars provide pre-luncheon wellness screenings and education.

***From Wheeze to Breeze:** Community education around understanding asthma and COPD triggers and medications.

***Health Careers Awareness:** UST Scholars work with students K-16 through a variety of programs to expose disadvantaged children and teens to opportunities in health careers. Programs include Middle School Health Careers Enrichment Program (MSHCEP) & High School Clinical Skills, Collegiate Health Service Corps, Louis Stokes Alliance for Minority Student Participation Program, Rowes Scholars Program, among others.

***Hispanic Senior Center:** Utilizing Spanish language skills, UST Scholars provide special health promotion and fun activities with older adults at the Hispanic Senior Center of Hartford. Activities run the gamut from holiday treats for those with diabetes, oral health and medication education, to salsa dancing and bingo!

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***Immunization Education:** Promoting awareness of the importance of vaccination in adults as well as dispelling misconceptions of various vaccines.

***Migrant Farm Worker Clinic:** Making health care accessible to the 17,000 to 20,000 migratory workers residing in Connecticut by establishing mobile clinics at their worksites (farms). The MFW Clinic operates from late June through late September. The Urban Service Track provides several interprofessional teams to Thrall Farm (Windsor, CT) in the summer.

National Association of Community Health Centers (NACHC) Policy and Issues Forum: An interprofessional team of UST Scholars are selected to attend the annual NACHC Conference in Washington DC. Scholars have the opportunity to attend the Forum as well as participate in Capitol Hill Visits to state representatives to discuss topics relevant to advocacy for the underserved and primary care.

***No Ifs, Ands, or Butts:** Focuses on smoking cessation and prevention education at community health events to a variety of age ranges.

***Nutrition Detectives:** Urban Health Scholars teach 2nd and 3rd graders about making better food choices in a fun and engaging way at elementary schools enrolling urban children.

***Pathways/Senderos Teen Pregnancy Prevention Program (motto: “Diplomas Before Diapers”):** Working with the Pathways/Senderos staff to deliver health careers awareness programming for 6th-12th graders after school. Topics include: nutrition for health teens, oral health tips, health careers awareness, poison control/awareness for babysitters, smoking prevention, etc.

Sickle Cell Walk-a-thon & Health Expo: Provide basic healthcare screening and education materials to the local Sickle Cell community and supporters. (Keney Park Pond House usually a Saturday and October)

***Smiling Seniors:** Oral health education provided to older adults that is fun and engaging. Utilizing interprofessional teams of UST Scholars, Smiling Seniors teaches participants proper hygiene techniques as well as the role played by medications, nutrition, adaptive appliances, and chronic diseases in oral health care.

***Spring Forward – Don’t Fall Back:** Engage older adults in fall prevention educational activities that are fun and relevant for seniors. Programs are facilitated at senior centers in the community.

***Tar Wars:** Urban Health Scholars teach 4th and 5th a tobacco-free education program through interactive games. The students are taught the effects of smoking cigarettes its effects on health.

***Teacher Professional Development Sessions:** Urban Health Scholars work with the administration and school nurse to identify health care issues affecting Smalley Academy Elementary pupils. Topics include but are not limited to: asthma, nutrition, and oral health education.

***Tick-Borne Illnesses Awareness:** emphasizing knowledge and prevention of Lyme (named after the Connecticut town where it was first described) and other tick-borne conditions prevalent in Connecticut.

***Pre-Health Professions and Health Professions Student Wellness Conference:** Urban Health scholars provide the leadership on this annual conference which focuses on self-care and patient care strategies to promote wellness. The conference location alternates annually and registration costs are waived for students through sponsorships provided by educational partners.

Additional community outreach and advocacy opportunities will become available throughout the year – check emails for announcements.

* denotes activities that occur multiple times through the year.