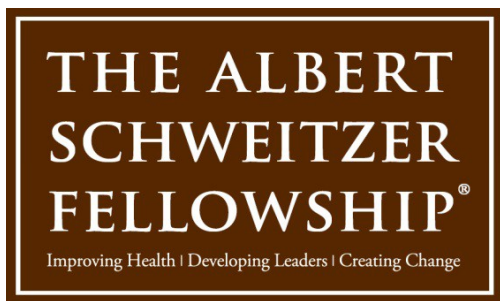




Columbus-Athens Schweitzer Fellows Program

Past Fellows and Projects

Columbus-Athens 2018-2019 Fellows

Laura Bradigan and Jess Henning

The Ohio State University – College of Nursing

Community Site: YWCA Columbus



Bradigan and Henning are increasing access to trauma-informed, evidence-based yoga and meditation by partnering directly with community sites that provide resources to underserved populations. Trauma-informed yoga is a practice that emphasizes the mind-body connection and creates a safe environment for participants. They will offer a weekly gentle breath-based yoga class, guided meditation, and wellness education. Their program is designed to empower individuals to generate tools that promote emotional regulation, self-awareness, and self-efficacy. In doing this, they will foster a space for mindful social interaction as well as quiet introspection.

Vanessa Short

The Ohio State University – College of Dentistry

Community Site: Amethyst, Inc.



Short is addressing the unmet oral health care needs among women and their children in a recovery program in Columbus, Ohio by providing oral health education seminars for both the women and their children. The program plans to promote proper oral hygiene as well as educate the participants on how substance abuse and dietary choices can affect the oral cavity. Children will have the opportunity to receive a dental screening and fluoride treatments. The participants without a dental home will be provided with referrals to a dentist. Ultimately, the program will aim to educate women and their children on oral health.

Shannon Flahive

Ohio University, Dublin Campus – Heritage College of Osteopathic Medicine

Community Site: Winterset Elementary; Columbus City Schools; The Center for Balanced Living



Flahive is addressing mental health and eating disorder prevention by integrating yoga, mindfulness-based stress reduction, body image discussion, and nutrition in a 5th grade classroom in Columbus City Schools. Flahive is partnering with The Center for Balanced Living and Central Ohio Eating Disorder Consultation and Prevention Network. She will work closely with other professionals to foster awareness and facilitate preventative workshops throughout Central Ohio. This project aims to address eating disorder prevention and positive body image, encourage wellness, build focus and attention, and empower young adolescents to act rather than react.

Sara Sexton and Sam Schoeppner

The Ohio State University – College of Public Health & College of Social Work

Community Site: LeaderSpark



Sexton and Schoeppner are addressing the mental health needs of teens in Columbus, Ohio by designing and implementing empowerment curriculum for at-risk youth in schools and juvenile detention centers. They plan to focus on developing self-efficacy, self-esteem, healthy relationships, and positive coping alternatives for stress and negative emotions with underserved youth in Whitehall, Linden, and Wedgewood.

Nestor Avila and Brendan Downing

Ohio University – Patton College of Education

Community Site: Athens Middle School



Avila and Downing are addressing the transition to middle school by providing developmental intervention to elementary and middle school students within the Athens City Schools. They will do this by engaging students in developmentally appropriate workshops through a lunch-and-learn series.

Barbara Hodgdon

The Ohio State University – College of Human Development and Family Science

Community Site: Champion Intergenerational Center



Hodgdon is promoting nutrition education through leisure activities at the Champion Intergenerational Center in Columbus, Ohio. This program will provide preschoolers and older adults with time to engage with nutrition education in an interesting and dynamic way. The program can encourage intergenerational relationships between preschoolers and older adults at the center.

Oluwabusola Ola and Christine Miguel

The Ohio State University – College of Medicine

Community Site: Moms2B



Ola and Miguel aim to address the high rates of infant and maternal mortality in Columbus, Ohio using health education and health promotion. They will work with new and expectant mothers to promote healthy lifestyle choices. They will serve young women and teenagers in at-risk, underserved areas on the East and South sides of Columbus. In addition to education, the sessions will include practical applications such as creative meal choices and exercise (yoga) sessions. They aim to use health coaching to support and encourage participants to set attainable and sustainable goals relevant to both pregnancy and motherhood.

Columbus-Athens 2017-2018 Fellows

Jessica Balhorn and Emma Haas

The Ohio State University – School of Health & Rehabilitation Sciences (Occupational Therapy)

Community Site: US Together

Haas and Balhorn's overall goal is to meet the social and cultural transition needs of new Syrian refugees in Columbus. They will work with US Together, an organization created in 2003 to provide immigrants and refugees in Central Ohio with services needed to address the variety of experiences and challenges that are encountered upon resettlement.

Jennifer Brubaker

Ohio University – Heritage College of Osteopathic Medicine

Community site: My Sister's Place

Brubaker will implement an art-making course for victims of domestic violence to generate an environment for emotional expression, social connectedness, sensory experience, symbolic expression, and improved quality of life. Her placement is with My Sister's Place, which provides support for women and children who are experiencing domestic violence in Athens, Hocking, and Vinton counties.

Amy Buck and Alyssa Greenwell

Ohio University – Heritage College of Osteopathic Medicine

Community site: Lifestyle Medicine Clinic at O'Bleness Hospital

Buck and Greenwell will provide wellness activities and classes focusing on dietary guidelines, stress relief techniques, and exercise activities to the underserved community in Appalachia Ohio. Their community agency is the Lifestyle Medicine Clinic at O'Bleness Hospital in Athens, Ohio.

Daniel Crawford and Lauren Sabo

The Ohio State University – College of Optometry & Moritz College of Law

Community site: OSU Optometry Clinic; Nisonger Center Dental Program.

Crawford and Sabo will create a 4-5 day respite camp for children with disabilities. The project will address health needs through free dental and vision screenings, provide career and educational programming, and give parents the opportunity to have respite care for their children. The camp will be run on The Ohio State University campus with help from students and staff, including those in the OSU Optometry Clinic and the Nisonger Center Dental Program.

Rachel D'Amico

The Ohio State University – College of Medicine

Community site: Outpatient Pediatric Cardiology Services at St. Rita's Medical Center

D'Amico will use an educational telemedicine program to help young patients (15-21 years of age) with congenital heart disease develop the ability to self-manage and be able to transition to adult cardiology care.

Bahman Shahri and Mohamed Amira

Ohio University – Patton College of Education

Community site: Athens Beacon School and Kids on Campus

Shahri and Amira will conduct workshops on global competence for junior and senior high school students. The workshop themes will include cross-cultural conversation, difference and respect for diversity, as well as local-global issues, including food insecurity, human migration, and global citizenship. They propose to work within schools, such as Athens Beacon School, and Kids on Campus, a rural community-university partnership.

Columbus-Athens 2016-2017 Fellows

Samantha Bates

The Ohio State University – College of Social Work

Community site: OSU LiFEsports

Bates' Albert Schweitzer Fellows project focused on goals related to financial literacy, financial assistance/planning programming, and college access for youth participating in the OSU LiFEsports Youth Leadership Academy. Bates' project was designed to help LiFEsports families and youth have greater access to resources, information, and knowledge to support their children's educational opportunities and better their overall economic/financial well-being. Parent sessions, financial resources, and guided assistance completing the Free Application for Federal Student Aid (FAFSA), along with the development of a mentorship program and college visit for youth, accentuated her project and provided meaningful opportunities for youth and their families in our Columbus community.

Rachel Bican PT, DPT

The Ohio State University – School of Health and Rehabilitation Sciences

Community Site: Nationwide Children's Hospital

Bican addressed caregiver burden for caregivers and parents of children with cerebral palsy in Columbus. She provided educational materials, including information on cerebral palsy, social and financial support, a comprehensive list of resources, and general tips for overall well-being. She partnered with Ohio State and Nationwide Children's Hospital.

Sydney Bissonette and Jessica Burger

The Ohio State University – Doctorate of Occupational Therapy & Doctor of Physical Therapy

Community Partner: US Together

Bissonette and Burger are addressing health, wellness and social integration issues for refugees in Columbus, Ohio. Activities focus on physical, mental, and social well-being through programs such as group exercise for newly arrived refugees, English as a Second Language for Arabic speakers, and stigma eradication from the surrounding community.

Julia de Mello, RN

The Ohio State University – College of Nursing

Community Site: East Columbus Elementary; William H. Adams Community Recreation Center

De Mello addressed the health literacy of a diverse group of economically disadvantaged elementary school students on the East side of Columbus. Using evidence-based public health interventions and Healthy People 2020 guidelines, Julia conducted a healthy eating nutrition camp and health literacy workshops. Students concluded the program by applying their literacy knowledge and leadership skills by reading to parents and local community members. The program aspired to empower students to build capacity and leadership that ultimately promote lifelong wellness.

Michael D'Netto, Jengchen (Lucy) Liu, and Jorge Zheng

The Ohio State University - College of Medicine, Fisher College of Business, & College of Pharmacy

This is a community outreach and health care navigation pilot project. The goal of the project is to reduce unnecessary emergency room visits for at-risk populations by connecting them with healthcare and social resources in the community.

Marla Davis and Emily Kowal

The Ohio State University – School of Health & Rehabilitation Sciences (Occupational Therapy)

Community site: Goodwill Columbus

This project utilized Dr. Jessica Kramer's Project TEAM curriculum that focuses on self-advocacy skills, goal setting, and community exploration with young adults with developmental disabilities. Davis and Kowal joined forces with Goodwill Columbus' Community Experience pilot project to create a sustainable opportunity for young adults in the Columbus area through creating opportunities for people with developmental disabilities to engage in meaningful integrated experiences and create social networks in the community to better their quality of life and find purposeful work.

Libby Fisher

The Ohio State University – College of Optometry

Community site: Sammy Safe Eyes

Fisher's project targeted infant and toddler eye health and education through providing infant eye exams, preschool vision screenings, and a program called Sammy Safe Eyes that teaches children to take care of their eyes.

Jessica Horan

The Ohio State University – College of Public Health

Community Site: Equitas Health; Star House

Horan worked on sex education with women and LGBT populations. The project created a pilot program aimed towards providing at-home HIV test kits to high-risk Ohio residents. In addition, Horan presented sex education workshops at local homeless shelters in Ohio, one for youth and one for adult women. Workshops branched out to include healthy relationships, healthy eating, and skills building workshops.

Hyunju Kim

The Ohio State University – Arts Administration, Education and Policy

Community Site: Rwanda Women in Action

Kim is addressing the social health of recent refugee students from Rwanda and its neighboring countries in Columbus by providing a video-making program through which students make more meaningful interaction with their family members and community members in their new neighborhood.

Seema Mahato

Ohio University – Patton College of Education

Community Sites: Sech-Kar Company; ACEnet

Mahato attempts to address the problem of food insecurity in southeast Ohio by providing food dehydration and cooking skills workshops. Supported by community organizations and interested local citizens, she promotes food dehydration skills among adults with developmental disabilities and community members in general. By engaging community members in a process of experiential learning, the workshops empower participants to preserve seasonal surplus and co-create easy, simple recipes using dried fruits and vegetables. The overarching objective of her project is to enhance the self-efficacy of local underserved communities through productive and meaningful engagements.

Jessica Martin

Ohio University – College of Health Sciences and Professions

Community Site: Bassett House

Martin is addressing the social and emotional health of adolescents in Athens, Ohio by facilitating weekly life skills groups. These life skills groups focus on the value of health, social skills, emotions, communication, and finances. This program is facilitated with adolescents in a residential addiction treatment facility. Ultimately, the program aims to help adolescents gain personal self-management skills and general social skills.

Scott McLemore

Ohio University – Heritage College of Osteopathic Medicine

Community site: Physicians Care Connection; MidOhio Foodbank

Working during weekly free-clinic hours, McLemore coordinated screening for food insecurity among the patient population at the Physicians Care Connection. If identified as food insecure, he would work with them during the clinic hours to refer them to a local MidOhio Foodbank associated food pantry. Those affiliated pantries are special partners that have guaranteed a minimum weekly schedule, and allow referred patients to return weekly to get food. The project and pantries aimed to provide fresh fruits and vegetables at a minimum, but also stocked other food stuffs depending on the pantry and anticipated demographic. The project was the inaugural partnership between the two community organizations.

Austin Oslock

The Ohio State University - College of Medicine

Community site: Women's Health and Family Planning Clinic of Columbus Public Health

Oslock is addressing the disproportionately high infant mortality rate in Columbus, Ohio by connecting women to established obstetric and gynecologic resources. Through collaborations with local non-profits and community organizations, Oslock will teach sexual health classes, run outreach clinics, and table to provide community members with resources on topics like birth control and safe-spacing. By partnering with the Women's Health and Family Planning Clinic of Columbus Public Health, which provides gynecologic care at no-cost to the uninsured, Oslock is able to directly link women with the services they need.

Allison Paul

The Ohio State University – College of Arts & Sciences (Arts Administration, Education, and Policy)

Community site: K-12 TEJAS Gallery; Dayton International Peace Museum

Paul is addressing the health and well-being of young people in the Gem City through community arts and peacemaking. She has built relationships with two community based organizations supporting youth leaders through volunteering with Artists-In-Training at K-12 Gallery TEJAS during the creation of mobile murals that address mental health and teen suicide as well as mentoring with Teens Inventing Peaceful Solutions at the Dayton International Peace Museum during the Agape Satyagraha nonviolence curriculum. This project celebrates young people's strengths and emphasizes a participatory process involving arts-based reflection and dialogue, storytelling and future-visioning for peace and justice. Ultimately, this project aims to support youth as creative leaders and peacebuilders who utilize the arts to raise awareness, build relationships across difference, and motivate action toward positive community change.

Jessica Storm

Ohio University – Patton College of Education

Community Site: Dress for Success Columbus

Storm worked to enroll women from the Dress for Success Professional Women's Group into college programs. The project connected women from disadvantaged backgrounds with career opportunities that would positively impact their and their families' lives

Catherine Mealer

The Ohio State University – School of Health and Rehabilitation Sciences (Medical Dietetics)

Community site: First English Lutheran Church

This project involved the creation of a project in the Near East Side of Columbus at First English Lutheran Church teaching cooking and nutrition classes to children based on the use of food pantry staples and community garden produce.

Columbus-Athens 2015-2016 Fellows

Veronica Kennedy and Allison Noss

The Ohio State University – School of Health and Rehabilitation Sciences

Community site: Star House

This project works to empower youth to explore and pursue healthy nutritional options collaborate with youth to develop independent living skills, and develop positive mentorship relationships with youth.

Sarah Kidd

The Ohio State University – School of Health and Rehabilitation Sciences

Community site: First Community Village

Kidd's project addresses the physical and social health of older adults living in a multi-level residential community through dance classes.

Ahran Koo

The Ohio State University – College of Arts and Sciences

Community site: Korean-American Community School of Central Ohio

This project aimed at expanding the understanding of Korean-American students' cultural identity in a multicultural setting.

Nathaniel Kralik

Ohio University – College of Osteopathic Medicine

Community site: Stonewall Columbus

Kralik's project worked to create an interactive webinar series focusing on transgender health, provide an easily accessible web resource guide on general health and gender affirmation information, connect transgender community members with local providers of wellness services, and promote a community dialogue on transgender healthcare access.

Andrea Lee and Godsfavour Umoru

The Ohio State University – College of Pharmacy

Community site: Southeast Healthcare Services, Inc.

Lee and Umoru partnered with Southeast Inc. Healthcare Services to address the health of patients with serious and persistent mental illnesses (SPMI) with the goal of improving the use and understanding of medications in SPMI patients for both their psychiatric and medical needs, reducing and preventing the occurrence of adverse drug events, assisting with management of diabetes, COPD, and other medical chronic conditions, and to create a sustainable, one-year service position for future student pharmacists at the site.

LaKeesha Leonard

The Ohio State University – College of Education and Human Ecology

Community site: New Birth Christian Ministries

Leonard's project goal is to equip and empower African American women to live healthier lives by engaging in regular physical activity and improving their nutritional habits.

Sarah Levitt

The Ohio State University – College of Arts and Sciences

Community site: Clintonville/Beechwood Community Resources Center

Levitt organized a twice-weekly movement class for adults over 50 designed to build strength, coordination, range of motion, and creative skills, as well as increasing participants' knowledge of improvisational and choreographic methods.

Chang Liu

The Ohio State University – College of Social Work

Community site: Asian American Community Services

Liu's project aims to help Asian women, including housewives, widows and victims of domestic violence and human trafficking, through fun and creative activities to provide information and resources for basic needs, increase knowledge and awareness of physical health, maintain mental health, and promote social and cultural integration.

Emily Loosli

Ohio University – College of Osteopathic Medicine

Community site: Good Works, Inc.

This project aims to facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

Janet Masters

The Ohio State University – College of Nursing

Community site: Church for All People

This project is addressing infant mortality in the south side of Columbus through one-on-one health-coaching sessions with women of child-bearing age. Working with Church for All People, Masters is developing sustainable engagement and intervention strategies that will improve the health and well-being of women and positively impact the health of their children.

Erin McCloskey

Ohio University – Patton College of Education

Community site: Eve Incorporated; My Sister's Place

This project was designed to address the impact of trauma in Southeastern Ohio through a series of yoga classes for women that are living with addiction and/or mental illness. The program aims to improve wellbeing across several realms by improving physical health, providing stress management skills, building community, and making coping mechanisms available for crisis through acceptance and non-judgment. These classes can assist participants in healing and complement existing therapeutic treatment.

Jacqueline Mostow and Brynne Presser

The Ohio State University – College of Medicine & College of Public Health

Community site: Barack Community Recreation Center; Youth Beat Radio

Mostow and Presser's project sought to empower and increase awareness of relevant health issues for youth in Columbus' South Side Community.

Meghan O'Brien

The Ohio State University – College of Public Health

Community site: Gladden Food Pantry

O'Brien's project is designed to instill Gladden Food Pantry clients with the knowledge and skills they need to make healthy meals using the resources at their disposal and to provide educational information and skill-building activities related to vaccinations, hygiene, and self-care as a means of reducing the spread of communicable diseases.

Margaret Rusnak and Kimberly Zwissler

The Ohio State University – School of Health and Rehab Sciences

Community site: Redmond House of Southeast, Inc

This project was designed to facilitate healthy habits in men with mental illness through participation in a vegetable garden.

Columbus-Athens 2014-2015 Fellows

McKenzie Maynor

The Ohio State University – College of Dentistry

Community Site: West Franklin Elementary School

Maynor is addressing the need for dental education in Columbus. She will teach how brushing, flossing, and a balanced daily diet contribute to a healthy smile. In addition to learning about oral health, students will have the opportunity of incorporating their day, will include hands on activities to reinforce the importance of oral health and core subjects in class. She will be partnering with Columbus elementary schools to engage students in learning in an effort to decrease the number of children that suffer from dental cavities, and make learning about dental health fun.

Elizabeth Brubaker

The Ohio State University – College of Optometry

Community site: OSU Athletics; College of Social Work

Brubaker organized a team of Optometrists and Optometry students to do eye screenings on youth ranging in ages from 9-14 from an underserved population of Columbus. She also visited elementary classrooms throughout Columbus presenting the RealEyes program – a program that that uses games and videos to teach kids about their vision and the importance of eye exams.

John Curfman

The Ohio State University – College of Nursing

Community site: Bridge Community Center

Curfman (1) Taught English as a Second Language (ESL) weekly to Somali and Latina women, (2) Designed and facilitated an interactive nutrition and wellness education curriculum, and (3) Coordinated free clinic operations and provided nursing care to indigent population.

Anne Flower

Ohio University – College of Osteopathic Medicine

Community site: University Medical Associates; OUHCOM Area Health Education Center; OU Stevens Literacy Center; OhioHealth O'Bleness Hospital

Flower's revitalized a local Reach Out and Read Program to address illiteracy in the Appalachian region. This program includes prescribing new, age-appropriate books to all children at well-child visits, emphasizing the importance of reading at home, engaging with patients in the waiting room, volunteer readers demonstrating read-aloud behaviors to parents, and creating a literacy-rich waiting room, focused on promoting wellness-based pediatrics.

Matthew Fullen

The Ohio State University – College of Education and Human Ecology

Community site: National Church Residences' Center for Senior Health

Fullen's program was designed in two parts, (1) as a class for over 100 older adults focused on increasing resilience within physical, emotional, social, and spiritual domains, as well as individual mental health counseling; and 2) as a service program for site staff, hosting a series of staff in-service trainings on a number of topics pertaining to care for older adults and staff appreciation events.

Diandra Gordon

The Ohio State University – College of Education and Human Ecology

Community site: The King Arts Complex; GOREE Drum and Dance

Gordon is addressing cultural health issues in the community on the Near East Side of Columbus, Ohio. She is implementing a weekly evening program designed to educate, empower, and strengthen families to make healthier choices by bringing awareness to the richness of local resources and the African Diaspora

Thomas Hirschauer

The Ohio State University – College of Medicine

Community site: KIPP Columbus Middle School

Diversity of perspectives and backgrounds is an important component of science. Diversity in medicine promotes cultural awareness, fosters trust among underserved populations, and improves health outcomes. Despite making up over 25% of the general population, black and Latino students earn just 5-10% of all STEM doctorates and medical degrees. This project promotes involvement in science and medicine through early exposure.

Tracy Hoag

Capital University – College of Nursing

Community site: The Franklin Medical Center

This project worked to create and implement community volunteer activities for aging inmates at Franklin Medical Center to promote wellness through meaning and purpose, creativity, expression, and social interaction and connection. Volunteer activities were also created to complement staff and inmate efforts to provide death with dignity through bedside visitation, family support and formal observances of inmate loss.

Adam Jara and Lauren Volpe

Ohio University – College of Osteopathic Medicine & Patton College of Education

Community site: Trimble Elementary and Middle School

This multi-phase project drew upon local, state, and national health priorities to design lesson plans and curriculum units that incorporated health-related concepts into the mainstream middle school curriculum using a place- and community-based approach. Topics included nutrition, physical activity, health literacy, and advocacy.

Zeenia Kaul

The Ohio State University – Fisher College of Business

Community site: Columbus Preparatory Academy

Kaul leads a program that focuses on the stress of young children in grades three to five who attend Columbus charter schools. Her curriculum is based on the principles of Ayurveda, a powerful natural healing system that originated from India and focuses on yoga, meditation, and community service. The project uses a creative approach to achieving wellness by balancing the various aspects of the whole personality (physical, emotional, mental, and spiritual).

Courtney Maierhofer

The Ohio State University – College of Public Health

Community site: Columbus Public Health; OSU Latino Free Clinic

In the US, Hispanics are disproportionately affected by HIV and sexually transmitted infections (STI). Language barriers may lead to limited access to health care services and contribute to a higher prevalence of HIV in this population. The mission of this program is to improve access to HIV and STI services in the Hispanic community. To do so, Maierhofer created a free, comprehensive HIV and STI testing program conducted in Spanish throughout Columbus.

Megan Rose and Robyn Silver

The Ohio State University – School of Health & Rehabilitation Sciences

Community site: Aspirations Ohio

Individuals with high functioning autism (HFA) have the ability to perform job tasks sufficiently or even beyond expectations, however the social and behavioral impairments common among individuals with high functioning autism can act as a roadblock to obtaining and sustaining employment. Early preparation and practice building professional and interpersonal skills will help individuals with HFA demonstrate that they have the potential to be an asset to the workforce.

Colleen Shockling-Dent

The Ohio State University – College of Veterinary Medicine

Community site: CHOICES

This project took a multi-faceted approach to protect victims of abuse and their pets and raise awareness about the link between domestic violence and animal cruelty.

Abbey Straza and Mary Vincent

The Ohio State University – College of Pharmacy

Community site: Helping Hands Health & Wellness Center; Grace in the City; Hardin Clinic

This project is a pharmacist-driven HTN education program developed to improve cardiovascular health and reduce strokes for the uninsured and underserved in Franklin County.

Smita Yerramilli

The Ohio State University – College of Public Health

Community site: Starling Pre K-8 STEM School

Yerramilli's program provided education and social support to Starling Pre K-8 to help families gain skills and knowledge to enhance their health and wellness. Skills include safety, hygiene, healthy eating habits and nutrition topics, weekly exercise and other opportunities for physical activity, as well as goal-setting and achievement for healthy behaviors

Columbus-Athens 2013-2014 Fellows

T.M. Ayodele Adesanya

The Ohio State University School of Medicine

Community Site: Champion Middle School

Adesanya is addressing the lack of exposure of underprivileged youth to the healthcare professions. We are thus established as a longitudinal mentorship program for middle school students interested in science, medicine, and dentistry.

Lauren Bacon

Ohio University – Heritage College of Osteopathic Medicine

Community Site: Good Works, Inc

Bacon is educating at-risk populations of the health consequences of smoking and promoting healthy behavioral changes, including diet and exercise, with the primary goal of reduction or cessation of smoking and smokeless tobacco.

Rob Bennett

The Ohio State University – College of Social Work

Community site: Community Properties Impact Corporation; Greater Columbus Growing Coalition; Four Seasons City Farms; Growin to Green; Franklin Park Conservatory; Strader's Garden Center

Bennett is addressing food insecurity through a community garden initiative. This project seeks to assist those in Columbus by increasing the availability of fresh produce, residents' access to these foods, and their knowledge of healthy food preparation techniques.

Melissa Crum

The Ohio State University College of Arts & Sciences

Community Site: Greater Linden Development Corporation

Crum addressed community empowerment by working with underserved youth. She partnered with the Greater Linden Development Corporation and the Linden- McKinley STEM Academy. Under Melissa's direction, 8th grade students conducted video interviews of local residents, businesses, and community agencies to learn about their community's history and environmental racism in their neighborhood.

Sara Dewitt

The Ohio State University – College of Veterinary Medicine

Community Site: Lifecare Alliance; Franklin, Marion, and Madison Counties

Dewitt's project focused on mobilizing community resources for people struggling to provide for animals in their care. The project supported and advocated for pets, helping people live independently with joy, purpose, and animal companionship.

Jessica Jolly

The Ohio State University – College of Public Health

Community Site: Eastgate Elementary School

Jolly is providing low income families a foundation for building a strong healthy family through regular health assessment, health education and promotion, and social support.

Samantha Lavach and Samantha Sanderson

The Ohio State University School of Health and Rehabilitation Sciences

Community Site: Southeast Inc.; Yoga on High

Lavach and Sanderson offer an adaptive yoga program to enhance aspects of mental health recovery, an idea which focuses on an individual's journey to living a meaningful life. It includes aspects of self-awareness, health and social participation; and encourages individuals to become active members of their community by giving them a sense of purpose and belonging.

Katherine Middleton

Ohio University – Health Sciences and Professions

Community Site: Clintonville-Beechwood Community Resources Center

This project aims to provide fun, interactive literacy programming for children grades K-6, as well as encouraging a love of literacy and reading as a lifelong endeavor.

Nathaniel Overmire

Ohio University – Heritage College of Osteopathic Medicine

Community Site: Nelsonville-York High School

With curriculum based from Live Healthy Appalachia's Live Healthy Kids Program, Overmire seeks to educate high-school students about the relationship between food choices and disease prevention. Encourage the natural curiosity and creativity to be the foundation of learning. Provide students with the life skill of food preparation through hands-on, interactive experience. Introduce healthful foods through the traditions and arts of different cultures.

Kriss Petrovskis

The Ohio State University – College of Pharmacy

Community Site: Helping Hands Health & Wellness Center

Petrovskis is implementing patient education and outreach about blood pressure control for the underserved and uninsured people of Northland and Greater Columbus.

Nicole Sillaman

The Ohio State University – Fisher College of Business

Community Site: Dress for Success Columbus

This project developed a mentoring program that connected established professional women with clients of Dress for Success Columbus. By working in groups and individual pairs, mentees acquired personal and professional development tools to prepare them for the work setting. Sillaman also worked to foster relationships and grow their professional network.

Sarah Wharmby

Trinity Lutheran Seminary

Community Site: First English Lutheran Church

Wharmby is creating a forum to empower women in a low-income area to address pressing issues that are affecting the community.

Columbus-Athens 2012-2013 Fellows

James Carter

The Ohio State University – College of Social Work

Community site: College of Public Health; Columbus Public Health Department

Carter addressed the sexual health of gay and lesbian Central Ohio residents, specifically to their risk of HPV and HPV-related illness later in life. He partnered with Dr. Randi Love in the College of Public Health and Dr. Audrey Regan with the Columbus Public Health Department. Because significant barriers to full and honest communication exist in the patient-physician interaction for this population of people, this project aimed to increase awareness of the emergent health concern of HPV, decrease behavioral risk, and identify sexual health and wellness service resources in Central Ohio.

Brittney Cottman

The Ohio State University – School of Health and Rehabilitation Sciences

Community site: Westminster-Thurber Community

Cottman addressed the quality of life of frail older adults within an assisted living environment in Columbus, OH. She developed a new activities group focusing on individualized activity participation. This group encouraged its members to find and share meaningful activities with one another. She partnered with Westminster-Thurber Community, a retirement facility that houses residents of independent, living, long-term healthcare, rehabilitative care, and assisted living. The project aimed to foster an increase in the sense of purpose and meaning in the lives of retirement community members who are otherwise not very active within their environment.

Laura Doss

Ohio State University – College of Dentistry

Community site: Moms2B

Doss addressed oral health discrepancies among low-income pregnant women and their infants in Columbus, Ohio. She established a relationship with members of the Moms2B program in Weinland Park, and used that as an opportunity for oral health education. Over the course of the year she participated in a health fair for expecting mothers, organized hands-on educational seminars on oral health, and established an opportunity for mothers to receive dental care at the College of Dentistry at OSU. The Schweitzer Fellowship gave her the opportunity to increase awareness of the importance of oral health for both mother and child.

Laura Ford

Ohio University – College of Osteopathic Medicine

Community site: Athens City-County Health Department; Live Healthy Appalachia

Ford plans to adapt the Complete Health Improvement Project and make it accessible to underserved people living in Athens County.

Colleen Heffernan

The Ohio State University – College of Dentistry

Community site: Capital Park Head Start Center. G-Tyree Learning Center (Head Start)

Heffernan is addressing the unmet oral health care needs of children at Central Park and G-Tyree Head Start centers in Columbus, Ohio by providing oral health education seminars for both the Head Start staff and families. The program plans to integrate the 5-2-1-0 Healthy Kids Countdown, a health promotion initiative based on evidence-based messaging that emphasizes healthy nutritional choices and behaviors. The children will be receiving dental screenings and fluoride treatments. Those in need of more extensive care will be referred

within a network of local dental professionals. Ultimately, the program will aim to establish dental homes for the children and raise the number of Head Start children with dental screenings to above 60%.

Laura Marx and Kasey Vogel

The Ohio State University – School of Health and Rehabilitation Sciences

Community site: The P.E.E.R. Center

Marx and Vogel created a theater-based group that meets at The P.E.E.R. Center, a drop-in center where individuals can find support and strength in recovery of mental health and addictions. Activities include games, vocal and movement exercises, improvisation, story-telling, and role-playing. The project seeks to improve participants' mood and self-efficacy while building real-world skills.

Brian Needham

The Ohio State University – College of Public Health

This project is addressing access to fresh produce in East Columbus by developing educational and interactive programs for residents living in low socio-economic status neighborhoods. The programs will be designed to promote healthy eating, active lifestyles, and a sense of community for these neighborhoods. This project is in partnership with urban gardening organizations to educate children and parents about the benefits and availability of eating and cooking with fresh produce. The program is aligned with the 5-2-1-0 initiative and will facilitate adolescents' consumption of five servings of fruits or vegetables per day, two hours of physical activity per day, one hour or less of 'screen time' per day, and zero sugar-sweetened beverages per day. Through participating in these programs, participants will take ownership of their own health.

Rachel Rothstein

The Ohio State University – College of Optometry

This project consists of working with an adult day care, teaching people with visual impairments how to live independently longer, and training staff how to assist those with low vision.

Nikki Skrinak

The Ohio State University – College of Nursing

Community site: SARNCO

Skrinak will develop and implement a sexual assault prevention program.

Ruth Smith

The Ohio State University – College of Arts & Sciences

Community site: Somali Culture & Research Institute; Somali Women & Children's Alliance

Smith will employ fine art as a vehicle to raise awareness of the Somali community and build bridges between communities, working with the Somali Women & Children's Alliance (SWCA) and the Somali Cultural and Research Institute (SCRI) in Columbus, Ohio, an organization she has been involved with for several years.

Sabrina Smith

The Ohio State University – College of Medicine

Community site: Central Ohio Diabetes Association

Smith partnered with the Central Ohio Diabetes Association to bring evidence-based messaging around health and nutrition to children struggling with obesity. The 5-2-1-0 Healthy Kids Countdown helps kids remember four simple rules for health: eat five servings of fruits or vegetables per day, limit screen time to less than two hours a day, get one hour of exercise a day, and drink no sugar-sweetened beverages.

Bridget Schoeny

Ohio University – Heritage College of Osteopathic Medicine

Community site: Rising Appalachian Warriors

Schoeny's project will implement an opiate addiction intervention program for residents of Athens County.

Brooke Starkoff

The Ohio State University – School of Health and Rehabilitation Sciences

Community site: YMCA Hilltop

Starkoff seeks to address childhood obesity and physical inactivity among low-income families. At the YMCA, she trained children twice a week to compete in an indoor triathlon called Kids TRI Too. Participants played fun sports and learned how good health can make life better.

Amanda Timmel

Ohio University – Heritage College of Osteopathic Medicine

Community Site: Big Brothers Big Sisters

Timmel will develop and implement a childhood obesity intervention for Appalachian youth, drawing on the 5-2-1-0 Healthy Kids Countdown—a health promotion initiative based on evidence-based messaging that emphasizes healthy nutritional choices and behaviors.

Sophia Tolliver

The Ohio State University – College of Medicine

Community site: Columbus Physicians Care Connection

Tolliver is implementing a nutrition intervention program for the patients of Physicians Care Connection's free clinic.

Columbus-Athens 2011-2012 Fellows

Samantha Boch

The Ohio State University – College of Nursing
Community Site: The Girls Circle Project

Boch is addressing the lack of comprehensive sex education in Columbus, Ohio by creating and administering an age-appropriate, sustainable sexual health curriculum for middle-and high school-aged girls. She will partner with The Ohio State University's Girl Circle Project to educate and empower female youth in safe, comfortable environments that connect the youth with female college-student mentors.

Bernard Cason

Trinity Lutheran Seminary
Community site: Healthy Congregations, Inc

Cason is addressing the health needs of homeless, unemployed, and disadvantaged youth in Franklin County. He will customize and implement the curriculum of Healthy Congregations, Inc., which applies Bowen Family Systems theory to lower stress and anxiety in vulnerable populations. Cason will also train youth and families with the 5-2-1-0 Healthy Kids Countdown, a health promotion initiative based on evidence-based messaging that emphasizes healthy nutritional choices and behaviors.

Michelle Caster

The Ohio State University – College of Medicine
Community Site: Focus Learning Academy

Caster is addressing the health and nutrition needs of the Columbus Somali refugee population by implementing a nutrition curriculum for elementary school children and conducting educational workshops for their parents. Caster's culturally competent program will provide fun activities for students as well as a comfortable space for parents to discuss their concerns with nutrition, and will draw from the 5-2-1-0 Healthy Kids Countdown, a health promotion initiative based on evidence-based messaging that emphasizes healthy nutritional choices and behaviors.

Elizabeth Coppelman

The Ohio State University – College of Veterinary Medicine
Community Site: Serendipity Stables

Coppelman is expanding opportunities for children and adults with mental and physical disabilities to reap the benefits of animal therapy. Partnering with Serendipity Stables, Coppelman aims to develop a sustainable program that improves the experience of the clients and families who use this farm as a modality of treatment for their disabilities. She will coordinate a group of veterinary students from The Ohio State University to assist in maintaining a safe, enriching environment, as well as in providing veterinary care to the horses used in the program.

Heather Datsko

Ohio University – College of Osteopathic Medicine
Community Site: Good Works, Athens

Datsko is addressing health disparities in Appalachian Ohio by expanding the health education programming of Good Works, an organization that conducts outreach that supports people experiencing poverty. Her project will add a health day to Good Works' summer kids camp, as well as launch a Saturday-morning health class that addresses common health concerns. Datsko hopes to make good health more accessible for program participants, and to inspire them towards personal growth.

Tamara Durr

The Ohio State University – College of Social Work
Community Site: St. Stephen's Community House

Durr is addressing obesity-related issues among low-income families in Greater Linden through a culturally competent, threefold program that includes healthy eating, physical fitness, and primary care components. Durr plans to integrate the 5-2-1-0 Healthy Kids Countdown, a health promotion initiative based on evidence-based messaging that emphasizes healthy nutritional choices and behaviors.

Allison Gibson

The Ohio State University – College of Social Work
Community Site: Alzheimer's Association

Gibson is partnering with the Alzheimer's Association to develop an education and support program for individuals and their families in the early stages of dementia. She is also working to expand Columbus-area support programs for individuals with Young Onset Alzheimer's disease who have been diagnosed before the age of 65.

John Heffernan and Brittany Lipinsky

The Ohio State University – College of Dentistry
Community Sites: Head Start; Nationwide Children's Hospital; The Ohio State University College of Dentistry

Heffernan and Lipinsky are addressing the oral health needs of children from low-income families in Columbus. They will work with local dentists and Head Start staff to establish a dental home for Head Start children, and to provide education that imparts the benefits of oral health to both children and parents. They plan to integrate the 5-2-1-0 Healthy Kids Countdown, a health promotion initiative based on evidence-based messaging that emphasizes healthy nutritional choices and behaviors, and they hope to establish a long-term relationship between local dental professionals and Head Start children.

Kimberly Hermann

Ohio University – College of Osteopathic Medicine
Community Site: Athens AIDS Task Force

Hermann is conducting an infectious disease intervention in Athens, Ohio and surrounding Appalachian counties. Collaborating with the Athens AIDS Task Force, she is creating a Hepatitis C health education curriculum and conducting educational sessions with community members from underserved and uninsured populations. Herrmann will implement the curriculum, as well as provide referrals for testing and other support in prevention and reducing transmission. Ultimately, Herrmann hopes to expand this health education program to other agencies to be taught by local high school and medical students in a health-career mentorship program.

Anne Marie Kessler

The Ohio State University – College of Medicine
Community Site: International Poverty Solutions Collaborative

Kessler will address maternal health and infant mortality in the low-income Weinland Park neighborhood of Columbus by facilitating a weekly peer support group for new mothers. Mobilizing community volunteers, Kessler's team will establish home-based, personalized support for each mother.

Kacie Kreifels

The Ohio State University – College of Optometry

Community Site: The Ohio State University – Multicultural Center; College of Optometry Clinic

Kreifels is addressing culture and language barriers between optometrists and non-English speaking patients in Columbus. She will work to establish an International Clinic Day in The Ohio State University College of Optometry Clinic, as well as administer cultural awareness workshops in partnership with The Ohio State University Multicultural Center for optometry students. Kreifels will work to build rapport between the Hispanic and Somali communities and the optometric profession, ultimately raising awareness of the importance of comprehensive vision care.

Joan Randle

The Ohio State University – College of Nursing

Community Site: International Poverty Solutions Collaborative

Randle will address the impact of low breastfeeding rates on maternal & infant health in Weinland Park, a low-income neighborhood in Columbus. Partnering with the International Poverty Solutions Collaborative, she is establishing a mother-to-mother breastfeeding support group and a comprehensive lactation clinic to serve low income and minority women. Her sustainable, community-based advocacy program will provide mothers with breastfeeding information, education and support—and also provide hands-on learning opportunities for volunteer medical and nursing students interested in caring for the breastfeeding dyad.

Diana Tsai

The Ohio State University – College of Pharmacy

Community Site: Tzu Chi of Columbus

Tsai is addressing cultural and communication barriers to improved health literacy in Columbus by creating a program that teaches adults and children how to effectively communicate with health care providers, and also provides resources for accessible and affordable health care. Tsai will work to engage participants and recruit volunteers who will help to sustain the program.

Tessa Yoder

The Ohio State University – School of Allied Medical Professions

Community Site: Goodwill Columbus

Yoder is addressing the health of adults with developmental disabilities by creating a student-run health and wellness program that focuses on personal health maintenance, prevention, and participation in wellness activities. Yoder will recruit and facilitate a multidisciplinary team of Ohio State students to work with program participants; the team will conduct bi-weekly health and wellness programming at Goodwill Columbus.