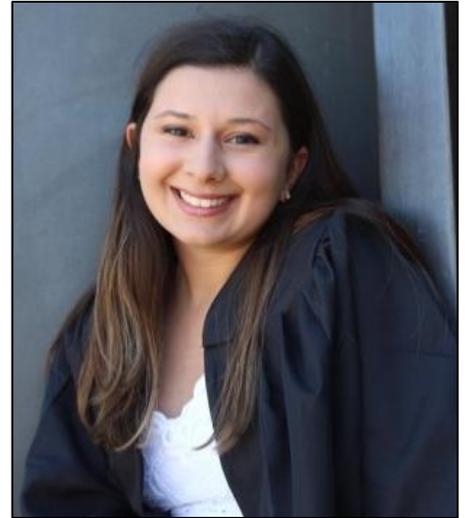


Columbus-Athens Schweitzer Fellows Program, 2019-2020 Fellows

Abby Almomar

The Ohio State University – College of Optometry
Community Site: Ethiopian Tewahedo Social Services

Almomar is addressing the need for optometric awareness and education in immigrant communities in Columbus, Ohio, specifically the Somalian population. Almomar will be volunteering at Adult Education classes to teach families about the eye and how systemic diseases can affect vision. She will also teach about different ocular diseases and the importance of a yearly eye exam. In the fall, she will be volunteering at kids after school programs to teach about the eye and vision as well. Throughout the year, she will set up vision screenings and help families receive eye exams at the optometry school.



Ana' Bell

The Ohio State University – College of Human Development and Family Science
Community Site: Black Lotus Wellness (BLW)

Bell is addressing the high prevalence of adverse health outcomes among Black women in Columbus, Ohio by implementing a holistic wellness program designed to: encourage Black women to identify barriers and facilitators to their health; provide education about the dimensions of wellness; and equip Black women with skills, tools, and resources that can lead to a more healthful life. Bell will also offer family wellness sessions for the women and family members participating in the Black Lotus program.



Abby Block and Emma Siegel

The Ohio State University – College of Pharmacy
Community Site: Equitas Health's Safe Point

Siegel and Block are addressing the issue of opioid overdose in Franklinton, as well as surrounding areas in the city of Columbus, by designing and providing interactive presentations to community members. These presentations and discussions will address opioid overdose prevention and recognition, as well as access to and utilization of naloxone. They will be helping to educate community members about these issues in the hopes of reducing stigma and ultimately reducing the number of deaths from opioid overdose in the area. By partnering with Equitas Health's Safe Point program, as well as doing outreach at other community sites, those in need of further referral or treatment will have access to additional resources.



Christine Chilaka

The Ohio State University – College of Medicine

Community Site: Oakland Park Alternative Elementary School

Chilaka is addressing health and wellness disparities among youth with intellectual and developmental disabilities (IDD) in the Columbus area by establishing a health education program for youth with IDD enrolled in the Columbus City School District. This program is called, “Rising up Strong” and will cover the topics of nutrition, exercise, personal hygiene and oral health.

**Princess Emeana**

Ohio University - Heritage College of Osteopathic Medicine

Community Site: Athens County Public Libraries and OhioHealth O'Bleness Hospital SeniorBEAT Program

Emeana is addressing the needs of residents of Athens County, ages 55 and older, by creating a health and wellness project aimed at providing health screenings to improve and promote healthy lifestyle choices. Emeana will provide educational workshops aimed at supporting and promoting healthy aging in older adults through low impact fitness and group activities with cardiovascular strengthening exercise classes, health coaching, meditation, blood pressure monitoring, and group selected activities.

**Gates Failing**

The Ohio State University – College of Medicine

Community Site: Franklinton Cycle Works

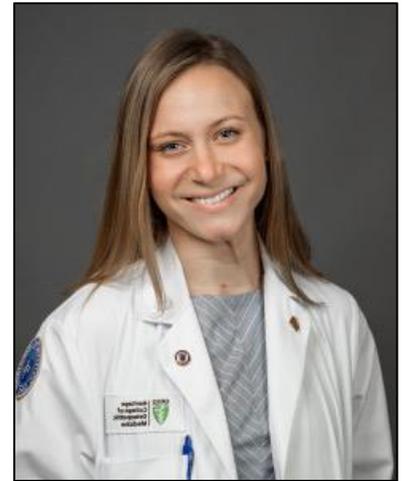
Failing is addressing safe bicycle commuting in Columbus, OH by developing a series of community bicycle rides for members of underserved urban populations. He is partnering with a nonprofit bicycle shop that provides low-cost bicycle maintenance and repair instruction. Group rides will offer practical education on lane positioning, signaling, navigating busy intersections, and other cycling habits for riders of all levels and backgrounds. The program hopes to cultivate a culture of bicycle commuting in order to reduce barriers associated with convenient and affordable transportation.



Jaime Freiburger

Ohio University - Heritage College of Osteopathic Medicine
Community Site: Northeast Ohio High Schools

Freiburger is addressing a first aid knowledge gap in high school education by teaching Stop the Bleed courses in Ohio high schools. Project Stop the Bleed, a basic level bleeding control curriculum, teaches bystanders how to assume medical first response in the event of trauma or mass casualty. Freiburger will be partnering with local hospitals, community healthcare, police, and EMS to engage local school districts and teach as many students as possible. This program is ultimately designed to empower students, faculty, and staff to act in the face of imminent danger, and equip them with the skills to save lives, should the need ever present itself.



Julia Mazzarella

The Ohio State University – School of Health and Rehabilitation Science
Community Site: Dreams on Horseback

Mazzarella is addressing health disparities for children with physical disabilities by integrating physical therapy recommendations into therapeutic riding lessons. She will be providing participant assessment and staff and volunteer training to better address balance, strength, and mobility needs and goals through therapeutic horseback riding. Additionally, Julia's project will serve as the building blocks for developing a hippotherapy program at Dreams on Horseback.



Erika Niewald

Community Site: Mount Carmel St. Ann's Family Medicine Center

Niewald is addressing the effects of chronic stress due to the cycle of poverty in Westerville, OH by instituting a program of complementary integrative therapies for the underserved population. Many of these patients have less positive health outcomes due to financial challenges and food insecurity. The program will offer integrative therapies that will augment their medical care and aim to relieve stress, teach coping tools, and help them re-center on wellness and prevention practices in their lives. Additionally, these services as well as educational opportunities will be offered to staff members.



Aiesha Polakampalli and Jennifer Samiec

Ohio University - Heritage College of Osteopathic Medicine *and*
The Ohio State University – College of Medicine
Community Site: Ohio Reformatory for Women

Samiec and Polakampalli are addressing the gaps in health literacy among incarcerated women in Marysville, Ohio at the Ohio Reformatory for Women by facilitating discussion groups focused around various health



education topics, including reproductive and mental health. The program will provide a clinical background on specific topics and facilitate discussion among small groups of women over several sessions. This will lead to an increased understanding of health conditions and provide ways to address and cope with these experiences, which will ultimately empower and motivate women to take ownership of their own health and wellness.
