# 2019 HRC Annual Report Table of Contents

Designed by: Michelle Ward  
Photography by: Austin Lai

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letters</td>
<td></td>
</tr>
<tr>
<td>Letter from the HRC Medical Director</td>
<td>3</td>
</tr>
<tr>
<td>Letter of support from SLU SOM Dean</td>
<td>4</td>
</tr>
<tr>
<td>Letter from the 2019 HRC Co-directors</td>
<td>5</td>
</tr>
<tr>
<td>Year in Review</td>
<td></td>
</tr>
<tr>
<td>Our Patients</td>
<td>6</td>
</tr>
<tr>
<td>Financial Highlights</td>
<td></td>
</tr>
<tr>
<td>Revenue/Fundraising</td>
<td>12</td>
</tr>
<tr>
<td>Expenses</td>
<td>13</td>
</tr>
<tr>
<td>Organizational Highlights</td>
<td></td>
</tr>
<tr>
<td>Community Outreach</td>
<td>14</td>
</tr>
<tr>
<td>Community Referral Coordinator Program</td>
<td>14</td>
</tr>
<tr>
<td>Establishment of Community Advisory Board</td>
<td>15</td>
</tr>
<tr>
<td>Conference Attendance</td>
<td>16</td>
</tr>
<tr>
<td>New to the HRC</td>
<td></td>
</tr>
<tr>
<td>SMART Goal Setting Among Student Leads</td>
<td>18</td>
</tr>
<tr>
<td>Creation of STI Counseling Position</td>
<td>19</td>
</tr>
<tr>
<td>Dental Screenings - Allied Health Service</td>
<td>20</td>
</tr>
<tr>
<td>Our Clinic Partners</td>
<td></td>
</tr>
<tr>
<td>NP Clinic</td>
<td>21</td>
</tr>
<tr>
<td>PT Clinic</td>
<td>22</td>
</tr>
<tr>
<td>PA Clinic</td>
<td>24</td>
</tr>
<tr>
<td>HRC Leadership</td>
<td>25</td>
</tr>
<tr>
<td>Excellence in Service</td>
<td></td>
</tr>
<tr>
<td>Students</td>
<td>36</td>
</tr>
<tr>
<td>Physicians</td>
<td>38</td>
</tr>
<tr>
<td>Donors</td>
<td>40</td>
</tr>
<tr>
<td>Get Involved</td>
<td>42</td>
</tr>
</tbody>
</table>
LETTER FROM THE DEAN

Robert Wilmott
Vice-President of Medical Affairs and Dean, Saint Louis University School of Medicine

Our Health Resource Center is a Modern-Day Example of Living the Jesuit Tradition

Everywhere the Jesuits went, their mission remained the same: to seek the greater glory of God and the good of humanity. Twenty-seven years ago, through the leadership of John Morley, MD, the Health Resource Center (HRC) opened its doors to provide much-needed care for a community in need. The HRC has brought quality health care to the residents of North St. Louis while providing our Saint Louis University medical students with first-hand care-giver experiences. As with any volunteer program, it takes the efforts of many to ensure success.

This program has provided health care for over two decades because of the contributions of numerous programs throughout the Saint Louis University campus including: School of Nursing, School of Social Work, School of Psychology, School of Medicine and countless hours of volunteerism from students and faculty alike. This past year, over 1,300 volunteer hours were contributed by our medical students. Maintaining a program of this caliber also requires generous donations from our community members. We would not be able to sustain the Health Resource Center if not for the generous financial contributions from our many friends and supporters. It is because of these donations that we can offer these amazing services to our community and provide our students with valuable experiences.

This past year, the medical directorship of the HRC passed hands from Dr. Morley to Dr. Sharon Frey.

We are grateful for the many years of dedication Dr. Morley brought to the HRC and we are excited for the continued vision that Dr. Frey will bestow upon the HRC. Some of the advances we’ve seen this year included adding a community referral coordinator. This position helps establish continuity of care by establishing our patients with long-term primary care doctors and enrolling patients for insurance. We also added a community advisory board. The board will help connect the clinic better to the community and understand the needs of our community we serve.

I would like to thank everyone who has contributed to the success of the Health Resource Center. It is a real-time example of how the students at Saint Louis University School of Medicine are living the Jesuit mission.

Sincerely,

Robert W. Wilmott, MD
Vice-President of Medical Affairs and Dean, Saint Louis University School of Medicine

Robert Wilmott
Vice-President of Medical Affairs and Dean, Saint Louis University School of Medicine
It has been 2 short years since I have had the pleasure of being assigned the role of Medical Director for the Saint Louis University student run Health Resources Center (HRC). As we prepare for the upcoming year, the students are busy planning the traditional annual HRC auction and our second annual financial report. During this period, we find ourselves reflecting on 2019 activities as they relate to our mission and goals, but most importantly we reflect on the HRC patients and their community, as well as staff and volunteers who work tirelessly to make the HRC network a success. As you read the financial report you will find the HRC network, with all its interrelated and collaborative services, to be impressive. In fact, I am still learning about the many wonderful people behind the scenes who guide and mentor our students and volunteer their time to make our mission successful. Needless to say, the students continue to amaze us with their dedication, determination, volunteerism and steadfastness to the SLU mission and their desire to provide free access to healthcare for those in need. Moreover, we extend our heartfelt thanks to our patients and their community; as it is the community that supports us and provides us the wherewithal to grow our passions and fulfill our mission of teaching, health care and community service.

The HRC is a student run clinic network dedicated to empowering its patients. I would like to give a special shout out to the three HRC student co-directors; please be sure to read their letter. Their grasp of and dedication to their leadership roles is truly amazing. The amount of time the co-directors spend fulfilling their obligations is exceptional. Additionally, special thanks go to our student section leads and to all the students who volunteer their time.

Finally, our many thanks are extended to you, our SLU friends and family, for providing us with the financial support necessary to administer to those who cannot afford health care and social services. We would not be able to fulfill our mission without your generous support.

May there be peace on earth,

Sharon Frey

Medical Director
For over 25 years, the Health Resource Center (HRC) has provided an invaluable opportunity for students to learn and develop into compassionate and patient-centered health professionals. It has also been an integral source of free healthcare services to some of the most vulnerable patient populations in St. Louis. Promoting health justice and empowering our patients to take charge of their health is the cornerstone of our work. It is what makes us so passionate about the HRC and drives us to devote enormous time and energy to this organization.

Last year, the Co-Directors showcased our clinic’s achievements through the clinic’s first ever Annual Report. This year we are continuing the tradition. We proudly present SLU’s 2019 HRC Annual Report, highlighting the incredible accomplishments of our faculty members, student leads, and volunteers!

We would like to thank the student leads of our Finance and Development Team for the countless hours of work they have put into producing the contents of this project. We would also like to thank Michelle Ward, our graphic designer, for volunteering to construct and stylize this publication, and Austin Lai, our photographer and fellow medical student, for taking our professional team photos and meticulously editing them.

Of course, the HRC would not function without the support of our faculty, student leads, and volunteers. Dr. Frey has been a great source of guidance and mentorship, and our 2019 leads and volunteers have made our experience leading the HRC better than we could have ever imagined. We hope that this report adequately captures the work that they have put in to make the HRC a wonderful organization for volunteers and patients alike.

To the 2020 leads: thank you for your commitment to continuing to improve the HRC and serving the North St. Louis Community!

Julia Ceglenski
Kristen Woody
Nilson Wu

2019 Co-Directors
Patient data was collected and reviewed by our Chart Review Coordinators. The data shown below represents the activity of the HRC from January 2019 to December 2019.

### Patient Encounters By Clinic

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Patient Encounters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday Adult Clinic</td>
<td>545</td>
</tr>
<tr>
<td>NP Clinic</td>
<td>321</td>
</tr>
<tr>
<td>PT Clinic</td>
<td>330</td>
</tr>
<tr>
<td>PA Clinic</td>
<td>35</td>
</tr>
<tr>
<td>SLU Sight Clinic &amp; Screenings</td>
<td>413</td>
</tr>
<tr>
<td>Allergy &amp; Asthma</td>
<td>89</td>
</tr>
<tr>
<td>Well Woman</td>
<td>43</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>67</td>
</tr>
<tr>
<td>Foot Clinic</td>
<td>81</td>
</tr>
<tr>
<td>Diabetes</td>
<td>48</td>
</tr>
<tr>
<td>Heart Health</td>
<td>14</td>
</tr>
<tr>
<td>HIV/STI Counseling</td>
<td>178</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2,164</strong></td>
</tr>
</tbody>
</table>

### Service Numbers at a Glance

- **336** TB Tests
- **78** Flu Shots
- **107** Rapid HbA1c Tests
- **91** Rapid HIV Tests
- **110** Prescription Glasses Distributed
- **150** Reading Glasses Distributed
- **170** Patients Signed Up for Insurance

### Patient Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18 years</td>
<td>10%</td>
</tr>
<tr>
<td>18-45 years</td>
<td>55%</td>
</tr>
<tr>
<td>&gt;45 years</td>
<td>35%</td>
</tr>
</tbody>
</table>

### Patient Sex

- **Male** 32%
- **Female** 68%
Top 10 Chief Complaints
YE A R I N R E V I E W - O U R P A T I E N T S

Continuum of Care: New vs. Returning Patients

- New patients: 53%
- Returning patients: 46%
- Not recorded: 1%

Top 5 Reported Chronic Conditions

- Hypertension: 50.0%
- Diabetes: 14.9%
- Asthma: 16.2%
- Psychiatry: 11.3%
- Chronic Pain: 7.7%

Patient Race/Ethnicity

- American Indian: 82%
- African American: 1%
- Hispanic or Latino: 2%
- Native Hawaiian or Other Pacific Islander: 1%
- Asian: 3%
- White: 11%
YEAR IN REVIEW - PATIENT SATISFACTION

"The amount of time I waited today was reasonable."

- Agree: 54%
- Disagree: 21%
- Neutral: 2%
- Strongly Agree: 0%
- Strongly Disagree: 0%

"I did not feel rushed during my visit today."

- Agree: 79%
- Disagree: 15%
- Neutral: 0%
- Strongly Agree: 2%
- Strongly Disagree: 0%

"Overall, I am satisfied with my experience today."

- Agree: 83%
- Disagree: 0%
- Neutral: 3%
- Strongly Agree: 0%
- Strongly Disagree: 0%

"Everything was explained to me in a way that I could understand."

- Agree: 83%
- Disagree: 3%
- Neutral: 13%
- Strongly Agree: 0%
- Strongly Disagree: 1%

"The physician, medical students, and other clinic members were courteous and attentive to my needs."

- Agree: 83%
- Disagree: 3%
- Neutral: 5%
- Strongly Agree: 0%
- Strongly Disagree: 0%
“The participants of my "Senior Social Group For Brain Health As We Age", all low-income African American elders of North St. Louis, have benefited enormously from your Geriatric Assessment Clinic, your Asthma and Allergy Clinic, and your Diabetes Clinic. BLESS YOU ANGELS OF HEALTHCARE!”

“Excellent service was given, [and] it gets better over the years.”

“I really benefit from this clinic and students. Thank you, job well done.”

“There isn’t anything you need to change, please keep up the good work!”

“Everyone was very friendly, amazing and accommodating. See you next time!”

“All staff from start to finish went above and beyond to be polite and meet my needs.”

“SLU rocks. Thanks for everything”
Nutrition Allied Health Service Expands Its Services

Author: Smrithi Chidambaram

Hannah Mathews, senior pre-medical student in the Nutrition and Dietetics Department at SLU, and Sarah Carroll, registered dietitian (RD) and Medical Nutrition Therapy Master's program student, were awarded a SLU 1818 Community Engagement Grant through the Center for Service and Community Engagement for their project NourishSTL: Cultivating Health in the Community through Food and Education. Hannah was a chart review volunteer at the HRC during her sophomore year and also volunteered to provide nutrition education to patients in the waiting area. In this role, she noticed a need for nutrition education in this patient population and that many patients at the HRC had numerous barriers to maintaining a healthy diet. When Hannah learned about the SLU 1818 Community Engagement Grant, she connected with Sarah, who had already been working on facilitating a partnership between the MetroMarket and the HRC to provide healthy food options to patients who are seen at the HRC and specifically partake in nutrition counseling. The MetroMarket is a non-profit organization in St. Louis that aims to help provide affordable nutritional options to food deserts. The money for this grant will be used to have monthly grocery bags delivered to the HRC to be given to patients who are food insecure. Additionally, part of the funding will go towards providing free food vouchers to patients who are seen for nutrition counseling that can be used at the MetroMarket grocery bus, which will be brought twice to the HRC. The remainder of the funding will be allocated towards buying nutrition counseling and assessment tools that can help further the care provided by the HRC.
FINANCIAL HIGHLIGHTS - FUNDRAISING

Fundraising

<table>
<thead>
<tr>
<th>Event Donor</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019 Auction</td>
<td>$40,075.00</td>
</tr>
<tr>
<td>Welcome Week Bankquet</td>
<td>$6,291.00</td>
</tr>
<tr>
<td>Giving Tuesday</td>
<td>$3,110.00</td>
</tr>
<tr>
<td>Qi for Life Acupuncture Clinic, LLC</td>
<td>$1,000.00</td>
</tr>
<tr>
<td>Mary Mother of the Church</td>
<td>$963.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$51,439.00</strong></td>
</tr>
</tbody>
</table>

2019 HRC Auction

The HRC Auction is an annual event open to the entire St. Louis community. It is our biggest fundraiser of the year where we celebrate our year of progress and growth as an organization.
## Fundraising Highlights - Expenses

<table>
<thead>
<tr>
<th>Expenses (July 2018 - June 2019)</th>
<th>Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundraising Initiatives</td>
<td>$8,322.09</td>
</tr>
<tr>
<td>Student Training</td>
<td>$697.85</td>
</tr>
<tr>
<td>Clinic Operational Expenses</td>
<td></td>
</tr>
<tr>
<td>Adult Clinic</td>
<td>$20,518.47</td>
</tr>
<tr>
<td>Well Woman Clinic</td>
<td>$223.68</td>
</tr>
<tr>
<td>Heart Health Clinic</td>
<td>$148.24</td>
</tr>
<tr>
<td>Diabetes Clinic</td>
<td>$163.15</td>
</tr>
<tr>
<td>SLU Sight Clinic</td>
<td>$192.68</td>
</tr>
<tr>
<td>Asthma &amp; Allergy Clinic</td>
<td>$18.53</td>
</tr>
<tr>
<td>Psychiatry Clinic</td>
<td>$219.50</td>
</tr>
<tr>
<td>On Site Phlebotomy Equipment</td>
<td></td>
</tr>
<tr>
<td>Hep A</td>
<td>$7,200.88</td>
</tr>
<tr>
<td>Non-Hep A Vaccines (Hep B, TDaP, MMR, HPV, Varicella, Meningococcal, Pneumonia)</td>
<td>$2,319.70</td>
</tr>
<tr>
<td>PPDs</td>
<td>$4,270.20</td>
</tr>
<tr>
<td>HIV Rapid Tests</td>
<td>$3,304.80</td>
</tr>
<tr>
<td>Pregnancy Tests</td>
<td>$41.72</td>
</tr>
<tr>
<td>HbA1C</td>
<td>$710.02</td>
</tr>
<tr>
<td>Ceftriaxone</td>
<td>$8.58</td>
</tr>
<tr>
<td>Flu Vaccines</td>
<td>$1,724.58</td>
</tr>
<tr>
<td>Phlebotomy Supplies (needles, blood collection tubes, etc.)</td>
<td>$9,038.11</td>
</tr>
<tr>
<td>Miscellaneous Office Supplies</td>
<td>$1,518.06</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$60,640.84</strong></td>
</tr>
</tbody>
</table>
HRC Community Referral Coordinator Program
In Partnership with the St. Louis Integrated Health Network

Author: Julia Ceglenski

Since its inception, the SLU Health Resource Center has found its niche in providing short-term primary care service for patients who may be unable to regularly access medical services. The HRC has always recognized its limitations in providing long-term care to patients and has worked diligently in the past to help keep patients connected to any primary care services they may utilize more regularly and to refer them to alternative health care sites when necessary. Until this year, our standard operating procedure for referring a patient to another health care facility for a more extensive clinical work-up or treatment involved simply supplying the patient with the contact information and operating hours of these facilities and hoping that they will take the necessary steps to obtain an appointment. Our awareness of these profound limitations is what made us incredibly excited to embark on this partnership with such an impressive program within the St. Louis Integrated Health Network (IHN).

The Community Referral Coordinator Program within the St. Louis IHN was established in 2007 with the goal of connecting uninsured, underserved hospitalized patients with a primary care provider for follow-up and preventative care. The program boasts a 63% appointment kept rate at the beginning of 2019, and after obtaining funding through a 4-year grant from the CDC, they have decided to try the program in a clinical setting. The HRC is honored to have been one of the community clinics selected to host the program, and we are thoroughly impressed with the services we are now able to offer our patients. Our Community Referral Coordinator (CRC), Joyce Driver, is able to schedule patient appointments at any of the IHN affiliated FQHCs to connect patients with a regular primary care provider or specialist care and also assists our patients with enrollment in the Gateway to Better Health Insurance Program. Not only are we able to offer better referrals and more extensive patient follow-up through this program, but we are also able to track our patient show-rate to these appointments.

Since this program’s implementation in September at the HRC, the community based CRCs have seen 49 patients and bolster the highest appointment kept-rate of any other CRC sites. We are incredibly grateful to be partnered with the IHN on this project and the learning opportunities it grants our volunteers about the community surrounding the HRC and the means available for combating the social determinants of health. We hope to see nothing but the continued success of this program as it continues into the new year.
Establishment of the SLU Health Resource Center Community Advisory Board

Author: Jenna Anthony

One of the most important aspects of the HRC is to be a resource for the community. We know that there are no islands in healthcare, and that in order to deliver the most effective care to our patients, we must partner with the community. In the past, we have met with our dedicated community partners who have been integral in the success of the HRC. We wanted to build off those relationships to create a formal Community Advisory Board. Thanks to our partnership with the IPE office and Dr. David Pole, we have planned and initiated the implementation of this board.

The purpose of the board is to support the HRC in its mission of providing foundational care to the community of North St. Louis while providing its student volunteers with real-world care-giver experience. We hope to help identify, develop, and improve our service opportunities by fostering communication of HRC leadership among itself, with members of our community, and community-based healthcare organizations.

The board is tripartite, with an “ACE” makeup.

A unique feature of our board is the ACE makeup. The internal group, delta or “A,” will be made up of HRC leadership. These people will be the change management arm to implement policies and procedures that come out of the CAB. The “C” group, or community partners, will advise, as well as assist us as we position our services to best serve our community. The “E” group, or community engagement will consist of community members who use our clinic. These members will help advise us on how to make our clinic more accessible, as well as help get the word out about our specialty clinics.

We knew that this project would be a large undertaking for the HRC, and so we created a 3-year implementation strategy.

One of the most exciting features of the HRC is the opportunity for first year leads to take ownership of the direction of the clinic. We knew that this project could not be accomplished with one single leadership team, so we developed a 3-year implementation strategy. This will allow community outreach leads to set clear goals for the year and hand off completed project phases to the next leads and ensure success. This year, we worked to develop the design of the board, and create charters. Next year, we aim to form the “A” and “C” groups. These groups will ultimately help shape the direction of the community advisory board and will be centered on goals that are outlined in the charters. In year 3, we will begin to include our own patients in the board, who we call connectors. Connectors will help bring our services to the people who need it and will ensure that the decisions we make will create the most impact. With help from Dr. Pole and Dr. Frey as well as benchmarks, we are excited to set a continuous project direction for the community outreach team.

cont next page
ORGANIZATIONAL HIGHLIGHTS

Benchmarks for the Community Advisory Board.

- **Year 1**: Create CAB charters for each group. Identify community partners who are already engaged.
- **Year 2**: All Community Partners Identified and Engaged. “Borrowed” members attend 3 community meetings. “A” & “C” groups meet once.
- **Year 3**: Community Engagement Members Identified. Board Hosts first fully operational meeting. Timelines Established for next 3 years.

We are so excited for what the CAB will mean for our clinic, our leads, and most importantly, our patients. This board will take the HRC to the next level and allow us to more effectively work with other health care providers to make a difference for the people we serve. Additionally, the board will allow us to better engage our community partners which will enhance learning for every lead and volunteer.

Research Presentations & Conference Attendance **2019**

Alejandra Mallorga, HRC Chart Review Coordinator, presents her public health research on the zip codes of HRC patients at the North St. Louis Symposium. Alejandra used geographical imagining to portray the zip codes of patients serviced by the HRC in order to better understand our patient population and their specific barriers to health.

Kristen Woody, Julia Ceglenski, and Nilson Wu (HRC Co-directors) attend the annual Society for Student-Run Free Clinics Conference at the University of Kansas Medical School in Kansas City, KS.
2020 Accepted Submission: The Impact of STI Counseling on Patient Outcomes and Clinic Flow at a Student-Run Free Clinic

Authors: Margaret Case, Colin Dolin, Himani Madnawat, and William Weisgerber

**Background:** St. Louis, MO consistently ranks as one of the top cities for sexually transmitted infection (STI) rates per capita. Seeing a need in the community for more robust STI services, the Health Resource Center updated our procedures for patients requesting STI or HIV testing to improve the patient experience. We added an STI Counselor position and standardized the testing process to better provide education to our patients. Since making these changes in August 2018, we believe we have improved the identification and treatment of patients with STIs and created an avenue to regularly screen our patients for STIs.

**Methods:** Using our electronic medical record, we analyzed 278 patient encounters spanning August 4, 2018-November 30, 2019 in order to collect demographic information, relevant risk factors for STIs and the rate of positive test results for our patients. Demographically, we collected patients’ age, gender, and zip code. For relevant risk factors, we collected information about our patients’ social histories, including the number of sexual partners within a twelve month period, reported usage of intravenous drugs, and past history of sexually transmitted infections. Additionally we noted whether patients presented with symptoms of a sexually transmitted infection, including dysuria, genital rashes or sores, genital discharge or lower abdominal pain for females. Finally, we collected raw numbers on the number of patients who tested positive for HIV, gonorrhea, chlamydia, syphilis and trichomoniasis.

**Results:** The newly implemented procedures have caused an increase in HIV testing rates in clinic. Initial testing rates increased sharply but have leveled off over the past 15 months. The majority of the patients served have been female. Most patients endorse risk factors for STIs, with the most common being multiple sexual partners. However, the majority of patients deny symptoms of STIs. Final data analysis is in process at this time. We will have specific statistics to present on the final poster.

**Conclusion:** The Health Resource Center created an STI counselor to address a need in the St. Louis community. The new procedures have led to an increase in HIV rapid tests and STI lab tests ordered. We created a protocol to improve patient experience without a significant disruption to clinic flow or budget.
SMART Goal Methodology Implementation Among HRC Student Leadership

Author: Megan Quan

SMART goals offer a valuable tool that can be utilized to assess performance, define clear objectives for growth, and strategically draft plans to achieve them. The SLU Health Resource Center integrated SMART goal setting into leadership transitions this year with the following objectives: (1) to drive improvements for patients (2) to codify individual and team accomplishments in a format referenceable for resumes and grant proposals (3) to streamline leadership transitions. Leads drafted at least three goals and submitted action plans detailing the milestones necessary to attain them. Throughout the year, leads submitted monthly surveys reporting the progress of their goals. At the conclusion of this term, 34% of the original goals submitted were accomplished. However, the initial three objectives for the implementation of SMART goals were met. The survey responses were compiled into timelines of each lead’s activities, including step-by-step documentation of how they accomplished certain projects, what obstacles they encountered, and advice for future leads. It is my hope that this laid the groundwork for future leads to continue the momentum of the previous year rather than starting over. Additionally, the percentage of goals accomplished this year offers a baseline for future leads to compare their progress to.

This concept will be presented every year to new leads to provide guidelines for setting SMART goals - goals that are specific, measurable, attainable, relevant, and time-bound - through examples and audience input. To draft “specific” goals, student leads are asked to consider what their completed goal looks like - who is involved, what are the results, and why this was important to pursue. Special emphasis is placed on avoiding vague goals such as “delivering higher quality care.” Such goals are more difficult to attain because the definition of “higher quality care” varies among individuals, and since it is not quantifiable, there is no way to ascertain if it has been accomplished. The requirement of “measurable” necessitates incorporating some metric system for tracking the progress of goals (e.g., satisfaction surveys, attendance rates). This produces reportable data and allows one to assess if a goal has been accomplished. The requirements of “attainable” and “relevant” call for leads to dedicate their time to projects that align with their program’s values and that can be accomplished with their available resources. Lastly, “time-bound” requires consideration of deadlines that are both deliverable and reasonable. As a team exercise, we utilized a relevant goal for our clinic -- increasing patient turnout to 60% at our specialty clinics. Once the SMART goal was drafted, we devised an action plan together where we broke down the steps necessary to accomplish the goal and drafted a timeline within which these subtasks could be completed. SMART goals can be applied in almost any clinic setting. For example, helping patients set SMART goals such as quitting smoking may empower them to participate in their own care and feel satisfaction in reaching smaller goals. Overall, SMART goal-setting is a simple but worthwhile skill that has applications in both personal and professional practice. It is a strong, individual and team-oriented skill that we intend to build upon moving forward in HRC student leadership.
In late 2018, the HRC’s added a new volunteer position dedicated to counseling and screening patients at risk for STIs or HIV. The HRC’s STI/HIV counselor provides free STI testing, treatment, partner services, risk reduction counseling, HIV testing and linkage to care for those found to be HIV-infected. In Missouri, the total number of reported STI infections has more than quadrupled since 2012, and almost half of those are within the major population centers and typical STI hot spots of Kansas City, St. Louis and their adjacent counties. The goal of the service is to provide same-day, free-of-charge, STI testing services to St. Louis’ underserved communities, and to help prevent the spread of common sexually transmitted diseases, many of which are often asymptomatic.

The initiative was first started by two medical students, William Weisgerber, and Maggie Case, and currently employs rapid HIV antibody tests allowing for the delivery of results within minutes, as well as more comprehensive laboratory based-testing for chlamydia, gonorrhea, syphilis, and trichomonas. Current HIV/STI counselors are trained in a year-long elective that focuses on teaching students how to perform all necessary testing in a culturally competent manner, as well as how to take an effective sexual history, and attempts to shed insights into the epidemiology of sexually transmitted diseases, particularly in St. Louis.

As a metropolitan area, St. Louis and its surrounding 14 counties ranks 16th for chlamydia, 12th for gonorrhea and 25th for syphilis in the nation. CDC says there are clear factors behind the rising rates: drug use, poverty, stigma and unstable housing. All of these can affect and reduce access to care, decrease condom use and inclining budget cuts have resulted in clinic closures and poor patient follow-up care. Antibiotics can cure syphilis, gonorrhea and chlamydia, but left untreated, the diseases can be transmitted to others and produce adverse health outcomes such as infertility, ectopic pregnancy and increased HIV risk.

Medical care delivery for STIs in the St. Louis region is integrated with both routine and emergency healthcare. Thus, improving the care of patients with STIs requires a collaborative effort from such systems as public health departments, universities, primary care clinics, and emergency rooms to address this multifaceted health issue. With the addition of its new HIV/STI counseling role, the HRC aims to identify gaps in care, develop new ways to make treatment more accessible to vulnerable populations and to ultimately promote healthy sexual behaviors and reduce the incidence of STIs in the St. Louis community.
The HRC Is Proud To Now Offer: Dental Screenings
Our Latest Addition in Interprofessional Collaboration
Author: Clare Tang

This year, we have worked closely with Deborah Manne, MSN, RN, RDH, from the ATSU Missouri School of Dentistry and Oral Health (MOSDOH) and Adjunct Instructor in the Department of Otolaryngology –Head & Neck Surgery and the Graduate Periodontics Program, both here at Saint Louis University. She has helped us serve the clinic every first and third Saturday of the month to provide dental and oral cancer screenings and dental referrals to the community. Last year, the HRC worked tirelessly to expand the capabilities of the dental services and we continue to build upon that foundation this year. Deb has been a spectacular resource to the HRC and has brought about great leadership and change to benefit the surrounding community. “I’ve wanted to bring dental care to the people being served by this amazing clinic ever since I first learned of it back in 2005. Unfortunately, the ability to do that was not possible, but now it is! I am so honored to be a part of this amazing group of students!” said Deb Manne.

One of the major projects for us this year has been to find a dentist faculty member and D3 students to take on the role of dental student leads at the HRC Saturday clinics. Deb has reached out to the MOSDOH community to build connections with both students and faculty at MOSDOH to teach them about what the HRC is and how dentistry fits into our services. It has been a difficult process for Deb and the HRC to identify individuals who will be as passionate about serving the community at this capacity. Due to the lack of space at the HRC, dental services are currently limited to dental and oral cancer screenings, and dental referrals. One of the concerns we faced was that the faculty would not understand the way the HRC operates and would try to offer more services than the HRC dental team is currently equipped to handle.

However, we are happy to announce that as of July 2019, Dr. Karl Shanker, Director of Special Care Dentistry at MOSDOH has agreed to serve as our dentist faculty member. He has visited the HRC and observed several clinics now and is very impressed with what the HRC is doing. He already suggested the possible donations of dental chairs and equipment from a retiring colleagues’ practice. However, the current infrastructure and lack of space would pose an obstacle to moving the equipment in. Currently the HRC dental team is not staffed at capacity for us to introduce additional services, which is what the equipment would help us feasibly do.

Our future plan for the dental team is to expand services strategically. We think piloting small services to see if they are wanted and needed before we expand larger is in this best interest of time and resources. One service that we have identified as beneficial to the community is to provide a fluoride varnish after screening. Deb is currently working with community partners on a grant and to collect oral care products and fluoride treatments to provide to patients. Additionally, Deb and the HRC are currently planning to expand the dental services to every Saturday clinic.

Since dental services began seeing patients at the HRC in 2018, they have services a total of 126 people. All of them were referred for dental care with approximately 50% to MOSDOH and the other 50% to other dental clinics located in FQHCs located near where the person lived and/or had been seen there previously. Approximately 10 patients were referred for urgent care to the urgent clinic at the dental school and one was referred to SLU ENT for biopsy of suspicious lesions (which turned out to be benign).
Reflections: Nurse Practitioner (NP) Clinic

Author: Dr. Joanne Thanavaro

The University Nursing Group, chaired by Dr. Joanne Thanavaro, successfully spearheaded the opening of a student run Nurse Practitioner (NP) clinic at the HRC in 2016. At the three -year mark, the clinic has served over 1,800 underserved and uninsured patients in our community. A team of NP faculty including Margaret Benz, Nancy Cibulka, Renee, Davis, Shellie Hill, Kathleen Lobello, Deborah Loman, Samantha Marquard, Karen Moore, Michelle Papachrisanthou, Joanne Thanavaro and Heather Wade have provided direct patient care along with a variety of undergraduate, NP and Doctor of Nursing Practice (DNP) students. The HRC NP Clinic is overseen by Dr. Jane Tucker, MD.

Our lead undergraduate senior students for the 2018-2019 academic year included Connor Gibson, Kerry Sloan, Karina Kobetsky, Rachel Martin, Taylor Imhoff, and Sarah Jotterand. Our lead undergraduate senior students for the 2019-2020 academic year include Sidney Smith, Christina Schober, Kateri Sheberhoward, Yen Quach, Lauren Flogel, Jessica Koch, and Tara Kelley. These students provide many hours of clinical service at the clinic and report that this experience has increased their clinical competence and confidence prior to graduation. The School of Nursing’s University Nursing Group and Dean Murray provide funding to send some of these students to the Society of Student Run Free Clinics Student Conference in Kansas City where they had the opportunity to meet with other nursing and medical students who are providing care to underserved populations throughout the nation.

We hope to continue to expand the services available in our clinic in the upcoming year. In addition to providing health care to an underserved population, this health care initiative is unique in that it brings all levels of nursing students together to work toward our Jesuit mission to help alleviate health disparities. It has allowed students to learn from other students and embrace the rewards of service to the community.

NP Clinic is held every week at the SLU Health Resource Center on Thursday mornings from 8am-12pm. It is staffed by undergraduate and graduate nursing students overseen by experienced Nurse Practitioners. The clinic provides care to both adult and pediatric patients while conducting physicals, drawing labs, administering flu shots and TB tests, and prescribing medications for treatment.
Reflections: Physical Therapy (PT) Clinic

Author: Alyssa Darlak

The Health Resource Center Physical Therapy Clinic opened its doors in 2014 and has been providing physical therapy, at no cost to the patient, to the St. Louis community. The clinic treats those suffering from musculoskeletal conditions and injuries. Patients receive various exercises and therapy techniques to get them functioning at an optimal level. The clinic is entirely student run by graduate students in the Physical Therapy Program at Saint Louis University. Currently, there are six students that lead the clinic. Each is in her second year (PY2) of the graduate program, but they began to run the clinic in the spring of their first year. These leads are in charge of the clinic until they transition it over to the current PY1 students in the spring of 2020. The leads focus more on behind the scenes tasks to keep the clinic running smoothly. They focus on scheduling patients and volunteers, handling patient referrals and promoting the clinic.

The clinic is open every Saturday morning from 8am-12pm. Each week there is expected to be about 3-4 treating student physical therapists, 3-4 documenting students and 1-2 leads present. Our goal is to be treating three patients at a time while the fourth group is finishing up the documentation on their last treated patient. From January 2019 through August 2019, the clinic has treated 115 patients. This number includes initial evaluations, follow-ups, and discharges. The clinic sees about 8-12 patients on average each Saturday. The PT clinic reached a maximum of 17 patients in one Saturday in February 2019. There is a high demand for this service as our next available appointment is not until October.

In the upcoming months, the leads have made numerous plans to bring more success to the Health Resource Center. One of the most profound changes our leads hope to make includes expansion of the clinic to a vacant room adjacent to the current PT room. Another room would provide space to house more plinths, allowing us to treat more patients more frequently- so patients can book appointments less than a month in advance. Although this is a long term goal, preparations are in place for change to meet the growing demand of our St. Louis community.

Another goal for the Health Resource Center focuses on more involvement from the undergraduate students. At this moment, the clinic is run completely by SLU faculty members and graduate students in the SLU PT program. Our hope is that we can spark interest and encourage involvement by visiting classrooms and explaining our roles throughout their undergraduate semesters. Although undergraduate students are not yet qualified to document and treat, we feel that exposing them to the activity in the clinic will confirm their passion for pursuing physical therapy and provide them with a foreshadow into their future.

Last winter, a PY3 took initiative in the clinic and our school community to start a coat drive. Students and faculty members were encouraged to bring in used and gently worn sweaters, jackets and cold weather essentials to be given as donations throughout our greater community. We hope to continue these drives to serve the needs of surrounding areas. This fall, we are looking to collect hygiene products for those who are in need. Proper hygiene is essential for our health, and although these are basics in many of our lives, they are not so easily obtained by others in our community. We wish to spread the word and gather products from not only PT students and faculty members, but also from others in the SLU Allied Health professions.

Serving the clinic as a lead has been a fulfilling experience as it has allowed us to view our Health Resource Center and profession of Physical Therapy in a new light. Knowing the effort required to keep the doors of our clinic open has taught us organization skills, responsibility and discipline. Our clinic has allowed students the safe space to practice their skills and test their knowledge in a clinical setting. Under the supervision of a certified PT, students are encouraged to ask questions and get clarification of treatment and documentation to prepare them for their future. Clinic lead Cassandra Halsted states, “Every volunteer I have worked with since taking over as a lead in the spring has come in ready to deliver the highest quality of care. It is because of our amazing students that our patients leave smiling and eager to schedule another appointment.” The interactions that leads and volunteer students have had with the patients that have entered the clinic doors, has

cont. on next page
taught humility and selflessness, and is a constant reminder as to why we chose the field of work we did.

Another lead, Jessica Garland, worked closely with the Health Resource Center this summer. She recalls a patient that she spent an extended amount of time with over the past few months. “He came in using a cane post-stroke, giving physical therapy a last-ditch effort to gain more independence. By his second visit, he walked out carrying his cane, not needing it to ambulate anymore. By his third visit, both myself and his student physical therapists were so impressed with his progress, that we discharged him with a home exercise program and an understanding that he could come back to us if he ever needed us in the future.” This shared experience is just one of many that we have been able to witness and hear about throughout our time at the clinic.

As the school year commences, we are excited to have all the leads and volunteers back together and to continue helping those in the community that need our assistance. We are relentlessly working toward our goals for the future and hope we can continue to give back to the community that has so greatly impacted our physical therapy education and careers as clinicians.

The HRC PT Clinic is held every week at the SLU Health Resource Center On Saturday mornings from 8am-12pm, and addresses musculoskeletal pain concerns, loss of function, or post-surgical rehabilitation. Students evaluate and treat patients under supervision of a licensed physical therapist. PT appointments include manual therapy, exercises to strengthen and stretch muscles, and postural and gait corrections. Patients need a referral from a doctor to attend physical therapy.
Reflections: Physician Assistant (PA) Clinic

Author: Allison McNiell

The mission of the Saint Louis University Physician Assistant Program is to educate men and women to become competent, compassionate physician assistants dedicated to excellence in health care and to the service of humanity.

The Physician Assistant Clinic is held on the first Tuesday night of the month from 4pm-8pm. As Physician Assistants are able to diagnose and treat patients in any medical specialty, this clinic offers a wide range of services to the community. The charge of the PA Student Clinic is to meet the immediate needs of our patient population, while taking extra care to connect each person with the outside resources they require to maintain a healthy lifestyle.

Each month, six pre-clinical PA students and six clinical PA students work together with our supervising physician volunteer and clinic leads to provide both acute and ongoing management. One pre-clinical student also has the opportunity to work with our lab team to improve their phlebotomy and injection skills. This arrangement of volunteers gives our students great practice for team-based care and effectively communicating the needs of their patients.

This year, the student clinic leads recognized a need to more clearly communicate the function and availability of the PA clinic. To expand our reach to the community, new outreach flyers were distributed to local businesses, community centers, and schools to promote the PA Clinic as well as other HRC resources. We also worked closely with the medical students leads to make sure that patients are aware of the weeknight clinic. Lastly, we focused our efforts to truly understand what brought each patient to see us, and if they are aware of any healthcare need in their community that isn’t being met. So many of our patients are referred from existing patients, and this has been such a simple but effective way to reach new people.

“It has been such a joy each month to see my fellow students develop into confident, compassionate healthcare providers during their time at the HRC.” – Allison McNiell, Physician

2019 Physician Assistant Clinic Student Leads

Allison McNiell – Physician Coordinator
Molly Karl – Student Volunteer Coordinator
Mariah Boncek – Patient Coordinator
Haley Bantz – Patient Evening Coordinator
Ciara Glenn – Patient Evening Coordinator
Reed Welch – Lab Coordinator
Laura Humphrey – Lab Evening Coordinator

The SLU PA Program would like to thank Dr. Fred Rottnek and Dr. Dawn Davis for volunteering each month to supervise the PA student clinic.

We also would like to thank Anne Garanzini, M. Ed., PA-C for advising the student leads throughout the year.
Operations Team

The Operations Team directly oversees the staffing and management of the weekly Saturday Adult Clinic including all volunteer, phlebotomy, and allied service operations.

Back Row: Aidan McGowan, Colin Dolan, Jason Yuan, Julia Ceglenski, Adam Welu, Megan Quan, Nilson Wu
Front Row: Theresa Devine, Hannah Li, Himani Madnawat, Daphne Cheng, Neha Kulkarni, Emily Xu, Clare Tang, Kristen Woody

Finance & Development Team

The Finance and Development Team oversees the fundraising efforts of the HRC through event organization and grant writing efforts and informs the direction of the HRC through investigative chart review and community outreach.

Back Row: Victoria Soncasie, Zachary Doerrer, Jenna Anthony, Paul Hahn, Julia Ceglenski, Megan Quan, Nilson Wu
Front Row: Kanav Gupta, Alejandra Mallorga, Kristen Woody, Smrithi Chidambaram
LEADERSHIP

Phlebotomy Team

The Phlebotomy Team oversees the HRC phlebotomy lab and vaccine program. They staff our Saturday Adult Clinic and pertinent Specialty Clinics. They are overseen by their new faculty advisor, Dr. Scott Isbell.

Fundraising Team

The Fundraising Team helps organize fundraising events throughout the year to raise the funds necessary to keep the HRC doors open. The climax event they organize is the annual HRC Auction where almost the entire operating budget for the clinic is raised in one night.

Left to Right: Elizabeth Blalock, Aidan McGowan, Jason Yuan, Daniel Sprehe, Julia Larson, William Pan (not pictured)

Left to Right: Zachary Doerrer, Victoria Soncasie, Melody Su, Joanna Dembek, William Satterwhite, Dylan Leonard
Social Work Team

The HRC Social Work Team is headed by Marilyn Peastons, who oversees graduate and undergraduate volunteers working for patients as agents of change, helping to improve the quality of life for individuals faced with poverty, serious illness, or disability.

Left to Right: Marilyn Peaston, Margaret McCarthy
Not pictured: Dr. Monica Matthieu

WHISTLe Volunteers

The Wellness Holistic Initiative In St. Louis (WHISTLe) is a social work program organized by undergraduate pre-med students interested in facing social determinants of health head on. Volunteers link patients at the HRC with organizations offering social services around the St. Louis area.

Left to Right: Poojita Gundala, Shruti Rai, Neal Modi (student lead), Claire Landewee, and Sonia Jolly (student lead)
Medical Family Therapy

The Medical Family Therapy program is composed of graduate student volunteers trained to assess, diagnose, and treat individuals coping with mental disorders, substance use, coping with chronic illness, family and couple conflict, interpersonal and domestic violence, trauma, grief & loss.

Nutrition Leads

Nutrition services at the HRC are provided by SLU Nutrition and Dietetic students. They provide HRC patients with comprehensive nutrition counseling to help empower patients in managing and preventing chronic illnesses.

Left to Right: Dr. Max Zubatsky (attending faculty), Deanna Granger, Renata Sledge

Left to Right: Sarah Carroll, Sydney Schumacher, Lauren Landfried (attending faculty)
LEADERSHIP - ALLIED SERVICES

Dental Student Leads

Dental services at the HRC are provided by third year dental services supervised by adjunct faculty of the ATSU Missouri School of Dentistry and Oral Health (MSODOH) and the Department of Otolaryngology at SLU. The offer free dental screenings and counseling to patients and can also refer them for further dental care at MSODOH.

Patient Liaison Leads

Patient liaisons are a large group of pre-health undergraduates who volunteer throughout their undergraduate career. They help patients sign-in, fill out intake paperwork and work alongside all the other clinic volunteers to communicate the needs of the patients and ensure proper flow through the clinic.

Left to Right: Dr. Karl Shanker (attending faculty), Ishu Singh, Taylor Little, Eric Wood, Deborah Manne (attending faculty)

Back Row: Lauren Evelti, Jensen Vayalil, Mao Lin, Nathan Logan, Jahnvi Modi
Front Row: Megan Reed, Twinkle Patel, Poojita Gundala, Annie Fang
Not Pictured: Amrit Avula, Shreya Dash, Meghana Gudapati, Rachel Miller, Hamiz Mirza, Maria Nash, Cailey O’Neill, Caitlin Salloum, Nimmy Tommy
The Allergy and Asthma Clinic diagnoses and treats allergies and asthma by providing allergy skin testing, pulmonary function testing, and allergy and asthma education. They hold clinic biweekly on Wednesdays, and they are overseen by Dr. Raymond Slavin.

The Diabetes Specialty Clinic provides patient-centered education and follow-up to help people with diabetes take charge of their care, including lab testing, medication review, and consultations with physicians, dietitians, and physical therapists.
Foot Clinic Leads

The HRC Foot Clinic serves the St. Louis’ transient population with basic foot health including foot washing and evaluation, nail trimming, and callus sanding at St. Anthony’s Food Pantry.

Left to Right: Dr. Howard Place (attending faculty), Nilson Wu

Geriatrics Clinic Leads

The Geriatrics Clinic utilizes interprofessional care to address the unique needs of the older population, including medicine, physical therapy, occupational therapy, speech therapy, social work, nutrition, and recommendations for future care. The Geriatrics Clinic occurs on the first Friday of the month and is overseen by Dr. Julia Henderson-Kalb

Back Row: Babatunde Olumide
Middle Row: Jill Fitzgerald, Sarah McDonald, Eriyoma Ewharekuko, Gretchen Coleman, Julia Henderson-Kalb
Front Row: Paweena Meekanon, Tanapa Rittiwong, Nattaya Wongyara, Jiaying Bao, Tiare Sadaranada, Sarah Morrissey, Cara Wallace
SPECIALTY CLINICS

Heart Health Clinic Leads

Left to Right: Ted Schmitt, Mark Zemela
Not Pictured: Dr. Matthew Breeden (attending faculty)

The Heart Health Clinic focuses on providing continuity of care and support for patients with history or risk factors of cardiac conditions. ECGs, cardiac lab testing, nutrition, and social services are all offered during Heart Health Clinic.

Smoking Cessation Clinic Lead

Charlotte Marx
Not Pictured: Dr. Matthew Breeden (attending faculty)

The Smoking Cessation clinic operates concurrently with Heart Health Clinic to help motivate patients to quit smoking through health education, encouragement, and assistance in obtaining smoking cessation products.
SPECIALTY CLINICS

Pediatric Clinic Leads

Pediatric Clinic provides children without access to proper health care a primary care physician and continuity of care that is essential for the long term health of a child, providing both acute and long term care during a critical time of development. The Pediatric Clinic is located at Danis Pediatrics at Cardinal Glennon Hospital.

Right to Left: Colin Dolan, Jeremy McDuffie
Not Pictured: Dr. Heidi Sallee (attending physician)

Psychiatry Clinic Leads

The Psychiatry Clinic works to address the current lengthy waitlists at mental health clinics by providing transitional care for individuals until they are able to establish a source of continuous care. They provide access to a psychiatrist, brief psychological interventions, and social work assistance for patients in need of psychiatric care.

Left to Right: Dr. Jackie Landess (attending faculty), Sangeeta Satish, Benjamin Woodward
The Well Woman Clinic provides free women’s health exams to uninsured women in St. Louis. Offered services include pelvic exams, PAP smears, breast exams, STD testing, and referrals to a free mammogram service.

SLU Sight offers free vision screenings at regular Saturday morning clinics and provides more in-depth vision testing during its specialty clinic. SLU Sight relies on medical student, optometry student, and ophthalmology resident volunteers and partners with New Eyes to provide prescription glasses free of charge for the community.
ATTENDING FACULTY NOT PICTURED

T. Scott Isbell, PhD
Phlebotomy Team Faculty Advisor

Dr. Matthew Breeden, MD
Heart Health Clinic & Smoking Cessation
Clinic Attending Faculty

Dr. Heidi Sallee, MD
Pediatric Clinic Attending Faculty

Dr. David Pole, PhD
Interprofessional Education Faculty Advisor

Dr. Thomas Porter, OD
SLU Sight Attending Faculty

Dr. Monica Mattieu, PhD, MSW, LCSW
Social Work Attending Faculty

2019 ANNUAL REPORT
Of all the Saint Louis University School of Medicine Classes, these students dedicated the highest amount of volunteer hours to the HRC. They have gone above and beyond the mission of the HRC, and we wanted to show our gratitude by recognizing their service through the following awards. These awards range in recognizing a commitment of 24 hours in clinic (or 6 clinic volunteer shifts) to 56+ hours in clinic (14+ clinic volunteer shifts). We thank them for their dedication and congratulate them on their achievement!

**HRC Volunteer Award: 24 (6 shifts) - 36 (9 shifts) volunteer hours**

*Class of 2020*  
Rajat Duggirala  
Patrick Frailey  
Minyi Lin  
Katherine Mass  
David Ramnaraign  
Louis Yn

*Class of 2021*  
Kelsey Kennedy  
Derek Nguyen  
Tej Sura  
Blake Tidwell  
William Weisgerber  
Eniola Gros  
Yuqian Tian  
Jordan Doerr  
Class of 2022  
Henna Bazai  
Julia Ceglenski  
Joanna Dembek  
Jacob Dodd  
Cynthia Gaines  
Alan Ge  
Paul Hahn  
Rishabh Kodia  
Henry Kou  
John Lee  
Dylan Leonard  
Paraskevi Limberatos  
Hataka Minami  
Elena Muro Fuentes  
Monica Ou  
William Pan  
Danielle Rinck  
Jacob Roberts  
Niel Robinson  
Xingyi Shi  
Victoria Soncasie  
Daniel Sprehe  
Melody Su  
Derrain Taylor  
Benjamin Woodward  
Nagasai Valavarthi  
Mark Zamela  
Charlotte Marx

**HRC Distinguished Volunteer Award: 40 (10 shifts) - 52 (13 shifts) volunteer hours**

*Class of 2020*  
Tyler Harris  
Emmy Mai  
Alexander Marelich  
Nikhil Mogalapalli  
Andrew Ngo  
Ann Nguyen Pham  
Ara Vartanyan  
Macy Walz

*Class of 2021*  
Hassan Qureshi  
Margaret Carvill  
David Cheung  
Samuel Yu

*Class of 2022*  
Lauren Anderson  
Rohit Bhatt  
Duyen Dinh-Dang  
Carla Formoso Pico  
Kanav Gupta  
Julia Larson  
Franklin Liu  
Himani Madnawat  
Aidan Mcgowan

**HRC Excellence in Service Award: 56+ volunteer hours (14+ shifts)**

*Class of 2020*  
Akhil Mogalapalli  
Celina Wong

*Class of 2021*  
Matthew Gaubatz  
Aboubacar Kaba

*Class of 2022*  
Elizabeth Blalock  
Jason Lorenzo Cocjin  
Theresa Devine  
Savannah Loehr  
Brienna Milleson  
Danier Ong  
Megan Quan  
Sangeeta Satish  
Kendall Sputo  
Hao (Emily) Xu  
Jason Yuan  
Colin Dolan  
Xujia (Jessica) Li  
Vidy Dandu  
Adam Welu  
Kevin Yin  
Soumya Ramireddy  
Jonah Shah  
Lisa Tenorio  
Nilson Wu  
Mahijeeth Yetukuri  
Mary Bui  
Gilad Segal  
Hannah Li  
Neha Kulkarni  
Daphne Cheng  
Abby Bergman
These students have spent more than half of their available weekends throughout the year volunteering at the HRC. We thank them especially for their tremendous service!

**HRC Highest Honor in Service: 100+ volunteer hours (25+ shifts)**

**Class of 2021**

Aboubacar Kaba

**Class of 2022**

Theresa Devine

Sangeeta Satish

---

**Student Volunteer Testimonials**

“Volunteers go far out of their way to help patients and it is exciting to see! The clinic manager did a great job setting an example”

“Clinical students and the clinic manager do a great job encouraging the M1s and making sure they feel comfortable in clinic. There is a lot of heartwarming teaching and mentoring going on!”

“I formed some of my strongest friendships with individuals I met while volunteering at the HRC. My experiences there indelibly shaped my world view and career path and reaffirmed my calling to work towards the health of all individuals. It also improved my skills to both work in high stress situations and empathize with people with different backgrounds and world views than my own.” - Kelsi Felz

“Serving as an HRC lead was the single-most formative experience of my time at SLU School of Medicine. It shaped my approach to understanding and interacting with patients and provided a glimpse of what creating and maintaining a clinic entails.” - Wes Carr, 2011 HRC Lead

"Volunteering at the HRC was my first hands-on experience with patient care. It was my introduction to understanding the weight of responsibility I will assume as a future physician. It was such a joy to accept that responsibility in service of the underserved patient population in north St. Louis. What I learned from volunteering at the HRC has informed the manner in which I interact with patients and how I will practice as a physician." - Kaitlin Mar, 2018 HRC Lead

“We often talk about the services that we as a clinic are able to provide to our patients, but we cannot overlook the immeasurable service they are providing to us; they make us better students, better providers, better advocates, better teammates, and overall better people. I am forever grateful for my experience as a lead and how it has further strengthened my desire to continue serving the underserved.” - Abou Kaba, 2018 HRC Lead
Kimberly Zoberi, MD
Family Medicine

Denise Hooks-Anderson, MD
Family Medicine

Becky Lynn, MD
OB-GYN

Amy Bilyeu, MD
OB-GYN

Miriam Rodin, MD, PhD
Geriatrics

Anuj Chhaparia, MD
Internal Medicine

Patrick Yeung Jr., MD
OB-GYN

Nicole Xynos, MD
OB-GYN

Cory Cheatham, MD
Internal Medicine

Julie Gammack, MD
Geriatrics

Jose Eugenio-Colon, MD
OB-GYN

Amy Ravin, MD
OB-GYN

Aunita Hill-Jones, MD
Internal Medicine

Jill Powell, MD
OB-GYN

Jennifer Goldkamp, MD
OB-GYN

Pericles Xynos, MD
OB-GYN

Not pictured: Dr. Joseph DeLucia, Dr. Miguel Paniagua, Dr. Jennifer Wessels, Dr. Julie Sahrmann, Fr. Dr. James Duffy
Dr. James R. Drake Physician Service Award Recipient 2019
Dr. Miguel Paniagua, M.D., Ph.D.

The Dr. James R. Drake Physician Service Award was established to honor the legacy of one of the HRC’s finest volunteer physicians. Every year, as the HRC continues to thrive, we look towards our dedicated physician volunteers for guidance, wisdom and leadership that mimics the example set by Dr. Drake.

This year, we are proud to honor Dr. Miguel Paniagua with this esteemed service award as decided by our entire student leadership team. Dr. Paniagua began volunteering with the HRC over 10 years ago and has seen our students and patients through many major developments and changes. This year, Dr. Paniagua has dedicated 25 Saturday mornings to providing his services to the HRC. We enjoy having Dr. Paniagua in clinic, because he takes the time to fully educate each student volunteer about every level of good patient care. His thoughtfulness, kindness, and selflessness is unparalleled, and the HRC could not function without him.

Dr. Paniagua’s dedication to the HRC is unmatched, and we are truly grateful for his continued service and support!
# Donor Tiers

## Diamond Level Donor ($1,000+)
- Kathleen Ryan Drake
- Carl Kraemer, MD
- Julie Gammack, MD

## Sapphire Level Donor ($500+)
- Lisa Alderson
- Mr. Steven Roberts & Eva Frazer, MD
- Fred Rottnek, MD, MAHCM

## Silver Level Donor ($100+)
- Jim and Linda Deckert
- Matthew Bell
- Parker Weigle
- Clifford Bellone, PhD
- Lisa Israel, M.Ed
- Dr. Kenneth Haller
- Lynda Morrison, PhD
- Dave and Sherri Sprehe
- Don Tran, MD
- Dr. and Mrs. Josey M Page Jr, MD
- Drs. Linda and Joel Eissenberg
- Terrance M. Egan and Rosalie M. Uchanski
- Dr. Michael and Mrs. Christine Walter
Community Donors

Thank you to Readers.com for their donation of 160 eyeglasses to SLU Sight

Mary Mother of the Church, a vibrant parish in South St. Louis County, is pleased to support the Health Resource Center through our Tithing Program. We strive to provide assistance to those in need across our community.

Thank you to Qi For Life Acupuncture Clinic for their donation to the SLU Health Resource Center.
The vast majority of our budget comes from individual donors like you. Every donation, in any amount, supports student education & community healthcare. Gifts are tax deductible.

We welcome new volunteers & providers! Reach us by email to get started.

To donate, visit HRCAuction.givesmart.com or contact us directly.

LOCATION
1408 N Kingshighway Blvd.
St. Louis, MO 63113

HOURS
First Tuesday of the Month 5–8pm
Every Thursday 8am–Noon
Every Saturday 9–11am

CONTACT
hrc@slu.edu
314.389.0008