



Making Life Better  
through Research, Education & Healthcare.

## USF Health Service Corps Opportunities for Undergraduate Students - Spring Semester 2012

Hello USF undergraduate students! Here is a listing of some of our USF Health Service Corps projects and activities that might be of interest to you. The USF Health Service Corps enables USF Health students to volunteer together in a wide variety of FUN and meaningful health-related community service activities. In addition, responsible and motivated USF undergraduate pre-health professional students are invited to participate in selected USF Health Service Corps events, such as the opportunities listed below.

**BENEFITS:** Here are some of the benefits to undergraduate students who participate in these service events! You can:

- Make a positive difference in our local community;
- Relax, have fun and make new friends with other USF Health & pre-health professional students;
- Gain great experience through service;
- Earn recommendations for future jobs AND graduate school;
- Explore new career opportunities in public health that you may not have previously considered;
- Mentor and teach youth in the public schools!

### SIGN UP PROCESS AND RESPONSIBILITIES:

- Select an event/project of interest to you from this list and email the contact person listed for that specific event/project.
- Then, a few days before each service event that you have signed up for, you will receive an email from Mrs. Kent with details regarding what to expect, what to wear, what to bring and of course, directions!
- Please remember, that if you sign up for a service event, we are depending on you to come to the event, and to come on time.
- This is a privilege to be able to participate in these USF Health Service Corps events with the students in the USF Health professional programs, so please be sure to show up on time, act professionally, and dress appropriately. We appreciate your consideration in this matter.

### FOR ADDITIONAL GUIDANCE:

Feel free to contact the Service Corps Coordinator, Ellen Kent, MPH, CPH, anytime by email at [ekent@health.usf.edu](mailto:ekent@health.usf.edu) phone: 813-974-6622, or in person, in room 2150H of the COPH. Mrs. Kent can recommend meaningful non-clinical opportunities that are appropriate for your intended profession and is always happy to help responsible and motivated undergraduate students!

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## Special Events

**Saturday, Jan 21<sup>st</sup>, 10 am - 2 pm. Gasparilla Children's Festival.** (See also <http://gasparillaextravaganza.com/extravaganza2/schedule.html>) USF students are invited to assist with the Bicycle & Pedestrian Safety Rodeo along Bayshore Blvd. We will fit children with a free, brand new bicycle helmet, and then guide them through a fun course, using a 'loaner' bicycle. Up to 10 students can sign up with Justin Coile at [jcoile@health.usf.edu](mailto:jcoile@health.usf.edu) with Health Management Student Association (HMSA).

**Thursday, January 26<sup>th</sup>, 6:30-8:30 pm. Love a Senior Evening at Weinberg Village!**  
USF Health students are invited to help the seniors with Challah (bread) making and games. Up to 15 student volunteers can sign up with Jackie Selbst at [jselfst@health.usf.edu](mailto:jselfst@health.usf.edu) with Jewish Medical Student Association (JMSA).

**Thursday, February 9<sup>th</sup>, 5:30-8:00 pm. Valentines Day Party at the Spring!**  
USF Health students are invited to help children and teens who are residing at the Spring of Tampa Bay <http://www.thespring.org> to create Valentines Day arts and crafts projects. We will begin with arts and crafts, followed by a food safety/handwashing lesson, and then we will decorate cookies with the kids! Up to 20 student volunteers can sign up with Alyssa Schmidt at [aschmid3@health.usf.edu](mailto:aschmid3@health.usf.edu) with Public Health Student Association (PHSA) and please specify what type of arts & crafts or cookie decorating supplies you can bring.

**Tuesday, Feb. 21<sup>st</sup>, 8:30 am – 1 pm. 2012 Geico Road Safety Bicycle Tour – “Survive the Drive”.** See also <http://dorislosberg.org/index.php>. In collaboration with the Dori Slosberg Foundation, a group of cyclists will arrive at the University of South Florida campus at 9 A.M. to kick off the event. Following a special press conference at 9 AM, a safety fair will be held from 9 A.M. – 1 P.M. to educate students, faculty, staff and the community on driving and highway safety. Student volunteers can assist with information stations, provide musical/dance/literary performances, speak about driving safety or anything else innovative to drive the message of safe driving home. To sign up, please send an email to BOTH Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu) and Kristen Meadows at [Kristen@dorislosberg.org](mailto:Kristen@dorislosberg.org).

**Saturday, March 10<sup>th</sup>, 9 am - 4 pm. Tampa Children’s Expo at the Florida State Fairgrounds** (See also <http://childrensexpos.com/tampa/tampa-childrens-expo/>) USF Health students are invited to assist St. Joseph’s Children Hospital Child Advocacy Department /Safe Kids Tampa with an amazing indoor Bicycle & Pedestrian Safety Rodeo. We will fit children with a free, brand new bicycle helmet, and then guide them through a fun course, using a ‘loaner ‘ bicycle, scooter or tricycle. Up to 10 students can sign up with Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu). Lunch will be provided!

**Friday, March 23<sup>rd</sup>, 4-6 pm. Fitness and Fun Picnic at Riverfront Park for Farmworkers Self Help Teen Dream Group.** Up to 25 student volunteers can participate in a variety of fun nutrition education and fitness games with the kids! Please sign up with Bernice Lopez at [blopez1@health.usf.edu](mailto:blopez1@health.usf.edu) with Global Health Student Association.

**March 28<sup>th</sup>, 10 am - 2 pm. March Madness** is a fantastic basketball event organized by Success 4 Kids and Families, and will be held this year at the Lake Magdalene campus of Hillsborough County’s Department of Children’s Services (not far from USF campus). Kids with emotional and behavioral challenges who attend schools without organized sports have the opportunity to play in this tournament. Volunteers are needed to assist with this event both indoors and outdoors. Volunteers should dress comfortably, and plan to arrive at 9:30. Please contact Clara Reynolds at [creynolds@s4kf.org](mailto:creynolds@s4kf.org) to sign up! See also: [March Madness.pdf](#) .

**Tuesday, April 3<sup>rd</sup>, 9 am – 4 pm: Health Awareness and safety fair at Benito MS.** COPH and other USF Health student volunteers can sign up with Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu) to lead a variety of interactive learning stations and help younger middle school students ‘experience’ healthy behaviors. Our ‘stations’ will include: Drug abuse awareness and prevention; poison prevention; Safe walking and bicycling (and not texting!) ; smoking prevention; our COPH “Public Health is Your Health” game; Info on health professions; the nutrition and fitness ‘equation’ ... and more!

**Tuesday , April 3<sup>rd</sup>, 11 am- 6 pm. Give Life Day at the COPH!**

In recognition of National Public Health Week and National Donate Life Month, the USF community is invited to participate in any of the following drives at USF Health’s College of Public Health:

- **You can donate blood at the Blood Drive:** You can make an appointment at <https://www.fbsdonor.org/index.cfm?group=op&expand=159386&z=33612> or stop by the bloodmobile for a ‘walk-in’ appointment.
- You can register (in person) for the **National Marrow Donor Program (NMDP)** <http://www.marrow.org/>
- You can register (in person) to become an organ, tissue and/or eye donor, through **Donate Life Florida.** <http://www.donateliflorida.org/>

For more information, contact Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu).

**Saturday, April 21<sup>st</sup>, 9 am – 1 pm. Paint Your Heart Out Tampa!** <http://www.paintyourheartouttampa.com/index.asp>

Come have a heart and join the USF Health Service Corps student team for ‘Paint Your Heart Out’ Tampa. You will be able to have fun while you brighten the lives and homes of low-income elderly homeowners in the City of Tampa! Interested students can sign up with Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu).

**May 11<sup>th</sup> -13<sup>th</sup>, 2012 – [The Dixie Games](#),** a 3-day competition for athletes with physical disabilities for youth and adults, held in Olympic-style venues, is being held in Tampa again this year. This event allows athletes with physical disabilities to showcase their abilities in a variety of sports. There will be numerous opportunities for student volunteers to help out with the sporting events as well as equipment set up/tear down, logistics, social events, etc. All volunteers must be at least 16 years old and must sign and return the [2012 Volunteer Release & Waiver Form](#) and [2012 Volunteer Sign Up Form](#) to Volunteer Coordinator Marilyn Harper at [mharper@shrinenet.org](mailto:mharper@shrinenet.org) or Fax: (813) 866-7743 or Shriners Hospitals for Children® Attn: Marilyn Harper - Rehab Department 12502 USF Pine Drive Tampa, FL 33612. (Phone: 813- 975-7142)

**Saturday, May 12<sup>th</sup>, 10 am - 4 pm. (rain date of May 19<sup>th</sup>). Springtime "Spruce Up" Project!** A new painting/gardening/decorating project for Fresh Start residential group home! Our goal is to help spruce up their residential group home – this is a wonderful opportunity to share your creativity and energy to help foster teens feel special. Are you moving out of your apartment? You can also bring household or clothing items that are in good shape- see [http://www.miraclesoutreach.org/Get\\_Involved.html](http://www.miraclesoutreach.org/Get_Involved.html). What a great way to share your extra items with teens who will really appreciate them! Up to 25 student volunteers can sign up with Kerolos Fahmi at [kfahmi@health.usf.edu](mailto:kfahmi@health.usf.edu) with COM class of 2014.

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## Fun Fundraising Events

**Saturday, February 25<sup>th</sup>, 2nd Annual Tampa Bay National Eating Disorders Association Walk** at Al Lopez Park. Registration/Check-in opens at 9:00 am; Walk begins at 10:00 am. Come join our USF Health Service Corps team! See: [http://neda.nationaleatingdisorders.org/site/TR/NEDAWalk/General?pg=team&fr\\_id=1580&team\\_id=4960](http://neda.nationaleatingdisorders.org/site/TR/NEDAWalk/General?pg=team&fr_id=1580&team_id=4960)

**Passionately Pink for the Cure!** On February 28<sup>th</sup> at the COPH, from 10 am - 2 pm, we will have simple yet fun fundraising event, in which you can make a small donation to Susan G. Komen Foundation to support breast cancer research and advocacy initiatives, and you can receive, pins and strawberries and healthy muffins!

**Sunday, March 18<sup>th</sup>, 8:30 AM. First Annual Race for Her Life - Fighting Ovarian Cancer Research 5 K race** at USF Sun Dome. See website at: <http://www.active.com/running/tampa-fl/race-4-her-life-fighting-ovarian-cancer-2012>  
All profits of the event will be donated to ovarian cancer research or aimed to assist in reducing the costs of ovarian treatment options for patients. This race is an initiative of a USF student! Contact: Monique Konstantinovic at [mkonstan@mail.usf.edu](mailto:mkonstan@mail.usf.edu).

**Sunday, March 18<sup>th</sup>, The American Diabetes Association's Tour De Cure Bike Ride in Orlando, Florida**  
Come join our USF Health student team – see our website at: [http://main.diabetes.org/site/TR/TourdeCure/Tampa-OrlandoArea?pg=team&fr\\_id=7990&team\\_id=527903](http://main.diabetes.org/site/TR/TourdeCure/Tampa-OrlandoArea?pg=team&fr_id=7990&team_id=527903) .  
Held in 80 cities across the continent each year, the ADA's Tour de Cure lets both avid and recreational cyclists raise vital funds for diabetes research and educational programs – all while having a great time!!  
Start/Finish Location University of Central Florida College of Medicine 6850 Lake Nona Blvd Orlando, FL 32827.  
Registration fee: \$25 (includes breakfast, lunch, fully supported ride and t-shirt) Minimum fundraising amount: \$150.  
Contact: Adam Schwartz at [aschwartz@health.usf.edu](mailto:aschwartz@health.usf.edu).

**Friday, March 23<sup>rd</sup>, 6- 8 pm, Walk Like MADD at USF!** Come join our Service Corps team for this fundraising event for Mothers Against Drunk Driving; see website at <http://support.madd.org/goto/USFHealthServiceCorp>. Our efforts will help us eliminate drunk driving in our community, prevent underage drinking and provide support to victim survivors . By signing up with a small registration fee (\$15 for participants under 21 years of age and \$20 for participants over 21), you will receive a free t-shirt, enjoy delicious food (e.g. Olive Garden and other great restaurants!), visit the health expo area, and have fun, all while you are contributing to MADD! Contact: Ellen Kent, [ekent@health.usf.edu](mailto:ekent@health.usf.edu).

**Saturday, March 24<sup>th</sup>. 7 am. TAMPA BAY PARKINSON'S RUN at USF!** Registration can be done at the following link: <http://www.active.com/running/tampa-fl/tampa-bay-parkinsons-run-2012?int=29-6>  
By signing up with a \$20 entry fee, you will receive a complimentary race t-shirt as well. For additional information, contact team captain, Peter Mavronicolas at [mavronicolas@mail.usf.edu](mailto:mavronicolas@mail.usf.edu). Team Fox is The Michael J. Fox Foundation's (MJFF) grassroots community fundraising program. All funds raised through Team Fox go directly to MJFF to further its mission to accelerate the delivery of life-changing treatments, and ultimately a cure, to people with Parkinson's disease.

**Saturday, March 24<sup>th</sup>. Fight for Air Climb at the Bank of America Plaza in Tampa.** The USF Students with Asthma and Allergies Group will be participating in this awareness and fundraising event. See also <http://www.lungusa.org/pledge-events/fl/tampa-climb-fy12/local/event-information.html> For additional information on how you can help our USF team, please contact Sara Spowart at [sspowart@health.usf.edu](mailto:sspowart@health.usf.edu).

**Friday, April 13<sup>th</sup>, 6 pm. Relay for Life at USF Soccer and Track Stadium.** You can click on this website [http://main.acsevents.org/site/TR?pg=entry&fr\\_id=36952](http://main.acsevents.org/site/TR?pg=entry&fr_id=36952) and scroll down to locate the links to sign up for the different USF Health teams.

**April 21<sup>st</sup> -22<sup>nd</sup>. Bike MS (aka MS150) Citrus Tour to benefit National the Multiple Sclerosis Society.**  
Come join our USF Health student team – see our website at <http://main.nationalmssociety.org/goto/usfhealth>  
This ride starts and ends in Lake Wales with an overnight stop in Orlando. Registration fee: \$22.50 (includes breakfast, lunch, dinner, fully support ride and t-shirt). You can register as a “team cyclist” and use discount code “2012topbanana” which will give you 50% off registration. Although this includes meals and a fully supported ride, it does not include hotel accommodations so if you want to room with another person on the team, Contact Adam Schwartz at [aschwartz@health.usf.edu](mailto:aschwartz@health.usf.edu). Minimum fundraising amount: \$250.

**Saturday, April 28<sup>th</sup>, 8 am -10 am. March of Dimes 'March for Babies' walk in Tampa,** starting at the St. Pete Times Forum, 401 Channelside Drive, Tampa, FL, 33602. You can access the web page by going to <http://www.marchforbabies.org/> - then click on 'Join a team', then type in USF Health, hit 'search', and click on the [USF Health Service Corps](#) link that will appear in the next window. For additional information, feel free to contact Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu).

**Saturday morning, May 12<sup>th</sup>, Miles for Moffitt!** <http://www.milesformoffitt.com/>

If you wish to run/walk, click on the register link at <http://www.milesformoffitt.com/MilesforMoffitt/Register.aspx> and if you wish to volunteer, click on the volunteer link at <http://www.milesformoffitt.com/MilesforMoffitt/Volunteers.aspx> Either way, you will benefit the community and have lots of fun!

**Saturday, April 28<sup>th</sup>, 7 am – 10 am. 'Run in the Dirt' Free Clinic 5k** at the USF Recreational Area. Anyone can attend! The track is not too difficult and any runners of any level can come and enjoy! All proceeds will benefit the local free clinics (BRIDGE clinic, JC Clinic, and Brandon Outreach Clinic), where many of our medical students volunteer! You can preregister for \$20 by contacting Rachel Pyngolil at [rpyngoli@health.usf.edu](mailto:rpyngoli@health.usf.edu) and you can register on the day of the race.

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## Teaching , Mentoring and Other Ongoing Projects

**Unique opportunity to teach youth in the public schools!** We have established partnerships with many elementary, middle and high schools in Hillsborough County, which welcome our USF Health students to serve as speakers.

**WHEN:** You can teach one day or more, whatever works best for you!

**HOW:** To sign up, please email the USF Health Service Corps Coordinator, Ellen Kent, MPH, CPH, at

[ekent@health.usf.edu](mailto:ekent@health.usf.edu) with this information: *Email subject line:* Teaching in the schools

*Email Content Matter:* Please include the following info: Your name(s) Your academic program; What age you prefer to teach (elementary, middle or high school) ; Subject matter that you plan to teach; your phone number and what days/times you can teach. It is best to list a few days and then Mrs. Kent will match you to a local school that is looking for speakers and call you with final details, directions, contact information at the school, etc.

**HELPFUL HINTS:** You can bring in your 'tools of the trade' associated with your particular academic program (e.g. a stethoscope; a pedometer; goniometer, scientific meter, etc.) and you can explain how you use these items and your key role as part of the health care team. It is helpful to tell the students what you plan to do in your future health profession and the number of years of education/training needed for your profession. You may wish to lead the students in an activity (e.g. hand washing) and what they can do to stay healthy/prevent illness and injury. You may also wish to describe an exciting domestic/ international field experience or service trip that you participated in.

**The Refugee Youth and Family Program and the Naturalization Assistance Program** are non-faith based programs of Gulf Coast Jewish Family & Community Services, Inc. <http://gcjfps.org/refugee/refugee-programs> . We need tutors and mentors to help refugee children succeed in school. We also need volunteers to help adult clients gaining citizenship to fully prepare for the interview process. Please note this is a six month commitment; please contact Danielle DiPietro, Volunteer Coordinator for Hillsborough County, at [DDiPietro@gcjfps.org](mailto:DDiPietro@gcjfps.org) at (813) 558-1370 x321.

**AMAZING new opportunity for our USF Health students to serve as science fair judges!** We are looking for enthusiastic USF Health students, with a knowledge of research and a desire to help youth, to serve as judges for the Hillsborough Regional Science and Engineering Fair, to be held **Tuesday, February 7<sup>th</sup>** at the Tampa Convention Center! Elementary division judges are asked to dedicate 4 hours of their time, from 9 am to 1 pm, & secondary division judges (middle and senior high school) are asked to dedicate 5 hours of their time, from 11 am - 4 pm. To sign up, please email Ellen Kent, MPH, CPH, USF Health Service Corps Coordinator, at [ekent@health.usf.edu](mailto:ekent@health.usf.edu) and specify whether you wish to serve as a judge for the elementary or secondary school division and then she will help you with the registration process. Judges will be provided with appropriate judging criteria and forms before the respective judging sessions. Lunch is provided. This is a great way for our USF Health student researchers to help for younger students!

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## Collection Drives

**January 17<sup>th</sup> - February 7<sup>th</sup>: Winter Canned/Box Food Collection Drive** to benefit inter-denominational groups throughout the County. Collection boxes will be located throughout USF Health. This year, we will donate our food items to the Tampa Jewish Family Services Community Food Bank which assists individuals and families of all faiths in the Tampa area, as well as Catholic Mobile Medical Services. Contact: Ellen Kent at [ekent@health.usf.edu](mailto:ekent@health.usf.edu).

**February 7<sup>th</sup> - March 2<sup>nd</sup>: Spring time collection for hygiene items** for students traveling on international service trips this spring and collection boxes will be located throughout USF Health. We will collect hygiene items for: nursing students participating in international clinical experiences in Panama; medical students who are contributing to the Project World Health trip to the Dominican Republic and the Caribbean Outreach through Medical Missions Association trip to Jamaica; public health students participating in the Global Health Student association trip to Dominican Republic; and students traveling to Panama with the International Health Service Collaborative. Contact: [ekent@health.usf.edu](mailto:ekent@health.usf.edu)

**March 3<sup>rd</sup> - March 30<sup>th</sup>: Help Other Kids Spring into Spring with New Shoes & Socks!** A collection of NEW (new only) shoes and socks to benefit children who are participating in programs through the Boys and Girls Clubs of Tampa Bay. This project is being spearheaded by College of Pharmacy students participating in a project at the Boys and Girls Club and noticed that a majority of the children's shoes are either too big or too small. We will have collection boxes set up throughout USF Health. Please contact [jgrant1@health.usf.edu](mailto:jgrant1@health.usf.edu) for more information or to make large donations!

**To help you plan ahead for the summer....** During July, we will have two concurrent drives: Our annual Tools for Schools collection of *NEW* school supplies to benefit children in the University Area community AND our collection of almost new/slightly used books for the USF [Reach Out and Read](#) program.

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## Camps for People with Special Health Care Needs

**Camp Boggy Creek** is a year-round camping facility for children, ages 7-16, who have chronic or life-threatening illnesses (e.g. heart disease, HIV, sickle cell anemia, and cancer). Boggy Creek programs include week long summer sessions and weekend programs throughout the school year. Contact: Robin Brubaker, the Volunteer Coordinator, at (352) 483-4200 ext. 293, or email [rbrubaker@boggycreek.org](mailto:rbrubaker@boggycreek.org). See web site at <http://www.boggycreek.org/>. The spring and summer schedules are listed at [http://www.boggycreek.org/volunteers/volunteer\\_calendar/volunteer\\_calendar.html](http://www.boggycreek.org/volunteers/volunteer_calendar/volunteer_calendar.html) and volunteer forms are available at [http://www.boggycreek.org/volunteers/volunteer\\_application.html](http://www.boggycreek.org/volunteers/volunteer_application.html)

**Florida Diabetes Camps:** Sam Feld Sports Camp at USF <http://diabetes.health.usf.edu/samfuldcamp/> (February 3<sup>rd</sup>-4<sup>th</sup>) and BRING A FRIEND WEEKEND for K- 4th Graders (April 21<sup>st</sup> -22<sup>nd</sup>) at Rotary's Camp Florida, Brandon. To sign up, contact Gary Cornwell at (352) 334-1321 or [volunteers@floridadiabetescamp.org](mailto:volunteers@floridadiabetescamp.org). See also <http://www.floridadiabetescamp.org/>.

**May 25-28, 2012 (Memorial Day Weekend) Camp Alegria at Rotary Camp Florida in Brandon.** Camp Alegria is a 3-Day retreat for Latinas who have been diagnosed with cancer. Activities are centered around education, support, networking and celebrating life. Please visit our website at: [http://lunacancerapoyo.org/camp\\_alegria](http://lunacancerapoyo.org/camp_alegria) USF students can sign up to volunteer between Friday 9 am- Sunday 4pm, please contact Dinorah (Dina) Martinez Tyson, Ph.D., MPH at [dmtyson@usf.edu](mailto:dmtyson@usf.edu) or 813-728-5895. Ability to speak Spanish is preferred but not required.