At the Albert Einstein College of Medicine, one of our missions is to provide our students with opportunities to foster meaningful connections and collaboration with the Bronx community. In alignment with this mission, the 2022-23 academic year will be the inaugural year for Einstein’s longitudinal Service-Learning Course.

In this course, students will learn about the needs and strengths of the Bronx and other local communities by pairing active community service with critical reflection and a dedicated curriculum imparting the knowledge, skills, and attitudes needed for successful community engagement.

**Students will:**

1. partner with community-based organizations (CBOs) to engage in meaningful service that meets the community’s identified needs and has reciprocal benefits to the student and the community served.
2. have structured time to prepare for, reflect on, and connect the service experience to professional competencies such as cultural humility, professionalism, inter- and intra-professional communication, teamwork, ethical engagement, and social responsibility.
3. have opportunities to interleave service-learning with other educational and clinical experiences across the medical school curriculum to learn about and address social determinants of health in order to provide patient-centered care with cultural humility.

To achieve these goals, students will partner with a community-based organization in one of 12 focus areas to complete 40 hours of service over the course of one year. The focus areas and service-learning sites are described in the following pages:

- **Nutrition & Healthy Food Access**
- **Exercise & Active Lifestyle**
- **Health Education**
- **Youth Mentorship**
- **Support for Older Adults**
- **Public Health, Government, & Criminal Justice**
- **Support for People Experiencing Homelessness**
- **Services & Supports for People with Disabilities**
- **Mental Health & Substance Use**
- **LGBTQ+ Services & Support Groups**
- **Environmental Justice & Sustainability**
- **Patient Support & Access to Care**
Food Bank for New York City
The city’s largest hunger-relief organization with a mission to end hunger by organizing food, information and support for community survival and dignity. Einstein students will develop and provide nutrition education workshops and food demonstrations.

Grassroots Grocery
A volunteer-powered food rescue and distribution network ensuring that healthy food makes its way into the heart of under-resourced communities. Einstein students will consider the community fridge infrastructure in the city and will work to improve food rescue activities related to that infrastructure.

Mosholu Montefiore Community Center (MMCC)
MMCC is a vital community resource that changes the course of lives of Bronx and Manhattan residents. MMCC combats food insecurity through a food pantry that provides healthy fresh food options to the community and an aeroponic tower program that encourages people to eat more plant-based foods. Einstein students will assist with packing, client registration, stock and distribution for the pantry, and management of the aeroponic tower.

Project Bravo Food Pantry
Project Bravo Food Pantry provides a community based outreach program supporting the neediest populations in the Bronx and combating high rates of HIV among Project Bravo Food Pantry provides a community based outreach program supporting the neediest populations in the Bronx and combating high rates of HIV among at-risk families and LGBTQ individuals ages 15 years and over. Project Bravo Emergency Food Pantry serves to enrich the lives through health and wellness along with nutrition assistance where financially otherwise not reasonable because of resources. Einstein students will participate in food packaging and distribution, screening for social determinants of health, and other community outreach efforts to combat food insecurity and increase awareness about the program.
Exercise & Active Lifestyle

Achilles International: Bronx Running Chapter
Achilles International, a global organization operating in 18 countries including the US, transforms the lives of people with disabilities through athletic programs and social connection. Einstein students will develop a Bronx Running Chapter and coordinate a weekly time for volunteers to run, connect, and support people with disabilities.

- Site Leader: Ariel Fishman, Senior Director, Office of Institutional Research
- Address: Belfer 407A, runs likely in Pelham Park
- Timing: Flexible, likely weekday afternoon/evening hours

Montefiore Adaptive Sports Team
Montefiore’s Department of Physical Medicine and Rehabilitation coordinates an adaptive sports team that offers physical activity for people with disabilities. Sports range from wheelchair basketball and tennis to adaptive boxing, yoga, and zumba. A recent partnership with Achilles International has led to weekday opportunities for adaptive cycling. Einstein students will coordinate and support these efforts.

- Site Leader: Eugene Palatulan, Attending Physician
- Address: 111 East 210th St, Bronx NY 10467
- Timing: Saturdays 11am-1pm, potentially Wednesdays

New York Junior Tennis & Learning (NYJTL) / Cary Leeds Center for Tennis & Learning
The mission of New York Junior Tennis & Learning is to develop the character of young people through tennis and education for a lifetime of success on and off the court. NYJTL Scholar Athlete Program offers high quality tennis and educational support to provide a pathway for under-resourced NYC children to attend and graduate from college. Einstein students will participate in health education and youth sports with Scholar Athlete participants.

- Site Leader: Raiyan Nafee, Academic Program Director, Scholar Athletes Program
- Address: 1720 Crotona Ave, Bronx, NY 10457
- Timing: Saturdays and Sundays 11am-3pm

PS 121 [BODY Active Lifestyle]
Einstein’s Bronx Obesity Diabetes and You (BODY) Active Lifestyle student group developed a program to provide exercise and nutrition activities with elementary school children. In this program at PS 121, Einstein students will work with 4th and 5th grade students on a biweekly basis to emphasize the importance of an active lifestyle and healthy eating through a mix of physical activity and learning.

- Site Leader: Melissa Gonzalez, Assistant Principal
- Address: 2750 Throop Ave, Bronx NY 10469
- Timing: Friday afternoons (can change the timing if desired)
**Children’s Aid**

Children’s Aid’s mission is to help children in poverty succeed and thrive, which they achieve by providing comprehensive supports to children, youth, and their families in targeted high-needs New York City neighborhoods. Einstein students will work with the high-school aged peer health educators, create service-learning opportunities with them, and emphasize the importance of reproductive health care integrated into primary care services.

**Eastchester Gardens NYCHA Community Center (Neighborhood Initiatives Development Corporation)**

The mission of the Neighborhood Initiatives Development Corporation is to prepare youth for a successful future and help build thriving communities. The Community Center at Eastchester Gardens provides afterschool programming for kindergarten through fifth grade students, evening programming for teens and young adults and weekend programming for adults and seniors. Einstein students will have one on one mentoring opportunities with participants from all programs, and conduct informational presentations for parents, students and other participants on various health topics.

**Montefiore School Health Program**

The Montefiore School Health Program (MSHP)—the largest and most comprehensive school-based health program in the country—provides coordinated primary and preventive healthcare to public elementary, middle and high school students throughout The Bronx and Southern Westchester County. Einstein students will participate in classroom based education and outreach about services to the school community including teachers, students and families.

**Yonkers Public Library**

The Yonkers Public Library provides extensive programming to support and improve the health of its patrons. Einstein students will develop and lead health education workshops on topics including hypertension, diabetes, nutrition, stress & anxiety, bike safety; participate in the parent-kids healthy reading/healthy lifestyle initiative; assist with case management services; and coordinate the blood pressure cuff program.
Mary Mitchell Family and Youth Center/ After School Program

The Mary Mitchell Family and Youth Center After School Program picks children up from school and provides activities from 2-6pm, including a healthy home-made meal, tutoring and/or homework help, fitness, arts and/or community improvement activities. Einstein students will have opportunities to develop and lead health education workshops for students and community members, create lessons/activities for the Food Justice Club Teen Program, and engage in other community outreach, surveying, and fundraising.

New Settlement Community Center (Bronx Helpers)

Bronx Helpers will engage 54 middle school youth in afterschool program activities that build their understanding of organizing and civic engagement and the role it plays in shaping their community. In 2022-23 this will include building awareness of issues of food insecurity in our community; street safety for children and families; and environmental projects focused on maintaining and supporting clean parks. While supporting emergency food distribution efforts in Mount Eden, Bronx Helpers will learn principals of community organizing and engage civic leaders to provide more investment and support to fight hunger, on a sustained level, for families in our community. Einstein students will provide weekly education and mentorship to middle school youth to achieve these goals, with a focus of providing mental health and wellbeing workshops for participants and parents.

New Visions Charter High School for Advanced Math & Science II

AMS II is a charter high school committed to the personal, social & emotional well-being of students. We provide our scholars with opportunities critical for post-secondary success. Einstein students will partner with 9th-12th grade students and engage with service-learning opportunities of their own design, deliver health-related presentations during cohort assemblies, and help students pursue passion projects to improve their school and local communities through our advisory program.
Pelham Lab
A New York City Department of Education public high school that strives to engage and inspire all students in rigorous, challenging study. All staff members are dedicated to the idea that our students represent unique, holistic models of growth and evolution and that our mutual destination is the path of continued academic success. Einstein students will have opportunities to mentor high school students interested in science careers and engage in science and health related projects.

Einstein students will have one-on-one mentoring opportunities with students in the afterschool program and will also conduct informational presentations for parents, students, and teachers on various health topics.

PS 96 (Neighborhood Initiatives Development Corporation)
The mission of the Neighborhood Initiatives Development Corporation is to prepare youth for a successful future and help build thriving communities. One of their afterschool programs at PS 96 allows participants to receive homework help, expand their robotics skills, along with many other academic activities and clubs. Einstein students will have one-on-one mentoring opportunities with students in the afterschool program and will also conduct informational presentations for parents, students, and teachers on various health topics.

https://nidcny.org/nidcatps96
Site Leader: Toni Faella-Salas, Director of After School Programs
Address: 2385 Olinville Avenue Bronx NY 10467
Timing: Weekdays 2:30-5:30pm or early evenings
Support for Older Adults

**Bedford Park Multi Service Center for Senior Citizens, Inc**

Known as the Sister Annunciata Bethell Senior Center, the mission is to provide a “Home Away From Home”, a place to gather with friends, to share a meal and serve as a safe haven from isolation. They strive to enhance the quality of life of seniors by promoting healthier lifestyles through cultural, technological, nutritional, physical and social programming. Einstein students will participate in these programs including the hypertension clinic and conduct health promotion topic discussions.

**Kings Harbor Multicare Center**

The Kings Harbor Multicare Center provides long-term and short-term skilled nursing care for more than 700 residents. Einstein students will establish longitudinal relationship with select nursing home residents that they will continue to nurture over the period of their time spent here. In addition, they will be administering periodic cognitive and depression screening under the guidance of licensed Social Workers in the facility during their visits. The students will also be volunteering and assisting in seasonal and regular recreational activities organized by the facility, e.g. Halloween parade, wheelchair decorating contest, bingo, cooking classes, etc. as per their schedule.

**Regional Aid for Interim Needs, Inc. (RAIN)/Tolentine Older Adult Center**

R.A.I.N., Inc. is a multi-social service agency offering a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities. Their mission is to enhance the well-being and quality of life for those in need of help by meeting the interim needs of people of all ages. Einstein students will conduct health related presentations and engage with members during regular programming and activities.

**Tech Buddies for Seniors - Mosholu Montefiore Community Senior Center**

Mosholu Montefiore Community Senior Center provides a wide variety of services for senior citizens. One of their programs, Tech Buddies, is designed to teach older adults basic technology skills. Einstein students will assist in helping seniors know how to operate their personal electronics, with the goal of meeting the clients where they are and growing them as an individual.
Public Health, Government, & Criminal Justice

Bronx Community Board 9

Bronx Community Board 9 serves the communities of Bronx River, Castle Hill, Clason Point, Harding Park, Parkchester, Park Stratton, Soundview / Bruckner, & Unionport. Bronx Community Board 9’s mission is to create family friendly neighborhoods for all. Einstein students will attend community board meetings and events, collect and learn about city-wide and local resources available to our communities, and engage in health-related projects that serve our residents.

[Site Leader: Shirley San Andres-Alonzo, Deputy District Manager]
[Address: 1967 Turnbull Avenue, Bronx NY 10473]
[Timing: Weekdays 9am-5pm]

Montefiore Office of Community & Population Health

Dedicated to advancing the health of the entire community, the Montefiore Office of Community and Population Health works in partnership with community organizations to assess needs and resources, and develop and implement innovative programs that address critical health issues faced by Bronx residents. Einstein students will develop and lead a workshop series on a variety of health topics with Bronx community groups and contribute to the community engagement plan for the 2025-2027 Bronx-wide Community Health Needs Assessment.

[Site Leader: Elizabeth Spurrell-Huss, Director of Health Equity Programs]
[Address: 3 Executive Blvd, Yonkers NY]
[Timing: Weekday afternoons]

Safe Horizon Criminal Justice and Court Programs

Safe Horizon is the nation’s leading victim assistance organization, operating a network of programs across New York City communities and systems. Safe Horizon’s mission is to provide support, prevent violence and promote justice for victims of crime and abuse, their families and communities. Einstein students will attend and shadow staff in their work, attend court part proceedings, and assist staff with outreach events in the community.

[Site Leader: Miguel Rodriguez, Associate Vice-President, Criminal Justice and Court Programs]
[Address: 215 East 161 Street, Bronx, New York 10451]
[Timing: Weekdays 9-5pm]
Support for People Experiencing Homelessness

**Breaking Ground**

Breaking Ground’s mission is to strengthen individuals, families and communities by developing and sustaining exceptional supportive and affordable housing as well as programs for homeless and other vulnerable New Yorkers. In partnership with Breaking Ground staff, Einstein students will primarily help coordinate/facilitate health promotion groups and participate in the development of health fairs.

- **Site Leader:** Justin Miller, Program Development Coordinator
- **Address:** 1191 Boston Rd, Bronx NY, 10456
- **Timing:** Tuesdays and Fridays, 9am-5pm but can be flexible

- [https://breakingground.org/](https://breakingground.org/)

**BronxWorks/The Living Room Drop-In Center**

The Living Room is one of the only 24-hour drop-in centers in the Bronx for street homeless adults. Clients are welcome to spend time off the street, use the laundry and showers, eat a hot meal, and get other essential help. The Living Room is a long-time partner of the student-run Homeless Outreach Project at Einstein (HOPE) group, which seeks to provide educational and health resources to the homeless and high-risk populations of the Bronx. Einstein students will provide health education, facilitate enrichment activities, and participate in stress reduction and harm reduction interventions.

- **Site Leader:** Andrea Littleton, Medical Director
- **Address:** 800 Barreto St, Bronx NY
- **Timing:** flexible


**Streetwork Project**

The Safe Horizon Streetwork Project operates Drop-In Centers where youth experiencing homelessness can socialize in a safe non-judgmental place. In the Drop-Ins, young people can get help with daily necessities such as meals, showers, clothing, wellness activities; medical care; legal assistance; mental health services; sexual health and HIV prevention materials and testing; obtaining identification; obtaining public benefits; linkages to emergency shelter; and housing advocacy. Einstein students will participate in meal preparation, health fairs, and other needs at the Drop-In Centers.

- **Site Leader:** Sebastien Vante, Director
- **Address:** 209 W 125th St, New York NY 10027
- **Timing:** Daily including weekends 10am-6pm (excluding Wednesdays)

- [https://www.safehorizon.org/streetwork/](https://www.safehorizon.org/streetwork/)
ADAPT Community Network
ADAPT Community Network is the leading human service not-for-profit and a pioneer in providing cutting edge programs and services for people with disabilities. ADAPT Community Network is a partner of The American Academy of Developmental Medicine & Dentistry (AADMD) chapter at Einstein. Einstein students will spend time in the day program and group homes providing health education and other services.

Montefiore Rehabilitation Medicine Department
(Bronx Accessibility Survey)
Montefiore’s Department of Physical Medicine and Rehabilitation is committed to providing a patient-centered, holistic approach to care, which not only includes highly individualized treatment plans for patients but also community outreach and advocacy efforts for people with disabilities. Einstein students will conduct an in-person survey of accessibility of local businesses, streets, libraries, schools, stores and places of worship. They will document photographic evidence and local accounts of non-compliance with ADA standards, and compose letters to local legislators, potential for in-person meetings with local legislators.

Montefiore Rehabilitation Medicine Department
(Go-Baby-Go - Cerebral Palsy Foundation)
“Go-Baby-Go” is a program that provides modified, ride-on cars to young children with disabilities so they can move around independently. In collaboration with the Department of Pediatric Rehabilitation Medicine, Einstein students will establish a Go-Baby-Go Chapter to Montefiore Medical Center. Einstein students will coordinate with local orthotists/prosthetists and departmental occupational therapists to create event(s) to modify donated toy cars to give children with mobility disabilities a chance to play and socialize with their peers more easily.
Montefiore Rehabilitation Medicine Department (Amputee Walking School)

The Amputee Walking School allows for continued training of the amputee following completion of physical therapy. Training is catered to the patient’s abilities, and the patient receives support and encouragement from other amputees of varying ability levels. In collaboration with the Department of Physical Medicine and Rehabilitation (PM&R) and the PM&R residents’ amputee support group, Einstein students will partner with the Amputee Walking School to create a formal affiliation and regular in-person support groups for amputees.

The Rose F. Kennedy Children’s Evaluation and Rehabilitation Center (RFK CERC) of CHAM (Einstein Buddies)

RFK CERC, located in the Van Etten Building, is a comprehensive interdisciplinary center offering premier diagnostic and therapeutic services for infants, children and adults with, or at risk for developmental disabilities. The physical (PT) and occupational therapy (OT) team at RFK CERC has been a longstanding partner of the student-led Einstein Buddies group, which facilitates Einstein students to attend physical and occupational therapy sessions, assisting in fun play activities guided by the therapist. There are didactic and community participation events that members can organize and help patients and families to enjoy. For this site, Einstein students will work in collaboration with RFK CERC PT/OT department to coordinate accessible educational, recreational and physical activities for patients and families of RFK CERC based on assessed community need and interest. This collaboration will also continue to run Einstein Buddies.
**Boom! Health Harm Reduction Center**
*(Argus Community Inc)*

The Harm Reduction Center provides participants who are injecting drug users with sterile syringes and other harm reduction supplies at its drop-in center and through Peer delivery syringe exchange. Support services include low-threshold counseling services, crisis intervention, HIV/HCV testing and linkage to care. The Drop-in Center also provides daily support and education groups (including LGBT support groups), care coordination services, wound care, acupuncture and complementary therapies. Einstein students will participate in health education and other harm reduction efforts.

**Human Development Services of Westchester (HDSW)**

HDSW is a social service organization providing quality behavioral health, rehabilitative, health, residential, and community stabilization services in Westchester County. HDSW is dedicated to empowering the individuals and families we serve to achieve self-sufficiency. Einstein students will work with the various programs to create unique projects, from group classes to individualized work with clients.
Montefiore Prevention Program

The Montefiore Prevention Program provides health and wellness services to Bronx residents and/or community members to specifically combat high rates of HIV among young men of color ages 13 years and over and other at-risk individuals. Einstein students will assist with community outreach, health education about HIV testing and PrEP, linkage to LGBTQ-competent services through Montefiore, and other activities that improve prevention efforts.

WJCS Center Lane

WJCS Center Lane was founded in 1995 and was the first and is still the only program and educational center for Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ+) youth, ages 13-21, in Westchester county. WJCS Center Lane is where LGBTQ+ youth create community, connect with culture and contribute to the world. Einstein students will coordinate monthly events for LGBTQ+ youth and ongoing support for Pride Academy groups.
Bronx River Alliance
The Bronx River Alliance serves as a coordinated voice for the river, working in harmonious partnership to protect, improve and restore the Bronx River corridor. Their goal is to make a healthy ecological, recreational, educational, and economic resource for all communities through which the river flows. Einstein students will participate in environmentally-focused service activities, whether it’s water quality testing with the Ecology Coordinator, stewardship with the Foodway or Volunteer Coordinators, surveying parks users/needs with the Greenway Coordinator, or various administrative support.

Center for the Urban River at Beczak (CURB)
The mission of CURB is to advance environmental knowledge and stewardship by providing high quality K-12 environmental education for the local community, being a regional hub for research and monitoring focused on Hudson River estuary and urban watershed issues, and serving as a welcoming open community space for a variety of civic and cultural activities. Einstein students will have opportunities to assist staff with our nature-based school programs, research projects including water quality monitoring, seining, and eel counts, as well as community outreach.

Friends of Pelham Parkway
The Friends of Pelham Parkway is an environmental group of volunteers in Pelham Parkway. The group advocates for environmental and social justice utilizing the greenway including equity in parks maintenance and native trees planting. The group partners with local schools such as Bronxdale High School to clean up the local Bronx community. Einstein students will participate in cleaning, planting, raking, and painting in Pelham Parkway, in addition to coordinating outreach and organizing events to support these efforts.
Bronx Oncology Living Daily (BOLD) Cancer Wellness Program

BOLD is a wellness and support program open to anyone affected by cancer, including Montefiore Einstein Cancer Center patients, family caregivers and members of the cancer care community. Additionally, BOLD provides regular cancer education and screening navigation services to the Bronx community. Einstein students will have the option to provide health education and wellness workshops, conduct clinical outreach in the Bronx community around cancer screenings, perform quality of life assessments with Bronx cancer patients, participate in cultural and identity-based cancer outreach task forces, and engage in other activities involving cancer patient support and cancer outreach in the community.

Einstein Community Health Outreach (ECHO) Free Clinic

The ECHO Free Clinic provides free, high-quality, comprehensive health care to the uninsured population of the Bronx of New York City. Einstein students who are elected to the preclinical board will be able to use ECHO as their service-learning site.

Montefiore Bronx Health Collective (BHC) & Terra Firma

BHC is a Federally Qualified Health Center in the Montefiore Health System. It is the flagship site of the Children’s Health Fund caring for families experiencing homelessness, and the home of Terra Firma, a medical-legal-mental health partnership that cares for immigrant families. Einstein students will partner with the diverse team at BHC to address housing insecurity in the community, food insecurity via supporting work done by nutrition team, and other efforts for immigrant children at Terra Firma.