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Veterans Multi-Service Center: The Perimeter

Alexander Iacono, Philadelphia College of Osteopathic Medicine

Courtney Martin, Philadelphia College of Osteopathic Medicine



ABOUT THE PERIMETER

In 1980, the Veterans Multi-Service Center was created to aid veterans returning from the Vietnam War. The main purpose was to assist veterans with gaining access to VA benefits, employment opportunities, and adjusting back to society after returning home from war. Over time, the center expanded its program to assist veterans of all wars and conflicts. In 2000, the Perimeter was established to assist homeless veterans in the community. The program offers day services that provide breakfast and lunch as well as a safe place to stay throughout the day. The veterans are able to watch TV, complete paperwork, play cards, enjoy arts and crafts, and other various activities. Computer courses, educational workshops, and employment services are provided in order to assist the veterans in future endeavors.



OBJECTIVES AND GOALS

- To motivate the veterans to eat healthier and exercise daily
- To challenge the veterans to quit smoking
- To provide healthy outlets for anxiety and stress
- To provide resources for mental health issues such as Depression, Anxiety, PTSD, and Schizophrenia
- To educate the veterans about cardiovascular health
- To provide resources to aid in future employment
- To educate veterans on the importance of oral health

ACKNOWLEDGEMENTS

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Community Preceptor:

Jaclynn Ries, M.S., Veterans Multi-Service Center

The staff of the Veterans Multi-Service Center

PERSONAL STATEMENTS

•“Getting the chance to work with the veterans this summer at the Perimeter through BTG has been an eye opening experience. The guys have taught me a lot about perseverance in the face of adversity as well as a lot about myself. I learned everything from prejudices and bias that the homeless and veterans face on a daily basis to how to play spades like a champ. This summer has been truly an amazing and humbling experience.” —Alex

▪ “ Working at the Perimeter this summer has been a truly life changing experience. The veterans have taught me a great deal about resilience, perseverance, and acceptance. They view each day as a new opportunity for success and handle challenges with the utmost of strength. These are some of the most caring and forgiving individuals I have ever worked with and it has been an honor to be a part of their family. I am so grateful to have been able to serve such inspirational individuals that have dedicated their lives to serving our country.”- Courtney

FOCUS AREAS

- Smoking Cessation
- Employment
- Cardiovascular Health
- Oral Health
- Mental Health
- Basic Medicine
- Communication Skills

ACTIVITIES

Entertainment

- Match Game
- Discussion
- Jeopardy
- Family Feud
- Wits and Wagers
- Multiple Choice
- Arts and Crafts
- Bingo
- Field Trip: The Mutter Museum

Administrative

- Surveys
- Meal preparation and serving
- Ciental Intake Paperwork

