

10-25-2015

Summer of My American Soldier: Perimeter Veterans Multi-Service Center

Olivia Hurwitz

Philadelphia College of Osteopathic Medicine

Max Widawski

Philadelphia College of Osteopathic Medicine

Alaynna Kears

Philadelphia College of Osteopathic Medicine

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Recommended Citation

Hurwitz, Olivia; Widawski, Max; and Kears, Alaynna, "Summer of My American Soldier: Perimeter Veterans Multi-Service Center" (2015). *Bridging the Gaps Posters 2015*. 8.

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Summer of My American Soldier



The Perimeter Veterans Multi-Service Center

Olivia Hurwitz, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine

Max Widawski, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine

Alayna Kears, Philadelphia College of Osteopathic Medicine, Doctor of Osteopathic Medicine

Academic Preceptors:

John Costa, M.Ed, Philadelphia College of Osteopathic Medicine

Denise Curran, M.S., Philadelphia College of Osteopathic Medicine

Community Preceptor:

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



The Community Site

In 1980, the Veterans Multi-Service Center was created to assist veterans from the Vietnam War. They began by helping the veterans with access to VA benefits, employment opportunities, and learning how to adjust in society after returning home from war. Over time, the center expanded its program to assist veterans of all wars and conflicts. In 2000, they established a day service program called the Perimeter to help homeless veterans. This center provides them with breakfast and lunch along with a place to watch television and do other activities. They assist the veterans with transitional housing, offer them computer classes, and provide them with educational opportunities. The VMC also does a lot of outreach in the community and is dedicated to assisting veterans in need.



Objectives and Goals

- To motivate the veterans to eat healthier and exercise daily
- To challenge the veterans to quit smoking
- To teach the veterans how to alleviate their stress and anxiety
- To educate the veterans about heart disease
- To inform the veterans on how to budget effectively
- To explain the political process to the veterans including voting, elections, and potential candidates in the 2016 election



Personal Statements

“Every day at the Perimeter was unique, meaningful, and, at times, challenging. I greatly appreciate the veterans’ openness to sharing their experiences and willingness to pass on what they have learned from life. They’re the best!” – Olivia

“Being a part of Bridging the Gaps this summer has been an absolute privilege. It was a pleasure getting to know the veterans of the Perimeter and my experience over these past seven weeks has helped me to grow both professionally and emotionally. I have gained a newfound respect for the veteran community and have been blown away by their incredible resilience and positivity in the face of the many struggles they face on a daily basis.” –Max
“While at the Perimeter, I learned about the daily struggles faced by homeless veterans. I am now more aware of their needs which will be important for my career as a future physician. This has been a very humbling experience and a truly memorable summer.” –Alayna

BTG Focus Areas

- Cardiovascular Health
- Nutrition and Weight Status
- Physical Fitness and Activity
- Mental Health
- Tobacco Use
- Oral Health

Activities

Workshops: Cell Phone App, Heart Healthy, Mental Health, Smoking Cessation, Personal Finance, Nutrition, Political Process, Dental Hygiene
Field Trips: Mutter Museum and Academy of Natural Sciences
Outreach: Chosen 300, Sunday Breakfast, Our Brother’s Place, Community Hope, Vet Court, St. John’s Hospice, and Project HOME
Recreation: Political Jeopardy, General Jeopardy, Bingo, Cards, Charades, Painting, Creative Writing, Trivia, and Arts and Crafts

Acknowledgements

The Perimeter Veterans Multi-Service Center Staff: Jackie, Emma, Tony, Patricia, Lupe, Chris, AJ, Ron, Erica, Kristina, Cassandra, Brinton, Joe