

SHIFA COMMUNITY CLINIC NEWSLETTER

Published by: Inara Ali (Publicity Coordinator) & Hadia Lalagul (Alumni Relations Coordinator)

Thank you to all of the preceptors, undergraduates, medical students, and volunteers for all of your efforts towards helping Shifa being able to have on-site and telehealth clinic days. We are currently seeing patients via telehealth and on-site as per patients' needs. We also had our first Dermatology Specialty Clinic of the 2020-2021 academic year on November 15th (special Thank You to Dr. Danielle Tartar and Dr. Daniel Eisen).

18th Annual Community Banquet

AGENDA



- Welcome: Dr. Yasmeen
- Opening Dua by Imam Omar Suleiman
- Alumni Speakers
- Keynote Speaker: Mr. Basim Elkarra
- Silent Auction
- Keynote Speaker: Sheikh Yahya Ibrahim
- Fundraiser and Awards Ceremony
- Closing Remarks

zoom

On October 24th, 2020, Shifa Clinic held its 18th Annual Community Banquet, as well as the first ever virtual banquet! The event took place as a live stream on YouTube and Facebook with commentary by various people. We would like to specially recognize our MC Vijay Reddy for his amazing job at helping keep the flow of the event alongside Dr. Hammad Khan whose words helped display Shifa in a great light to our audience for the evening. Furthermore, we want to thank our Keynote speakers and Alumni for taking the time to come out and make it a memorable evening for us.

Due to the immense support of our community members, our banquet was an enormous success. Additionally, our Finance team also worked towards a Silent Auction held through 32 auctions. We went around to many local businesses and through their generous contributions we were able to auction items ranging from gift cards and baskets to jewelry and art pieces. The auction was advertised by our volunteers and open to as many people to bid online. Our undergraduates also participated in an online fundraising campaign, raising money through unique ways.

We would like to thank our community board, members, donors, and all our volunteers for constant support and helping us keep up our work.

Meet our Alumni Spotlights!

October Spotlight:



Nida Ahmed
MS2 at Samuel Meritt

October Spotlight:



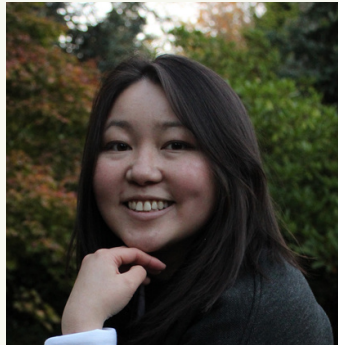
Zeerug Iqbal
MS1 at CNU

October Spotlight:



Alaa Abukhazneh
Masters Nursing Student

November Spotlight:



Sabrina Choi
Researcher at UW

November Spotlight:



Rosie Majdalani
Volunteer at Pediatric Center

November Spotlight:



Yasmeen Afridi
MS2 at Touro

Outreach Webinars

Our Outreach Committee has been working on Webinars as our main source of outreach due to this Pandemic. We have had five successful webinars, the latest two on the Yemen Humanitarian Crisis. We are excited to announce, that we have two future webinar topics decided (dates TBD). One of which will be a panel on "Analyzing Health Trends: Harmful or Helpful?". While our other one is in collaboration with Shifa's Women's Health Clinic on Domestic Violence. Please visit shifaclinic.org/webinars for more information regarding our past and future webinars!

Health Education

Our Speciality Clinics and Health Education Committee are constantly working on different informative resources to help our patients, including COVID-19 updates. Please visit our website to see their work!

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COVID-19 Resources

[English](#) [Spanish](#) [Arabic](#) [Farsi](#) [Hindi](#) [Urdu](#) [Punjabi](#)

[Myth Busters](#)

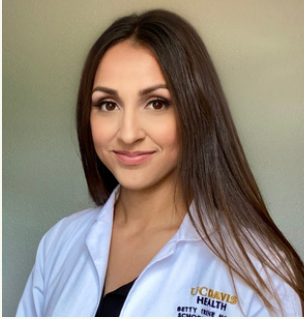
Covid-19 Bimonthly Updates

For continuous updates regarding Covid-19 Statistics in the Sacramento County, new public health orders, mobile testing sites, and more, please see the link below. Information will be updated twice a month following new health orders and the Sacramento Covid-19 Epidemiology Dashboard.

www.tinyurl.com/shifacovidupdates

Spanish Translation:
www.tinyurl.com/shifaspanishcovidupdates

Meet our Co-D's!



Neela Akbar
PA-S2 at UC Davis

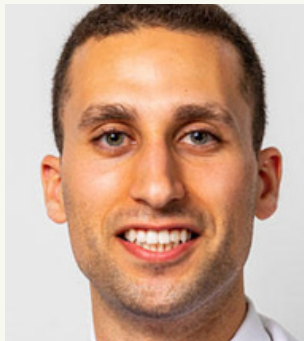
"I'm Neela Akbar and currently a 2nd year PA student at UC Davis. As a child of Afghan refugee parents, I always aspired to volunteer at a clinic like Shifa, where we are able to reach out to the underserved communities of Sacramento. I love the diversity within Shifa Clinic and being able to work alongside other volunteers who share a similar passion for providing healthcare to all, regardless of their backgrounds. The undergraduate volunteers at Shifa are amazing! I wouldn't be able to do my job without them."

"Shifa interested me the most out of the other clinics I was looking into because of the welcoming collaboration by the med students as well as the preceptors being approachable at any given time. The specialty clinics which is very beneficial in being exposed to early on before clinical year. The undergraduates are the backbone and primary reason why the clinic is running so efficient without many issues. We can't thank them enough for the hard work they put in every week!"



Sal Rasoli
MS2 at UC Davis

"My name is Sammy Baker and I am a second-year medical student at UCDSOM. I volunteer at Shifa because I want to serve a diverse patient population, especially recent immigrants of Middle Eastern or South Asian descent. My experience as an immigrant motivates me to contribute care that is both affordable and linguistically and culturally familiar to our patients. Shifa Clinic has an unmatched track record of exceptional organization –a testament to our devoted and experienced undergraduate volunteers."



Sammy Baker
MS2 at UC Davis

"Choosing to volunteer as a Co-D at Shifa Clinic was an easy decision for me –coming from a Muslim, South Asian background myself, I saw this opportunity as a great way to give back to my community and further enhance my understanding of their health needs. My favorite part about Shifa Clinic is undoubtedly the patients – they are all so patient, kind, and supportive of our medical education, and they treat me as if I'm part of their own family. The undergraduate volunteers are incredibly hardworking, organized, and passionate, setting an example for us medical students to follow in our service to patients."



Aafreen Mahmood
MS2 at UC Davis

"Shifa is a model for community based, culturally sensitive, low to no cost healthcare. This model of care and the wonderful community we serve is what first pulled me in. The blessings, trust, & support of our patients, volunteers, and healthcare providers is what has kept me going. It starts with our physicians, who come not only to serve the community, but to mentor, inspire and teach the future generation of healthcare providers. And this drive permeates throughout all our volunteers, creating a wonderful environment where everyone is seeking to grow as individuals... When I look at our undergraduate volunteers I see the future of healthcare. Their drive, motivation, and commitment is the fuel that powers Shifa."



Karmtej Cheema
MS2 at UC Davis

Mind Clinic

Mind Clinic's psychiatry services were established to fulfill the fundamental goals of normalizing seeking help from a psychiatrist/psychologist in our patient population and initiating a larger discussion on the public perception of mental health in our community. In 2019, Mind Clinic Co-leads, Swetha Ganesan and Harnoor Gill had both the resources and the responsibility to show patients who were struggling in silence that they weren't alone by providing them with potential pathways toward mental wellness.

We had our first clinic day in June of 2019. It consisted of only one patient and served as a trial run that proved more than worthwhile. We learned about the longer duration of psychiatry appointments as the psychiatrist got to know the patient and their concerns. This information allowed us to gauge how many patients to schedule per clinical day and integrate the needs of Mind Clinic with primary clinic. Now, starting in September 2020, we also began seeing patients via telehealth and are continuing to provide both psychiatric and psychotherapy assistance to our patients virtually. We are beyond grateful for Dr. Kenkel, Dr. Marvin Ali and Dr. Hammad Khan, for graciously volunteering their time to make Mind Clinic a success!

Work by Mind Clinic

Mental Health Sensitivity	
Mental health patient/case	Member is receiving mental health services
He/She is a patient	He/She is a member who receives help/treatment for wellness (or substance use problem or a psychiatric disability)
He/She is disabled/handicapped	He/She is a person with a disability, He/She uses an alternative form of communication
He/She is normal	He/She is a person with a lived experience of a mental health condition
He/She is mentally ill/emotionally...	He/She is a person living with a mental illness, or person living with a mental health issue.
Suffering with, or a victim of...	People living with a mental health condition. Experiencing, or being treated for, or has a diagnosis of, or a history of, mental illness or
Addict, abuser, junkie	Person experiencing depression, sadness (describe symptoms such as hallucinations, panic attacks, etc.)
Special education student	Person with substance use disorder.
Mentally-retarded	Person experiencing alcohol/drug problem
He/She is emotionally disturbed	A student receiving special education services
He/She is confined to a wheelchair	Has an intellectual or developmental disability
He/She is a dwarf, midget	He/She is emotionally disabled.
normal behavior	Person with a mental health condition.
Patient is an addict	He/She is a wheelchair user
Committed suicide	He/She is someone with restricted growth or short stature/unusual/typical behavior
He/She is depressed/has anxiety	Patient has a substance use.
He/She is crazy	Died by suicide or lost by suicide.
Are you feeling depressed?	He/She is struggling with their mental wellness
She is mentally ill/emotionally disturbed/insane	He/She is struggling with their mental wellness
Mental Health patient/case	He/She is struggling with mental or emotional distress
'the mentally ill', 'a person suffering from'	Are you feeling down? Or Are you feeling sad?
'a sufferer', 'a victim' or 'the afflicted'	He/She is struggling with their mental wellness Or He/She is struggling with their mental/emotional distress
'lunatic' 'nutter' 'unhinged' 'maniac' 'mad'	Mental health service user.
	He/She is struggling with a mental illness.

In addition to our ongoing tele-health appointments, the Mind Clinic team also works on creating resources to help both our undergraduate volunteers and patients talk about mental health. One such resource we have put together, with the help of one of our preceptors, Dr. Marvin Ali, is a Mental Health Sensitivity Cheat Sheet. This sheet is a guide for our volunteers to use sensitive and appropriate language when speaking to patients, preceptors, and other volunteers regarding mental health discussions. In Spring Quarter 2020, Mind Clinic leads, Co-D and Dr. Khan also gave a presentation to Shifa undergraduate volunteers on Mental Health Awareness.

Our Mind Clinic sub committee members are currently working on creating flyers with information for different mental health resources that patients can be referred to if external help is required. Our future goal is to serve more patients and recruit more preceptors that are Latinx or South Asian females. We strive to reduce the stigma surrounding the topic of mental health in our patient population and improve both our patients' and undergraduates' wellbeing.

Mind Clinic Team



Co-Lead: Inara Ali



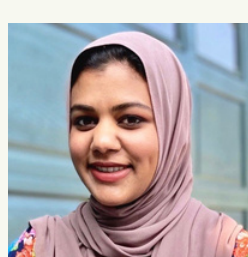
Hammad Khan, M.D



Laura E. Kenkel, M.D.



Co-Lead: Kimia Tavasolli

Harnoor Gill
(Co-Lead 2019-2020)

Co-D: Aafreen Mahmood

Swetha Ganesan
(Co-Lead 2019-2020)

Other Members not pictured: Marvin Ali (Psy.D)

Members 2020 | 2021: Maria Son Alvarez, Rashim Hakim, Kouroush Samadzadeh, Kunga Yangzom, and Ammal Bashir

Welcome to our new:

Shifa Co-D's! 2020-2021

We would like to thank all our Co-D's from 2019-2020 for their exceptional commitment to clinic. We would also like to welcome our new Co-D's from 2020-2021. We are extremely excited to work with you all!

Dhiraj Nallapothula, Admin Co-D MS1

Claire Jennings-Bledsoe, Admin Co-D PA1

Sirjan Mor, Admin Co-D MS1

Riad Morrar, Admin Co-D MS1

Shahbaj Ghotra, Pilot Clinic Co-D MS1

Tracy de los Santos, Interclinic Co-D MS 1

Maya Marshall, Interclinic Co-D MS1

Reza Moein Taghavi, Preceptor Co-D MS1

Mai Abdusamad, Outreach Co-D MS1

Marjon Samimi, Specialty Clinic Co-D PA1

Khadija Soufi, Health Ed MS1

Elisa Garcia, Mind Clinic NP1

Winter Probationaries!

Shifa Clinic recently welcomed new additions to the Shifamily: Winter 2021 probationaries. Our undergrad probationaries will be undergoing training and begin shifts within the next month. Please join us in giving a warm welcome to the new volunteers. We all are looking forward to seeing them work towards Shifa's bright future.

Alumni Board!

Shifa Clinic welcomes new additions to our wonderful Alumni Board. Our Alumni Board members have come back after years away from Shifa and we welcome them with open arms! We are looking forward to spending the following year with you all!

Volunteers of the Quarter

We thank the following volunteers for their unwavering commitment and dedication for Shifa Community Clinic!



Rahul Bodapati:

Thank you for all your efforts as Finance lead and Monitor!



Ayantu Mume:

Thank you for all your efforts as Legal Lead and Monitor!



Laila Zaib:

Thank you for all your efforts as a volunteer and translator!



Amal Sorathia:

Thank you for all your efforts in Health Ed Committee!



Yi Jen Chen:

Thank you for all your efforts in Finance Committee!



Muhammad Sulman:

Thank you in all your efforts as a volunteer and Podiatry subcommittee lead!



Yahdeen Jabbar:

Thank you for all your efforts in Outreach Committee and as dental subcommittee co-lead.



Desiree Rafizadeh:

Thank you for all your efforts as Undergrad Rep and Monitor!



Jennifer Guterrez:

Thank you for all your efforts as a Preceptor committee member and Spanish translator!!