

SHIFA COMMUNITY CLINIC NEWSLETTER

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

SHIFA COMMUNITY CLINIC 18TH ANNUAL COMMUNITY BANQUET

"When you learn, teach."

"When you get, give."

- Maya Angelou

DONATE ON PAYPAL:



Saturday October 24, 2020
5:00 PM to 6:30 PM
Pacific Standard Time

Please join us for our online event:
www.shifaclinic.org/banquet

DONATE ON VENMO:



PLEASE RSVP BY OCTOBER 19, 2020 AT
WWW.SHIFABANQUET2020.EVENTBRITE.COM

Spotlight Speakers



SHEIKH YAHYA ADEL IBRAHIM
Islamic Chaplain,
Curtin University



SHEIKH OMAR SULEIMAN
Founder/President of Yaqeen
Institute, Civil rights leader



BASIM ELKARRA
CAIR Director,
Sacramento Region

Shifa Community Clinic will be hosting it's 18th Annual Community Banquet virtually on **October 24th, 2020.**

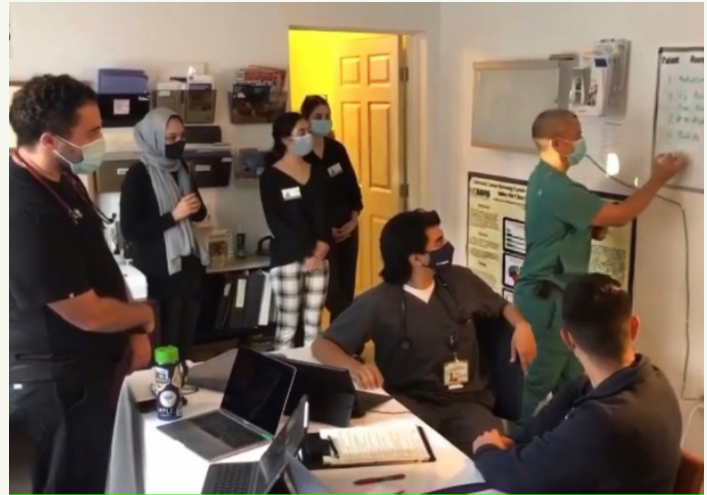
Please join Shifa Clinic in our 18th Annual Banquet for an impactful night. Our goals for the annual fundraiser are simple, but **bold**: to raise awareness about the tremendous needs of healthcare services in the underserved communities, and by doing so, to strengthen the community's support. Please join us on this wonderful night and contribute by donating to help Shifa Clinic continue its mission of serving our populations most vulnerable.

Please RSVP at shifabanquet2020.eventbrite.com

For more information, visit:
www.shifaclinic.org/banquet

Pilot Clinic

Shifa has been chosen by the Interclinic Reopening Committee as the first Student Run Clinic (SRC) to allow medical students to begin seeing patients in person again, during the pandemic. With collaborative efforts, patients from all SRCs can be seen at Shifa. Along with On-Site appointments, Shifa is continuing to provide patients with Telehealth appointments. Additional to regular Telehealth, our Mind Clinic and Dermatology Clinic are also beginning to see patients via this method.



Shifa Volunteers during Pilot Clinic as featured on UCDSOM's Instagram

"The opening of Shifa as the Pilot Clinic is the culmination of effort from countless medical and undergrad students who are dedicated in serving people who have no other options, especially during the COVID-19 pandemic which closed many of our student-run clinics. I was humbled and excited when Shifa was chosen as the Pilot Clinic, and I am proud to have helped create a system that accepts patients from all backgrounds to provide the best, most efficient care we possibly can. Now that we are up and running, it is time for us to learn how to improve our services week after week and become the model for all other student-run clinics to reopen during the pandemic"

- Armand Garewal, MS2 on his experience with Pilot Clinic

I expect the pilot clinic to reach a point at which we will see patients that need to be seen from all of Sacramento and the surrounding community safely. The goal is to provide access to care for people who do not have access to telemedicine technologies or require care beyond what telemedicine can offer. If we can make the pilot clinic be the epitome of how we deliver care safely and efficiently, then we can pave way for more student run clinics to open their doors in the future."

- Mustafa Shakir, MS2 on his aspirations and goals for Pilot Clinic

Meet our Alumni Spotlights!

August Spotlight:



Pranaya Venkatapuram
Clinical Research Coordinator

August Spotlight:



Gagandeep Dhugga
MS3 at UC Davis

August Spotlight:



Shannel Sosa
Nursing Student in Las Vegas

September Spotlight:



Shaila Bonanno
PGY1 at UW Pediatrics

September Spotlight:



Eric Ovruchesky
MS3 at UCSD

September Spotlight:



Farva Batool
Grad Student at UCD

Health Education

Our Committees and Subcommittees have been working on resources to educate the population about several different illnesses by the means of quicksheets and brochures. You can find them on our website: shifaclinic.org

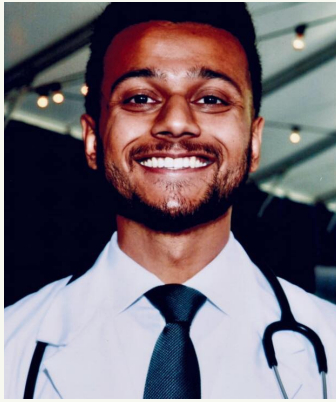
The screenshot displays the Shifa Community Clinic website. At the top, the logo and address (419 V St, Sacramento, CA 95818) are visible. Below the navigation bar, there are three featured quicksheet cards: 'WHAT IS DIABETES?', 'PSORIASIS', and 'SMOKING CESSATION'. Each card provides a brief overview of the condition, its symptoms, and risk factors. The 'Diabetes' card also includes a section on 'WHAT TO DO' and 'DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES'. The 'Smoking Cessation' card lists 'HARMFUL EFFECTS' and 'WHAT TO DO'.

Quicksheets about different illnesses made available on our website
<https://www.shifaclinic.org/health-education-quicksheets>

The screenshot displays a Breast Cancer awareness brochure from Shifa Community Clinic. It features a pink ribbon logo and the text: 'Shifa Clinic is a non-profit, student-run medical facility dedicated to serving the diverse, medically uninsured population of the Greater Sacramento Area. We speak: Spanish, Punjabi, Hindi, Urdu, Arabic, Farsi, Pashto, French, Korean, Telugu, Nepali, and Turkish. Call us in advance to request a translator for your appointment.' The brochure also includes the clinic's contact information: 419 V Street, Sacramento, CA 95818, (916) 441-6008, and shifaclinic@gmail.com. At the bottom, it says 'Breast Cancer' and 'What is Breast Cancer? HEALTHY BREASTS THROUGH HEALTHY LIVES SHIFA COMMUNITY CLINIC'.

Brochure for Breast Cancer Awareness by our Women's Health Subcommittee

Meet our Co-D's



Armand Garewal
MS2 at UC Davis

"After shadowing at a few clinics as an MS1, Shifa was the one place where I felt most at home. I remember sharing a laugh with a patient in our native tongue, Punjabi. I felt like I was serving the same type of people who helped raise me; I saw my aunties and uncles in the patients at Shifa, and that made me feel at home. My favorite part of Shifa is that we are constantly trying to improve our services and role in the community. After the COVID-19 lockdowns began, we were one of the first clinics to reopen and see patients again on a small scale. Now, we are striving to open up on a larger scale with the Pilot Clinic Project. It makes me proud that we are constantly innovating to provide novel services for those who count on us. The undergraduates at Shifa are outstanding. They are one of the main reasons I chose to volunteer at this clinic. I cannot thank the undergraduates enough for their dedication and hard work they continue to put in day after day, especially given the increased demands we have been asking of them with both in-person and tele-clinic during COVID-19. Shifa wouldn't be Shifa without you all, thank you!"

"Understanding the cultural backgrounds of our patients as future physicians is fundamental in providing effective patient-centered care and developing strong patient-physician relationships. Therefore, I saw joining Shifa as an opportunity to learn about cultures outside of my own and to also help provide care to those in need. My passion for serving underserved populations pushed me to join Shifa as a Co-D so that I could more directly shape the way that Shifa delivers care. My favorite part of working at Shifa is being able to make a difference in our patients' lives with long-term care. Many of our patients we serve have been coming to our clinic for years which goes to show how strong the relationship between Shifa and its community is. I feel honored that our patients trust us as medical students, giving us an opportunity to learn from them both culturally and medically. Our volunteers at Shifa are all amazing in so many ways. They are all incredibly helpful, compassionate, and intelligent, and it's such a pleasure to be working closely with them. They are truly the backbone of Shifa clinic and their hard work is greatly appreciated."



Summer Meyer
MS2 at UC Davis

"I was initially drawn to Shifa because it focuses specifically on culturally tailored, patient targeted interventions. Due to experiences I have had in clinics, I recognize how important it is to take a person's culture into account when providing care. Therefore, my interest in becoming a Co-D at Shifa stems from the holistic care provided to patients as well as the patient population that Shifa serves. My favorite part about Shifa is the patient interactions that I have. The patients are always so appreciative and kind and it makes me treasure the experiences that I have with them. Additionally, all the preceptors are so kind and willing to teach and I always leave the clinic having learned something new. Shifa truly feels like a community that I am so grateful to be a part of. I could not ask for a better experience working alongside the undergrad volunteers. The amount of time and dedication that they place into the clinic is inspiring and I know that I can always count on them if I have any concerns or questions. They always have a smile or a kind word to say whenever I see them, which is part of the reason that the clinic runs so smoothly and feels like a community."



Darshna Anigol
MS2 at UC Davis

Legal Clinic

Shifa's Legal Clinic serves as the intersection between healthcare and legal aid. With the dedication of our two lawyers, John Tan and Clarisa Reyes-Becerra, we are able to provide our patient population the opportunity to address their legal concerns or questions in a consultation, pro bono. This includes concerns such as applying for health insurance, applying for disability, employee-employer relations, immigration, and more! The beginning of Legal Clinic dates back to May 2017, in which two hardworking undergrads, Jwon and Evelyn, were able to gain the support of John Tan from the Legal Services Northern California, to launch Legal Clinic every third Sunday of the month. Since then, we have expanded and are grateful to welcome Clarisa Reyes-Becerra and Ismah Ahmad to the team!

Work by Legal Clinic

Due to the impact of COVID-19, Shifa's legal team had been able to provide unemployment benefits consultations, allowing our community to assess their options and move forward with a plan. We are also working on providing public charge training to our volunteers.

Additionally, we are launching a "My Rights" campaign in which the committee explores various topics such immigration, voting rights, employer-employee relations, patients in healthcare, housing, highlighting important laws that are beneficial to understand and be aware of!

The goal of our subcommittee is to continue to enhance access to our legal services and referrals. Our subcommittee contributes to the support and growth of our Legal Clinic by expanding community awareness and resources.


CALIFORNIA RESIDENTS

Need Help filing for Unemployment Benefits due to COVID-19?

SHIFA COMMUNITY CLINIC IS OFFERING FREE VIRTUAL SESSIONS WITH A LAWYER TO HELP YOU FILE AND ASSESS YOUR OPTIONS!

SIGN UP ONLINE OR LEAVE A MESSAGE
[TINYURL.COM/COVID19LEGAL](https://tinyurl.com/covid19legal) OR (408) 883-2128

SESSION TRANSLATORS AVAILABLE IN:
 ARABIC, HINDI, PASHTO, FARSI, URDU,
 SPANISH AND PUNJABI



Legal Clinic Team



Lead: Ayantu Mume



Lawyer: John Tan
Legal Services of
Northern California



Lawyer: Clarisa Reyes-Becerra
California Rural Legal
Assistance Foundation



Lead 2019-2020:
Karima Alghannam

Other Members not pictured: Ismah Ahmad (Lawyer) Hosna Mohabbat (Lead, 2017-2019), Yi Jen Chen, Desiree Rafizadeh, Kunga Yangzom

Members from 2019-2020: Inara Ali, Ammal Bashir, Kirndeep Johal, Margaret Kresse, Saahirah Mahmood, Desiree Rafizadeh, Kunga Yangzom