

GRACE ELIZABETH GRONER

FOUNDATION

The Grace Elizabeth Groner Foundation's mission is to preserve Grace Groner's legacy by encouraging Lake Forest College students to prepare for their careers and service to their community.

Fall 2016

Giving at Gorton

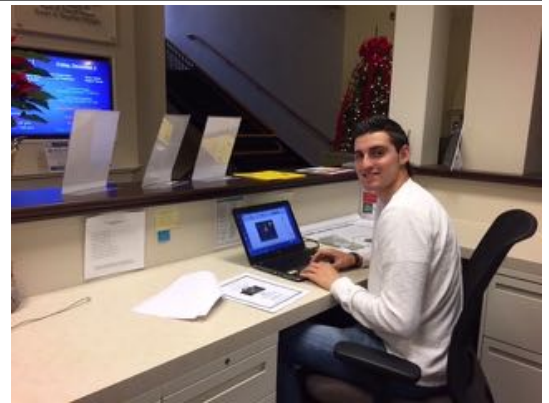
Tariq Aldaas '19

When Tariq came into the office to discuss possible service for the fall semester, he said something along the lines of, "I really like to organize things," and organize things he has.

From helping with filing to learning how to update the website and man the front desk, Tariq enthusiastically embraced every task presented to him during this last semester at the Gorton Community Center.

Tariq additionally benefitted from the connections he made during his service: "I got to know a great group of people at Gorton who gave me the opportunity to learn how to work with computer website software."

Catherine Yehle, Program Director at Gorton, reported, "Tariq has been just awesome!" and that "he is so reliable, kind and hard working!" They simply cannot wait to have him back on their team next semester.



Amalie Ausland-Bjerkely '19

Amalie is one of our newest additions to the GEGF, and the GEGF is very glad to have her. Majoring in Global Politics and Environmental Studies, Amalie came into the office interested in looking for a local volunteering opportunity.

After Amalie shared her love for working with children, the GEGF connected her with Kristy Richardson, Director of the

Children's Drop-In Learning Center at the Gorton Community Center.

Amalie shared that her time at the Drop-In Center provided a great way to get away from the stress of classes and just focus on the children.

During her time at Gorton, Amalie's activities included everything from drawing pictures to building "dinosaur cages" and serving as a human tunnel. She built rapport with the children, often focusing

on helping new students become integrated into the rest of the class.

Amalie described her own integration into her role at Gorton as one that required her to establish herself as "as an adult who still wants to play."

Although connecting with the children came naturally to Amalie, she repeatedly expressed her gratitude for the experienced and caring staff at Gorton who helped guide her. Thank you, Gorton staff!

Joaquin Basile Patron '16

After spending a year on a GEGF-supported internship in strategic



communications, Joaquin excitedly returned to his volunteer post at the Performing Arts Student Theater Academy (PASTA) in Lake Forest for the beginning of the 2016-2017 academic year.

This fall was Joaquin's third semester working with PASTA, where he first started volunteering in 2014. Each semester he has taken on more responsibility with the students, and this semester, he appreciated the opportunity to work with small groups of children who needed additional assistance with their lines.

Joaquin shared that one of his favorite activities was always coming up with new methods to help the students memorize their lines. As an actor who hopes to eventually pursue a graduate program

related to drama, he enjoyed doing what he could to inspire the children.

After helping with the last dress rehearsal before the children's community performance of *The Ugly Duckling*, Joaquin wrote, "Mr. Beck was pleased, the children were proud of themselves, and I could not be more proud of everyone involved in this project!"

Joaquin will certainly miss his work with PASTA after he graduates this month, and the GEGF knows that they will miss him dearly as well.

Update from the Director

Dear Friends of the GEGF,

As I write this column, I am trying to figure out where the semester has gone. In some ways, I feel as if I just started in the role of director, but it also seems as if I have known our recipients forever. All I can say is that a great deal has happened over these past four months, and I am proud to have been a part of it.

Since the start of the semester, one of our main goals for the Foundation was to put an even greater emphasis on service to the community, and as always, GEGF Recipients rose to the challenge. We had three students at the Gorton Center, one helping with the Lake Forest College prairie restoration effort, four at the Rosalind Franklin Interprofessional Community Clinic and many others across the local area serving outside of the Foundation. We have additionally focused on providing group service opportunities, which we hope will become a beloved GEGF tradition.

While the students remain top-notch year after year, we recently realized that, after five years in operation, our public materials no longer fully captured Recipients' accomplishments nor reflected the breadth of the Foundations' programs and goals. As the first steps towards addressing this issue, graceelizabethgronerfoundation.com received a facelift, a new brochure was made, our Facebook page "The Grace Elizabeth Groner Foundation" (Like us, please!) received attention, and the LFC Groner Foundation webpage will soon be updated to provide a crisp and clear representation of the GEGF.

Now that the Foundation is in its sixth year, we are also looking to record and celebrate our ongoing work. One goal for the year ahead is to produce an impact report highlighting programs, student work and the current success of past recipients who are now pursuing graduate school programs and careers across the country as well as throughout the world.

As this fruitful semester draws to close, I can honestly say that I am excited for the new year ahead. I hope you are too.

Thank you once again to everyone who has made me feel so welcome in this new position. It truly means a lot.

Sincerely,

Elizabeth Bulley

Engaging with Sustainability Issues

Eighteen diverse majors and minors are represented among the current group of Groner Recipients; however the GEGF believes that students in all of these areas of study should have one thing in common: they should consider how their future work can contribute to sustainable practices on the local and/or global scale, and they cannot do it alone.



In accordance with this belief, the Groner Foundation hosts a series of sustainability meetings for students each semester. Since their inception, these student-run meetings have taken many forms and names, from lectures to group presentations; however, they have always involved two foundational components: good conversation and free pizza.

Originally based on the book *Harmony* by HRH The Prince of Wales, Prince

Charles, the meetings are inspired by the need for an all-hands-on deck approach to the issues facing our world today.

This semester, the meetings have been dubbed the Sustainability Discussion Group, as an open discussion was exactly what Casey Hartfiel '17 and Kaitlyn Woodman '17, this year's coordinators, wanted to encourage.

Kaitlyn explained, "This semester we've taken a broader look at what constitutes sustainability, the connections between various fields of study and their roles in promoting sustainability. This approach compliments the diversity in our students while reinforcing the message that everyone can engage in sustainable practices."

Regardless of their background, each student was able to get involved in this semester's meetings from asking questions to sharing the experiences and knowledge they have gained both from their personal and academic backgrounds.

Sundays@One

This fall marks the GEGF's second year organizing Sundays@One events. These events, which occur several times each semester, were implemented to help further the Foundation's goal of supporting students' personal, academic and professional development.

This year's events are organized under the theme of wellness, as the Foundation understands the importance of focusing on each individual as a whole. The first semester's events targeted professional and academic wellness with a hands-on workshop on résumés, a discussion of

personal branding and a seminar on social media and time management with Raj Bellani, past inaugural Dean of Experiential Learning & Career Planning at DePauw University and current Assistant to the President at Denison University.

In reflecting on the workshop with Raj, Peyton Schrag '17 realized that he needed to "consider each interaction/circumstance as an opportunity because you never know what may come of it."

This is a message that the Foundation tries to consistently communicate to students and is why each student receives business cards upon joining the GEGF.

Looking forward to next semester, Sundays@One will shift gears to focus on a more personal view of wellness. Potential events include a seminar on personal safety, a finance-centered workshop and a workshop and discussion on cultural awareness.

Through these events the Foundation hopes to better prepare students for their service opportunities as well as for their future careers.



Serving Together

Feed My Starving Children



On November 28th, eleven Groner Recipients and the GEGF Director traveled to Feed My Starving Children (FMSC) in Libertyville.

This trip was the first of what the Foundation hopes will become a tradition of opportunities for Recipients to

volunteer together. While service is at the heart of the Grace E. Groner Foundation’s mission, the GEGF additionally values building a strong sense of community among its members.

During the group’s hour and a half time slot, Recipients learned about the FMSC mission to serve “the malnourished in nearly 70 countries,” before breaking into teams to help prepare, fill, seal and pack meals that would be shipped to the Dominican Republic.

The experience, already designed to instill the importance of working and communicating as a team, was made even more team-focused and fun by Recipients’ creativity and leadership.

Isabelle Cadrot ’19 led her team to come up with unique, rhymed cheers for each time the group finished packing another box.



Cheers included gems such as, “Best packing you have ever seen, Philippines on box thirteen!”

The GEGF thanks Casey Hartfiel ’17 and Kaitlyn Woodman ’17 for arranging the trip as a culmination of the semester’s Sustainability Discussion Group.



Caroling at Westmoreland

Even though the chaos of finals was just around the bend, seven Groner Recipients and the GEGF Director volunteered their time to carol and visit with residents at Westmoreland Nursing Center in Lake Forest. Samu Ngwenya ’16, Joaquin Basile Patron ’16,

Kaitlyn Woodman ’17, Krista Meuli ’18, Zack Weinstein ’18, Tariq Aldaas ’19 and Isabelle Cadrot ’19 were joined by Sam Curry ’19, who was kind enough to offer his piano and voice skills to the little group.

Even with only one practice, the carolers sang six songs for the Westmoreland



residents, including an artistic rendition of “12 Days of Christmas,” during which groups of students joined in on different verses. The other classic carols included “Jingle Bells,” “Silent Night,” “Joy to the World,” “The Christmas Song,” and “We Wish You a Merry Christmas.”

After carols, students passed out homemade Christmas cookies, lemonade and



Tariq, Zack and Joaquin having fun with glitter glue and snowflakes while spending time with a Westmoreland resident.

handmade holiday cards to the residents before sitting down and beginning to visit. One resident was particularly interested in having everyone guess his age. All the guesses were in the seventies, resulting in him being proud to announce that he was ninety-eight.

“Not many people make it to ninety-eight,” he informed the students several times throughout the night.

The group brought a puzzle, a “Guess This Song” game, and material for making snowflakes for after the carols, but since not all of the residents could manage the craft and some were nonverbal, students joined the residents at their tables and made snowflakes as they talked to the residents and one another.



There were some initial struggles with the snowflake-making instructions; however, Tariq, Zack and Joaquin persisted to make some excellent flakes, complete with great deals of glitter glue.

The GEGF thanks Sandy Summers, Activity Specialist at Westmoreland Nursing Center, for allowing the group to come and guiding them on what to prepare, and Isabelle Cadrot for directing the carols and remaining always patient and pleasant with those who were less musically inclined.

Learning and Loving It at RFUMS

Found in Translation at ICC

"I find the medical appointments most fascinating because I am able to see not only how medical students interact with patients, but also nursing and pharmacy students. The most valuable part is observing how different professions of healthcare interact with patients and each other. By working with teams of healthcare students, I hear about their experiences and how they chose a particular profession." ~Krista Meuli '18, Neuroscience Major, Economics Minor, Spanish/English Translator at the Rosalind Franklin Interprofessional Community Clinic (ICC).

Krista is one of four Groner Recipients who volunteers at ICC as a translator. She is joined by Peyton Schrag '17, Zack Weinstein '18, and Jimena Resendiz '13, who is a third-year, GEGF-supported student at the Rosalind Franklin College of Pharmacy and the current coordinator of the translator program.

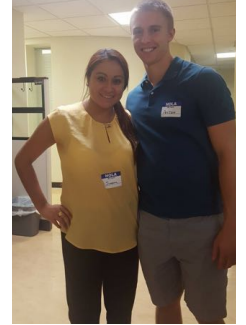
The goal of ICC is to provide free access to healthcare for those in Lake County who could not otherwise afford it. The clinic, which is open from 4pm-8pm every Thursday, is unique in that it is completely organized and staffed by students studying in all areas of healthcare, ranging from podiatry to physical therapy. This team environment not only provides patients with the ability to have their a variety of health needs met but also gives the students

servicing the clinic an opportunity to understand and appreciate the interconnections between medically-related fields.

The pre-med track Recipients additionally receive the opportunity to work with a number of medical students and see a variety of appointments, which is not always an easy experience to gain as an undergraduate.

The involvement of Groner Recipients at the ICC has been made possible by Jimena's leadership. When she took on the coordinator position, there were around six available translators with two or three serving each week. Now, there are over 30 trained translators with six or more on the floor each Thursday.

Besides increasing the quantity of volunteers, Jimena additionally used her medical interpreter training, sponsored through the GEGF, to equip incoming translators with the skills, knowledge of ethics and medical terminology needed to provide a high-quality experience for volunteers and patients alike.



A Triumphant Return

Next fall, Jimena Resendiz '13, a third-year, GEGF-supported student at the College of Pharmacy, will be returning to Martha Jefferson Hospital (MJH), where she previously completed a GEGF internship under Michele Shepherd, MJH Volunteer Coordinator.

While at her internship placement, Jimena connected with Emily Dyer, a clinical pharmacist on the MJH Critical Care Team, who provided Jimena with the opportunity to shadow her. Through this connection, Jimena was able to arrange for Emily to be her preceptor for her acute care rotation, one of her required, six-week rotations for her fourth year of pharmacy school.

From August until mid-October, Jimena will be serving in MJH's emergency department, taking medication histories and confirming medication lists for patients. Jimena explained that pharmacists who specialize in emergency medicine additionally respond to codes, such as when patients go into cardiac or respiratory arrest, in order to ensure that patients receive the correct rescue medication and even to perform CPR when needed.

Jimena is excited to make her return to MJH, and the GEGF has no doubts that everyone at MJH is looking forward to having her back.



Turning Learning into Practice

"Over the past six months, it has been a grueling journey—but very rewarding. I have taken the last three years in the classroom and applied them in the hospital setting... I had opportunities to interact with real patients and give my own therapy recommendations." ~Roberta Dume on her rotations at the College of Pharmacy



Roberta Dume '13 only has one semester between her and graduation from the College of Pharmacy at Rosalind Franklin University and with that accomplishment comes lots to celebrate.

Roberta recently finished her longitudinal hospital rotations, which started at the beginning of the summer. These rotations were designed to give her an in-depth look into different areas of pharmacy practice and included work with acute care at the Vista Medical Center, inpatient pharmacy work and mental health care at Federal Health Care Center Lovell and ambulatory care, the field of pharmacy that Roberta hopes to pursue during her career.

Throughout her rotations, Roberta received high praise from professors and site supervisors both. She hopes her strong performance will soon earn her a coveted post-graduate residency.