

WWAMI AHEC SCHOLARS Newsletter

Quick Links

- [Announcements](#)
- [Upcoming Events](#)
- [Community/Experiential/Clinical \(CEC\) Opportunities](#)
 - [Whatcom County](#)
 - [Additional ways to gain CEC learning](#)
- [Additional Resources](#)

Announcements

Hi AHEC Scholars!

We are back up and running with our newsletter! From now on, we will be sending out weekly information on the latest news that affects you and community/experiential/clinical (CEC) volunteering that is available. Please adhere to the policies of your primary program on the level of involvement and contact that they deem safe and/or allowable. The potential volunteering will cover a range of opportunities from entirely remote/online to activities that involve some contact with others. If you hear of a great opportunity, please let us know. We want to share it out with your fellow Scholars. We know that you want to help in this crisis and we are striving to find ways for you to help and get hours.

Here is the latest from the Washington Department of Health (DOH):

Visit the Washington State's COVID-19 website coronavirus.wa.gov for the latest information and resources related to COVID-19. People can also find easy-to-share [infographics](#), [videos](#) and more. Many materials are available in multiple languages.

Coming Soon!

COVID Testing at Local Shelters

UWSOM has given us the green light to move ahead on planning a project where students will be participating in COVID testing at local shelters. Roles will be limited to asking a set of scripted screening questions and then directing individuals to the area they will be tested. Students must be wearing appropriate PPE and be appropriately supervised (including their donning and doffing of PPE).

The details of this project are still to be worked out!

COVID Student Service Corps

A new UW student group has also formed called the COVID Student Service Corps. They plan to act as a sort of development body for COVID related service projects. More to come as we learn more

UW Medicine Recruiting for App to Predict Next Outbreak

UW Medicine is recruiting people nationwide to test out a smartphone app that's intended to predict outbreaks of infections such as cold, flu, or other virus outbreaks. This app is a project funded by the Defense Department's Defense Advanced Research Projects Agency, which makes investments in technologies that support national security.

[Click here for more information](#)

[Enroll here!](#)

Microresearch Funding Available!

What is Microresearch? Microresearch is a community-based research approach that supports, with small "seed grant" funding, locally generated and implemented projects leading to local solutions to problems in underserved communities, resulting in big impact.

Rural PREP's Microresearch Approach: Rural PREP is providing multiple awards of up to \$4,000 each to encourage research by learners in rural health professions education and training about: Rural primary care, Rural population health, and Rural health workforce education and training. A faculty mentor will be assigned by Rural PREP or approved as requested by the student.

Eligibility: Current medical school or a nurse practitioner or physician assistant program, residents in a rural physician residency program, or other health professionals training for primary care practice in a rural location.

Deadline: Applications are due **Tuesday, May 26** for priority consideration.

For more information: <https://ruralprep.org/research-scholarship/microresearch/>

Upcoming Events

Opioid Training

Description: HRSA funded interprofessional opioid education training through Washington State University and Barb Richardson, PhD, RN. You can gain 2.5 hours of IPE training that will count towards CEC. More to come on this soon!

Increasing Resilience and Well Being Webinar

Description: This free training provides all health care professionals an opportunity to learn important self-care strategies that support mental health and well-being.

Date: Wednesday, April 29, 2020

Time: 12pm Pacific time

Register here: https://uidaho.zoom.us/webinar/register/WN_zkYWXfTeSqyvwoQyJA8v8g

Epidemics and African American Communities From 1973 to the Present

Description: Leading scholars in public health, the history of medicine, and African American Studies will join Professor Evelyn M. Hammonds in conversations about the historical and contemporary impact of epidemic diseases on African American communities in the United States.

Date: Thursday, April 23, 2020

Time: 4pm Eastern time

To register and to find more information visit: <https://hutchinscenter.fas.harvard.edu/epidemics>

Community/Experiential/Clinical (CEC) Opportunities

Basic Qualifying Criteria for Community/Experiential/Clinical 40 Hours per Year

- Must have IPE (interprofessional) component – you must work or interact with a person from a different health discipline (either staff, volunteers or another AHEC Scholar)
- If in doubt on IPE, team up! Volunteer with an AHEC Scholar of a different discipline. Contact us at uwahec@uw.edu and we will help you find a partner

National Student Response Network

Description: The National Student Response Network's goal is to create a database of health professions students and connect them with local community-based hospitals and state/county public health departments. Some examples include delivering groceries/childcare for overworked healthcare workers in their community and aiding in capacity/infrastructure building. With this database, hospitals and public health departments can request how and in what capacity they want to use students. The NSRN worked in conjunction with local and state Medical Reserve Corps if they exist and are currently accepting students.

Needs: MD, PA, or nursing students who want to be part of a centralized, national COVID-19 student network that will be made available for hospitals to use.

(This opportunity might not be limited to these 3 programs. If interested, contact NSRN.health@gmail.com and see how you can help)

Sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLSeJQm5gwxpjAck9ZheqmgCZyNTfVBIYL143dkiu0gF9jy2rQ/viewform>

Once you fill out this form, you will be contacted by your state coordinator. Further you can expect a once weekly summary email every Sunday from the national organization giving you updates on the project. If you have any concerns, please direct them to NSRN.health@gmail.com.

For more information: <https://nsrn.health.org>

King County Behavioral Health and Recovery Division

Description: King County Behavioral Health is searching for remote and in person volunteers. They are in need of behavioral specialists and do have training if people are not licensed.

For more information regarding these opportunities contact Jennifer D. Winslow at jewinslow@kingcounty.gov or call (206) 263-0599.

Meals on Wheels

Issaquah Meals Program

Description: Issaquah Meals Program (IMP) is searching for individuals who can serve meals during this time or coordinate supplies drop off.

Please contact please contact Griffin Cole at CCSKingCountyInfo@ccsww.org or call 425-679-0342 if interested.

Food Banks

Rainer Valley Food Bank

Description: Rainer Valley Food Bank has a variety of different needs that volunteers can assist with. There are ways to volunteer without gathering in groups, from driving to delivering food, to things that can be done at home. If you have a specialized skill, let the Rainer Food Bank know at info@rvb.org.

Needs:

- Pick-up Food Donations
- Provide Lunch for Staff and Volunteers
- Sanitation Helpers
- Home Delivery Drivers

Real-time volunteer needs are available for sign-up here:

http://rvfb.force.com/volunteers?mc_cid=c1f8d518cb&mc_eid=4c16f0005f

For more information: <http://www.rvfb.org/take-action/volunteer/>

Chicken Soup Brigade

Description: Volunteers help prepare and package meals for our clients in greater Seattle metro area living with chronic health conditions. Warehouse volunteers' bag and organize medically tailored groceries for clients while distribution volunteers bring food directly to clients' doorsteps.

Needs:

- Kitchen: Monday-Friday: 9:30am-12pm, 1:30-4pm and 5:30-7:30pm, Saturdays and Sundays: 10:30am-1pm and 2:30pm-5pm
- Warehouse: Monday-Friday: 9:30am-12pm and 12:30-3pm
- Distribution: Weekdays, various times

Sign up: The individual application can be found on Lifelong.org/volunteer. Once you fill out the application, you will receive an email about scheduling a phone call where you'll learn more about our programs and get placed on a volunteer shift.

Address:

210 S Lucile St
Seattle, WA 98108

For more information: https://volunteer.uwkc.org/need/detail/?need_id=508894

Immanuel Community Services Food Bank

Description: At Immanuel Community Services, in addition their regular protocols, they have also implemented extra hygiene and sanitation rules due to COVID-19. There are a number of different tasks to be done and shifts on food bank day, including but not limited to: set up, sanitizing surfaces, making sure clients are sanitizing their hands, setting up the food, checking clients in, periodically sanitizing crates, tear down/clean up after, guiding clients while they shop.

Needs: The food bank is open to clients every Monday from 11am - 1pm. Volunteers are generally needed between about 9am until 2pm.

Location:

1215 Thomas Street
Seattle, WA 98109

For more information: https://volunteer.uwkc.org/need/detail/?need_id=508583

Food Bank Volunteer at Queen Anne Food Bank

Description: The Queen Anne Food Bank is looking for folks who want to provide extra support to their local food banks through preparing pre-packaged food items and assisting with food distribution.

Needs: 7am to 1pm

- Drive and deliver food
- Prepare lunches and make soup
- Sort produce donations as they come in

Location:

232 Warren Ave N
Seattle, WA 98109

For more information: https://volunteer.uwkc.org/need/detail/?need_id=508438

Food Bank Volunteer at Salvation Army - Capitol Hill

Description: The Salvation Army is looking for individuals who want to provide extra support to their local food banks through preparing pre-packaged food items and assisting with food distribution.

Needs: 8:00 AM - 12:00 PM and 1:00 PM - 5:00 PM

Location:

1101 Pike Street
Seattle, WA 98101

For more information: https://volunteer.uwkc.org/need/detail/?need_id=508251

Food Bank & Grocery Rescue Driver Volunteer for White Center Food Bank

Description: White Center Food Bank is looking for folks who want to provide extra support to their local food banks. The needs are listed below.

Needs:

- Be a personal shopper at the grocery store on Mondays, Wednesdays, Thursdays, Fridays, 10:00 AM - 2:00 PM
- Supporting Grocery Rescue as a driver, Monday - Friday, 9:00 - 11:30 AM
- Unpacking food product, Tuesdays, 10:00 AM - 2:00 PM

If interested, contact Emily Heemstra at seattlefoodcommittee@gmail.com

For more information: https://volunteer.uwkc.org/need/detail/?need_id=510791

Food Bank Volunteers and Drivers during COVID-19 Pandemic

Description: Multi-Service Center needs volunteers for its Federal Way Food Bank to help provide resources to individuals and families in need during the COVID-19 pandemic. Volunteers can do a variety of tasks. Such as greeters, food handlers, floaters/cleaners, traffic control, and grocery rescue driver. The most pressing need at this time is for drivers to pick up donations.

Needs: Volunteers are needed in the food bank Monday, Wednesday and Friday between 8:30am-2pm and Thursdays between 10am-1pm. Drivers are needed Monday through Friday between 7:30am-12pm

Location:

1200 S. 336th St.
Federal Way, WA 98003

To sign up:

All volunteers must complete an application online at <https://mschelps.org/getinvolved/volunteer/application/> and have a background check completed prior to volunteering.

For more information: https://volunteer.uwkc.org/need/detail/?need_id=509273

Help by Delivering Food and Supplies!

Deliver Food to Isolated Seniors During COVID-19 Outbreak

Description: Volunteer Services is looking for volunteers to help deliver groceries to seniors during the COVID-19 outbreak. Many of your neighbors who are older adults, or adults living with disabilities and chronic health conditions are unable to leave their homes safely and could use your help. Protocol is set up to adhere to social distance guidelines to protect both the volunteer and the client.

If interested, please contact the volunteer services office for more information at (253)854-0077 or ccskingcountyinfo@ccsww.org.

COVID-19 Mutual Aid Solidarity Network

Description: If you can delivery groceries/supplies to folks who are sick, disabled, quarantined without pay, elderly, undocumented, queer, Black, Indigenous, and/or people of color - including those displaced from Seattle to the nearby areas please fill out the volunteer form.

[Sign up form](#)

YWCA's Central Area Food Bank

Description: The WYCA's Central Area food bank needs volunteers to help pack and deliver food. All deliveries occur on Wednesdays between 12-3pm.

Location: 2820 E. Cherry Street
Seattle, WA 98122

If interested, please email nhilton@ywcaworks.org

Danny Woo Community Garden

Description: The Danny Woo Community Garden is coordinating food and supply drop offs to residents in the CID neighborhood.

[Sign up form](#)

Volunteer for a Blood Drive or Donate Blood

Transport Blood and Help Save Lives!

Description: Help deliver lifesaving blood to local hospitals and become a Red Cross volunteer!

Needs: Monday, Wednesday and Friday Mornings 9 AM to 12 PM

Location:

1900 25th Ave S
Seattle, WA 98144

For more information: https://volunteer.uwkc.org/need/detail/?need_id=508885

Donate Blood

Description: The demand for blood won't stop with the coronavirus, and neither will the Red Cross. Please donate blood if healthy, **April 13th & 14th**.

Sign-up: <https://www.redcrossblood.org/give.html/find-drive>

For more information: https://volunteer.uwkc.org/need/detail/?need_id=510755

Care Calls

Volunteer Safely from Home: Be a Phone Buddy!

Description: King County has many older adults and adults with disabilities who experience social isolation. They may be feeling even more alone during the COVID-19 outbreak. Volunteer to call and check in with one or more clients each week to ensure they have what they need to be safe and healthy. Application and training process can be completed through the use of technology to maintain social distancing.

If interested, contact Volunteer Services of King County at vc@ccsww.org or 206-328-5787.

For more information: https://volunteer.uwkc.org/need/detail/?need_id=511476

Phone Bank to Connect People with Community Resources

Description: We are calling more than 60,000 people in our community to provide information about meals sites, food banks, public benefits programs (like SNAP and WIC), and the Washington State eviction moratorium. Volunteers will make calls to their neighbors in King County, using a guided script for each conversation.

Needs: This is a remote volunteer opportunity, and scheduling is flexible. Calls can be made anytime between 8 a.m. and 8 p.m., on any day of the week.

Sign up link: https://fightpoverty.formstack.com/forms/phone_bank_signup

For more information: https://volunteer.uwkc.org/need/detail/?need_id=511186

COVID-19 Drivers

Drive Seniors to Essential Medical Appointments During COVID-19 Outbreak

Description: While many of us are practicing social distancing, there are many low-income seniors and adults with disabilities who need essential medical transportation to their cancer treatments and dialysis. If you can help even once a week, it would make a huge impact in getting clients to their life-sustaining treatments.

If interested, please contact the Volunteer Services Program at vc@ccsww.org or call at 206-328-5787.

For more information: https://volunteer.uwkc.org/need/detail/?need_id=511474

Sew for the Community

Masks Now Coalition (MNC)

Description: The MNC has successfully identified an assembly approach to make cloth masks and is currently on track to make 100. Given the new CDC recommendations and data, there is an even greater need to have masks accessible. Making these masks is time consuming unless more people help.

Needs: Students and members of the UW community. Especially those who can sew and/or have access to sewing machines.

Sign up here: <https://forms.gle/Tiva3SzA1yo6XaGLA>

MANY other organizations are in need of face mask donations!

[Sew Face Masks for Green Plate Special](#)

[Sew Face Masks for Beacon Hill PTA](#)

[Sew Face Masks for Casa Latina Day Laborers and Domestic Workers](#)

[Sew Face Masks for Friends of Youth](#)

[Sew Face Masks for Emergency Meal Sites](#)

[Sew Face Masks for Shelter Providers](#)

[Sew Masks for Homeless Services COVID-19 Response](#)

[Sew Face Masks for Children's Institute for Learning Differences](#)

[Sew Face Masks for Lifelong](#)

[Sew Face Masks for Neighborhood House!](#)

[Sew Face Masks for Real Change Homeless Empowerment Project](#)

[Sew Face Masks for REST](#)

Sew Scrubs!

Description: Sewers for scrubs are needed! Top and pant sets of scrubs are going to residents and other staff at Seattle Indian Health Board. Since their shipments have not arrived, they are getting made. If you have scrubs to donate, that also helps! You can drop them off in the central district or directly to the Seattle Indian Health Board (please send the time you plan to drop them off, if you choose this option).

Please contact Lee McKoin at mckoin@uw.edu ASAP if interested!

Please note: this option may or may not still be available depending on the need.

Other General Volunteer Opportunities

The Greater Seattle Coronavirus Assessment Network (SCAN)

Description: SCAN is a project through the Brotman Baty Institute for Precision Medicine in Partnership with Seattle and King County Public Health to understand the spread of COVID-19 in the greater Seattle region. SCAN is validating an in home COVID-19 self-swab test for the FDA and has an urgent, short-term need for help by medical students.

Open to UWSOM Medical students only

Medical students will be picking up test kits, then using a university owned car to physically drop kits off at homes of a pre-populated list of COVID-positive patients who have been consented into this pilot. To be clear, a typical shift may have as few as 3 patients or as many as 10. There may be significant downtime between patients. Students will have no direct contact with patients, but necessary PPE will be provided for handling the kits. This project has been approved by UWSOM administration.

If you have any questions about signing up for a shift, please feel free to contact Leonora Clarke, clarkel@uw.edu.

For more information: <https://education.uwmedicine.org/volunteer-opportunities-not-administered-by-uwsom/>

Public Health-Seattle & King County

Description: Public Health for Seattle & King County is developing their roster of volunteers (healthcare professionals and general support volunteers) who may be available in the coming weeks to assist in the COVID-19 response.

Needs: A variety of needs exist depending on your specific skill sets and availability. Public Health is looking for people who can help full and part time, including weekends. At this time there is no option to work remotely. The assignments given would be at a specified location.

Note: Training, insurance, parking and snacks/meals would be provided.

If interested, please [click here](#) to complete a brief survey and provide your information. Someone will get in contact with you if there are specific needs you can support.

Translate Materials into Spanish!

Description: El Centro De La Raza is looking for volunteers who can translate materials into Spanish! Materials include documents, resource pages and alerts related to COVID-19 and the community.

Needs: Bilingualism (English and Spanish) is required

If interested, contact Mandela Gardner at volunteer@elcentrodelaraza.org or call 206-957-4602

For more information: https://volunteer.uwkc.org/need/detail/?need_id=513392

Translate Webinars for the Community

Description: To cover the rapidly changing environment, Eastside Legal Assistance Program (ELAP) is now providing Know Your Rights presentations via Webinars.

Needs: ELAP is looking for translators to transcribe presentations from English into Spanish, Mandarin, or Russian. The webinars last for 1-1.5 hrs each time, and cover topics like tenant rights, immigration, and employment matters.

Contact Chris Loving's at chris@elap.org if interested!

For more information: https://volunteer.uwkc.org/need/detail/?need_id=511908

UW Child Care for Health Professionals

Description: Offer your service to healthcare professionals who need are in need of childcare.

Need: UW Health Professional Students

[Post your offer in the UW Care and Share Website!](#)

Whatcom County CEC Opportunities

The Volunteer Center of Whatcom County

Description: The Volunteer Center of Whatcom County is still functioning and will be keeping the community apprised of volunteer opportunities. At this time the Volunteer Center is still working with



partners and disaster response officials to determine needs. If you would like to be added to their contact list for volunteering during this current crisis, please fill out the online form below and you will get notified if there are opportunities identified.

Fill out the volunteer interest form here: <https://whatcomcovid.com/volunteer/>

For more information: https://whatcomvolunteer.galaxydigital.com/need/detail/?need_id=508874

Freezer Volunteer - Bellingham

Description: Meals on Wheels and More is in temporary need of one or more volunteers to help assemble bags of frozen meals in their walk-in freezer.

Needs: 2-4 hours shifts are available Mon, Tues, Wed, and Fri between approximately 10am and 4pm.

Location:

315 Halleck Street
Bellingham, WA 98225

More information: https://whatcomvolunteer.galaxydigital.com/need/detail/?need_id=511432

Grocery Rescue Volunteer

Description: Grocery Rescue Volunteers are needed each Saturday and Sunday morning. The time is flexible, but pickups should occur between 10:30am-12pm. This volunteer is in charge of picking-up grocery donations from the Meridian and Sehome Haggens as well as the Bellingham Costco. This volunteer is expected to then drive to one of the listed locations to "rescue" the food that has been donated to the Foothills Food Bank. This volunteer is then expected to return the rescued food to the designated location at the (EWRRC) so that the donated food is able to be distributed during the next weekly distribution!

If interested, contact Foothills Food Bank at 360-937-3724 or email blzender@comcast.net

For more information: https://whatcomvolunteer.galaxydigital.com/need/detail/?need_id=512244

Meals on Wheels Program

Description: Meals on Wheels is seeking volunteer drivers.

For more information: <https://whatcomcoa.org/meals-on-wheels-and-more/>

Whatcom Unified Command

Description: Whatcom Unified Command is organizing Food Bank deliveries for homebound high-risk individuals and families. This program is a partnership between Whatcom Unified Command, the Opportunity Council, and the Volunteer Center of Whatcom County.

For more information: <https://whatcomcovid.com/>

Donate Blood at BloodWorks Northwest

Description: Potential blood donors are exempt from stay-at-home orders in Washington and Oregon, which do not include essential health services, such as those provided by Bloodworks Northwest and its

donors. Activities essential to the healthy function of our community, such as donating blood, are an important aspect of emergency public health preparedness and a way for people to look after their family, friends, and neighbors who experience trauma and chronic conditions.

To donate, contact 800-398-788 or schedule.bloodworksnw.org

For more information: <https://www.bloodworksnw.org/about/news/coronavirus>

Bellingham Makerspace

Description: Bellingham Makerspace is working with the local county and hospital authorities to address the shortage of personal protective equipment in the ongoing COVID-19 crisis. Makerspace has been coordinating with many local home-grown groups of people who have been making handmade face masks, 3d printed face shields, and distributing them to people and organizations in need. To find out how you can help, visit the Forms and Documents page on their website to see what kinds of project are available, or to apply as a volunteer.

For more information: <https://bellinghammakerspace.org/posts/covid-19-response/>

Whatcom County COVID-19 Community Helpers Hotline

Description: There is a need for essential food or medicine to be pickup and delivered.

For more information: <https://www.facebook.com/groups/bellinghamcovid19helpers>

Additional Ways to Gain CEC learning

Community Learning Project

Description: The goal of this project is to allow you to explore how your community is addressing a community health concern. **Completing this project and presenting at a poster session satisfies the Community/Experiential/Clinical component for one year.**

For more information: <https://depts.washington.edu/ahec/wp-content/uploads/2020/04/COVID-Revised-PROJECT-Social-Determinants-of-Health-Project-04102020.pdf>

Gratitude & Support Website

Description: Dr. Seth Cohen, Medical Director, Infection Prevention and Employee Health at UWMC Northwest, is looking for students who would be able to help him develop a website where gratitude and support can be publicly shared between colleagues.

Need: Open to any UW Health Professional Student

More information can be found here: https://education.uwmedicine.org/wp-content/uploads/2020/03/From-Seth-Cohen_Gratitude-Site.pdf

Assist with the Share and Care Website

Description: We are trying to recruit about 10 Seattle area students to help test out the share and care website. We are hoping to find someone who would be interested in posting an offer to provide childcare but who has not yet done so via Care and Share.

To sign up:

<https://docs.google.com/forms/d/e/1FAIpQLSc3nkN3aQbzIJyQz8cSGMyYmGvTFPVTYOpXlr4Ku9ZJ8zL0Lw/viewform>

Create Community Websites or Social Media!

- a) Gratitude stories, poems - example [UW Medicine's 55 word site](#)
- b) A place for Community Members to ask for help or find help - example [UW's Care and Share](#), an interactive site to offer or request services (childcare, carpooling, etc.)

Additional Resources

WWAMI AHEC Scholars Website

[Click here](#)

Scholars' Resources

[Click here](#)

Brighten the day of a UW Medicine Provider

Send messages of support and gratitude to UW Medicine physicians, nurses, researchers and staff!

[Click here](#)

Medical Reserve Corps

Interested in Joining the Medical Reserve Corps?

- 1. Visit this link to find the MRC nearest to you at <https://mrc.hhs.gov/FindMRC>
- 2. Go to the individual website of the unit where you wish to volunteer
- 3. Follow directions on how to join!

[Public Health Reserve Corps for King County Link](#)

Want to find more volunteer opportunities?

[United Way](#) : This is an awesome website where you can search for opportunities in your area.

[Virtual and Remote Opportunities](#)

[Be a Neighbor](#)

Follow us on social media!

Facebook: [@WWAMIAHECScholarsinSeattleArea](#)

Instagram: [WWAMI_AHEC](#)

Updated on 04/17/2020

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