

Volunteering

God's Love We Deliver

Jul 2020 - Jun 2024

Meal Preparer, Packer, and Delivery Personnel

New York, NY

- Prepare, package, and deliver medically tailored meals for people living with chronic illnesses

The Bowery Mission

Jan 2020 - Jun 2023

Meal Server and Kitchen Assistant

New York, NY

- Assisted chefs by preparing and serving meals to New Yorkers experiencing homelessness
- Aided with kitchen cleanup and food donation sorting

Fordham Undergraduate Research Journal

Sep 2019 - May 2023

News Writer, Interviewer, Peer Reviewer

New York, NY

- Wrote News sections for publication in the print copy of the journal by conducting interviews, investigating ongoing research, and writing articles on research projects occurring on Fordham's campus
- Reviewed article submissions, provide constructive feedback, and decide to accept or decline articles based on scholarly standards

Peer Health Exchange

Sep 2019 - May 2022

Leadership Committee Member

New York, NY

- Led weekly (WGM) meetings and frequent trainings on Fordham's PHE chapter
- Taught a comprehensive health curriculum to underserved high school students on topics such as mental health, sexual education, and substance use

Crohn's & Colitis Foundation

Aug 2020 - Aug 2022

GI Outreach Assistant & Support Group Facilitator

New York, NY

- Identified and called local GI practices to confirm contact person/info, helped with event-day assistance, assisted the event committee in planning fundraising events, and aided with New York Camp Oasis events
- Served as co-facilitator of a community support group for patients and provided weekly lessons on medical management, IBD 101/diagnosis, the roles of diet and nutrition, and coping mechanisms for maintaining the best quality of life