



# SOURCE

## Star of the Month March 2020

### Katie Landwehr School of Nursing



#### **What community engagement activities or programs have you been involved with? How did you begin to work with community-based organizations (CBOs) in Baltimore?**

I have been involved with Thread, Hampstead Hill Academy, and serve on the SOURCE student governing board for the School of Nursing. I began my work with Thread in my first semester of Nursing School after hearing a presentation about it in my “Community Outreach to Underserved Communities in Urban Baltimore” class in my first semester of school. Additionally, I started my involvement with Hampstead Hill Academy after being accepted into the COP program towards the end of last year (2019). I have been serving on the SOURCE student governing board since January 2019.

#### **How do you find time for service in your busy schedule? How much time do you spend on service per week/month?**

Making time to do anything outside of school is a challenge, but not impossible, with our busy schedule. However, there seems to always be a way to make time for something that you want to do, examples: watching your favorite shows on Netflix, going to the gym, etc. The key is you have to make it a priority and change your attitude about it. Think of service as something that you WANT to do, not just something that you HAVE to do, make it fun! If you do that, finding time won't be impossible. I have been doing community service work for over 10 years and have absolutely loved it, so upon coming to nursing school, I made a commitment to myself that I wanted

to continue doing service while in school. I just looked for opportunities to arise for me to do so. I am currently involved with CBOs who understand that I am a student and are very flexible with my schedule. There are many opportunities that are one-time, but there are also that are on-going. My advice is finding a CBO that you are interested in, contacting them, be up front with your schedule, and go from there. If you really want to serve and want to make time for it, it will happen. “If there is a will, there is a way!” I spend about 4-5 hours a week on service, give or take, based on my schedule.

#### **How does your service shape your development as a health care professional? What do you enjoy about or gain through community service?**

By doing service in the community that I live and work in, I see first-hand the issues that the community members face and am more aware of how I can tailor my knowledge and understanding to them. Additionally, I have the opportunity to become more well-rounded and to learn from people who are not in my profession. It is very easy to get “stuck” in our own profession because we are immersed in it so much, but through doing service, I have learned a significant amount from the people that I have worked with and have met some great people. Some of these people have become my friends and are great resources and support systems to have through school. They have encouraged me to grow and to see things through different lens. *(continued on next page)*



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School of Nursing



What I enjoy about community service is getting to put myself in a different pair of “shoes” and being able to tap into my other passions that I don’t get to use often. It is so easy to get consumed with our own lives and our own problems, but when I do service, I get to step out of my normal comfort zone and help make an impact for someone else/group of people and do something that I would not normally get to do. I find doing service very rewarding and as I said before, I have learned so much and it is something that I very much enjoy and look forward to the next opportunity that I have to serve.

**What advice do you have for prospective students who are interested in community service? What would you say to someone who is unsure of the impact his/her service would have on a community?**

My advice to prospective students interested in community service is “DO IT!”. As I said before, it is possible to do, if it is a priority and something that you really want to do. There are CBOs that work on all different types of projects/causes and I would be very surprised if you didn’t find one that interested you.

Though you may not feel like your impact would have a significant impact on the community, it does. Anything that you can do to help/assist someone else is impactful! Though

it may be small, it is not insignificant and anytime that you can give to helping another person/organization is valuable and very rewarding.

**Any final comments or plugs to promote volunteerism? Feel free to plug an opportunity with a CBO you work with and let others know how to get involved!**

Volunteerism is great and it can be so much fun! I highly recommend getting involved! I would like to plug Thread. For anyone looking for a great, flexible opportunity to get involved with the community, please check out Thread. You can become a mentor for a local high school student, who is not doing well in school, and needs some extra support. Thread is very flexible with your schedule and you get to meet amazing people! Who wouldn’t like to get free food, attend fun activities with cool students, and make a difference in their lives? Sounds great to me! One thing that I did with my student is take him to his first Orioles baseball game. He was reluctant to go at first but, we had a great time and he was glad that he went. This is just one example on how doing service can also be fun! Thread is always looking for more volunteers, please check out [www.thread.org](http://www.thread.org) for more information!

**Thank you Katie for all of your tremendous service to our community!**