

SOURCE Champions of the Month
May 2018



From left to right: Morgan Beutler and Kelly Polhemus

Community Outreach Program - Joy Wellness at Shepherd's Clinic

Joy Wellness at Shepherd's Clinic: Joy Wellness Center (JWC) is the wellness clinic associated with Shepherd's Clinic, a healthcare service for uninsured individuals in Baltimore City who otherwise are limited in access to primary health care. JWC provides wellness services spanning from individual appointments, group classes and workshops in the areas of movement education, healing arts, stress reduction services and mindfulness. Some of the various program offerings include individual massage, cranio-sacral, reflexology and nutrition counseling, as well as group classes of movement arts including yoga, acupuncture circle, group exercise and cooking demonstrations. Additionally, the center offers specialized workshop series in prevention and management of Diabetes. Overall, the goal of JWC is to approach health from a holistic and wellness perspective, supporting clients in their goals for positive, life-affirming change.

Meet the Volunteers: Kelly Polhemus and Morgan Beutler

Kelly Polhemus: I am Kelly Polhemus, a SON student in cohort 5 happily working with the Joy Wellness Center for my service learning experience through SOURCE's Community Outreach Program.

At the site, I have been fortunate to experience and support the classes and workshops for the amazing clients. I typically volunteer on Wednesday nights and assist with setting up and signing clients in for either a cooking demonstration run by Maryland University Integrative Health interns or the Yoga for Life Balance class. When the current yoga instructor took a leave from the class, I was given the opportunity to substitute. Having recently completed a 200-hour yoga teacher training through the Pranotthan Yoga School, I am joyfully excited for the opportunity to teach the Joy Wellness clients. Teaching yoga at a center that aligns with my view of holistic healthcare and wellness is an experience that I would not have been able to have without SOURCE and COP. I am incredibly grateful to share the healing power of yoga with the clients, as you can see with my smile in the above picture (taken after teaching) I always leave class feeling immense joy for the power of community, health and wellness.

Morgan Beutler: My name is Morgan Beutler, and I am currently a Masters Entry into Nursing student at Johns Hopkins University. I am from Mechanicsburg, Pennsylvania and have a Bachelor's degree in neuroscience from University of Pittsburgh. Following graduation in August, I plan to work at Johns Hopkins Hospital in the Neuro Critical Care Unit and one day become an Acute Care Nurse Practitioner.

I work as an administrative assistance in the Joy Wellness Center, where I schedule appointments, check patients in and out, make promotional phone calls to clients and appointment confirmation calls, and more. I also plan to participate in community outreach in order to educate the community about services offered at Shepherd's Clinic/Joy Wellness Center. I love my work at the Joy Wellness Center and hope one day to return as a volunteer after the Community Outreach Program ends.



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