

SOURCE Champion of the Month
February 2014



Christina Kachulis

Johns Hopkins School of Nursing
Accelerated B.S.N. Student class of 2014

"I enjoy helping others out in whatever way they need, meeting new people, and creating new relationships. I also gain a sense of community and I have pride in the work that I do."

How did you begin to work with your community-based organization (CBO)?

I was really interested in getting to know East Baltimore a little better. I wanted to know more about the people, what makes them tick, their assets, and their hardships. I tried to choose CBO's in East Baltimore who addressed various needs and populations so we could get a variety of perspectives.

What do you enjoy about or gain through community service?

I enjoy helping others out in whatever way they need, meeting new people, and creating new relationships. I also gain a sense of community and I have pride in the work that I do.

How do you find time for service in your busy schedule?

There's always an hour or two in the week if you just schedule it in. It is a matter of what is a priority to you.

Besides finding the time, what barriers related to your service have you had to overcome?

Realizing that the best laid plans don't always go as expected... and that it is ok when you have to rethink and alter ideas!!

How has your training in Hopkins influenced the way you approach service?

I try to look at how the various problems people face can all relate back to barriers to receiving good health care and how I can help minimize the barriers.

How does your service shape your development as a health care professional?

I hope I am better able to relate to all of my patients by learning a little bit about where they come from and what their concerns are. It will help me work with them to make sure they follow up on their care after they see me.

What advice do you have for prospective students who are interested in community service?

Find an organization with a mission you are passionate about and start off by committing to a specific time every month or every week, just get it on your calendar!

What would you say to someone who is unsure of the impact his/her service would have on a community?

I saw a staff member tear up over a small food pantry that I helped to cleanup and re-organize. It took me maybe an hour and I didn't think twice about it until I saw what an impact that small service had to someone else. Anything you can do will have a positive impact.

What is the community service accomplishment that has affected you and/or your community the most?

Bringing other students into parts of Baltimore that they hadn't seen before and exposing them to organizations they are excited about partnering with in the future is probably the accomplishment that will affect the community the most.

Final comments:

Your time and commitment is valued by the organizations, the members they provide services to, and the community. Look at the list of CBO's on the SOURCE website and call or email the contact person. If you don't have a lot of time, many of these organizations have short term projects that really help them out. Ask if there is something that needs to be done that staff members often don't have the time to do, they'll really appreciate it!



SOURCE@jhsph.edu
www.jhsph.edu/SOURCE