

SOURCE Champion of the Month
June 2016



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"It is especially important to get to know your community better because after all, you belong to it too!"

What do you do as your community engagement activity?

Thread and Charm City Clinic

How much time do you spend on service per week/month?

2-5 hours a week

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

I became involved with Thread when I first started my graduate program in the fall of 2014 and began working with Charm City Clinic (CCC) in the spring of 2015.

What do you enjoy about or gain through community service?

I enjoy the quality time with the students and clients I work with as well as hearing their stories. Community service brings my own academic and professional work into perspective and allows me to bond with the community outside of graduate school.

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

I have always believed that if something was truly meaningful to you, you would find the time or make the time to fit that into your schedule. Whether I'm contributing my time, services, or just

conversations, knowing that I can make quality investments towards someone else's well-being is significant.

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

The biggest barrier I have had to overcome is balancing and reprioritizing my schedule every so often, while at the same time ensuring that I am taking good care of myself. It is important to remember that you need to tend to your own physical and emotional health in order to keep up with your commitments.

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

As students on this campus we hope that our academic and professional training arm us with the tools we need to solve dire public health and medical problems in our community and across the globe. But just as important as problem solving are the abilities to listen to the people you are trying to help and to create sustainable solutions. My experience at Hopkins has cultivated my approach to service in these ways.

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

My service work has allowed me to become more open minded about how I see issues in health care and to approach these issues from the perspective of both the individual and community.

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

Every community service opportunity is an opportunity to learn something that you cannot in the classroom or in a professional workspace. It is especially important to get to know your community better because after all, you belong to it too!

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

Two phrases I like to live by: if you never try you'll never know and the worst they can say is no.

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

Working with my student in Thread has been my most enjoyable experience here in Baltimore. We've both grown so much together over the past year and being able to work closely with his family has been a blessing.

Final Comments

If you're looking for a challenging and rewarding experience, I would highly recommend checking out Thread and Charm City Clinic! They are both substantial and growing organizations in Baltimore and they have significantly shaped my experience here over the last two years.



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