



BUILDING MOMENTUM

2022 ANNUAL REPORT



In 2022, the Community Wellness Initiative (CWI) energized faculty, staff, students, alumni, and supporters to build on Philadelphia College of Osteopathic Medicine's (PCOM) commitment to serving people in the communities where our campuses are located. Thanks to significant growth in participation from everyone, CWI broadened its reach and deepened relationships with patients, community members, and partners. Such increased involvement led to more health screening opportunities, additional community-based educational seminars, and an expansion of the food pantries located at each PCOM Healthcare Center.

Staying true to its purpose, CWI continues to build on connections and expertise across all PCOM campus locations to engage and support these communities in greater health and wellness. We are pleased to present this report highlighting work that occurred during CWI's second year.



MESSAGE FROM STUDENTS

"Before partnering with CWI, our opportunities to work within the community were limited. We were eager to be involved, but did not have the opportunities or resources to do so. With support from the CWI, we feel empowered to get involved and to become agents of change within the community.

Through building community relationships and providing funding opportunities, the CWI provides many opportunities to make connections and to serve our local communities by providing health screenings, advocacy and education. Doing so allows us to mold strong interpersonal skills with diverse groups of people and to work towards becoming better healthcare providers, and community leaders, in the future."

Olivia Cunningham (DO '25) and Kayla M. Davenport (DO '25)



HIGHLIGHTS FROM 2022

Throughout all of its activities at all PCOM locations, CWI maintains a keen focus on equitable provision of these health and wellness resources. It is not enough to simply share information with the community; ensuring that people have equitable access to that information is paramount.

PCOM COMMUNITY DAYS

In an effort to build trust in the communities surrounding Philadelphia, CWI hosted three Community Day events in 2022. Each event provided participants with a free meal, health screenings, fun educational activities teaching about the pulmonary and circulatory systems, nutrition education teaching about My Plate, and how to read a food label and wellness resources.

On August 21, 2022, over 200 people came out to the PCOM Healthcare Center on Lancaster Avenue in West Philadelphia. Leroy's Barbershop provided free haircuts, and CWI staff distributed nearly 100 backpacks filled with school supplies to local children.

In honor of Older Adult Wellbeing Month in September, CWI held an event at Park Tower Apartments, a senior residential complex near the Philadelphia campus. Over 100 residents were treated to a presentation on fall prevention, rousing rounds of Nutrition Bingo, and tips to promote healthy aging by PCOM geriatrician Nicole Josephs, DO.




In October, as the cold weather set in, CWI oversaw the distribution of nearly 160 winter coats and hats to both children and adults at the PCOM Healthcare Center at Cambria in North Philadelphia.

PCOM GEORGIA

In honor of Heart Health Month in February, PCOM Georgia DO Council students taught hands-on CPR to over 100 community members at the Mall of Georgia.

Students and faculty attended the Jolly Holly Day festivities at Suwanee Town Center in December.

FAST FACTS

	2021	2022
 COMMUNITY EVENTS	10	42
 INDIVIDUALS SERVED AT OUR FOOD PANTRIES	237	1,551
PERFORMED HEALTH SCREENINGS FOR COMMUNITY MEMBERS	3,000+	
 ADMINISTERED COVID VACCINE BOOSTERS	3,000+	

They provided free blood pressure screenings and demonstrations of simulation equipment and patient care simulator mannequins.

PCOM Georgia also partnered with Sara J. Gonzalez Park and the City of Atlanta's Mayor's Office of International and Immigrant Affairs to participate at the 2022 Winter Resource Fair. One hundred and twenty Spanish-speaking community members received blood pressure screenings, grocery store gift cards, new and gently used clothing, and new toys.

PCOM SOUTH GEORGIA

Hoping to bridge the gap between PCOM South Georgia and the Moultrie community, Brothers in Medicine was started to advance awareness, education, and research on the social determinants of health that impact the Black community, specifically in rural areas. Brother's in Medicine partnered with the Boy's and Girl's club to mentor and educate children on the importance of a healthy lifestyle, and DO students traveled to local barber shops to screen customers for high blood pressure.

First- and second-year DO students volunteered at the 2022 Sunbelt Ag Expo held in Moultrie in October and administered blood pressure, glucose, and cholesterol screenings to interested attendees.



**COMMUNITY WELLNESS INITIATIVE
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THANK YOU!

We are grateful for our sponsors' generous support and commitment to CWI. Their help has allowed us to serve our communities in countless ways, from providing essential health screenings to combating food insecurities. We are truly grateful for the many partnerships that we've established and the tremendous impact they've had on our mission. Thank you to everyone who helped CWI make a difference.

Contact Flo Byarms, Director, Community Wellness Initiative, to discuss partnering with PCOM at any of our campus locations.
florastby@pcom.edu | 215-871-6604

For CWI sponsorship opportunities, contact Sean Morgan, Sponsorship Officer.
seanmo@pcom.edu | 215-871-6317

Visit www.pcom.edu/about/president/cwi for more information and a list of upcoming events.