



Campus Resources for Help

Northeast Lakeview College

STCM H Student Commons

Phone: (210) 486-5000

Northwest Vista College

Cypress Campus Center 204

Phone: (210) 486-4834 or 4419

Palo Alto College

S.H.A.R.E. Center, Student Center 100

Phone: (210) 486-3750

San Antonio College

Chance Academic Center (CAC) Rm 323

Phone: (210) 486-1620

St. Philip's College

MLK Campus, SAFE Space, Sutton Learning Center Rm 102 &
SWC Campus, Industrial Technology Center Bldg 1, Rm A-135

Phone: (210) 486-2333

* Services for ACCD students are not restricted to home campus

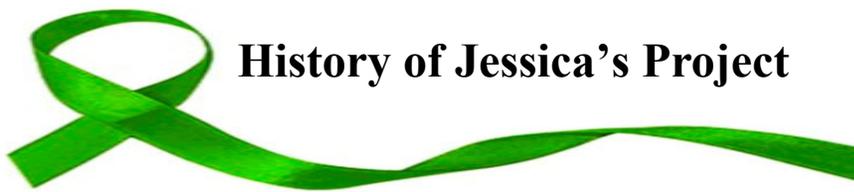


JESSICA'S PROJECT
Nurtures Maternal Health

April 13, 2022
8:00am—1:00pm

**A multidisciplinary all college
presentation. Guest speakers, student
presentations, videos and more!**

Zoom Webinar
And Bowden Alumni Center



History of Jessica's Project

In March 2012, after learning of her 10 year old niece's Celiac Disease diagnosis, the Chair of the Natural Sciences Department shared her story with one of Dr. Nfor's Nutrition classes. Stricken by the lack of knowledge regarding Celiac Disease and a desire to help Jessica and her family, Dr. Nfor tasked his students with researching the disease. By the end of the semester, the class hosted an information session for Jessica and her family where they learned more about her disease and the foods she could eat.

From that chance beginning, Jessica's Project has continued each semester. The original goal was tackling nutrition related diseases and disorders. The project has expanded the subject matter to interdisciplinary topics. Jessica's Project has become a multi-department, multi-discipline SPC project that includes community organizations.

Past Jessica's Project Symposia:

Obesity	HIV
Substance Abuse	Coronary Artery Disease
Spina Bifida	Diabetes
Autism	CTE/TBI
Crohn's Disease	Unplanned Pregnancy
Covid 19	Covid 19 cont'd
Sickle Cell Anemia	

For more, go to the website:

[www:alamo.edu/spc/jessicas-project](http://www.alamo.edu/spc/jessicas-project).  **Jessica's Project**



More about Jessica's Project

The goals of Jessica's Project are to strengthen student learning and interest in the sciences, technology, engineering, arts and mathematics (STEAM) by connecting course topics to issues affecting the local community.

It is a civic engagement program at St. Philip's College designed to encourage faculty to incorporate civic engagement model into their courses by redesigning old syllabi and curriculum.

This program provides help to faculty and staff through workshops, symposiums, and events organized by our students to inspire others to be vested in the community. Through this program, students, faculty and staff are given the opportunity to give back to the community, students are encourage to utilize their skills to conduct proper research on a specific topic and present a professional poster during the symposium.

Future Plans

- SPC Jessica's Project – Project Worth Partnership to expand teenage and unplanned pregnancy prevention campaign
- Sustained efforts to combat preventable diseases in our community
- Continue to train students, staff and faculty on urban gardening
- Scientific textbooks and Laboratory equipment drive: Giving unused books and equipment a second life.
- Grant writing to seek funding to sustain the projects
- Provide training to interested institution of higher learning on best practices for civic engagement
- Present at National conferences and workshops
- Developing new partnerships with Brackenridge High School
- Developing new partnerships with Advanced Learning Academy at Fox Tech High School



Community Resources for Help

San Antonio Food Bank

5200 Enrique M. Barrera Pkwy
San Antonio, TX 78227
210.337.FOOD
210.337.3663
info@safoodbank.org

Atascosa County Community

Camino Real Community Services
19965 FM 3175 N.
Lytle, TX 78052
Crisis Phone: 800-543-5750
Main Phone: 210-357-0300

Bandera, Comal, Kendall, and Kerr County Communities:

Hill Country Mental Health & Developmental Disabilities Centers
819 Water St., Ste. 300
Kerrville, TX 78028
Crisis Phone: 877-466-0660
Main Phone: 830-792-3300

Bexar County Community:

The Center for Health Care Services
3031 IH 10 West
San Antonio, TX 78201
Crisis Phone: 800-316-9241 or 210-223-7233
Main Phone: 210-731-1300

Guadalupe County Community:

Bluebonnet Trails Community Services
1009 N. Georgetown St.
Round Rock, TX 78664
Crisis Phone: 800-841-1255
Main Phone: 512-255-1720

***These locations do not require health insurance and will provide services free of charge.**



Agenda

Wednesday 4/13/2022

7:45 am - 8:00 am	Poster Viewing
8:00 am - 8:15 am	Welcome and Introduction by Dr. Adena Williams Loston
8:15 am – 8:30 am	Poster Viewing
8:30 am – 9:15 am	Keynote address 1: Eitandria Tello
9:15 am - 9:30 am	Poster Viewing
9:30 am - 10:15 am	Key note address 2: Sasha Wilhelm
10:15 am - 11:00 am	Student Panel Discussion
11:00 am - 11:45	Keynote Address 3: Roxanne Maynard
11:45 am - 12:00 pm	Poster Viewing
12:00 pm - 12:15 pm	Keynote Address 3: Dr. Vasudha Panday MD, Ophthalmologist
12:15 pm - 12:50 pm	Poster Viewing
12:50 pm	Closing Remarks
	THANK YOU! SEE YOU NEXT SEMESTER



Keynote Speakers

Eitandria Tello

Eitandria Tello earned her Master’s degree in Counseling from New York University and completed an internship at Queens College. That experience sparked her interest in working with college students and she has worked with that population since 2006. Her areas of focus are healthy relationships, the impacts of childhood trauma and promoting resilience. Her role as a SPC Personal Counselor allows her to assist students who have obstacles standing in between them and their goals. Serving students who range from late teens to late adulthood provides Eitandria ample opportunities to help students with a wide-range of issues including: mental health concerns, access to basic resources and interpersonal conflicts

Sasha Wilhelm

Sasha Wilhelm is the Director of the Student Advocacy Center. She is a Licensed Baccalaureate Social Worker and Licensed Professional Counselor. Sasha has her Master’s degree from Texas A&M University-Corpus Christi with a focus on Marriage and Family Therapy. Sasha specializes in working with teens, young adults, and families working through trauma. Her professional experience includes work in child protective services, mental health hospitals, correctional treatment facilities, domestic minor sex trafficking, and higher education. Sasha is an advocate for families and students overcoming systemic obstacles and obtaining their educational goals.

Student speakers:

Mrs. Sandra Scott, Brandi Clinard,
and Stephanie De La Rosa



Jessica's Project



Keynote Speakers

Roxanne Maynard

Roxanne Maynard has earned an M.A. in Speech from Oklahoma State University and an M.A. in Professional Counseling from Texas State University. She is a LPC-S (Licensed Professional Counselor-Supervisor) and LCDC (Licensed Chemical Dependency Counselor). Her background in counseling includes working with clients experiencing homelessness, addiction, depression, anxiety, conflicted relationships, grief and loss. She joined the Alamo College family in 2008 and has served in multiple roles across the District including Career Counselor and Adjunct Instructor for Speech and Human Services. As a personal counselor at St. Philip’s College, Roxanne supports SPC students overcoming personal barriers to achieve academic and career goals. Her areas of focus are self-empowerment, holistic wellness, and health relationships.

Vasudha Panday, MD, Ophthalmologist

Dr. Panday received her medical degree from Jefferson Medical College in Philadelphia and completed her residency in Ophthalmology at Wills Eye Hospital. She then completed a fellowship in the subspecialty of Cornea, External Disease, and Refractive Surgery at the Wilmer Eye Institute of Johns Hopkins Hospital. After fellowship, Dr. Panday moved from the Northeast to San Antonio to serve in the United States Air Force and completed eight years of active duty service at Wilford Hall Medical Center on Lackland Air Force Base. During that time, she functioned as Chief of the Cornea and Refractive Surgery Service, Director of the Joint Warfighter Refractive Surgery Center, Refractive Surgery Consultant to the Air Force Surgeon General, and Associate Program Director of the largest Ophthalmology residency program in the Department of Defense. She rose to the rank of Lieutenant Colonel in the U.S. Air Force prior to departing and joining private practice. Dr. Panday has taught numerous ophthalmology residents, published many journal articles in her field, spoken at national and international conferences, and serves on the American Board of Ophthalmology to certify other ophthalmologists.