


1-1-2014

## Veterans Helping Veterans

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### Recommended Citation

Damiano, Christopher and Garber, Laurel, "Veterans Helping Veterans" (2014). *Bridging the Gaps Posters 2014*. 23.  
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# Veterans Helping Veterans

## The Perimeter, Philadelphia Veterans Multi-Service Education Center

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Community Preceptor: Jaclynn Ries, MS, PVMSEC

Bridging the Gaps  
Focus Areas  
Adopted from HP 2010 & HP 2020

- Tobacco Use
- Oral Health
- Heart Disease & Stroke
- Nutrition & Weight Status
- Physical Activity & Fitness

### The Community Site

The Perimeter provides coordinated and comprehensive services to military veterans to reduce barriers to successful transition and to address needs for independent reintegration into the community. Services include essential daily-living amenities, social and human services counseling, training, employment, and referrals to outside services to less fortunate veterans experiencing barriers reestablishing themselves as productive members of the community.

[www.PVSMC.org](http://www.PVSMC.org)



### Project Goal

The goal of the BTG interns' participation: to help develop the Perimeter as a community environment in which the Veterans can begin rebuilding their lives.



### Services & Strategies

- Aided in client intake
- Organized and ran regularly scheduled recreational activities
- Developed a health education curriculum
- Served as another general resource for the Veterans
- Established trusting relationships with the Veterans
- In casual conversation
- At meals
- In daily activities : bingo, trivia, karaoke, nature hikes, arts & crafts, and card games.



- Organized health discussions requested by Veterans and staff
  - Cardiovascular health
  - Oral health
  - Smoking
  - Physical fitness & nutrition

### Personal Statements

“I came out of this internship with a deeper understanding of Veterans, and the homeless and under serviced population in general. It was extremely rewarding to interact with and befriend people I would normally never have had the chance to get to know. The clients at The Perimeter taught me things and opened my eyes to cultural issues that I may not have learned about in any other way. Overall, I strengthened my interpersonal skills and learned lessons that will help me with a diverse group of patients in the future.” -Laurel



“Prior to medical school and my Bridging the Gaps experience, I studied public health from a very academic perspective. Volunteering at the Perimeter provided me with first-hand experience and a fuller understanding of the challenges and rewards of working in underserved populations. More importantly, I spent a summer helping and establishing meaningful relationships with Veterans, while learning life-long lessons that will benefit my future career as a physician. Bridging the Gaps has also reinforced my desire to work in public health.” -Christopher