



# Empowering Refugee and Immigrant Communities

## Health, Wellbeing, and Social Connection as a Foundation to Life

### Student Interns

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### Academic Preceptor

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### Community Preceptors

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## COMMUNITY PARTNER



**Nationalities**  
SERVICE CENTER

### Mission

NSC strives to promote health, wellbeing, independence, and quality of life for the refugee and immigrant population it serves. Ultimately, NSC empowers immigrants and refugees by supporting them to connect with their community and build a foundation for a better future in the U.S.

Established in 1921, **Nationalities Service Center (NSC)** is an organization committed to serving all refugees and immigrants.



*Nationalities Service Center*  
1216 Arch Street, Floor 4  
Philadelphia, PA 19107

<https://nscphila.org>

### Services

NSC provides comprehensive services, including language proficiency classes, legal protections, case management, community transition and integration resources, access to health and wellness, job readiness, and youth programming.



## PROJECTS

**NSC Youth Group**  
Building community and  
strengthening minds



### INSPIRE Summer Youth Group

- Planned & facilitated weekly sessions featuring field trips & group activities to build community & social participation amongst refugee & immigrant high school students

### Health & Education Resources

- Researched & developed a guide for case managers to help navigate special education services in Philadelphia school system
- Created health education materials for smoking cessation
- Led workshop to guide clients through filing FAFSA form

### Social Media Management

- Increased @nscyouthconnect Instagram account engagement by designing & sharing stories & posts, and by responding to direct messages & comments

### Nutrition Education Module

- Created educational nutrition materials to be presented to newly-arrived refugees
- Nutrition education module covered topics such as reading a nutrition label, properly portioning food, & healthy, culturally-relevant substitutions for recipes

### Food Distribution

- Assisted with packaging & distribution of food for NSC clients that qualified for this service



## PROJECT RESULTS & ACCOMPLISHMENTS

*"Youth Group has been a nice way to meet new people and just get out of the house this summer, especially after being stuck inside so long from Covid."*

### FAFSA INFORMATION SESSION

Prepare for college by filling the Free Application for Federal Student Aid!

MONDAY | JULY 12TH  
2:00 PM - 3:00 PM | ZOOM

### Guide to Navigating School Systems



Case Management  
Updated July 2020



@nscyouthconnect reached **+29.7%** more accounts & increased profile visits by **+50%** from 6/14-7/30 than from 4/29-6/13

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*Food distribution is key to combatting food insecurity.*

## REFLECTIONS

Partaking in the Bridging the Gaps summer program and being able to work at Nationalities Service Center has allowed us, as interns, to give back to the Philadelphia community and gain insight into the needs of refugees and immigrants who live in the same neighborhoods as we do. During our internships, we were able to collaborate with, observe, and

learn from different social workers and healthcare providers, increasing our appreciation for interdisciplinary teams. Altogether, our experiences have enriched our education, and we hope we will be able to implement the lessons we have learned about teamwork, patience, flexibility, and open-mindedness in our future medical and occupational therapy practices.