



Alcancemos las Metas Let's Reach our Goals

Amber Heckart and Lucy Muhirwa 2013-2014 NC Albert Schweitzer Fellows Brody School of Medicine at ECU



THE ALBERT

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LAUNCHED IN 2009

ALMAS was developed by 2009-10 Schweitzer Fellows Sarah Mian and Reema Padia to promote the education and well-being of Spanish speaking women in eastern North Carolina. Since then, these weekly 2-hour classes held at the James D. Bernstein Community Health Center have continued to help improve the English speaking skills of the participants by pairing them with a tutor/mentor. With the help of the Literacy Volunteers - Pitt County, Fellows Amber Heckart and Lucy Muhirwa expanded the program to address the literacy needs of the participant's children.



GOALS

- Promote the literacy of Hispanic children through a guided reading program to improve their academic performance in school
- Empower Hispanic women through individualized English instruction
- Increase parental involvement in their child's education and personal development
- Lead monthly health sessions to promote awareness, prevention, and improve overall health outcomes

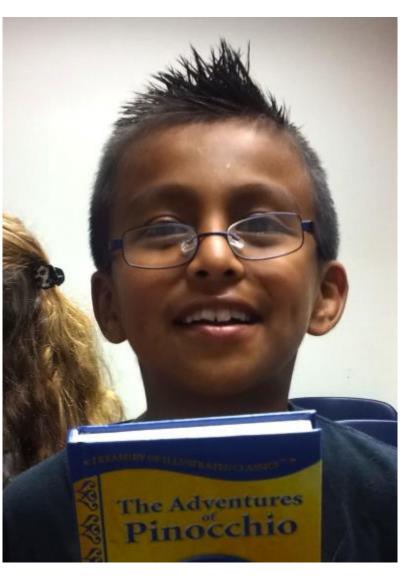
Children explored the world of literature and learned the importance of reading!

OUTCOMES

Out of the 36 children in the program:

22 increased their literacy level by a half grade or higher





Excited to read!





Drawing book characters



- 25 completed one new book each week for 4 consecutive months or longer
- 30 demonstrated one or more healthier behaviors for 4 or more weeks including:
 - 27 increased physical activity by 30 minutes 3 times per week
 - 30 replaced one unhealthy snack with a healthy snack
 - 30 increased consumption of fresh fruits and vegetables

Fifteen of the 26 Hispanic mothers in the program read with their children twice a week for 30 minutes for 4 consecutive months or longer.

Nutrition health session

Outdoors activities

SUSTAINABILITY

ALMAS will be sustained by the medical students at Brody School of Medicine and the Spanish Club with funding provided by the NC Albert Schweitzer Fellowship.

www.schweitzerfellowship.org

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