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# Happenings



## SHRS Wellness Pavilion at the Pitt Community Engagement Center in Homewood

Fall 2020 - Volume 1, Issue 1

“Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives” —Dr. Martin Luther King Jr.



**Channing L. Moreland, Ed.D., NCC**  
Director, SHRS Wellness Pavilion

As the inaugural director of the [School of Health and Rehabilitation Sciences \(SHRS\) Wellness Pavilion \(WP\)](#), located at [Pitt's Community Engagement Center \(CEC\)](#) in Homewood, I am humbled and honored to lead this community engagement initiative. The SHRS WP is a student-led community space that offers inter-professional services and programs, which aims to promote, improve and maintain the health and wellness of community members in Homewood and surrounding areas. At the start of this year, we didn't know we would be so heavily impacted by the COVID-19 pandemic, so much so we wouldn't be able to offer in-person programs and services. However, with your support, we've been able to creatively and collaboratively engage the Homewood community.

Thank you to our SHRS faculty, staff and students as well as CEC staff and community partners for supporting the WP despite experiencing a global pandemic. You have shown such strength and resilience during these challenging times.

We are excited to share "Happenings." This newsletter serves as a quarterly update of our events, programs and community partnerships.

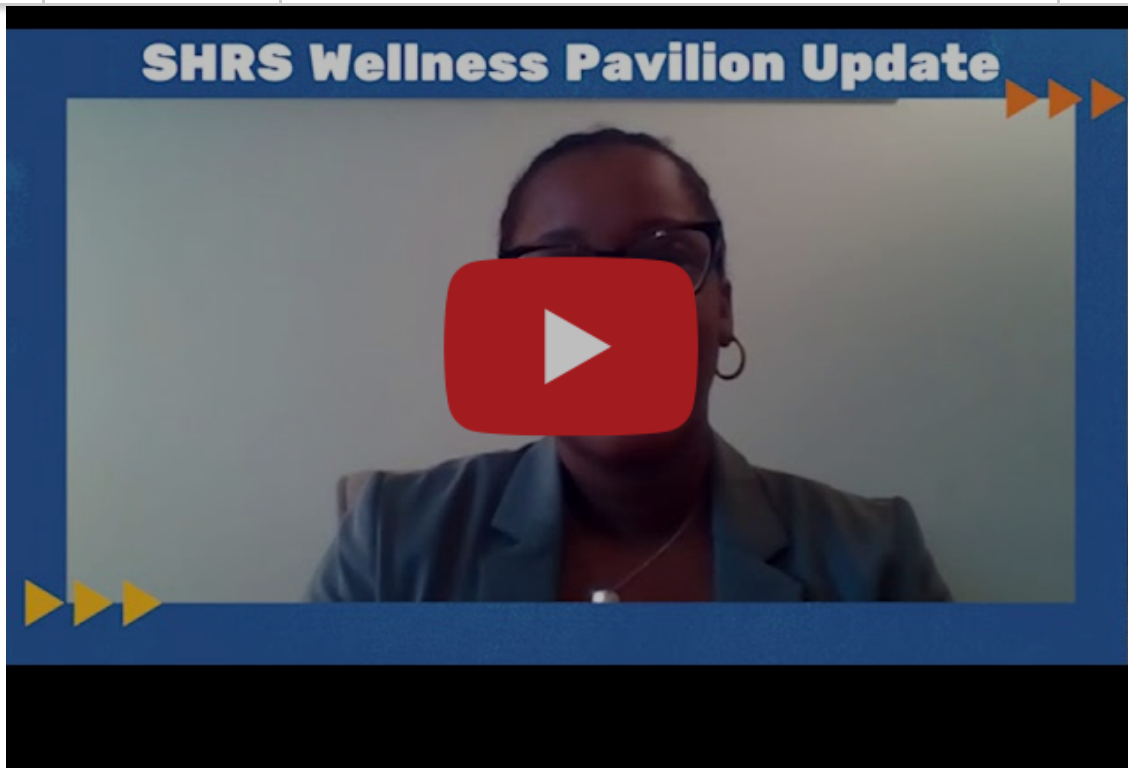
▶▶▶ Enjoy & Happy Holidays!

[The University of Pittsburgh Community Engagement Center \(CEC\) in Homewood](#) is the physical representation of Pitt's desire to be better partners in the community. It is a space created for neighborhood partners, community-based organizations and University faculty, staff and students to collaborate in respectful and effective ways. Opened in 2018, the CEC is a strategic initiative of the Plan For Pitt. The Wellness Pavilion opened in March 2020 as part of the W.E.L.L. at the CEC (Wellness, Education, Living and Learning), and SHRS has been a core partner in the University's CEC initiative.

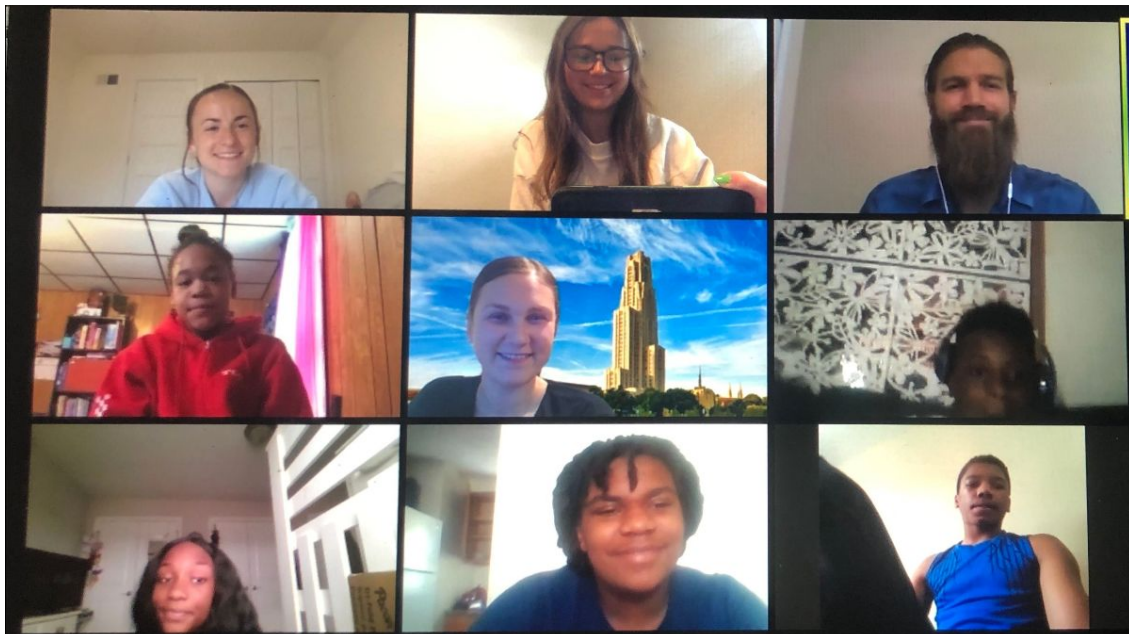


**Left:** Multipurpose room & consultation rooms; **Center:** Wall mural with photo of Homewood circa 1990; **Right:** Commercial-grade kitchen

## Summer Highlights



Through the WP, SHRS [Clinical Rehabilitation and Mental Health Counseling](#) graduate students addressed community mental health needs by offering Mindfulness, Mental Health 101 and New Moms Support groups to participants at the [Sojourner House](#). The Sojourner House, named after the great African American preacher, Sojourner Truth, was founded in 1991 by a group of women from Fox Chapel Presbyterian Church. The organization's goal is to help families successfully continue their recovery journey, focusing on strengthening family relationships, promoting self-sufficiency, long term sobriety and mental health stability.



In collaboration with [Homewood Children's Village](#) and the [Pitt Community Engagement Center in Homewood](#), Pitt SHRS [Emergency Medicine](#) students offered American Red Cross Babysitting classes to two cohorts of youth ages 11-15 through

development, child safety, resume writing and entrepreneurship. Upon class completion, each youth earned a \$100 Target gift card and 2-year certification. Click on the links to learn more about this program from a [parent](#), [youth](#) and [instructor's](#) perspective.

## Faculty & Student Spotlight

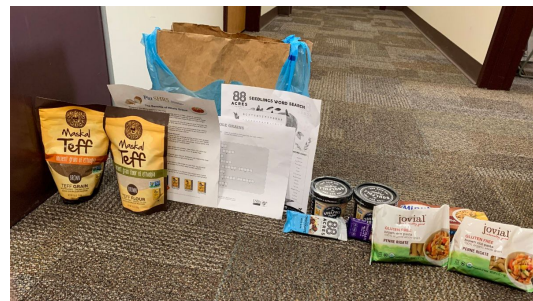


[Dr. Bernard Rousseau](#) is SHRS' new associate dean for Equity, Inclusion and Community Engagement. Rousseau, professor and chair, Department of Communication Science and Disorders, is charged with overseeing a comprehensive program that provides leadership, guidance and support to increase school-wide efforts in recruitment, retention and advancement of an inclusive community of faculty, staff and students in SHRS. In addition to these responsibilities, Rousseau will be providing leadership in the development of partnerships in the community to strengthen engagement and to be a productive partner responsive to the needs of SHRS, Pitt and the greater Pittsburgh and commonwealth communities, including activities at the Pitt Community Engagement Center in Homewood and the SHRS Wellness Pavilion.



We welcome [Lauren Gutterman](#), our newest intern at the WP. Currently a student in Pitt's Graduate School of Public Health - Gutterman enjoys engaging students in WP programming and looks forward to interacting and collaborating with the Homewood community.

## Collaborations



**Left:** Lesson to PittEnrich youth; **Right:** Items packaged in food distribution

[Dietitian Nutritionist Program](#) students offered three socially distanced nutrition lessons to [PittEnrich](#) and [Homewood Children's Village](#) Learning Hub youth at the WP.

In an attempt to combat food insecurity, [Caroline Passerello](#), instructor, [Nutrition](#), worked with the WP and the [Community Empowerment Association](#) to package and distribute whole grains in a Homewood food distribution event. Read more about this project [here](#).

## In Case You Missed It

SHRS students and faculty love sharing their expertise! The SHRS Wellness Pavilion has published several videos and learning tutorials since the pandemic took hold in March. Click on an image below to learn something new. View all of our videos on the [SHRS WP YouTube channel](#).



## Tune in!

We currently have two on-going series, listed below. Check our [Facebook page](#) regularly for new asynchronous content!

- **Mondays:** [Explore Health Information Management \(HIM\)](#)
- **Wednesdays:** [Beyond the Bell](#) (Music Lessons)

## Achievements

programs and services. The achievements listed below have allowed us to continue our mission of offering person-centered, inter-professional services and programs that aim to improve, maintain and promote the health and wellness of Homewood residents and surrounding communities across the lifespan.

- Recipient of [2020 Pitt Seed Funding](#)
- Overall third place winner of [Pitt's Year of Engagement Social Media Challenge](#)

Looking for ways to contribute to our community & civic engagement initiatives at the Wellness Pavilion? [Donate here.](#)

[Click here for printable & interactive health and wellness resources!](#)

Thank you and happy holidays from the SHRS Wellness Pavilion Team!

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# Pitt SHRS

## Wellness Pavilion

School of Health and Rehabilitation Sciences

## SHRS Wellness Pavilion

[University of Pittsburgh Community Engagement Center in Homewood](#)

412-383-3770

*Hours of operation are currently altered due to COVID-19 safety plan procedures.  
Please check our [website](#) for further details.*



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