



January 2021



DHC Welcomes Dr. Shafer to Our Board!

Doctors for Healthy Communities is very excited to welcome our newest board member, Dr. Lindsey Shafer. She is already doing great work to help the least privileged among us, and DHC is delighted to partner with her going forward.

Dr. Shafer is an obstetrics and gynecology physician at Norton Women's and Children's Hospital. She graduated from medical school at the University of Louisville in 2009. She completed a residency in obstetrics and gynecology in 2013 at the University of Louisville and became board certified in obstetrics and gynecology in 2015. She serves as adjunct clinical faculty at the University of Louisville, School of Medicine where she

instructs resident physicians. She works with several organizations that address food insecurity and animal adoption. Welcome Dr. Shafer!



Join the "Hearts for Heroes Challenge"

DHC President Muhammad Babar, MD, is a champion of the "Hearts for Heroes Challenge," lifting up front line workers and recognizing them online. Posting on Facebook, Dr. Babar said:

"Health care workers have been on the frontline of Covid-19 pandemic since its onset. They have been serving fellow citizens selflessly while putting themselves and their loved ones at risk.

Compassionate Louisville is requesting everyone to tag their healthcare heroes on social

media and challenge other friends to do the same. Special thanks to a group of high school students for organizing this challenge. Please take a moment to acknowledge their effort by watching (the above) video.

Kindly remember that physicians and nurses are not the only Healthcare workers but nurse aides, unit secretaries, social workers, respiratory therapists, pharmacy staff, dieticians, physical therapists, case managers, security staff, food workers, maintenance workers and housecleaning staff are also true unsung heroes.

As Chair of BOT of Compassionate Louisville and having hundreds of healthcare worker as my friends, I do not want to be partisan in nominating a few as my healthcare heroes. But still I have to fulfill the requirement. Therefore I will send a heavenly tag to all the healthcare workers in our country and across the globe who have made the ultimate sacrifice of their lives while fighting this pandemic including our local Kentuckians Dr. Rebecca Showden, Michael Rodriguez and Dr. Mohammed Jawed.

I will humbly request all of my friends to accept this challenge by tagging/naming your healthcare heroes and nominating friends and family to keep it going. Godspeed."

Blanket Deliveries Bring Warmth to Louisville

On January 8th, DHC volunteers brought blankets and good cheer to two shelters in downtown Louisville: [St. Vincent de Paul's Open Hand Kitchen](#) and the [St. John Shelter for Homeless Men](#). Thank you to all of the hard workers in these facilities giving time and energy to those in need. Click the links above to see more photos from DHC's deliveries.



DHC/APPNA Outreach Recognized by US Embassy in Pakistan

DHC and APPNA, in collaboration with Dare to Care, distributed food packages including frozen turkeys, fresh fruit and vegetables among families at Camp Taylor and Audubon Traditional Elementary School to support families in need. The volunteers also delivered hygiene items including soap, toothpaste, toothbrushes, floss, shampoos and deodorant.

The US Embassy of Pakistan kindly recognized these efforts on [their Facebook page](#). We are grateful and proud for their acknowledgement.

DHC Available to Families

Via JCPS 360

In October 2020, we reported that DHC would provide check-ups for students at the JCPS 360° Center. We're proud to report these have been a great success!

This student and family support center is located at 101 E. Main St. in downtown Louisville. Services include:

- Special education screenings
- "Parent Portal" support
- Enrollment and school choice information and help
- Language translation services
- IT support with computers, education and digital platforms
- Access to Louisville Metro Office of Resilience and Community Services
- Physicals, vision and hearing screenings from Doctors for Healthy Communities' volunteers
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The JCPS 360° Student & Family Support Center is open Monday through Friday from 9 a.m. to 3 p.m.



[Email the center for more info.](#)

[To see the center in action, watch a recent tour on Youtube.](#)

Donate to DHC Here!

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