



# ALMAS

**Alcancemos las Metas  
Let's Reach our Goals**

THE ALBERT  
SCHWEITZER  
FELLOWSHIP®

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2013-2014 NC Albert Schweitzer Fellows  
Brody School of Medicine at ECU**



## 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.



Our group

## 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



Excited to read!



Drawing book characters

**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
- ❖ 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](http://www.schweitzerfellowship.org)

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