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## DHP STUDENT AWARDS PRESENTED AT MAY 3 CELEBRATION



Michelle Kitchman Strollo, Heather Foster, Lisa McGonigal, DHP Chair Sara Rosenbaum, and Lauren Hughes (l - r)

The Department of Health Policy offers three student awards. Each award is given to one graduating student in Health Policy who best exemplifies the award criteria. All graduating Health Policy students are eligible for these awards; winners are chosen by the Department's Student and Alumni Affairs Committee, with input from the Department's faculty.

**Michelle Kitchman Strollo** and **Heather Foster** are the co-recipients of the **Scholar's Award**. This award is presented to the graduating Health Policy student with the

highest overall GPA.

**Lisa McGonigal** is the recipient of the **Health Policy Culminating Experience Award**. This award is presented to the student who completes the overall best policy analysis through the Health Policy Seminar (the culminating experience for students in the MPH-Health Policy program).

**Lauren Hughes** is the recipient of the **Chair's Award**. This award is presented to the student who has been a leader in all three areas central to the Department's mission - academics, research, and service.

## A MESSAGE FROM DHP CHAIR, SARA ROSENBAUM, JD



What a wonderful year this has been! Outstanding students, terrific faculty, great courses, wonderful, wonderful guests! For those of you who have now become alumni, our best wishes and our great hope that you will retain your close association with the department through participation in alumni events, student mentoring, career nights and other activities. For those of you returning in the new academic year, rest up and get ready for a year devoted to health policy and national health reform in anticipation of the 2008 Presidential election.

To submit items of interest, e-mail Rick Mauery at [rmauery@gwu.edu](mailto:rmauery@gwu.edu) before the end of the month.

Thank you to MPH student Arista Salimi, DHP Professor Rick Mauery, DHP Public Affairs Liaison Lee Repasch, and DHP researcher Jennifer Bretsch for their assistance in producing this newsletter.

**Dept. of Health Policy  
Professional Mentoring  
Program**

All current SPHHS Health Policy Students and SPPPA students with a concentration in Health Policy are invited to join our Professional Mentoring Program. This program is intended to match health policy students with professionals in the field to provide career advice, networking opportunities, research ideas, and more.

**Program Goals**

- To provide an opportunity for students to learn from "professional advisors" who are currently working in the health policy field;
- To create a relationship with a mentor who can assist you in making choices about research projects, pro bono opportunities, career paths, future schooling, etc. during and after your time at GW;
- To establish a network of mentors who may be available for formal roles as special projects preceptors and thesis or dissertation advisors;
- To strengthen the ties between students, mentors, and the Health Policy program.

If you are interested in learning more about the program, please review the Mentor and Student guidelines available at:

<http://www.gwumc.edu/sphhs/healthpolicy/>

**HEALTH AND MEDICAL  
VOLUNTEER OPPORTUNITIES**

**American Heart Association -- Lawyers Have  
Heart 10K Run and Walk  
Saturday, June 9**

Spurred by the fact that cardiovascular disease is America's No. 1 killer, four million AHA volunteers are working to prevent heart disease and stroke. Each year the American Heart Association relies on these volunteers to help reduce disability and death due to heart disease and stroke. Fundraising through activities, such as Lawyers Have Heart, secure the necessary funds to support the research and educational program activities.

Please arrive at the Washington Harbour and report to the volunteer-check in no later than 6:15 a.m. All volunteers will receive a classic Lawyers Have Heart t-shirt, admission to the post-race activities, and are eligible for random prizes.

Contact: Christine Kohlmeyer, (703) 248-1717, [www.runlh.org](http://www.runlh.org).

**Teach Wellness Classes to Homeless Women**

N Street Village seeks instructors for classes in the Wellness Center. Classes last about an hour and can include topics like low-impact activity classes (stretching, low-impact taëbo, etc.), psychoeducation/mental health, anger management, relapse prevention, classes on health issues that affect women (hypertension, diabetes, etc.), or anything else you are interested in. Classes are taught during the work week (9 am to 4 pm, Monday through Friday).

Contact: Kjersten Priddy, (202) 939-2096, [www.nstreetvillage.org](http://www.nstreetvillage.org).

**Volunteers needed for friendly visits  
Heartland Home Health Care & Hospice**

Volunteer can provide companionship and listen. Share an interest, hold a hand, assist with respite care giving the caregiver a much needed break. Make phone calls, write letters, tend the patients garden, help tidy immediate surroundings. Read, make tea, paint nails, but most of all bring joy and laughter.

An hour or two per month is all it takes to make a difference in someone's life.

Contact: Sheila Gaskins, 240-264-1692.

**Advocacy and Media Assistant  
Men's Health Network**

Work hours are negotiable and flexible. This opportunity could include, but not be limited to:

Media outreach.

Marketing.

Legislative advocacy:

Direct advocacy - preparation and presenting of educational briefings for Congressional staff

Attending Congressional hearings and local seminars

Developing and presenting testimony at various legislative and Congressional hearings

Health outreach:

Development of original health informational brochures and literature hand-outs

Represent MHN at trade shows and public policy events

Internet correspondence with various health e-mail groups

Research issues such as:

Health disparities in education and medical research

Family issues such as adoption, child abuse, custody, foster care and welfare

Symposiums:

MHN hosts symposiums on various health issues of interest to men and their families.

Contact: Tom Dixon, 202-543-6461 x 101, [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

**For a comprehensive listing of a diverse  
array of volunteer opportunities in the Metro  
DC area, please visit:  
[www.volunteermatch.org](http://www.volunteermatch.org)**

**UPCOMING DHP EVENTS**

**See you in September!**

## SPOTLIGHT ON DHP ALUMNI



**Brad Wright** won first place in KaiserEDU.org's "Students Awards for Best Essays Designing Presidential Candidate Health Platform."

Nearly 250 graduate and undergraduate

students entered the contest where they prepared memos as a senior advisor to an actual or fictitious 2008 presidential candidate, proposing a health care platform and communication strategy for the candidate. Brad is currently studying at University of North Carolina at Chapel Hill, doctoral program in Health Policy and Administration. You can read Brad's essay at [www.kaiseredu.org/essayprizes\\_wright.asp](http://www.kaiseredu.org/essayprizes_wright.asp).

Congressional Black Caucus Foundation Congressional Fellowship for 2007-2008. The CBCF Congressional Fellowship Program was created in 1976 in order to increase the number of African Americans working as professional staff in the U.S. Congress. Athena will be working in the office of Rep. Albert R. Wynn (D-MD).

**Rich Henry**, CLS, ITMS, MPH, finished his MPH in Health Policy in Dec '06 (conferred Jan '07). He reports that he was selected and now sits in the position of Deputy Director for Blood Policy and Programs, U.S. Department of Health and Human Services, Office of the Secretary, Office of Public Health and Science.

**Athena Abdullah** has been awarded a



**SARA WILENSKY!!**

After several years of hard work as Chair of the DHP Student Affairs Committee, Sara Wilensky has turned over the reins to two new Co-Chairs. Sara has new academic demands on her time as she is pursuing a PhD in Public Policy degree. We wish her all the best and thank her for her contributions to DHP Student Affairs.

The Student Affairs Committee is here to serve you, our DHP students in all degree programs. The following students have volunteered to represent you at meetings. Please feel free to contact them if you have ideas or suggestions about enhancing your academic and professional lives in the DHP:

**MPH:** Arista Salimi  
asalimi@gwu.edu

**DrPH:** Saqi Maleque  
saqi@gwu.edu

**PhD:** Betsy Kidder  
Betsy.kidder@gmail.com

The **new Co-Chairs** on the DHP staff are also more than happy to speak with you:

**D. Richard Mauery**  
rmauery@gwu.edu  
(202) 530-2376

**Kristin Younger**  
kyounger@gwu.edu  
(202) 467-2271



## ADVICE, LIKE YOUTH, PROBABLY JUST WASTED ON THE YOUNG

**Mary Schmich**

June 1, 1997

*The Chicago Tribune*

Inside every adult lurks a graduation speaker dying to get out, some world-weary pundit eager to pontificate on life to young people who'd rather be Rollerblading. Most of us, alas, will never be invited to sow our words of wisdom among an audience of caps and gowns, but there's no reason we can't entertain ourselves by composing a Guide to Life for Graduates.

I encourage anyone over 26 to try this and thank you for indulging my attempt.

Ladies and gentlemen of the class of '97:

Wear sunscreen.

If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindsides you at 4 p.m. on some idle Tuesday.

Do one thing every day that scares you.

Sing.

Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours.

Floss.

Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself.

Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how.

Keep your old love letters. Throw away your old bank statements.

Stretch.



*Mary Schmich*

(cont. page 4)

**ADVICE, LIKE YOUTH, PROBABLY JUST WASTED ON THE YOUNG (cont. from page 3)**

Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't.

Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone.

Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's.

Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own.

Dance, even if you have nowhere to do it but your living room.

Read the directions, even if you don't follow them.

Do not read beauty magazines. They will only make you feel ugly.

Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young.

Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel.

Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen.

<http://www.chicagotribune.com/news/columnists/chi-970601sunscreen.0.4664776.column?page=1>

**Health Care Costs 101, 2007 Edition**

*Katherine B. Wilson, California Healthcare Foundation*

The fourth edition of Health Care Costs 101, an annual overview of the latest health spending trends in California and the nation, finds reasons for both hope and concern.

While spending on health care continues to moderate, the growth in health spending was twice the rate of inflation in 2005, resulting in constant pressure on government, employers, and consumers to keep up.

Among the key findings:

- ◆ Total spending on health reached \$2 trillion in 2005 and is projected to reach

one-fifth of the gross domestic product (GDP) by 2016;

- ◆ Per person spending on health care increased 77% between 1995 and 2005;
- ◆ Hospitals and physician services take the largest share of the health care dollar (52%);
- ◆ The growth rate for prescription drug spending is at its lowest level in 20 years; and
- ◆ While out-of-pocket costs for consumers continue to rise, their share of all health care spending (15%), has declined.

Source: [www.chcf.org/](http://www.chcf.org/)



**Mary Theresa Schmich** is a columnist for the Chicago Tribune. Born in Savannah, Georgia, the oldest of eight children, Schmich grew up in Georgia, attended high school in Phoenix, Arizona, and earned a B.A. from Pomona College. After working in college admissions for three years and spending a year and a half in France, Schmich attended journalism school at Stanford. She has worked as a reporter at the Peninsula Times Tribune, at the Orlando Sentinel and, since 1985, at the Tribune. She spent five years as a Tribune national correspondent based in Atlanta. Her column started in 1992 and was interrupted for a year during which she attended Harvard on a Nieman Fellowship for journalists. In 1998, Schmich published the column as a book, *Wear Sunscreen*. In 1999, Baz Luhrmann released a song called "Everybody's Free (To Wear Sunscreen)" in which this column is read word for word as written by Schmich, who gave permission and receives royalties. This song was a number one hit in several countries.

[http://en.wikipedia.org/wiki/Mary\\_Schmich](http://en.wikipedia.org/wiki/Mary_Schmich)

**Online Jobs Lists**

GW and the SPHHS maintain online job lists as a way to connect students with job opportunities throughout the world of Health Policy (and elsewhere). You may search by key words and view the jobs by job category, as well as all at once:

- Full-Time jobs
- Part-Time jobs
- Internships
- Fellowships

For more information, visit:

<http://gwired.gwu.edu/career/>

and

<http://www.gwumc.edu/sphhs/studentres/careers/jobs/>

### ***The Geiger Gibson Program in Community Health Policy***

*is a special initiative of The George Washington University School of Public Health and Health Services. This program was established in 2004 to honor Drs. H. Jack Geiger and Count Gibson, pioneers in community health practice and tireless advocates for civil and human rights.*

<http://www.gwumc.edu/sphhs/healthpolicy/ggprogram/>

### ***Your Student Representatives on the DHP Student Affairs Committee***

*Do you have an idea for a DHP event? Suggestions you would like to offer the DHP to improve your experience as a student in the Department?*

Please contact the following individuals who serve on the DHP Student Affairs Committee:

**MPH:** Arista Salimi  
asalimi@gwu.edu

**DrPH:** Saqi Maleque  
saqi@gwu.edu

**PhD:** Betsy Kidder  
Betsy.kidder@gmail.com

## **JACOBS INSTITUTE OF WOMEN'S HEALTH**

***Save the Date!***

**Tuesday, July 31, 2007**

**9:00 am—12:00 noon**

The Jacobs Institute of Women's Health is hosting a stakeholder briefing meeting in connection with the July/August issue of *Women's Health Issues* on the topic of:

### **The Health of Incarcerated Women**

The July/August theme issue includes 10 peer-reviewed articles and editorials on a variety of topics related to the health of incarcerated women - both within jails and prisons and in communities following their release. The theme issue and related activities are supported by a grant from the Maternal and Child Health Bureau of the U.S. Department of Health and Human Services.

The meeting (free registration) will be held at the Jack Morton Auditorium of The George Washington University in Washington, DC.

Visit [www.jiwh.org](http://www.jiwh.org) for to download a free registration form.

## **UPCOMING HEALTH POLICY CONFERENCES**



**Women of Color:  
Addressing Disparities, Affirming Resilience,  
and Developing Strategies for Success**

**August 23-26, 2007**

**Hyatt Regency Washington  
On Capitol Hill  
400 New Jersey Avenue, NW  
Washington, DC**

The goal of this Summit is to focus on the often unrecognized threats to health experienced by women of color, by 1) building on knowledge gained in previous conferences and identifying distinct health issues disproportionately impacting minority women; and 2) highlighting successful models of health promotion and prevention.

*Convened by:*  
**U.S. Department of Health and Human  
Services, Office on Women's Health**  
<http://www.4woman.gov/mwhs/>

**GW SPHHS  
Department of  
Health Policy**

2021 K Street NW  
Suite 800  
Washington, DC 20006

Phone: 202-296-6922  
Fax: 202-296-0025

[www.gwumc.edu/sphhs/departments/healthpolicy/](http://www.gwumc.edu/sphhs/departments/healthpolicy/)

- OR -

[www.gwhealthpolicy.org](http://www.gwhealthpolicy.org)



*We're in touch, so  
you be in touch!*

Please keep the DHP informed of your most current contact information.

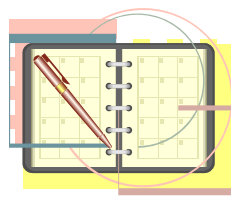
If your mailing address, telephone, or e-mail address changes, please send an e-mail to:

Professor  
Taylor Burke  
[taylorb@gwu.edu](mailto:taylorb@gwu.edu)

The Department of Health Policy is the home for health policy studies and research at The George Washington University and its School of Public Health and Health Services. The Department focuses on virtually all phases of U.S. health policy -- both public health and health services -- and emphasizes preparing students to understand and analyze health policy matters in a broad, cross-cutting, and real-world context. Among Schools of Public Health, the SPHHS Department of Health Policy is unique; it has been created to take maximum advantage of our location in Washington D.C., the nation's health policy-making epicenter. The Department offers lectures and symposia on emerging issues in health policy throughout the academic year for students, graduates, and DC's health policy community. The Department's courses are taught by both core faculty, as well as faculty drawn from Washington D.C.'s health policy leadership. The curriculum is structured to train students in the methods and tools of health policy analysis, including qualitative and quantitative analysis techniques, legal analysis, economic analysis, and the preparation and presentation of research results and policy options to health policy makers.

*Suggestions?*  
*Do you have a suggestion for a DHP activity  
or for newsletter content?*  
*We'd love to hear from you!*  
*Please send an e-mail to Lee Repasch,  
[lrepasch@gwu.edu](mailto:lrepasch@gwu.edu).*

## Valuable Calendar Resources for Health Policy Events



The Henry J. Kaiser Family Foundation's **Kaisernetwork.org** provides a searchable list of events in health policy, HIV/AIDS, women's health pol-

icy, global health and health disparities. It also offers complete listings for HealthCasts -- live and archived online video coverage of key meetings, conferences and other health policy events in Washington, D.C. and across the globe. Users can choose to view all events or select from various topics such as:

- HIV/AIDS
- Women's Health Policy
- Health Policy
- HealthCast
- Global Health
- Health Disparities

Calendars can be viewed for specific days, weeks, or months.

This is a particularly rich resource for those looking for opportunities to fulfill profes-

sional enhancement requirements for a degree, or for obtaining an insider's view on a topic that you are writing about.

Visit:

<http://www.kaisernetwork.org/calendar/calendar.cfm>

### Hearings on the Hill

The schedules of House and Senate hearings and committee meetings is maintained at <http://thomas.loc.gov/home/schedules.html>. Here you can view congressional floor schedules:

- House Floor This Week
- House Committee Hearing Schedule
- Senate Committee Hearing Schedule
- Senate Floor Schedule
- Senate Majority Schedule
- Senate Minority Schedule
- Days-in-Session Calendars
- Senate Executive Calendar
- Current and Previous House and Senate Calendars