

Neighbors Newsletter

GET TO KNOW OUR DOCTORS

Meet Three Irving Medical Center Doctors From the Front Lines of the Pandemic

Interviewed by Jahneille Edwards

Below is an abridged version of interviews that took place in May of this year. For the full interviews, visit neighbors.columbia.edu/Covid19FrontlineDrs.

Dr. Ariel Pablos-Méndez is a professor of Medicine at Columbia University Irving Medical Center (CUIMC) where he worked on multi-drug-resistant tuberculosis while still a fellow.

Q: *How have you responded to the COVID-19 pandemic?*

A: I volunteer in the fever and cough clinic established to relieve pressure on the emergency room. I have collaborated with Columbia colleagues to start a new serology clinic to test for antibodies, starting with health workers who may have had COVID-19 last month. Given my background in health policy and global health, I have also devoted time to various strategic discussions on the best response to COVID-19.

Q: *How are you aiding efforts to end the outbreak?*

A: I have been busy having strategic discussions with a business roundtable and members of Congress to accelerate the introduction of serology testing and the optimistic possibility of herd immunity, combined with home isolation, to end the outbreak. You may read my op-ed in *The Hill* or watched my interview with *Newsy News*.

Q: *Have you read any good books or watched any inspiring shows during quarantine?*

A: My wife and I did enjoy the Global Citizen's all-star musical celebration, *Together at Home*.

Q: *What advice would you offer residents in Upper Manhattan?*

A: We all have a role to play and the community has been exemplary in Upper Manhattan and all of New York, including Gov. Andrew Cuomo. Stay safe, keep a safe distance, help others, and above all make sure elderly and sick patients stay isolated. We'll get through this together!



Dr. Ana Cepin is an assistant professor of Obstetrics and Gynecology as well as medical director of the NY-Presbyterian/Ambulatory Care Network Family Planning Practice at CUIMC, where she has worked since 2003.

Q: *After the crisis what will you do to help ensure that Columbia plays a greater role in promoting health and wellness in communities in Upper Manhattan?*

A: It has been devastating to see the impact that COVID has had on our community. So many of my friends, family and neighbors have fallen ill due to coronavirus. Our community has a higher prevalence because many residents of Upper Manhattan are essential workers or are unable to socially distance. Once infected they may be more at risk for complications due to underlying conditions. As a physician practicing in Upper Manhattan, I will continue to provide education and preventive care to keep my patients as healthy as possible. As an institution, we will also need to play a role in the rebuilding of our community and society so that it's more equitable with fewer disparities.

Q: *Have you read any good books or watched any inspiring shows during quarantine?*

A: I am re-reading *The Great Influenza* by John Barry. I was a history of science major in college, so this stuff is fascinating to me. It's very interesting to see all the parallels between the influenza outbreak of 1918 and our current pandemic.

Q: *What advice would you offer residents in Upper Manhattan?*

A: First, I'd like to thank my neighbors who have been on the front lines—the grocery store clerks, the taxi drivers, the healthcare workers, etc. As a lifelong resident of Upper Manhattan, I have seen our community handle adversity before. We will come out better and stronger.



Dr. David Buchholz, MD is the senior founding medical director, primary care, assistant professor of Pediatrics.

Q: *What lessons have you learned regarding public health and crisis management?*

A: Primary care is the front door to public health and population management, and we will need to continue to increase its footprint so that we are better positioned to respond to the next crisis. We also need to rethink our physical ambulatory practice design and workflows to ensure that we are keeping our patients, staff, and faculty safe from contagious illnesses whether there is an active pandemic or the infrequent case of measles in the community. Everyone done an awesome job responding to the pandemic. Let's take this opportunity to really make a difference in how we do our work, so the next pandemic doesn't strain us as much.

Q: *After the crisis what will you do to help ensure that Columbia plays a greater role in promoting health and wellness in communities in Upper Manhattan?*

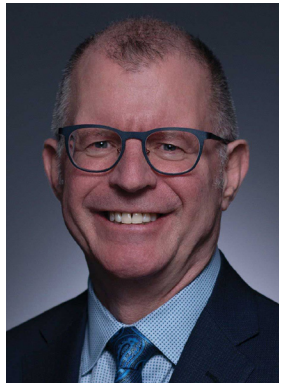
A: Many of our communities in Upper Manhattan have been disproportionately impacted by COVID-19. We need to work together to reduce the disparities that made our communities more vulnerable to the pandemic. I will continue my efforts to expand and promote population health and primary care with embedded behavioral health and dental medicine to assist with this effort.

Q: *Have you read any good books or watched any inspiring shows during quarantine?*

A: To be honest, I come home exhausted and have just enough energy left to support my family. I have done a few things, though, that make me laugh including finally watching the first season of *The Marvelous Mrs. Maisel*.

Q: *What advice would you offer residents in Upper Manhattan?*

A: Stay strong, stay safe, and continue to follow New York State and City Department of Health guidance for social distancing and mask wearing as we get through this pandemic.



Entrepreneurial Design Thinking Brings Together Students From Across New York City

by Maggie Barrows

This spring, a cohort of 23 aspiring entrepreneurs, many of whom have been involved with the criminal justice system, took part in the Entrepreneurial Design Thinking program, which adapts an MBA curriculum to focus on identifying a community problem and creating a market-based solution.

Rather than focusing on a single skill or aspect of entrepreneurship, Columbia Business School students and alumni guide participants through how to identify a real world problem, find potential customers, validate their assumptions, and create a pitch to address the need. This process helps the budding entrepreneurs to develop their ideas and build businesses that are equipped to address the needs they seek to meet. Those in the program also have the potential of winning a \$5,000 or \$10,000 grant to bring their ideas to fruition.

The Entrepreneurial Design Thinking program recently graduated its third cohort. It began in the summer of 2019 as a project of Columbia's Office of Government and Community Affairs, which helped guide a partnership between Columbia Business School's Venture for All program and the New York City Department of Probation. At Columbia Business School, Beverly Leon (BUS'20) and

Jack McGourty developed the program, and since then instruction has been led by Leon and Stef Alicia McCalmon (BUS'19).

"When I revised Columbia's workforce development approach to focus on STEAM and entrepreneurship, I saw [Entrepreneurial Design Thinking] as a way to take our intellectual capital at Columbia and create an academic program to help train justice-involved people and others," said Flores Forbes, associate vice president of Government and Community Affairs at Columbia.

Though the program is open to anyone in New York City, participants are recruited primarily through Neighborhood Opportunity Networks, a Dept. of Probation program that provides opportunities for community engagement in neighborhood settings. This places a focus on formerly incarcerated individuals, those on parole and people whose friends and families have been involved with the criminal justice system. The open enrollment also allows the program to bring together people from diverse backgrounds. Participants range in age from their early 20s to their 60s and include some who have MBAs or have attended prestigious universities.

In class, the aspiring entrepreneurs form partnerships to develop ideas that have ranged from food justice to support for people currently incarcerated to financial



Students, instructors and mentors on the first day of the spring Introduction to Entrepreneurial Design Thinking course hosted by Columbia Business School's Venture for All program.

literacy. As a result of these partnerships that were unlikely to have happened without the program, participants can provide unique solutions to community problems. Participation provides access to resources and training for entrepreneurs that often aren't available to people from less advantaged backgrounds. Some participants have found the program so beneficial that they have returned to take the class again, in order to pitch another idea.

Through the first three cohorts, participants were able to build partnerships across neighborhoods, boroughs, and walks of life, working together to create business pitches for issues that they were passionate about. Instructors stress the importance of collaboration and that has helped create business partnerships that could become

lifelong relationships. Successful projects include Nanny's Kitchen, a food justice program based in Brooklyn that prepares young people for food industry jobs with food safety and preparation skills, and B.E.A.T. Labs, a program that uses the lens of the beauty industry to encourage STEM learning in young black and brown girls. Both Nanny's Kitchen and B.E.A.T. Labs were recipients of the \$10,000 top prize grant in the culminating pitch competitions.

"Through key partnerships with NYC's Department of Probation and the Neighborhood Opportunity Network, Columbia Business School's Venture for All programs continue to innovate and distribute a design thinking and entrepreneurship curriculum to support aspiring entrepreneurs and their communities" said the Business School's McGourty.

IN THE KNOW

Columbia's Response to COVID-19

by Maggie Barrows

To help address the crisis caused by the COVID-19 pandemic, Columbia University has taken a number of measures to support our Neighbors and help ensure the resilience of the Upper Manhattan community during this difficult time.

- Columbia's qualifying local small business tenants received rent waivers for April and May.
- The Columbia Neighbors website built a resources page for updates on COVID-19 from University experts, local news, virtual events, and more.
- The Columbia-Harlem Small Business Development Center at Columbia Business School is providing information, guidance, workshops, and more to help Upper Manhattan small businesses access the financial support they need to stay afloat.
- The Columbia Neighbors Food Relief Fund was established to bring together the extraordinary resources of the entire Columbia community to heighten awareness, raise funds, and deploy resources to address food insecurity in Upper Manhattan.
- As part of the Columbia Neighbors Food Relief Fund, the Office of Government and Community Affairs donated \$25,000 to organizations fighting food insecurity in Upper Manhattan, including \$10,000 for the Support Harlem Now Community Relief Fund.
- Current Bundles Community Scholars received a one-year extension to give them more time to access University resources that have been limited due to the pandemic.
- The University launched a Columbia Emergency Loan Fund for Small Businesses to provide low-interest loans of up to \$50,000 to local storefront businesses and small-scale manufacturers.
- Columbia University Irving Medical Center is screening COVID-19 survivors for antibodies that could be used to treat others. The first plasma donation was collected on March 30. Interested individuals can learn more at recruit.cumc.columbia.edu.
- 505 beds in five Columbia residence halls were made available to healthcare workers at NewYork-Presbyterian Hospital to help them avoid long commutes and the risk of infecting others. The Columbia Shuttle is available to carry workers residing on the Morningside campus to the hospital in Washington Heights.



Columbia Neighbors extends our wholehearted support and gratitude to the workers providing essential services during this time.

Vagelos College Inducts First Class of Faculty Into Academy of Community and Public Service



Vagelos College of Physicians and Surgeons (VP&S) recognized its faculty's commitment to public service with the launch of the Academy of Community and Public Service (ACPS), which welcomed its first inductees this year. The new academy seeks to honor VP&S faculty who have made substantial contributions to promote and improve community health in Upper Manhattan and the Bronx.

"We created the Academy of Community and Public Service as a way to formally recognize faculty who have dedicated themselves to this important aspect of our mission," said Lee Goldman, MD, dean of the Faculties of Health Sciences and Medicine. "In addition, members of the Academy will serve as a corps of advisors and mentors who can support other faculty across the organization who have an interest in community service."

The ACPS joins other VP&S academies that recognize the contributions of educators (the Virginia Apgar Academy of Medical Educators) and clinicians (the Academy of Clinical Excellence). Vagelos is the first medical school in the country to establish an academy for community and public service.

The Academy was created through the new Office of Community Service Programs, which aims to build upon Columbia University Irving Medical Center's ongoing community service efforts to improve the health and education of adults and children in local communities. Under the direction of Rafael Lantigua, MD, the office has already held a range of community engagement and health promotion activities. Lantigua, professor of Medicine at CUIMC and associate dean for Community Service in VP&S, was among the inaugural class.

COLUMBIA UNIVERSITY
Neighbors Newsletter

The Neighbors Newsletter is published by the Office of Government and Community Affairs.

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To receive a copy of the Neighbors Newsletter, contact the Office of Government and Community Affairs at 212-854-0684 or send an email to neighbors@columbia.edu.

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Please Recycle

School of Professional Studies Dean Jason Wingard Steps Down

by Maggie Barrows

Jason Wingard, dean of the School of Professional Studies (SPS), concluded his service at the end of the 2019-2020 academic year. He will remain Professor of Professional Studies in Human Capital Management. During Wingard's five-year tenure, the School of Professional Studies underwent significant growth and development, including renaming the school, formerly known as the School of Continuing Education, to align more closely with a philosophy that intellectual talent may surface in different forms and at different periods of life. Wingard also launched SPS's inaugural Board

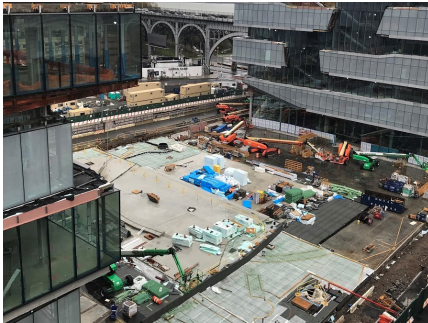
of Overseers, substantially expanded degree and non-degree/certificate offerings, and guided the school through developing a research agenda. These efforts more than doubled master's degree enrollment and more than tripled the number of full-time faculty. In May, it was announced that Troy Eggers, executive vice provost of the University, will serve as interim dean beginning July 1.



Campus Construction Updates

by Maggie Barrows

While many of the construction projects across Columbia's campuses have been suspended during the COVID-19 pandemic, some are still active. The list of active projects includes the new Columbia Business School on the Manhattanville campus and its associated below-grade space. Given current public health concerns, Turner Construction has implemented enhanced health and safety measures for workers on the Columbia Business School site, including temperature checks for individuals entering the worksite, staggered start and end times, requiring tradespersons and visitors to wear masks or other face coverings, and strictly maintaining six-foot distances between workers. Strict health and safety protocols will



be required at other construction sites that may become active, including the Jerome L. Greene Science Center Aquilos Microscope project. For more information about work still taking place on the Manhattanville campus, Columbia Business School construction, or implemented health and safety measures, email projx@columbia.edu.

Sonia Reese Retires, Olger C. Twyner III Named Executive Director of Community Impact



Sonia Reese



Olger C. Twyner

by Maggie Barrows

In January, Sonia Reese, executive director of Community Impact at Columbia University, retired, stepping down from her role after 30 years. She was honored for her time as executive director at the CI Annual Gala Auction on December 5, 2019. Under Sonia's leadership and with the support of 850 student volunteers each year, Community Impact grew to 25 service programs that serve over 12,000 individuals and families in Harlem, Washington Heights and Morningside Heights. The budget grew from \$400,000 to \$1.6 million, including multi-year grants from foundations and state and federal funders. Interim Executive Director Olger C. Twyner III has been appointed to fill the role permanently. Prior to joining Community Impact, he worked as the executive director and president of Columbia's Double Discovery Center and was the founding director of the Columbia Business School Community Collaboration. He has also held executive roles at Row New York and Xavier University of Louisiana. His background includes work in public interest law and he was the first African American to serve as a federal judicial clerk in Mississippi.

Stay Calm and Create a Daily Routine During the COVID-19 Crisis

by Judith Matloff

These are distressing times. Many of us still can't go out to dinner, or to the movies or to see friends. We're terrified of getting sick. We can't visit the grandparents. How long is this going to last?

Along with the physical risks, we need to be vigilant of the virus' psychological toll, what comes with social distancing and the potential fear of being ostracized for those infected. It's important that we remind ourselves, and everyone around us, not to panic. We can't control what's around us, but we can control our responses.

If there's one thing I've learned from covering wars, disasters and all manner of emergencies, we are part of a wider society and we each must do our part to maintain the calm. The best place to start is at home, keeping ourselves resilient and helping others around us—the elderly trapped at home, the neighbors who can't take care of their children.

The first thing is to accept that this is the new normal, for as long as it lasts. We don't know what a couple months will bring so don't speculate about it. If you're going to dwell on the worst-case scenario, come up with a contingency plan and focus on creating a routine to get through the days, one at a time. When worry strikes, take a deep breath and walk around the block.

Set a schedule for rising, meals and bedtime. Resilience thrives with proper nutrition, and rest. This is not the time to self-medicate with drink or drugs. Get dressed as though you're meeting people outside. Fill the day with projects and end it with pleasant rituals such as reading and catching up with friends over video. Build in time to exercise, from YouTube in the living room or outdoors. Consider what anchors and relaxes you—meditating, music, yoga or gardening. Watch funny movies. Steer clear of social media that makes you anxious and restrict news consumption, especially one hour before going to sleep. Start a journal.

Psychologists say the one thing most associated with emotional resilience is social connection and support. So set up a circle of friends and contact them daily. Check on your neighbors. Nothing beats doing something nice for others. And these days, we need something nice.

Judith Matloff is an adjunct professor at the Columbia Journalism School. She has taught safety training for journalists and news media worldwide. She is the author, most recently, of *How to Drag a Body and Other Safety Tips You Hope to Never Need: Survival Tricks for Hacking, Hurricanes and Hazards Life Might Throw at You*.



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Poised to Practice: Dyckman Institute Scholar Makes Her Way in Medicine



Aury García

by Gregg McQueen (Manhattan Times)

For Aury García, opportunity has always been close. Growing up in Washington Heights, García always had an interest in being a doctor and dreamed of attending Columbia University, but didn't think it was within reach. "I thought, absolutely not," she said. "I've lived here most of my life," added García, who was born in the Dominican Republic and moved to Upper Manhattan at age six. "I've really seen the lack of resources in the public schools and the need for social support services... It wasn't something I could see myself being able to attain or afford."

Today, she is a graduate of Columbia's Vagelos College of Physicians and Surgeons (VP&S). At the start of the coronavirus public health crisis, the practitioner was busy finishing her rotations in the emergency room at Harlem Hospital after completing a research project examining how mobile technology might help pregnant women with children under the age of two to make healthier nutrition choices.

García's journey was made possible by a Dyckman Institute Scholarship, which is awarded each year to help promising students from Washington Heights and Inwood attend Columbia College. The program was nothing short of life-changing. She majored in psychology and graduated in 2014. Then in 2016 she became the first Dyckman Institute Scholar to attend VP&S. "It gave me an opportunity to follow my dreams," said García. "For students of lower economic status, those opportunities mean everything." Interestingly, Dr. Jacob Dyckman, for whom a separate fund is named (not to be confused with the Dyckman Institute), also



Manhattan Times

attended both Columbia College and the College of Physicians and Surgeons. "I was able to graduate with no debt," she noted. "It opened doors for me that wouldn't have been opened otherwise."

The Dyckman Institute has its roots in the first school in Washington Heights and Inwood—the Hamilton Free School—as well as the Dyckman Library, which was created

“The patient interaction made me see how chronic illness affects the underserved, I also found that there weren’t many Spanish-speaking physicians. That was something that I wanted to help change.”

after the Hamilton school burned down. The library eventually transformed into Dyckman Institute, which has since 1943 awarded the scholarship to local students like García, who is the first person in her family to attend college.

"Columbia has been in my backyard most of my life. To be able to achieve that was a dream come true," she said. As a high school student, García was required to do 200 hours of community service, which she completed at NewYork-Presbyterian Hospital. She volunteered 10 hours per week,

helping to feed patients and other tasks. She also completed a high school internship that allowed her to shadow an anesthesiologist and obstetrician at Mount Sinai Hospital. "The patient interaction made me see how chronic illness affects the underserved," she remarked. "I also found that there weren't many Spanish-speaking physicians. That was something that I wanted to help change."

Now that she has completed medical school, García hopes to specialize in family medicine, "Overall, I feel I'm interested in working with vulnerable populations. There's a strong social justice component involved," she said. "Not just caring for their medical needs, but asking them, do you have housing, do you have food access?"

In addition to her medical degree, García is intent on acquiring a master's degree in public health to better understand and address the disparities in her community. "I'm excited about being able to give back to the patients," she says. "I feel like it's a privilege for me to be here and to be able to take care of people."

She hopes to motivate other women of color to enter the medical field. "Maybe I'll inspire them. It could show them what is possible," said García. "Maybe it gets the wheels turning in their minds that they can achieve the same thing."

For more information on the Dyckman Institute Scholarship program, please contact Columbia University's undergraduate admissions office at 212-854-2522 or undergrad.admissions@columbia.edu.

A version of this article was originally published in the *Manhattan Times* and can be found at manhattantimesnews.com/poised-to-practicelas-ambiciones-de-aury.

IN THE MIX

1 Harlem Grown Gets Healthy Food to Shelters

In April, Harlem Grown, a youth development organization serving Title 1 schools and low-income Harlem residents, partnered with Chef JJ Johnson of Fieldtrip Harlem to launch the HG Meals program, which provides hot, nutritious food to people who are in economic distress, including youth, families, and people living in shelters.

2 New York Common Pantry Offers Mobile Meals

The coronavirus pandemic placed a huge strain on food pantries in the five boroughs. Nearly one-third shut down as they struggled to feed the growing number of New Yorkers left jobless by the closing of thousands of businesses. Columbia Community Service grantee New York Common Pantry is now offering mobile meals to fight food insecurity, helping 5,000 of our neighbors since the pandemic began

3 SoHarlem Creates PPE for NYC Hospital Workers

SoHarlem offers affordable workspace to creative entrepreneurs in Harlem and supports the development of designers of color. In response to the urgent need for personal protective equipment (PPE), the artisans of SoHarlem had their workspaces decontaminated to create a safe space for making hospital masks and gowns for New York City hospital workers.

4 Faces of the Frontline

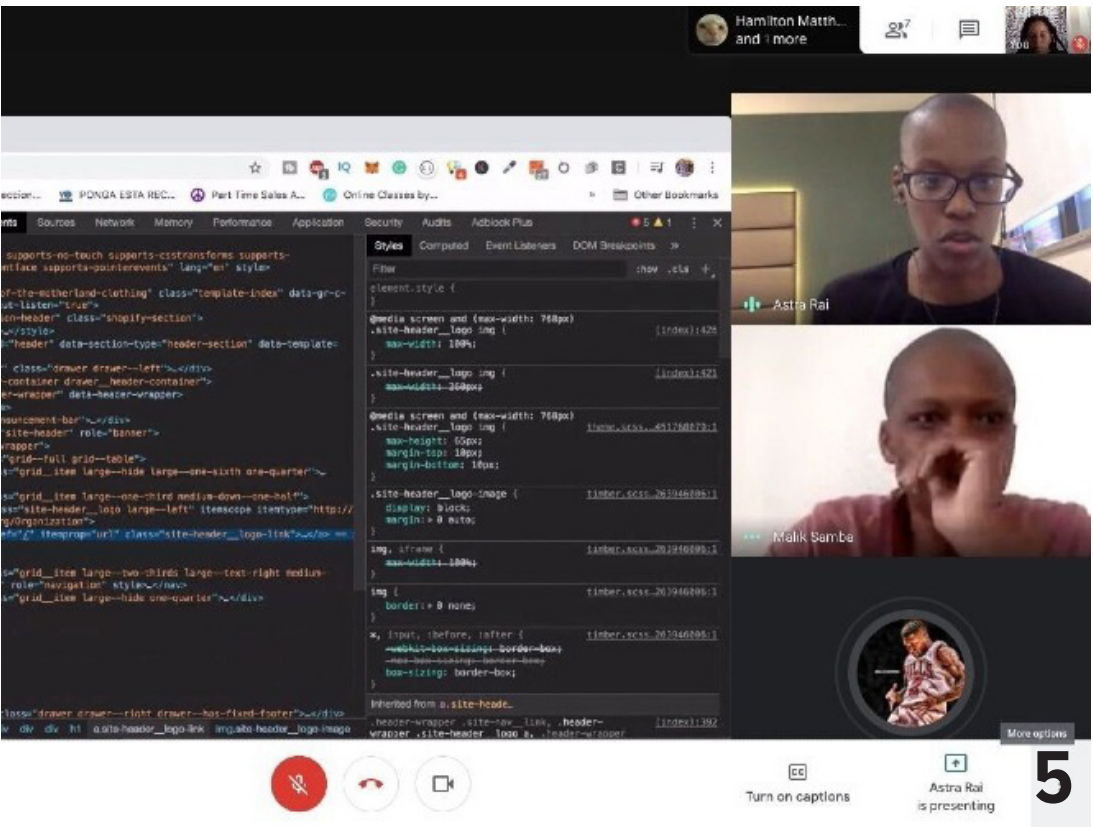
An Instagram account and a website, Faces of the Frontline is a rapidly growing grassroots project that started at the end of March. The brainchild of Vibhu Krishna, a medical student at Columbia's Vagelos College of Physicians and Surgeons, the project provides digital platforms for sharing stories from the COVID-19 frontline, as well as collecting words of affirmation to deliver to our healthcare heroes. Follow them on instagram at @FacesOfTheFrontline.

5 User Research Lab Fellowship Continues

The User Research Lab (UXR) is an eight-week technology fellowship for formerly incarcerated citizens interested in gaining skills that make them competitive for user research technology jobs. Fellows participate in 18 hours of coding instruction taught by the Code Cooperative and in user-based research projects sponsored by Spotify and the Rainey Center. The fellowship, originally held in Columbia University classrooms, transitioned to virtual classes due to COVID-19. To learn more, visit safelab.socialwork.columbia.edu.

6 Hero of the Day

When the pandemic slowed down Carmelita Osborne's work with incarcerated teens and young adults at Friends of Island Academy, she started to make dozens of care packages for homeless teens to help soften the blow of entering the shelter system. "Just because they are in jail, or they are in shelters, doesn't make them any less important to society," said Osborne.



IN THE MIX



7 Columbia Screens COVID-19 Survivors for Antibodies

COVID-19 survivor Diana Berrent was the first person in New York State to be screened for antibodies. A single COVID-19 survivor may be able to provide enough plasma to treat two or three other patients. “I feel incredibly lucky to have survived COVID-19,” said Berrent. “I strongly encourage people who have already had COVID-19 to consider being screened; it’s one of the most important ways to help other patients right now.” Image courtesy of Diana Berrent.



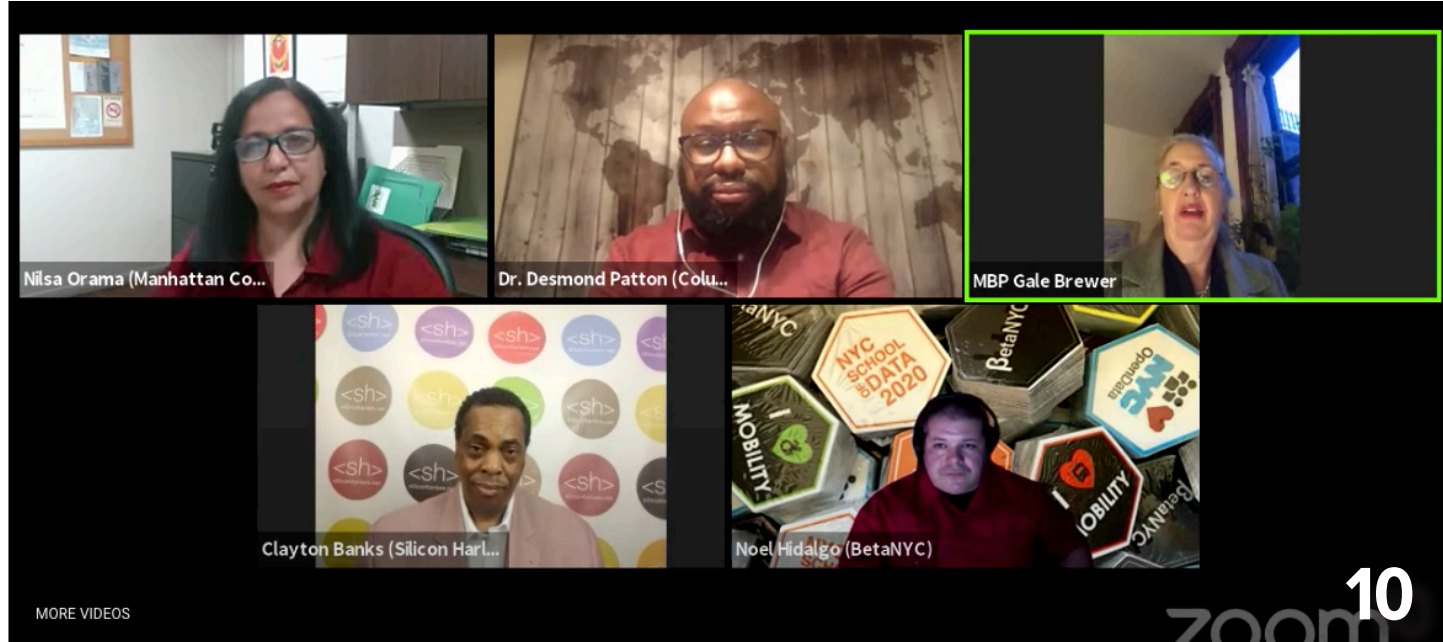
8 Empire State Building Hails Columbia Graduates

The Empire State Building lit up blue and white to celebrate Columbia University's 266th Commencement on the evening of May 20, 2020. The lights also had a heartbeat effect in honor of those affected by COVID-19. "The Empire State Building image® is a registered trademark of ESRT Empire State Building, L.L.C. and is used with permission."



9 PA'LANTE Harlem Feeds Those in Need

Employees of PA'LANTE Harlem filled food hampers for distribution to West Harlem residents as part of a collaboration with the Columbia University Office of Government and Community Affairs to provide food relief during the coronavirus pandemic.



10 Manhattan Borough President Virtual Town Halls Address Key COVID-19 Issues

Manhattan Borough President Gale Brewer moderates a discussion about bridging the digital divide during COVID-19 between Manhattan Community Board 11 Chair Nilsa Orama; Dr. Desmond Patton, Associate Dean of Curriculum Innovation and Academic Affairs at Columbia School of Social Work; Silicon Harlem CEO Clayton Banks; and BetaNYC Executive Director Noel Hidalgo. Borough President Brewer has worked with Columbia Neighbors to hold five virtual town halls during the COVID-19 pandemic, covering the topics of contact tracing, small business relief, feeding New York, and supporting K-12 students as well as the digital divide. Watch all the town halls at neighbors.columbia.edu/virtualltownhalls



11 LRYOH Hosts Open Air Food Pantry

The Living Redemption Youth Opportunity Hub (LRYOH) is a community-based initiative in Central Harlem housed at the Soul Saving Station For Every Nation. In collaboration with the NYC Food Bank, the NYC Young Men's Initiative and the Department of Probation's NeON Kitchen, LRYOH hosts an “open air” food pantry for community members every Wednesday and Friday from 1-4 PM. This initiative also provides paid community service for some of their active participants who help provide food to more than 600 people every day. Photo Credit: Rev. Maurice D. Winley.

PROGRAMS AND RESOURCES

The programs and services listed here include a number of Columbia’s commitments to the local community as we build our Manhattanville campus. As part of these initiatives, the University has created an online hub dedicated to news and resources for our neighbors in Upper Manhattan. To learn more about our services, programs, and resources, please visit neighbors.columbia.edu.

Connecting Youth Initiative

The Connecting Youth Initiative (CYI) offers resources and supportive services to out of-school and out-of-work youth ages 16-24 in the local community to help them re-engage with educational institutions, obtain a high school equivalency degree, and/or seek training for career readiness and job placement. Through strategic outreach and case management, CYI works with local youth and young adults to match them with service providers and referrals for skills training, internships, work-based learning and job placement opportunities with community-based organizations and Columbia University.

To learn more, call 212-854-4143 or visit gca.columbia.edu/CYI.

Columbia Employment Information Center

The Columbia Employment Information Center (CEIC) serves as the central community-based resource for local residents to apply for open positions at the University. The center provides a wide range of services, including in-person and online job readiness training, one-on-one job-search counseling and assistance, and access to job listings at Columbia.

Contact: To learn more, call our 24-hour hotline at 212-851-1551.

Course Auditing

The Columbia University School of Professional Studies Manhattanville Course Auditing and Lifelong Learners programs provide adult community members not currently enrolled in college with the opportunity to audit select courses from the University’s offerings in the Arts and Sciences free of charge. The Manhattanville Course Auditing program allows 25 residents of Manhattanville Houses & Grant Houses, and 25 residents of the local community to audit up to two courses per year. The Lifelong Learners Program provides up to 50 residents of Manhattanville Houses, Grant Houses, and the local community who are 65 and older to audit up to two courses per year.

To learn more about these programs, please call 212-854-9666.

Dental Health Screenings for Senior Citizens

The Eldersmile Program, part of the College of Dental Medicine’s Community DentCare Network, offers prevention, education, screening, and treatment services for seniors through mobile van visits to the General Grant Houses, Manhattanville Houses and senior centers throughout Washington Heights, Inwood, and Harlem. Services also include diabetes and hypertension screening.

To learn more, call 212-305-1045 or visit dental.columbia.edu/about-us/communityoutreach.

Free Dental Services for Preschool Children

The College of Dental Medicine offers free dental care and education for preschool-age children from the West Harlem area through the Mobile Dental Center, a program of the Community DentCare Network. The program aims to reduce dental decay and improve the oral health of Upper Manhattan’s underserved children.

To learn more, call 212-305-6368 or visit dental.columbia.edu/about-us/communityoutreach.

Little Lions Sports Camp Scholarships

The University offers 25 need-based scholarships for children ages 6 to 12 from the Manhattanville area to attend Columbia’s Little Lions Camp. A scholarship covers expenses for one week of camp. Applications must be filed with the West Harlem Development Corporation (WHDC).

To learn more, please contact the WHDC at 646-476-3394.

Arts & Cultural Event Space

Columbia can provide non-Columbia-affiliated local artists and cultural organizations with access to both indoor or outdoor spaces for programming such as information sessions, performances, special events, or presentations. Space is scheduled on a first-come, first-served basis, with priority given to Columbia and student activities. Fees depend on the space and University protocols.

To learn more, call 212-854-5800 or visit uem.columbia.edu.

A'Lelia Bundles Community Scholars

Columbia offers independent, community-based scholars from Upper Manhattan free access to a range of University services and resources, including access to all University libraries, course auditing privileges, and the ability to meet with scholars in their field of study, participate in seminars, and attend social events developed specifically for the Scholars.

To learn more, visit gca.columbia.edu/communityscholars, call 212-854-5915, or email communityaffairs@columbia.edu.

Athletics Clinics

The University’s varsity sports programs and the coaches of football, volleyball, basketball, soccer, swimming, track and field, and tennis sponsor and participate in seasonal sports clinics for children from the local community. Clinics take place in Columbia facilities and throughout Harlem and Washington Heights.

To learn more, please call 212-254-2233, or visit perec.columbia.edu/sports-camps.

Housing Legal Assistance

Columbia provides funding for two NYC HPD-approved attorneys to offer Manhattanville-area residents anti-eviction and anti-harassment legal assistance. Contact Legal Services NYC directly to find out if you are eligible for this community benefit.

Visit legalservicesnyc.org or call 212-348-7449.

Columbia Wellness Center

Located on the ground floor of the Jerome L. Greene Science Center, the Wellness Center provides health resources to area residents. ColumbiaDoctors hosts community-based initiatives that train members of the Harlem community to become health advocates to prevent stroke and promote mental health. The center also provides free cholesterol and blood pressure screenings, health insurance enrollment, weight counseling and other services. Please note that the Wellness Center is not a clinical practice.

To learn more, call 212-853-1146, email wellnesscenter@cumc.columbia.edu, or visit communitywellness.manhattanville.columbia.edu.

Shuttle Bus Service for Seniors and the Disabled

A free shuttle bus service is available to members of the local community who are disabled or 65 and older (including their attendants) through the ADA-accessible Intercampus Shuttle. The shuttle connects 96th Street, the Morningside campus, Manhattanville campus, the Medical Center and Harlem Hospital to subway stations at:

- 96th St. and Broadway
- 116th St. and Broadway
- 125th St. and Broadway
- Harlem Hospital Center (135th St. and Lenox Ave.)
- Columbia University Irving Medical Center (168th St. and Broadway)

Shuttle bus service runs on a regular schedule throughout the day on weekdays, except on state and federal public holidays. Senior citizens and disabled passengers must show their Access-A-Ride, Reduced-Fare MetroCards, or Medicare cards, to access the service.

To learn more, visit transportation.columbia.edu, call 212-854-3382, or email transportation@columbia.edu.

Undergraduate Scholarships for Local Students

Every year, the Thompson-Muñoz Scholarship Fund serves up to 40 aid-eligible undergraduate students from the local community who are admitted to Columbia College and/or the Fu Foundation School of Engineering and Applied Science. Funding is made available to meet their fully demonstrated financial need. Eligible students must undergo Columbia’s undergraduate admissions process.

To learn more, contact the Office of Undergraduate Admissions at 212-854-2522.

Community Impact

Community Impact serves individuals in need in the communities of Upper Manhattan while providing meaningful volunteer and leadership opportunities for students at Columbia University and Barnard College. Residents of Upper Manhattan can register for Adult Education programs, receive health and emergency referrals, and participate in tutoring/mentoring programs.

To learn more, visit communityimpact.columbia.edu or call 212-854-1492.

Double Discovery Center

The Double Discovery Center works with low-income, first-generation college-bound youth from Harlem and Washington Heights to help ensure their success to, through, and beyond college. We leverage and coordinate University resources to provide students with a comprehensive network of support that includes academic enrichment, college and career success, and healthy minds and bodies.

To learn more, visit ddc.college.columbia.edu or call 212-854-3897.

CUIMC Student Run Clinics

Columbia University Irving Medical Center has five speciality clinics that serve our neighbors in New York City.

The Columbia-Harlem Homeless Medical Partnership (CHHMP) is a student-run clinic that provides free, quality medical care and health services to the homeless or uninsured community in West Harlem. (347-614-2121)

Columbia Student Medical Outreach (CoSMO) provides free, high-quality healthcare to the uninsured and medically underserved population in Washington Heights and Northern Harlem. (347-688-6766)

Columbia University Care Access Project (CCAP) is a student-run clinic that strives to increase access to care for all people by providing free medical services, prescriptions, and infection screening to the Washington Heights community. (646-991-1580)

The Asylum Clinic run by the School of Physicians and Surgeons Human Rights Initiative, provides pro bono medical evaluations to those seeking asylum in the U.S. The clinic is committed to developing a human rights-based approach to medicine. (ps-human-rights@cumc.columbia.edu)

The Q Clinic provides free primary care services for members of the LGBTQI community, especially those who are underserved, underinsured, or resource- and housing-insecure. (347-565-5042)

OUR ELECTED OFFICIALS AND COMMUNITY BOARDS

FEDERAL ELECTED OFFICIALS

Sen. Charles E. Schumer
757 Third Ave., Ste. 17-02
New York, NY 10017
Phone: 212-486-4430
TDD: 212-486-7803
Fax: 212-486-7693
schumer.senate.gov

Sen. Kirsten E. Gillibrand
780 Third Ave., Ste. 2601
New York, New York 10017
Phone: 212-688-6262
Fax: 212-688-7444
gillibrand.senate.gov

Rep. Jerrold Nadler (District 10)
201 Varick St., Ste. 669
New York, NY 10014
Phone: 212-367-7350
Fax: 212-367-7356
nadler.house.gov

Rep. Adriano Espaillat (District 13)
Harlem State Office Building
163 West 125th Street
New York, NY 10027
Phone: 212-663-3900
espaillat.house.gov

STATE ELECTED OFFICIALS

Governor Andrew M. Cuomo
State Capitol
Albany, NY 12224
Phone: 518-474-8390
Fax: 518-474-1513
governor.ny.gov

State Sen. Brian Benjamin (District 30)
163 West 125th Street
Harlem State Office Bldg., Suite 912
New York, NY 10027
Phone: 212-222-7315
nysenate.gov/senators/brian-benjamin

State Sen. Robert Jackson (District 31)
5030 Broadway
Suite 701
New York, NY 10034
Phone: 212-544-0173
Fax: 212-544-0256
nysenate.gov/senators/robert-jackson

Assembly Member Daniel J. O'Donnell (District 69)
245 W. 104th St.
New York, NY 10025
Phone: 212-866-3970
nyassembly.gov/mem/Daniel-J-O'Donnell

Assembly Member Inez E. Dickens (District 70)
163 West 125th Street
Suite 911
New York, NY 10027
Phone: 212-866-5809
nyassembly.gov/mem/Inez-E-Dickens

Assembly Member Al Taylor (District 71)
2541-55 Adam Clayton Powell Jr. Blvd.
New York, NY 10039
Phone: 212-234-1430
nyassembly.gov/mem/Al-Taylor

Assembly Member Carmen De La Rosa (District 72)
210 Sherman Avenue
Ste A&C
New York, NY 10034
Phone: 212-544-2278
nyassembly.gov/mem/Carmen-N-De-La-Rosa

LOCAL ELECTED OFFICIALS

Mayor Bill de Blasio
City Hall
New York, NY 10007
Phone: 212-788-3000
Fax: 212-788-2460
www1.nyc.gov/office-of-the-mayor

Public Advocate Jumaane Williams
1 Centre St., 15th Flr.
New York, NY 10007
Phone: 212-669-7200 (General)
Phone: 212-669-7250 (Ombudsman)
Fax: 212-669-4701
pubadvocate.nyc.gov

Manhattan Borough President Gale A. Brewer
431 West 125th Street
New York, NY 10027
Phone: 212-531-1609
manhattanbp.nyc.gov

Comptroller Scott Stringer
1 Centre St.
New York, NY 10007
Phone: (212) 669-3916
TTY: 212-669-3450
Fax: 212-669-2707
comptroller.nyc.gov

City Council Speaker Corey Johnson (District 3)
224 West 30th Street, Suite 1206
New York, NY 10001
Phone: 212-564-7757
council.nyc.gov/district-3

City Council Member Helen Rosenthal (District 6)
563 Columbus Ave.
New York, NY 10024
Phone: 212-873-0282
Fax: 212-873-0279
council.nyc.gov/district-6

City Council Member Mark Levine (District 7)
500 W. 141st St.
New York, NY 10031
Phone: 212-928-6814
Fax: 646-582-1408
council.nyc.gov/district-7

City Council Member Diana Ayala (District 8)
105 East 116th Street
New York NY 10029
Phone: 212-828-9800
council.nyc.gov/district-8

City Council Member Bill Perkins (District 9)
Adam Clayton Powell Jr. State Office Building
163 West 125th Street, Room 729
New York, NY 10027
Phone: 212-678-4505
Fax: 212-864-4379
council.nyc.gov/district-9

City Council Member Ydanis Rodriguez (District 10)
618 W. 177th St., Ground Flr.
New York, NY 10033
Phone: 917-521-2616
Fax: 917-521-1293
council.nyc.gov/district-10

COMMUNITY BOARDS



Community Board 7
Represents the community between the Hudson River and Central Park West from 59th Street to 110th Street.

250 West 87th Street
New York, NY 10024
Phone: 212-362-4008
office@cb7.org
Board Chair: Mark Diller
District Manager: Penny Ryan
www1.nyc.gov/site/manhattancb7/index.page

Community Board 9
Represents the community between the Hudson River and Morningside/Edgecombe Avenues from 110th Street to 155th Street.

16 Old Broadway
(Between 125th and 126th streets)
New York, NY 10027
Phone: 212-864-6200
info@cb9m.org
Board Chair: Barry Weinberg
District Manager: Eutha Prince
cb9m.org

Community Board 10
Represents the community between Fifth Avenue and Morningside/Edgecombe Avenues from 110th Street to 159th street.

215 West 125th Street, 4th Flr.
New York, NY 10027
Phone: 212-749-3105
mn10cb@cb.nyc.gov
Board Chair: Cicely Harris
District Manager: Shatic Mitchell
www1.nyc.gov/html/mancb10/html/home/home.shtml

Community Board 11
Represents the community between 96th Street and 142nd Street, Fifth Avenue and the East and Harlem Rivers, and includes Randall's and Ward's islands.

1664 Park Avenue, Ground Flr.
New York, NY 10035
Phone: 212-831-8929
mn11@cb.nyc.gov
Board Chair: Nilsa Orama
District Manager: Angel D. Mescain
cb11m.org

Community Board 12
Represents the community between the Hudson River and the Harlem River from 155th Street to 220th Street.

530 West 166th Street, 6th Flr.
New York, NY 10032
Phone: 212-568-8500
ebsmith@cb.nyc.gov
Board Chair: Eleazar Bueno
District Manager: Ebenezer Smith
www1.nyc.gov/html/mancb12/html/home/home.shtml

They Represent You ...

Barry J. Weinberg



by Matthew Orama

Barry J. Weinberg (CC'12) is the chair of Manhattan Community Board 9, which encompasses the West Harlem neighborhoods of Morningside Heights, Manhattanville and Hamilton Heights. He is a community organizer and Democratic activist in West Harlem and Morningside Heights. Elected chair in June of 2019, Weinberg is an advocate of

empowering people and communities through old-fashioned grassroots, block-by-block organizing turbocharged by the power of social media.

Born in Indianapolis, Indiana, Barry moved to West Harlem in 2008, and currently lives on West 138th Street, nine blocks from where his grandmother grew up. While attending Columbia as an undergraduate, Barry was introduced to the Broadway Democrats and later worked for the 2009 mayoral campaign of New York City Comptroller Bill Thompson. Additionally, he served as chair of the Columbia Student Governing Board of Earl Hall and on the Committee for the Core Curriculum.

After graduation, Barry joined Manhattan Community Board 9, volunteering on CB9's Arts and Culture, and Housing, Zoning, and Land Use committees. He also launched the board's Same Gender Loving/LGBTQ Task Force. In recognition of his work advocating for tenants' rights in West Harlem, he was awarded P.A.'L.A.N.T.E. Harlem's "Agent of Change" award in 2018. A major priority of his time as chair is building out the board's technical capacity to ensure that community residents and stakeholders can determine the future of their neighborhoods. To this end, he has advocated for a community-led rezoning of Morningside Heights and helped author a draft rezoning plan presented to the community in 2018.

Throughout the COVID-19 pandemic, Community Board 9 has been working to ensure city, state, and private-sector responses to the pandemic are coordinated in West Harlem and are meeting the needs of the neighborhood's most vulnerable residents. If you need assistance during the pandemic or have resources you would like to offer to assist the West Harlem community, please call Community Board 9 at (212) 864-6200.



Felipe Ronaldo
Tres Leches Cafe
SBDC Client

The Columbia-Harlem Small Business Development Center (SBDC) offers resources, mentorship, and programs for small-business owners and entrepreneurs in the Harlem and South Bronx neighborhoods at no cost to the entrepreneur.

 **Columbia Business School**
AT THE VERY CENTER OF BUSINESS™
Columbia University-Harlem
Small Business Development Center

For more information, email us at sbdc@columbia.edu or visit us at columbia.business/chsbdc.

Supporting Our Community

In light of recent events, Columbia University has created two new funds to support our neighbors.



Fight Hunger in Upper Manhattan

The **Columbia Neighbors Food Relief Fund** is bringing together the extraordinary resources of the Columbia community to heighten awareness, raise funds and deploy resources to address food insecurity in Upper Manhattan. Every dollar donated to the fund through the Medical Center Neighborhood Fund and the Columbia Community Service Food Relief Project will be used to support the program.

Learn more at
neighbors.columbia.edu/foodrelief

Get Relief for Your Small Business

Columbia University created the **Columbia Emergency Loan Fund for Small Businesses**, a relief program that will disburse working capital to assist Upper Manhattan small businesses struggling as a result of the coronavirus pandemic. Low-interest loans will be available to help small-scale manufacturers and businesses that need to pivot their offerings in response to COVID-19.

Learn more at
neighbors.columbia.edu/smallbusinessloans



Connect with us at neighbors.columbia.edu  [@neighborshub](https://www.facebook.com/neighborshub)  [@neighborshub](https://twitter.com/neighborshub)  [@neighborshub](https://www.instagram.com/neighborshub)