600,000 lives claimed by heart disease

25% of deaths annually from preventable heart conditions

20% of all Americans left without adequate access to healthcare

59 million Americans currently lack health insurance

Don’t let you or your loved ones become a statistic. Take action.
Your health is in your hands.
MISSION STATEMENT

AMPHS is a humanitarian nonprofit organization operated solely by volunteers, dedicated to advancing the health care of underprivileged communities across the nation and around the world. We accomplish our goals by providing free and low-cost community activities that forge a firm foundation for the improvement of health and well-being.

VISION STATEMENT

AMPHS strives to be a premiere interdisciplinary medical and public health service organization, building faith and transparency within our communities. From strengthening our foundation through the public trust, we work to integrate healthcare systems, education, awareness, and disease prevention such that all people can appreciate healthcare not as a privilege, but as a basic human right.

VALUES

Through all our initiatives, we strive to uphold the AMPHS PILLARS:

Passion

Innovation

Leadership

Loyalty

Accountability

Respect

Service
message from the

Chief Executive Officer, AMPHS National

March 2012

Dear Friends and Family of AMPHS,

Mr. Diaz and Mr. Wong will both tell you their lives are now different. Not because they found a new job or they got a big promotion. Their lives are different because they now have access to healthcare - that one basic human right that most of us take for granted every day. In July and October 2011 respectively, they came to our health screenings, and realized the wealth of resources available to them, regardless of their socioeconomic status.

As we look back into 2011 and all that happened, one word comes to mind: Progress. In many facets, 2011 was a year of challenges. However, with those same challenges came many opportunities for growth and improvement. At AMPHS, we are always focused on impact and efficiency. How can we serve more community members? What can we do to streamline our programs while increasing our potential?

2011 began with the introduction of a new training program that would eventually prove to be our greatest revenue stream for the year: Medical Bootcamp. This one week program brings together all the resources at AMPHS to provide a simulated medical coursework experience for university students (without directly engaging in the practice of medicine or medical education). Having run 3 sessions of this program, we were able to increase our presence on college campuses across the nation by over 500%.

With greater market presence, we took the opportunity to build our most important resources: our volunteers. In 2011, our team grew from 7 to 25, comprising of high school students, healthcare professionals, veterans, and seasoned professionals in the areas of healthcare law, politics, compliance, government affairs, business, marketing, human resources, and so much more. With our volunteer team continuing to grow every month, we have seen the creation of dedicated project teams, a cadre of clinical volunteers ready to be dispatched to any community health event, and a supportive, willing, and able leadership team.

With such growth in our volunteer team, it's no surprise that our programs and community impact expanded as well. 2011 saw the beginnings of a formal implementation of monthly community health screenings for the whole family. Community members brought in their friends and families for cardiovascular risk factor screenings and comprehensive risk factor screenings. We were also able to work with dedicated organizations such as Interfaith Medical Center in Brooklyn, NY and the Alzheimer’s Foundation of America to bring HIV and memory screenings to our community members. We opened a new Community Research & Resource Center, an open-access health & wellness research library for both staff and community members in our Brooklyn center, and developed programs to assist uninsured families to enroll in health insurance plans and make prescriptions more affordable. Between everything else, we introduced the Community Health Project, our holistic community health & wellness initiative that ties all these programs together with the training, research, and public service that AMPHS does.

With all our accomplishments in 2011, we look forward to another productive year in 2012!

Hewett Chiu
Co-President, AMPHS
CEO, AMPHS National
March 2012

Dear Friends and Colleagues,

As founders of a start-up nonprofit in an ailing national economy, none of us assumed that the first years of AMPHS’s existence would be easy. As an organization, we have taken on an enormous amount of responsibility early in our history, and, as a result, have faced financial, administrative, and personal challenges both foreseen and unforeseen. However, by enduring through this tumultuous fiscal year, we have arrived at 2011 stronger, more sustainable, and better equipped for the challenges that lay ahead.

Over the course of 2011, AMPHS International successfully created a network abroad to ensure a safe and successful future for our operations in Cameroon. Notably, Nsan Banga, a tax-exempt charitable organization in Cameroon, have invited AMPHS to collaborate on projects geared toward its mission of development for the district of Éssé. In addition, Dr. Samuel Brice Ndengue, a friend who housed the AMPHS International team during its 2011 site visit, will be able to provide both medical control and on-call medical support for future operations. His organization, Second Chance, may also provide a valuable resource.

Thank you for your commitment to our AMPHS’s mission and goals. In a world with a multitude of health sustaining resources that largely overlooks the needs of the economically disenfranchised, your support directly affects the lives of hundreds of men, women, and children suffering from inadequate healthcare.

I am proud of our great accomplishments thus far, and of all the good that, together, we will do in the future.

Yours sincerely,

Sara E. Lubetsky
Co-President, AMPHS
Executive Director, AMPHS International
Most of us are all very fortunate to have healthcare at our fingertips whenever we need it. However, we may not realize how many of our neighbors out there live everyday of their lives in pain, suffering from a condition they don’t know of and not being able to do anything about it. Take Ms. Hernandez, for example.

Ms. Hernandez walked into the AMPHS NYC Center in October 2011 not knowing who we are and what we did. She just heard about our health screenings through community members. She is an immigrant from Mexico, and all her life, she felt she was in good health. She has never seen a doctor before. In fact, she couldn't, since she was a housekeeper with no health coverage.

We started off with a basic health screening. We took her history, height, weight, visual acuity, blood pressure, heart rate, respiration rate and oxygen saturation. We evaluated her pupillary reflexes and performed a memory screening. We then followed up with a nutrition and exercise consultation and a lifestyle choices consultation.

As we looked at her results, we noticed that her body-mass index was dangerously high. In fact, it might have also affected her blood pressure which was also dangerously high. We told the results to a surprised and somewhat frightened Ms. Hernandez. We then sat down with her to go over what she can do right away to lower her blood pressure, then laid out an exercise and nutrition plan to help her lower her BMI. Because of our systematic and strategic approach, and our vow to never leave a community member without a plan of action, Ms. Hernandez never felt alone. She was able to find out about his potentially life-threatening conditions before it was too late, and actually do something about it. Today, Ms. Hernandez returns to AMPHS every month to have her blood pressure and vital signs checked as we continue to monitor her progress.

That’s what we do at AMPHS. We are a local grassroots non-profit built into the foundation of our community. Community members know about us, and we know about them – each and every one of them who walks through our doors. We take in the community members who have been turned away by other providers, and work with them long-term to get them the care they need. We actively seek out those community members who need and don’t know they can access healthcare, and inform them one-by-one what services are available to them.

Not only do we just provide access to healthcare, but we always take the extra step. We’ve initiated research projects where we are analyzing community health data to understand health disparities in our local communities. We then plan customized health programs for each specific community. In many ways, we’re changing the face of community healthcare, developing a new model for health delivery.
In 2011, AMPHS National continued and developed 18 programs in 5 focus areas:

Continuing Health & Wellness, Lifestyle Care & Disease Management
- CHP - Screenings, PAP, HACAP, Public Health Research
- CHAW - Alternative Health & Wellness
- CHPM / CRRC - Community Seminars, Resource & Referrals
- Online Wellness Resources - Instant Health Access

Fundraising, Programming, & Development
- High School/College Fundraiser
- Golf & Gala Annual Fundraiser
- General Fundraising; Corporate Giving & Donor Relations
- Teddy Bear Clinics
- Grant Acquisitions

Community Impact & Engagement
- AMPHS National Pulse – Medical Arts & Humanities Journal
- Monthly Newsletter
- AMPHS Membership Program

Preparedness & Prevention
- Regional Community Training Program
- American Heart Association certification courses
- Distance Learning Programs

Quality Customer Service
- Certification Course customization
- Bimonthly Skills Check Newsletters; Skills/Scenario Spotlight
- Recertification Reminders
In accomplishing its mission, one of AMPHS National’s key programs is the Community Health Project, a multifaceted program that addresses the deficiencies of healthcare access among underprivileged communities -- the lack of access to the knowledge of medical conditions, to medication, and to care. AMPHS National provides health support to the New York City community, and in particular, Brooklyn, through the Community Health Project, which encompasses the five programs below:

- **Community Health Screenings**: AMPHS National provides the community with free health screenings, including consultations and information on available community resources.

- **Prescription Assistance**: AMPHS National provides community members prescription assistance that allows them to get discounted prescription medication from participating pharmacies.

- **Health Access and Coverage Assistance**: AMPHS National assists community members enrolling in health coverage programs and educates them about free and low-cost services available to them.

- **My Wellness+**: AMPHS National places health management into the hands of each community by providing them the online tools to manage their health progress.

- **New York Community Health Intervention Project**: AMPHS National evaluates the health screening data that it has collected from its community health surveys to identify predominant health factors that need to be addressed through its community health programs.

Through the five programs of the Community Health Project, AMPHS National will provide community members with the tools to maintain awareness, seek timely access, and have a continuous means of monitoring and addressing their healthcare needs. AMPHS National will not only provide resources to community members, but also educate them.
Together with our friends and allies in Cameroon, including Nsan Banga and Second Chance, AMPHS has launched its international pilot, the Cameroon Health Cooperative.

Cameroon is a beautiful country on the west coast of Central Africa where 48% of people of people live below the poverty line. Due to inadequate funding, Cameroon's current health-sustaining resources, particularly in rural communities, are not enough to support the needs of its people, though the government welcomes the support of foreign NGOs. In our pilot, we work with a group of partner villages near the capital city of Yaoundé to create programming that will elicit sustainable improvements in community health.
“The 2011 trip [that AMPHS] made to Cameroon has helped me realize one of the motivating factors behind my interest in healthcare: I want to offer help to people who may not be able to receive adequate treatment or care otherwise. The trip also helped me see the importance of educating and informing others about what measures they can take to improve upon or maintain a healthy standard of living. Additionally, the encounters I had with the people we met during our stay has helped fuel my desire to aid underserved communities by offering medical services as well as teaching locals how to improve upon relevant lifestyle and healthcare practices in a sustainable manner. Overall, I feel that the trip has provided me with valuable knowledge and experiences that will be of great use in the future.”

--Nemahun Vincent, AMPHS International Volunteer since 2010

“Traveling to Cameroon was a life changing experience...Through the rural villages outside of Yaoundé and witnessing the disparities in access to and quality of healthcare I knew once and for all that I wanted to dedicate my career to developing sustainable health infrastructure in developing countries...It inspired me to take the steps necessary to apply to medical school this cycle so that on subsequent trips I may able to help treat those that seemed to so badly need care.”

--Madeline Travers, AMPHS International Volunteer since 2010
ACCOMPLISHMENTS

Since the organization's inception, AMPHS National has accomplished a long litany of goals. In 2011, AMPHS National has impacted over 450 community members with health education materials, screened over 90 community members during its health fairs and screenings, taught and trained more than 100 students in CPR and First Aid, and critical skills needed in the medical field during its medical bootcamp training courses, and other emergency preparedness programs.

Our significant milestones include:

✓ holding over 15 comprehensive health screening events for more than 90 community members in Sunset Park, Brooklyn;

✓ teaching over 15 life support classes in collaboration with medical specialists and professionals;

✓ forming sixteen community partnerships with community organizations;

✓ becoming nominated as a finalist for the prestigious StayClassy New Nonprofit Philanthropy Award and for Ashoka Foundation’s Click 4 Change Challenge, Recipient of the Nissenson Family Foundation Grant, and Grant Finalists of Catherine B. Reynolds Social Entrepreneurship Challenge

✓ publishing a bimonthly online medical humanities journal, the AMPHS National Pulse;

✓ opening a Community Research & Resource Center to provide community members and AMPHS volunteers with a vast database of medical resources for research and self-help; and

✓ becoming one of the first non-profits across the nation to adopt an Electronic Medical Record system, streamlining the productivity and efficiency of business operations, patient care efforts, and clinical programs.
Diverse talent, ranging from undergraduate students....

“During my time here at AMPHS, I was able to work with very supportive peers. I originally had little recognition about public health and health disparities occurring in the community. Through this nonprofit organization, I learned that, as a collaborative group, we were able to address this issue by bringing health education and health screenings to many communities.”

-Lyla Tan

...to medical professionals...

“I started working at AMPHS while applying to residency. I had graduated medical school, but did not start my residency right away. I found AMPHS through their association with the Medical Reserve Corp of the United States and decided to help out in their broader mission of helping the underserved community. Their offices are in the heart of an underserved area in Brooklyn, where we serve the community in many ways.

There were so many great experiences working for AMPHS that it’s hard to pick one to share, but here is one that happened recently that sort of exemplifies my experience with AMPHS:

We partnered with the Brooklyn Public Library and held a Teddy Bear Clinic in one of their Bay Ridge branches. A Teddy Bear Clinic is an activity for children where they bring their own teddy bear and our clinical staff shows them how to do a basic physical exam. The purpose for this is so the kids get used to seeing a doctor and functions to desensitize them if they are scared, plus it is a lot of fun for them. We show them how to do an exam and then let them perform this on their own teddy bear. So, at this event two brothers came to my station (eye exam, ear exam, mouth, heart and lungs). They didn’t have their own teddy bears, so they picked out a couple that the library had provided for kids who forgot (or don’t have). I like to start a patient encounter by finding out who I am talking to, so I asked, “What is your teddy bear’s name?” The first brother replied, “Max”. So I do the exam while teaching him proper “technique” and all goes great. The next brother is ready for his “teddy bear exam”. I ask him, “What is your teddy bear’s name?” He replies, “Alex”. I look at the mother and say, “Wow, that is really coincidental, my nephews are named, Alex and Max! I wanted to share this story because it shows how you never know when a great/coincidental/ironic experience will come along. Working with AMPHS is such a great way to interact with the community, that I am confident something (if not many) interesting encounters will come up that have an impact on your life.

Volunteering with AMPHS is a very rewarding way to serve the community and also improve your CV. The volunteers are great people to work with, who are very motivated from various backgrounds. You might work with other physicians, college students, business students, MBAs, etc. I highly recommend this experience.”

-Tony Schwartz, M.D., M.S.

...and everyone in between.
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