

APPNA Heartland Report for Spring Council Meeting

The Association of Physicians of Pakistani - Descent of North America (APPNA) is a national organization of around 15,000 physicians of Pakistani descent belonging to a wide variety of medical specialties across United States and Canada. The organization has 30 chapters across the country.

Our APPNA Heartland Chapter covers Kansas, Nebraska and the Western part of Missouri. Our chapter is involved in diverse philanthropic activities including free health fairs, flu vaccination drives, free clinics, youth career development, promoting health and cultural awareness, and CME events. We have a large physician presence in the Kansas City schools and religious centers to promote awareness of various health related issues and career guidance.

Aims and Objectives for the year 2017:

1. In synchronization with National APPNA's theme of this year "Civic Engagement through Community Service" APPNA Heartland Executive Council 2017 plans to continue existing efforts on a larger and collaborative platform through APPNA Heartland.

As a Vice President of Crescent Peace Society as well I am already working on Interfaith education and mutually inclusive dialogue to broaden minds and hearts, bridge the divide, religious or cultural barriers, spread empathy and support throughout the community.

2. We currently have one annual Health Fair in collaboration with Mercy and Truth Clinic in Kansas City, KS. We have maintained a great collaboration where Mercy and Truth Clinic offers us their space, shares variety of medical equipment, basic lab tests.

APPNA Heartland Executive council this year will plan to start facilitating a health fair twice a year and also plan to participate as a coordinator with APPNA National Health Care Day 2017.

3. Community is recognizing APPNA Heartland's role and has asked specifically in helping promote fundraising and goodwill support for a Women and Children 's Shelter in Kansas City. It is a community based project offering help to financially and emotionally distraught women going through adverse life circumstances. It offers them an opportunity to become self-sufficient and regain their freedom, self-respect and dignity by providing timely residential safe haven, psychological counselling, skill based training or guidance for suitable job preparation.

Following are the ongoing collaborative efforts that APPNA Heartland is engaged within the community already.

Crescent Peace Society

The Crescent Peace Society is a not for profit organization established in 1996. The Society was formed by a small group of committed Muslims from the Greater Kansas City area after the Oklahoma City bombing. Since 1996, the Crescent Peace Society has worked within the Greater Kansas City community through a series of organized, educational and cultural interactions with other faiths and the media. Members of CPS have tried their best to show positive American Muslim role models. Physicians from APPNA Heartland continue to participate actively in interfaith related activities to build bridges with people from different backgrounds.

Physicians from APPNA Heartland have also continued to support, donate and collaborate with community projects of CPS, like the Annual Turkey Drive in which CPS provides free Thanksgiving Turkey meals to hundreds of inner Kansas City deserving families.

See link: <http://www.crescentpeace.org/about-cps.html>

Zubeda Khaliq Memorial Trust

In 2008 a 50 bed hospital funded totally by the founder Dr. Sikander and his family was built in Sermik about 40 kilometers from Skardu, Pakistan.

Located in a small but beautiful village of Sermik, on the bank of the River Indus, the Zubeda Khaliq Memorial Trust was established to provide health care to the people of Baltistan, a poor region of Pakistan. Since 1980, hundreds of thousands of people have benefited from the Trust, with all services provided totally free of cost. Physicians from APPNA Heartland are the main force behind fundraising efforts from the Kansas City area, supporting this hospital.

<http://zkmfreehospital.org/more.html>

The Citizen Foundation

The Citizens Foundation, USA (TCF-USA) funds the construction and operation of primary and secondary schools for underprivileged children in Pakistan. TCF has won international acclaim for its education program and management excellence. From 5 schools in Karachi in 1995, TCF has expanded to 1,060 school units with 165,000 students in 109 towns and cities across Pakistan. TCF-USA is a professionally managed, tax exempt non-profit organization with a network of Chapters across the United States. The Kansas Chapter, has a presence in Kansas City and Wichita. APPNA community members are spearheading efforts in the Kansas City metro area to mobilize the community for fund raising efforts. The Chapters achievements include a school in Karachi in memory of three universally admired members of the Kansas City community who died in a tragic plane crash. The “Ali, Maria and Tausif Campus” is providing a valuable education to children in the impoverished Taiser Town community.

<http://www.tcfusa.org/>

Mercy Free Clinic

Mercy Health Free Clinic (MHFC) operates as a 501(c)(3) non-profit organization* dedicated to the provision of free health care to residents of the Greater Kansas City, Missouri area who are uninsured, or lack appropriate alternatives to preventive care. Established in 2009, MHFC is entirely staffed by volunteer physicians, nurses, pharmacists, and administrative personnel. As a member of the National Association of Free Clinics (NAFC), MHFC strives to deliver quality health care in accordance with national benchmarks and through the utilization of support and resources provided by NAFC. APPNA Heartland physicians provide free internal medicine, primary health care, psychiatry, urology and musculoskeletal care services at the Mercy Free Clinic.

<http://www.mhfreeclinic.com/>

The Center for Advanced Professional Studies (CAPS):

The Center for Advanced Professional Studies represents the collaboration of education, business and community, providing students with a unique, immersive experience, resulting in highly skilled, adaptable, global innovators and leaders. Students realize their strengths and passions by exploring and experiencing potential professions. This allows them to make informed decisions about their future, while learning to exhibit leadership. Physicians for APPNA Heartland deliver lectures and demonstrate practical medical and surgical skills to the high school students in the Foundation of Medicine class at CAPS.

<http://bvcaps.yourcapsnetwork.org/>

Kansas City Interfaith Youth Alliance

The Kansas City Interfaith Youth Alliance (KCIYA) is a collaborative program of individuals who want to change the conversation about religion by empowering youth of all backgrounds and faiths to come together to establish pluralistic understanding and respect by serving their communities. APPNA physicians and their families are fully involved in the activities of this youth group all year around. Physicians from our group serve on the board of directors.

<http://www.kciya.org/>

APPNA College Scholarship Fund

This fund is for students of Pakistani descent who are going to high school in USA and are applying to college but face hardship in paying for college tuition. Strict income criteria are used

to identify deserving candidates. Fund raising is performed by personal philanthropic donations. Last year \$67,500 were collected and scholarships were distributed to 14 candidates. The scholarship can be renewed if the student maintains a strong GPA and continue to meet the financial criteria. Physicians from APPNA Heartland have been contributing generously towards this cause and continue to solicit support from its members to sustain this hugely popular program. Donations can be given through the APPNA website, under the 'Projects' tab.

<http://appna.org/>

Mentorship Program

In order to nurture the love of medicine in the next generation, an APPNA Heartland physician has been instrumental in devising a mentorship program for high school and college students at the Providence Hospital. International students from Pakistan and India have been beneficiaries of this program as well. The arrangements of lodging for the international students are made at the Healthcare Resort of Kansas City. APPNA Heartland makes financial contribution to offset the cost of their lodging. This program is quite popular and several students rotating through this program have gone on to match in various residency programs in the United States. Interested students can send their request to akhan64@earthlink.net.