

Salt and Light

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Salt and Light

Salt and light is a store that allows community members to access food, clothing, and household items at an affordable price. For the legacy project, our group chose to volunteer at Salt and light in Urbana, Illinois. Salt and light is located on Philo Road in Urbana, Illinois. We chose Salt and light because we like what they stand for and how they work. The work that is done at Salt and light builds up the community and family members. Poverty comes in all forms (financial, community, and relationships), and Salt and light work every day to tear down those barriers (Sheltra, 2020). Salt and light believes that volunteering builds the community, makes a difference and builds relationships (Sheltra, 2020).

Saturday, October 9th, our group volunteered at Salt and light. In the morning, we were placed in the household items department. In this department, we sorted through various household items (shoes, books, movies, CDs, toys, etc.), put price tags on them, and got them ready to be placed on shelves. We completed a large chunk of the items, so we were placed in the clothing department when we got back from lunch. The clothing department had men's, women's, and children's clothes in various sizes and styles. Us students screened the clothes for stains, missing buttons, and overall condition. Once we did that, we placed a price tag on them and hung them up. There were massive amounts of clothes and personal items. These items were in good condition, and some were even brand new. It felt amazing to be placing nice clothing out in the store for an affordable price. The number of donations was also overwhelming; it was great to see.

Rece Doggett:

Eliminating health disparities is an essential part of public health nursing. Identifying the barriers in the community is an important aspect moving forward to help the community or population. When this student nurse's legacy group went to volunteer at Salt and Light, we were able to see firsthand how the community was affected. Education provided to the group includes the financial and individual challenges the company faced. In an article by Anderson et al., there is a discussion involving how to help the community using volunteers and the public to help fight climate control, food security, and social connectivity as health disparities. The authors state, "Study findings indicate that where green infrastructure is both productive and publicly accessible, the benefits were significant for vulnerable populations." (Anderson et al., 2021, pg. 1). This issue relates to our community and volunteer services because Champaign is a densely populated city with aspects of pollution. Champaign/Urbana could benefit from the nature-based solutions mentioned in the article.

The ability to access and secure safe drinking water is a crucial aspect of community health. Urbana, IL recently went under a boil order by the Illinois American Water company. Boil orders are typically mentioned on the news and in the papers, but younger people do not watch the news or read the paper. These issues are a health concern to the younger generation, especially as technology advances and the younger population becomes independent. A study performed by Wang et al. used focus groups and workshops to gather data and possible solutions to environmental health priorities in underserved communities. The authors found that abandoned buildings were a primary environmental priority. They state, "Unanswered" homes are common in rural areas of the United States, leading to increased risk of a variety of infectious diseases." (Wang et al., 2021, pg.2). The authors identify multiple city-

based, government, and individual-level solutions to help the community improve water and sewage issues in rural and urban areas. A discussion on improving these issues is in the article's Methods section, with the main points in the results.

Casey Buchanan:

The retail food environment is constantly changing and evolving to meet the needs of the population. However, it is crucial to analyze how the change affects all people, including the retail food environment, availability of stores, ownership type, quality, prices, and dietary intake. The optimum population outcome is health, food security, environmental sustainability, business sustainability, and food justice (Winkler et al., 2020). An interesting aspect in this article addresses the business model of food retailers. In a typical store or business, the main goal is to profit while enhancing the customer's retail experience. The article also focuses on food insecurity and notes that socially or economically disadvantaged people have the least amount of healthy food options and accessibility (Winkler et al., 2020). Salt and light's business model aims to profit while also allowing customers to work or volunteer in exchange for food and apparel.

Salt and light offers food options for many individuals that face food insecurities. They provide a rare opportunity to aid the community while also profiting and remaining sustainable. The article addresses numerous instances and disparities in which a person may face difficulties obtaining healthy food. For example, the article notes that lack of transportation and decreased community initiatives are associated with higher levels of food insecurity (Banks et al., 2021). The report addresses the need for proper screening and referral to an assistance program to

help with meeting food needs. The researchers also note that disadvantaged community members have better outcomes when connected to community resources (Banks et al., 2021).

Kimberly Bachman:

This article claims that providing students as volunteers in the community is essential to producing positive outcomes for both parties, meaning the community and volunteers. Nursing students must be prepared to expand their roles and skills in the healthy population to improve community health outcomes. The article explains that non-traditional community clinical sites help broaden students learning and skills such as critical thinking, leadership, research, communication, teaching, and project management (Martin et al., 2020). The example within this article explaining students is volunteering at a food bank. Such as Lakeview College requiring volunteer hours; it benefits the community organizations while also benefitting the student to fulfill their hours but offers essential skill sets. This nurse agrees that it provides basic skill sets because of her experiences at Salt and light. Offering flexibility and creativity to choose the volunteer clinical is essential in providing autonomy. This article explains the experiences of student nurses that helped familiarize them with the neighborhood efforts of health promotion and disease prevention (Martin et al., 2020). This article also explains the positives of being a volunteer as working with interdisciplinary professions and health care advocates (Martin et al., 2020). This nursing student agrees that volunteering benefitted her in the engagement of the community. This nurse believes it is beneficial for a community organization to have the help of nursing students to lessen the stress of gaining volunteers other than the students. Providing clinical placements at community organizations such as food

banks helps nurse educators create a dynamic learning experience required for nursing students to graduate for shifting healthcare delivery environments (Martin et al., 2020).

This article describes the positive ways to utilize student volunteers to promote clients' connections with organizations in the community (Sandhu et al., 2021). To support this claim, it explains the social determinants of health to reduce health disparities being essential for success (Sandhu et al., 2021). Unmet social needs can be detrimental to health. That is why this article utilizes a "Help Desk" model for ongoing health screening and referral to case managers for resources within the community (Sandhu et al., 2021). Completing these for the community, student volunteers then making phone calls to the community members for follow-up for acknowledgment of the resources referred and if they could access them easily (Sandhu et al., 2021). The article states that only 27 percent of the community member's feedback from the phone calls needed help from case managers a second time. This nurse feels inspired that the article recommends that community organizations utilize students to complete the tasks needed. Student volunteers help by providing low-cost and yield-high solutions to improve integrated care (Sandhu et al., 2021). Overall this article provides resources to the community to help promote health. Knowing the results being only 27 percent of the follow-up feedback needing more help makes this nurse happy that it is lower than expected.

Junmian Zhao:

Due to the shortage of community health workers (CHWs), community health volunteers (CHVs) become important to support. What kind of activity that CHVs can do in the community health setting? Is their help practical? Woldie et al. (2019) discussed the roles and

performance of CHVs in community health service. CHVs work exact as CHWs but at a basic level, including disease prevention, disease treatment and health promotion. CHVs cannot handle complex situations, or they need supervision. That is true because CHVs are not trained, and they do not master enough professional skills. Even so, Woldie et al. (2019) pointed out that if support and resource are enough, CHVs can make a significant change in low- and middle-income countries (LMICs) by extending the coverage.

Another study conducted by Ma et al. (2019) gives a specific situation: the control and prevention of diarrhea and fever on children in the Volta Region, Ghana. In this study, Ma et al. (2019) observed that the prevalence of diarrhea and fever has no statistically significant change following the CHVs' home visit. However, the authors observed improved hand hygiene practices, increased utilization of insecticide-treated bed nets, and greater participation in community outreach programs. Thus, Ma et al. (2019) concluded that even though the change is not significant. Nevertheless, childhood infectious disease prevalence may decrease due to lifestyle changes.

Thus, it is evident that CHVs can support the formal health system in disease prevention and health promotion in LMICs.

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