



I, Arden Gozum, am a rising senior at Stanton College Preparatory school and I participated in the AnnieRuth Foundation during my junior year. Throughout my junior year, I cultivated my relationship with the AnnieRuth Foundation as I devoted one Saturday to a monthly TEAMS call. The TEAMS calls that I attended gave me invaluable lessons as I was able to interact with community members that shared their own personal, workforce, and academic readiness skills. Completing about 30 hours of instructor-led training, the AnnieRuth Foundation proved to be an integral part towards educating myself on my future-self in the workplace. My career aspiration is to become a medical professional and more specifically an OB/GYN. My commitment to this program granted me as a Summer Internship Participant where I was able to attend Baptist hospital and the Pareto Clinic in

Jacksonville, Florida to expand my perspective of the medical field.

The first location where I was able to intern during my summer was at Baptist hospital. At Baptist, I was shadowing the research team, clinical fellows, neurosurgeons, physicians, and nurses of the Lyerly Neurosurgery department. During my time there, my interest in neuroscience and surgery sparked my interest. I was able to learn about their current research where they conducted medical imaging to patients with strokes and their family members to determine the link between the occurrence of strokes and one's hereditary background. This led me to realize that hospitals can have a research aspect to their facility that can lead to great preventative costs for their community and be applied to other populations. Within their department, I had the privilege to enter the operating room to watch brain surgery of two burr holes be conducted and step into the control room for other operations. This experience gave me insight to the teamwork that is involved in surgery and the "unspoken dance" between the medical professionals in the operating room. The overarching takeaway from my experience at Baptist was that the hospital atmosphere had a contagious energy of teamwork and comradery that focused on patient care. The next location where I interned was Pareto Clinic. At Pareto Clinic, under the mentorship of Dr. Lee and Mrs. Lee, I learned the value of what a Population Health Management practice was and its impact on a community experiencing low social determinant of health. Their work to the community gave me insight into the background of how a clinic could positively impact a population. As an intern, I oversaw updating the clinic's Narrow Network list. This responsibility put me in charge of contacting specialists around Jacksonville's community in regard to determining what insurances they accept. At Pareto, I was able to see a new perspective to medicine that I was not appreciative of before. A comparable aspect to this perspective of medicine was the teamwork and comradery behind performing value-based care to patients within the clinic whether that was through patient visits or being alongside them through insurance issues.

I owe the AnnieRuth Foundation a great deal of gratitude for expanding my horizon to building my professional career in the future. Without this foundation, I wouldn't have been able to foster relationships with medical professionals and community members around Jacksonville for my own career development and future mentorship. I gained invaluable lessons and connections that will help me build stronger relationships in the future. Thank you Ms. Dee and the AnnieRuth Foundation!