

Amy Anil

2024 CARTHA Community Care Fellow

Amy believes music can bring people from many different backgrounds together. Hence, Amy immediately connected in 2021 with CARTHA Founder Usha Balakrishnan (a family friend) over discussions around CARTHA's Musicality in Parks programs. Trained in playing Western Classical pieces on the violin, Amy offered to play the violin at CARTHA events.

Amy is now a sophomore at the University of Iowa studying speech and hearing sciences. She is minoring in psychology so that she learns more about other humans as well as her own self in a new perspective. Her passion for science and helping others made her choose the field of speech pathology and psychology.

Amy's extracurricular activities include research, Dance Marathon, and orchestra. During her job shadow at a pediatric clinic and her volunteering at the University of Iowa, Amy observed how the caregivers come with young and elderly patients, some of whom had ALS and were using Assistive Technology Devices. She thus gained some understanding of Kinematics. As Amy aspires to grow her involvement in the healthcare community with both patients and caregivers, she was designated as the CARTHA Community Care Fellow in June 2024 and will participate in Glocalizers focused on "Musically-Infused, Caregiver-Centric Approaches to Understanding Pain, Palliative Care, and Coping Skills." She will also play the violin at the monthly dialogue series titled Caregivers & Coffee at the Lisbon Public Library.

In sheer serendipity, Amy found a collaborator and friend in another new 2024 CARTHA (Social Media) Fellow, Jiya Gupta (also a sophomore, at the University of Southern California).

During their Summer Break in June 2024, both Amy and Jiya happily worked with Usha to start interviewing Carthans. They visited Carthans in their Iowa City homes, and then filmed, narrated, posted, and presented their Food-Memories as part of the "Iowaaah" Pilot Project aimed at cultivating new friendships and reducing community loneliness.