

Alexander Mendlovsky
Archbishop Stepinac High School

St Vincent Youth Award

Over the past four years, I have made a consistent commitment to serving my local community through hands-on involvement in healthcare and service. I volunteer at Phelps Hospital Northwell Health, assisting nurses and hospitality services with patient care tasks, delivering meals, and supporting administrative staff to ensure smooth operations. I dedicate five hours a week for twenty-four weeks each year to this work. Showing up week after week has allowed service to become consistent and meaningful rather than occasional, and I have learned that lasting impact comes from building trust within the community.

The first time I stepped into the North Wing of Phelps Memorial Hospital, I expected to spend the day delivering food and folding bibs. Instead, I found myself sitting beside a terminally ill patient who simply wanted to talk. As they asked me simple questions, I felt an indescribable pull to do anything I could to ease their pain. I realized that true strength does not come from having answers, but from caring enough to listen and be present when that is all you can do to help. That moment positively impacted my life and changed how I define service. I learned that meaningful impact often comes from small, overlooked moments of presence and empathy and how something so simple can be the spark of hope for others. Since then, I have carried that lesson with me-whether in a hospital room or helping a stranger at the grocery store-by paying attention to needs others may miss. I plan to continue using that lesson to make an impact on others through connection, service, and being fully present when it matters most.

I have also been involved in the Junior Leadership Council at Phelps Memorial Hospital, helping to research issues affecting both community health and the environment and worked to raise awareness by sharing our findings with the public. This council includes 2-4 hours every week and is a way for me to not only continue research, but to further become involved in my community. Our current project in the council focuses on spreading awareness of AI usage for the younger and current generation. This experience showed me how education and advocacy can create change beyond individual interactions.

In addition, I volunteered at Ossining Soup Kitchen from freshman through junior year, dedicating three hours per week for twenty-four weeks each year. I assisted with the preparation of meals and purchasing products for the underprivileged population in the community of Ossining, New York. I am the Co-founder, Vice-President, and media manager of the Archbishop Stepinac HOSA chapter, which I founded at the beginning of junior year. Through this chapter, I have committed four hours a week for forty weeks each year to organizing drives and fundraisers and participating in competitions related to the health field. Our club recently finished our first-aid kit fundraiser along with fundraisers for cancer awareness. In my club we continue to

strive for service every month creating new opportunities to not only learn, regarding healthcare, but also to become involved with our community.

I am also continuing this involvement by taking an EMS course with the goal of becoming EMT-certified and volunteering with Ossining EMT. I not only see this as an opportunity to introduce myself further into a profession I aspire to become, but also as a way to continue my volunteering and passion with helping others and connecting healthcare to service. By combining hands-on care, leadership, and service in several different environments I believe I have made and will keep making a meaningful impact for others. I will continue serving my community in deeper, more direct ways as I pursue my dream of becoming a physician.