



**2021 Recipient ~ Abigail Tsuji**  
**White Plains High School, Class of 2023**

Pushing my cart full of books, I went door to door at the White Plains Hospital asking if patients wanted anything to read. Like most Saturdays, I spent my time volunteering at the hospital's nursing units and patient library. After stopping my cart for a mother and her two children, I made conversation with them, talking to them about our days and the different books available. After our conversation, I was instantly filled with happiness upon seeing the woman's bright smile, the kids holding their books, and the small impact I had created as a volunteer.

Although the pandemic canceled the hospital's volunteer program in March 2020, I was determined to continue to help the patients and medical professionals at White Plains Hospital. As an aspiring physician myself, I not only gained exposure to the healthcare field, but I learned to be more appreciative for the people in my life. Longing to express my gratitude to the tireless healthcare workers too, I created about 130 thank you cards for the hospital.

Additionally, with my leadership role in co-founding Knots4Cancer Club at White Plains High School, I recently helped organize a successful Valentine's Day drive. Dozens of club members and I handcrafted over 500 cards, bracelets, and origami hearts to patients at the White Plains Cancer Center. Knowing that even the smallest bit of joy can make a large impact, I was ecstatic for the club to receive a letter from the center's Senior Director of Operations. In her letter, she had expressed that our donations certainly brightened up the day for the center's patients. Thankful for her response, my classmates and I continue to create these small tokens of joy for patients, as well as fundraise for local foundations like Gilda's Club of Westchester.

Committed to community service, I co-founded the nonprofit organization Medical Marvels in 2020. With over 900 high school and undergraduate members in just 6 months, Medical Marvels aims to promote medical literacy and provide free STEM/Humanities resources to all students. With a student published blog, free virtual shadowing events with medical professionals, and student led Research Discussions, we strive to educate others safely during the pandemic. With so much misinformation on the internet regarding COVID-19, we create weekly Instagram posts debunking false information with the use of credible sources.

In addition to my interest in medicine, I have also volunteered at the White Plains Public Library and the Music Conservatory of Westchester. For over 60 hours since my freshman year, I created dog toys and earrings for local shelters, as well as several other projects at the library. As a piano intern at the Music Conservatory of Westchester, I earned nearly 200 hours during my sophomore year. I taught music theory, helped students learn their music in preparation for performance, and lastly reaffirmed my passion for music.

Overall, my volunteer experiences and opportunities have led me to value service work. Similar to the mission of St. Vincent's Hospital Westchester, I value compassion, respect, and my commitment to service. Not only do I hope to positively give back to my community, but I plan to continue to use my passions to help others from local to international levels.