

Updated: 11/14/22

Meet the Be Well Fox Valley AmeriCorps Members!

Meet our enrolled AmeriCorps members, who are serving at our partner host site organizations throughout the Fox Valley.

Maria Aldana

Host Site: Be Well Fox Valley

1. Why you chose to serve with BWFV AmeriCorps? I chose to serve with BWFV, through AmeriCorps because I really wanted to develop a better understanding of the non-profit/charitable sector. I have always been concerned about the relevance of hunger, in every community. This position will allow me to learn more about food and the community, through research and relevant activities. I actually served in this position, over the summer, and my term was extended!
2. Where are you from (can either be where you are now, or your original hometown)? I am from Menasha, Wisconsin.
3. Where did you go to school or where are you currently going to school (could be high school, college, etc.)? I currently am a senior at the University of Wisconsin-Green Bay! My majors are political science and public administration (with an emphasis on nonprofit management). My minor is in global studies.
4. Is there any relevant past work/volunteer/internship experience you'd like to share? The most recent internship I had was with KenyaHELP, a nonprofit in Green Bay that provides scholarships in Meru, Kenya. I am currently serving as a peer mentor, at my school, to freshman students.
5. Hobbies: I love to travel, spend time with my family, and read. I also am really into photography.
6. Traveled anywhere/Any unique experiences you've encountered: Traveling is a real passion of mine. I have been lucky to have traveled quite a bit. Some of my favorite places include Alaska, the Netherlands, Norway, and Qatar.
7. Pets: Two dogs, Sophie and Callie!



8. Favorite sports teams: My favorite sport to watch is soccer. My "favorite" sports team would likely be the German national soccer team. I am excited about the World Cup, starting next month!
 9. Favorite form of physical activity: For physical activity, I enjoy going for walks, and swimming.
 10. Favorite food: Pizza
 11. Favorite vegetable: Corn
 12. Favorite fruit: Strawberries and watermelon
 13. Favorite movie: I don't think I have a favorite movie, but I enjoy action and comedy movies.
 14. Favorite book: I am such a bookworm, so I don't have a favorite book!
 15. Other fun facts you are be willing to share with the public: For as long as I can remember, I have been obsessed with the news. I constantly watch, read, or listen to the news. A new hobby of mine is "upcycling" items, especially painting!
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Delinda Daniels

Host Site: Feeding America Eastern Wisconsin

Member bio coming soon!

Thea Pflum

Host Site: Mosaic Family Health

1. Why you chose to serve with BWFV AmeriCorps?

I chose to serve with BWFV since I have completed a previous service term with BWFV for the Eat Well for Life Program at the host site Mosaic Family Health from Jan.-Aug. 2022, and this is a continuation from that service term. I have completed a summer AmeriCorps service term in 2020 during the peak of COVID-19 at the host site Feeding America Eastern WI, which was great! I have loved both service experiences, as I have been able to engage with my local community, and continue to address food insecurity at both service sites, which is one (of many) social determinant of



health that I am passionate about. Food is medicine. 😊 I also enjoy that I am able to learn more about type 2 diabetes, and how to better serve patients on their health journey.

2. Where are you from (can either be where you are now, or your original hometown)? I am from Appleton, WI.
 3. Where did you go to school or where are you currently going to school (could be high school, college, etc.)?
I graduated from Creighton University (Omaha, NE), earning a BA in Medical Anthropology and a Minor degree in Public Health. I hope to soon continue my education in a Master's of Physician Assistant Studies program to become a PA to provide compassionate, holistic, forward-thinking health care!
 4. Is there any relevant past work/volunteer/internship experience you'd like to share? I have experience as a medical scribe trained in an Emergency Department, orthopedic clinic, and at a family medicine clinic where I currently am employed. I also am a caregiver for residents in a memory care department with Alzheimer disease and dementia. I am thankful for all of my employment and service opportunities!
 5. Hobbies: I enjoy drawing, going for bike rides, trying new restaurants, and shopping.
 6. Traveled anywhere/Any unique experiences you've encountered: I have traveled to Italy, France, Ireland, and most recently Guatemala.
 7. Favorite sports teams: Green Bay Packers
 8. Favorite food: Ice cream
 9. Favorite vegetable: Fresh green beans
 10. Favorite fruit: Pineapple
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Chueyee Thao

Host Site: NEW Hmong Professionals – Appleton, WI

1. Why did you choose to serve with BWFV AmeriCorps? I choose to serve with the BWFV AmeriCorps in order to learn more ways to serve others as well as discovering myself.
2. Where are you from (can either be where you are now, or your original hometown)? Appleton, WI
3. Where did you go to school or where are you currently going to school (could be high school, college, etc.)? UW-Oshkosh
4. Is there any relevant past work/volunteer/internship experience you'd like to share? I also work at Crunch Fitness

5. Hobbies: Volleyball, Working out
6. Traveled anywhere/Any unique experiences you've encountered:
Thailand
7. Pets: None
8. Favorite sports teams: Milwaukee Bucks, Green Bay Packers,
9. Favorite form of physical activity: Lifting weights
10. Favorite food: Spring rolls
11. Favorite vegetable: Sweet potatoes
12. Favorite fruit: Watermelon
13. Favorite movie: Rush Hour
14. Other fun facts you are willing to share with the public: I enjoy watching anime and playing video games.



Liseng Xiong

Host Site: NEW Hmong Professionals

Member bio coming soon!

Liliam Ocampos Heredero

Host Site: Partnership Community Health Center

1. Why you chose to serve with BWFV AmeriCorps?

I chose to serve with BWFV AmeriCorps because my personal/career goals and values align with this program's mission. Contributing to help my community's needs in public health is the perfect opportunity to build my professional experience.

2. Where are you from (can either be where you are now, or your original hometown)? **I was born and raised in Cuba. I've resided in Appleton Wisconsin since 2015.**

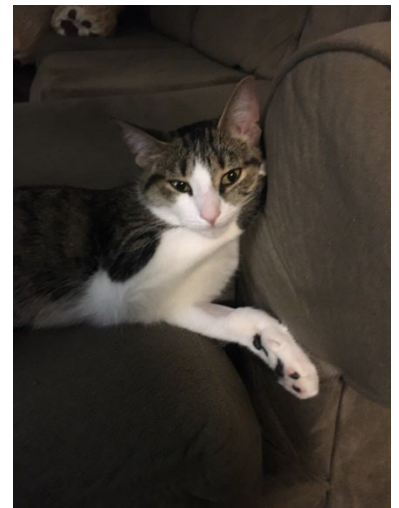
3. Where did you go to school or where are you currently going to school (could be high school, college, etc.)?
I have graduated from Appleton North High School and most recently from Lawrence University.

4. Is there any relevant past work/volunteer/internship experience you'd like to share?

I worked as a research assistant to the Kindness Project during my time at Lawrence University. The Kindness Project is currently a four-year-long community research on the implementation of evidenced-based mindfulness practices in various preschool and 4K agencies' curricula in the Fox Cities. This project is meant to evaluate the impact of the mindfulness-based curriculum on children's social-emotional, cognitive, and academic skills.



5. Hobbies: **Recreational sports and reading.**
6. Traveled anywhere/Any unique experiences you've encountered: **In one of my couple trips to Florida and the Golf Shores I encountered a baby shark that swam right by me.**
7. Pets: **Luna <3**
8. Favorite sports teams: **Real Madrid Football Club (Soccer League, Spain), Green Bay Packers, Villa Clara Azucareros (National Baseball League, Cuba)**
9. Favorite form of physical activity: **Recreational sports**
10. Favorite food: **Paella**
11. Favorite vegetable: **Cabbage**
12. Favorite fruit: **Guava**
13. Favorite movie: **Mulan (Disney Original)**
14. Favorite book: **L'Étranger (The Stranger) by Albert Camus**
15. Other fun facts you are be willing to share with the public: **I have ranidaphobia; irrational fear of frogs and toads.**



Stephanie Draheim

Host Site: Pillars

1. Why you chose to serve with BWFV AmeriCorps? I'm a lifelong member of the Fox Valley, and am pleased to have the opportunity to work towards making this community stronger, healthier and safer for its residents. I'm completing my second service term with Pillars, Inc. and am excited to work on a new service project for this amazing organization!
2. Where are you from (can either be where you are now, or your original hometown)? Appleton, WI
3. Where did you go to school or where are you currently going to school (could be high school, college, etc.)? Lawrence University
4. Is there any relevant past work/volunteer/internship experience you'd like to share? Before my time with AmeriCorps, I worked as an elementary German teacher, an English teacher in Austria, a caregiver for individuals with Developmental Disabilities and/or Mental Illness and as a trainer for Assisted Living communities.
5. Hobbies: Reading, cooking, spending time with my family, discovering new things in my community and travelling
6. Traveled anywhere/Any unique experiences you've encountered: I've studied, lived abroad or chaperoned student groups in Germany, Austria, China and Morocco, with time periods ranging from 1 month to an academic year.
7. Pets: One dog named Doodle
8. Favorite form of physical activity: Walks or hikes with my family
9. Favorite vegetable: Carrots
10. Favorite fruit: Berries

