

## CHNA 18 Newsletter

March

2016



*CHNA 18: Working together to build healthier communities through community based prevention planning and health promotion.*

[www.chna18.org](http://www.chna18.org)

### CHNA 18 News



Happy Spring (sort of)! CHNA 18 has completed our strategic planning process with SOAR55. We are currently developing programming for Spring and Fall. Stay tuned....

CHNA 18 has it's own website: [www.chna18.org](http://www.chna18.org)  
Check out our site for updates, announcements, funding opportunities and more!

### In This Issue

Upcoming Events

Spotlight

New Resources/Jobs

CHNA 18 website

CHNA 18 Grantees

Needs Assessment Report

[Join our Mailing List!](#)

### UPCOMING EVENTS AND ANNOUNCEMENTS

#### **SUPPORT GROUP: Balance With Baby**

Motherhood can be exciting and overwhelming. Sometimes you may stretch yourself thin trying to be everything at all times to your children and partner which can be daunting. If you're seeking help with balancing your child's development as he or she nears the one-year mark our next FREE Balance With Baby Support Group will be on Wednesdays beginning May 11, 2016 from 10:30am-12:00pm for 6 weeks. This group is for moms with babies from 6 months to 1 year old. Participants meet during a six-week series for 90 minutes to gain

support from each other and a professional facilitator. If you are or know a mom seeking advice on parenting skills, balancing relationships as a mother with multiple children, the joys and challenges of motherhood, and seeking connection and bonding with moms in a similar position, bring your baby and join us. Please visit our [website](#) and sign up today .

---

### **WORKSHOP: Baby Sign /Signs of Communication**

Did you know that research has shown sign language directly increases verbal development in babies in addition to cognitive and emotional development? It also allows mothers to be more in tune with their babies and improves communication between parent and child. Join us for our Signs of Communication course on Friday April 8, 2016 from 10:30am-12:00pm. This one-time session will allow you to discover a deeper and stronger connection to your baby in an enriching, supportive environment <http://www.williamjames.edu/community/freedman-center/sign-language.cfm>. Our guest facilitator Sheryl White, has over 15 years experience in sign language and looks forward to sharing her expertise and knowledge with you. Click [HERE](#) for more information.

---

### **WORKSHOP: Infant Sleep**

Are you tired and want to help your baby sleep better? Are you looking for strategies other than "cry it out"? Our Infant Sleep Workshop on Thursday May 19, 2016 from 6:30-8:30pm could be the best place for guidance. This one-night, two-hour workshop is dedicated to exploring the concept of infant sleep and methods in understanding and promoting positive sleep patterns for children. If your child is between 4-15 months old and you need tips on getting him or her to sleep on a schedule, for longer periods, and creating positive associations to get your child to want to sleep, please sign up. We currently have plenty of availability, if you're interested please visit our [website](#).

---

### **ONGOING: MEMORY CAFE**

JF&CS Memory Café. First Friday morning of the month, except on major holidays, 10 a.m. - noon. Location: JF&CS headquarters, 1430 Main Street, Waltham. A welcoming place for individuals and families living with memory changes. Guests requiring personal care assistance are asked to bring a care partner with them. Enjoy coffee, refreshments and conversation. Each month a guest artist will share his or her art and then facilitate a creative exploration with café guests. Co-hosted by the Waltham Student Group of Brandeis University. Free of charge. Contact Beth Soltzberg for information, at 781-693-5628 or [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org).

For a listing of all memory cafés currently running in the Greater Boston area, please see: [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)

The next JF&CS Memory Café will be held on Friday, April 1, 10 a.m. to noon. Providers are welcome to come experience the JF&CS Memory Cafe firsthand.

There are several new memory cafés in Greater Boston. Please see [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory) for a full list.

Feel free to contact me with questions at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628. Thanks so much for your support of the JF&CS Memory Café.

---

## **TRAINING: Working on Wellness**

Invest in your organization by investing in your employees' health and well-being!

We are excited to share an opportunity for Massachusetts employers to participate in Working on Wellness, a new comprehensive statewide worksite wellness initiative. The goal of Working on Wellness is to support Massachusetts employers in creating healthy workplaces that encourages and facilitates healthy behaviors.

By developing worksite wellness programs, your organization can promote a culture of health that allows employees to focus on wellness and reduce their risk for chronic health conditions. Your organization can also benefit from worksite wellness programs through lower insurance and workers compensation costs, increased employee productivity, and decreased employee absenteeism.

Working on Wellness provides financial support to offset the cost of launching a wellness program, while also offering expert training, technical assistance and an online learning community that allows you to collaborate with similar organizations.

Visit the [Working on Wellness website](#) to:

- Get more information on the benefits of worksite wellness and what Working on Wellness offers
- Register for an [upcoming informational webinar](#)
- Apply to the Working on Wellness Program March 21 - May 4, 2016

---

## **EVENTS: Brookline Celebrates Public Health Week**

### **Brookline celebrates National Public Health Week April 2 - 10, 2016.**

Youth Climate Adaptation Challenge, Saturday, April 2, 11 AM -2 PM, Pierce School, 50 School St. Brookline students with a passion for science invited to create and present new ideas that address current climate change challenges. Participants with the most innovative ideas will receive a certificate.

**Free Dental Care, Longwood Dental Group, Saturday, April 2;** registration begins at 7:30 AM, 1842 Beacon St. Those in need, 18 year and older, are eligible for an extraction, one filling or a cleaning. Up to 100 patients will be seen on a first come, first served basis. 617-566-5445.

**Walk a Mile in her Shoes, Sunday, April 3, 1PM - 3PM,** begins at Garden of Remembrance, 11 Pierce Street. Men and boys of all ages are encouraged to don a pair of red high heels and walk 1 mile to show their commitment to end gender-based violence. Women, families, and the entire Brookline community are welcome to join in the walk and support the walkers. Registration: [inhershoesbrookline.weebly.com](http://inhershoesbrookline.weebly.com)

**Better Hearing Begins Here, Monday, April 4, 1PM,** Brookline Senior Center, 93 Winchester St. Dr. Adrienne Ulrich will present on the challenges associated with hearing loss and the benefits of early amplification after loss detection. 617-730-2777.

**Girls Night Out! Monday, April 4, 7PM - 9PM.** Puppet Showcase Theatre, 32 Station St., Brookline Village. A night for Brookline women to unplug and unwind. Talented Brookline women, including Elaine Shannon and her tap dancing partner, Rose Giovanetti; Dr. Susan Linn, faculty at Harvard Medical School and an award-winning ventriloquist; local writer and co-author of Shakespeare, Not Stirred: Cocktails for Your Everyday Dramas, Michelle Ephraim; Brookline Police Officer and storyteller, Casey Hatchett; Jenna Lea Scott, musical theatre performer and Brookline Music School teacher; and Natalie Miller, staff at the Department of Public Health and a professionally trained opera singer, will perform. RSVP [lkarsten@brooklinema.gov](mailto:lkarsten@brooklinema.gov).

**Text Less, Live More, Tuesday, April 5,** all day, Brookline High School. The campaign will encourage students to try turning their phones off -- for the whole school day, at home during dinner, while they are doing their homework, at bedtime.

**Critter Proofing Your Home, Wednesday, April 6, 6PM,** Denny Room, 11 Pierce St. Pat Maloney, Assistant Director of Public Health, will discuss steps to keep bats, raccoons and other critters out of your home and your yard. 617-730-2300.

Wildcrafting: Foraging for Edible and Medicinal Plants, Thursday, April 7, 3:30PM-4:30PM, Brookline Main Library, Hunneman Hall. Join herbalist Danielle Laberge as she discusses the benefits of wildcrafting, with a focus on nutritious food plants and medicinal weeds to be made into teas, tinctures and salves for personal health.

**Teens and Opiates, Thursday, April 7, 7PM-9PM,** Lincoln School Auditorium, 19 Kennard Rd. Learn more about the opioid crisis currently affecting Massachusetts. Dr. Ruth Potee, addiction specialist, Valley Medical Group in Greenfield, MA, is featured speaker.

---

### **WALK: Walk a Mile in Her Shoes**

Registration is now open for Brookline's second annual Walk a Mile in Her Shoes. Men and boys of all ages are encouraged to don a pair of our signature red high heels and walk 1 mile with us to show their commitment to end gender-based violence. This high energy and family-friendly event will also raise funds for the Jennifer A. Lynch Committee Against Domestic Violence, which provides education and programming for prevention. Register online at [inhershoesbrookline.weebly.com](http://inhershoesbrookline.weebly.com), and join us at the starting line on Sunday, April 3rd at 1 pm at the Garden of Remembrance at 11 Pierce Street. High heels will be provided! Click [HERE](#) for the event flyer.

---

### **TRAINING: Fire Safety**

WELLESLEY HEALTH AND RECREATION DEPARTMENTS PRESENT: Fire Safety Training

Learning and practicing

Presenter Lt. Paul Delaney is a certified fire and life safety instructor. He is the Public Education Officer at the Wellesley Fire Department, where he has worked for more than 21 years. Highlights include:

Learning about home fire safety

Identifying hazardous materials

Learning what to do in a fire emergency

Fire extinguisher training - with a LIVE fire demonstration

WHEN: \*Tuesday, April 5, 2016 (\*rain date - Tues. April 19, 2016) TIME: 6:00-8:00 PM

WHERE: Warren Recreation and Health-90 Washington St. (rte. 16) COST: FREE!

Refreshments served - giveaways raffled off

RSVP to: Cheryl Lefman clefman@wellesley.ma.gov or 781-235-0135

Click [HERE](#) to see the event flyer.

## SPOTLIGHT ON: Framingham/Waltham WIC

### ***What's Cooking at Framingham/Waltham WIC***

The Framingham/Waltham WIC Nutrition program was chosen to pilot The Good Food Project; a project that was created to help incorporate cooking classes into WIC participant's nutrition appointments. With this program, the office was given a Chefs Kitchen and the staff were trained how to conduct an effective food demo by our State WIC Nutrition Staff and the Nutritionists at UMass Extension. Besides cooking classes, the curriculum also includes Mini Pop-Up Tours - intended to educate participants on how to purchase healthier options at the grocery store while staying within their budget, Cooking classes, Food tastings, Toddler Tastings / Introduction to Solids: Look, Touch and Taste, and Tips on Couponing, and Using your WIC and SNAP Benefits.



WIC also introduced the WICSmart Program that allows low risk participants to complete an

online module in place of one traditional Nutrition appointment each certification period. Online topics include: Kids & Juice, Healthy Snacks, Veggies & Fruits, Get Moving!, Choosing Fast Food Wisely, MyPlate and Smart Shopping on a Budget.



With the introduction of the WIC card, the WIC Program also introduced the new WIC Shopper Mobile App. Simplify your WIC Shopping

1. Install "WIC Shopper" from your app store.
2. Select Massachusetts as your WIC Agency.
3. Register using the 16-digit number on your WIC Card.
4. Your available benefits will display each time you use the app.
5. Scan your product bar code while you shop to check eligibility.

Select your favorite store and view WIC approved items available



Check our Facebook page for more information!  
[www.facebook.com/Framingham.Waltham.WIC](http://www.facebook.com/Framingham.Waltham.WIC)

If you would like to know more about any of the programs listed above or to apply for WIC, please call our local office at 508-620-1445 or check out the Massachusetts WIC Nutrition

Program website at

<http://www.mass.gov/wic>

"This institution is an equal opportunity provider"

**JOBS**

**Jewish Family and Children's Services**

We are recruiting for a Social Worker: Community Education & Training Specialist to work within our Services for Older Adults Division.

The Community Education and Training Specialist will join a team that develops and delivers education and training programs and activities focused on promoting mental health among older adults in independent housing and other community settings. This position is a key contributor within the Services for Older Adults division. The Community Education and Training Specialist will work with the team to develop, market and deliver training and consultation services for providers (staff) and older adults. The ideal candidate will have a mental health background, presentation skills and a strong desire to work with older adults and aging services providers.

Contact:

Kathy Burnes, MEd

Division Director, Services for Older Adults

Jewish Family & Children's Service (JF&CS)

1430 Main Street

Waltham, MA 02451

kburnes@jfcsboston.org

Direct: 781-693-5573

781-647-JFCS (5327)

Visit our website at [www.jfcsboston.org](http://www.jfcsboston.org)

**FUNDING**

**Funding source database:** There is now a comprehensive link, Prevention and Public Health Fund Reporting Database, maintained by the Department of Health and Human Services.

"This database includes funding opportunity announcements, requests for proposals, and other funding solicitations for activities funded from the Prevention and Public Health Fund." It can be sorted a number of different ways. Click [here](#) to access the website.

\*\*\*\*\*

-

[http://www.ssireview.org/creating\\_health?  
utm\\_source=Enews&utm\\_medium=Email&utm\\_campaign=SSIR\\_Now](http://www.ssireview.org/creating_health?utm_source=Enews&utm_medium=Email&utm_campaign=SSIR_Now)

-

-

[http://www.mahealthcouncil.org/Information about the sequestration and health:](http://www.mahealthcouncil.org/Information_about_the_sequestration_and_health:)  
[http://blog.oup.com/wp-content/uploads/2013/05/Sequestration\\_Infographic.pdf](http://blog.oup.com/wp-content/uploads/2013/05/Sequestration_Infographic.pdf)

**ARTICLE:** [How to access Advocacy efforts \( what are the measures of success\).](#)  
Click [here](#) to see the article.

**REPORT :** [MMWR, Mental health Surveillance Among Children 2005-1022](#)

This report summarizes information about ongoing federal surveillance systems that can provide estimates of the prevalence of mental disorders and indicators of mental health among children living in the United States and presents estimates of childhood mental disorders and indicators from these systems during 2005-2011 . Click [here](#) to see the report.

**[Mental Health Assessments and Treatment Resources Available Following Tragedy in Boston SMH & Mass 211 Partnership Launches www.StayStrongBoston.org](#)**

BOSTON - April 25, 2013 - For Immediate Release - To assist in the mental recovery from the recent Boston Marathon attack, the Boston-area nonprofit, Screening for Mental Health, Inc. is partnering with Mass 211 and the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Hotline to provide the public with online mental health assessments and treatment resources at [www.StayStrongBoston.org](http://www.StayStrongBoston.org). The website, created with support from an initiative with the Massachusetts Department of Public Health Suicide Prevention Program, will take individuals to a mental health assessment and information on how to contact the SAMHSA Disaster Distress Hotline.

"StayStrongBoston.org will help individuals assess if they are struggling with a mental health concern, educate friends and family members on what to do if a loved one is at risk, and provide individuals with the resources to talk to a mental health professional about their own or a loved one's situation," said Douglas G. Jacobs, M.D., associate clinical professor of psychiatry at Harvard Medical School and the founder of Screening for Mental Health, Inc. "Traumatic events can trigger signs of distress in those affected by a crisis. It doesn't matter what your relationship was to the bombings in Boston-it is important to reach out for help if you are showing any signs of distress."

According to SAMHSA, signs of emotional distress following incidents of mass violence may include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains like constant stomachaches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking or using drugs (including prescription medication)

- Feeling unusually confused or forgetful
- Yelling or fighting with family or friends
- Having thoughts or memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

These changes-both physical and emotional-are normal and most often temporary. Following the recent bombings, some individuals will be more vulnerable to these effects than others. Survivors of the attack, loved ones of the victims, first responders and community members living in close proximity to the bombings and lockdown are at a greater risk. These signs of distress can appear immediately following a traumatic event and usually improve over time. If the symptoms interfere with daily life or if the symptoms become worse, it is important that individuals seek professional help.

"Trauma reactions such as stress and anxiety or depression are normal at this time," said Lynne Pizette, director of Mass 211. "It's important to allow yourself permission to experience these reactions. Take care of yourself the best you can, and ask for help from others if you need it."

Anonymous self assessments for PTSD, depression, anxiety and other mental health concerns are available at [www.StayStrongBoston.org](http://www.StayStrongBoston.org). After completing a confidential screening, individuals will receive feedback and a referral to treatment resources if warranted.

Screening for Mental Health Inc. (SMH) is the non-profit organization that first introduced the concept of large-scale mental health screenings with its flagship program, National Depression Screening Day, in 1991. SMH programs include both in-person and online programs for depression, bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, eating disorders, alcohol problems, and suicide prevention. SMH programs have been used by hospitals, mental health centers, social service agencies, government agencies, older adult facilities, primary care clinicians, colleges, secondary schools, corporations and military installations reaching individuals ranging from adolescents to older adults.

Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 2-1-1 maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies. It is available 24 hours a day, 7 days a week, and is an easy way to find or give help in your community. Mass 2-1-1 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs.

###

Contacts:

Screening for Mental Health, Inc.

Angela Devereaux: [Adevereaux@mentalhealthscreening.org](mailto:Adevereaux@mentalhealthscreening.org)  
(781) 591-5234

Katherine Cruise: [Kcruise@mentalhealthscreening.org](mailto:Kcruise@mentalhealthscreening.org)  
(781) 591-5239

Mass 211

Lynne Pizette: [lynnep@mass211.org](mailto:lynnep@mass211.org)  
(508) 370-4862

## Starter Maps

This is a great web-based tool that can customize and explore the new various data sets to make dynamic, multi-layer maps for your state, county, city, or neighborhood. Examples include SNAP data, healthy food access, and much more. [Click here.](#)

## OBESITY PREVENTION

HBO's *The Weight of the Nation*<sup>TM</sup> was a national conversation in 2012 but the work to address the root causes of obesity is far from over. Confronting America's obesity epidemic requires ongoing action in every community across the country. Recognizing this, Kaiser Permanente and Community Initiatives partnered to create [The Weight of the Nation Screening to Action: Quickstart Guide](#) to help individuals and organizations plan and work toward collective action. Take a short "[tour](#)" of the new resource and then download a copy to begin this important work in your own community.

## SOCIAL DETERMINANT VIDEO FROM THE WELLESLEY INSTITUTE

The Wellesley Institute made a new, 4 minute video on societal health in Canada. This might be a good tool for helping a community better understand the Social Determinants of Health (SDOH) and consider developing programming and initiatives around them. Click [here](#) to see the video web site.

## HEALTHY VENDING MACHINES

Did the new year bring you new resolve to eat healthier, only to have it sidetracked when vending machines at work contain candy, chips and soda?

- The National Alliance for Nutrition and Activity created healthier model vending machine standards and a model policy to implement them. Click [here](#) to view them.
- Community Commons features [Healthy Vending Machines](#). Click [here](#) to see more.

## Commonwealth Care Now Covers Tobacco Cessation Medications and Counseling

Beginning July 1, 2012, Commonwealth Care covers all FDA-approved smoking-cessation medications and counseling support. Evidence-based studies have shown that a combination of behavioral counseling and pharmacotherapy gives smokers the greatest chance of success in quitting.

The benefit is basically the same as MassHealth's tobacco cessation benefit:

- Two 90-day treatment regimens per year with FDA-approved medication, including nicotine-replacement therapies (patch, gum, and lozenge), bupropion, and Chantix (varenicline).
- Up to 16 face-to-face counseling sessions per 12-month cycle. These 16 sessions can include any combination of two 45-minute intake/assessment sessions per year and 14 sessions of individual or group counseling. A fact sheet detailing the Commonwealth Care and MassHealth tobacco cessation benefits can be ordered or downloaded [here](#).

The National Coalition on Health Care (NCHC) has released a plan, [Curbing Costs, Improving Care: The Path to an Affordable Health Care Future](#), that "pairs nearly \$500 billion in spending reductions and health-related revenues with longer-term policy changes designed to make health care affordable in the public and private sectors" -

The Massachusetts Department of Public Health (MDPH) is committed to the integrated delivery of health care through alignment of outpatient primary care, substance abuse services, and mental health care services. The Integration Initiative builds upon the successes of our state's health care reform work and the numerous efforts to increase access to patient-centered medical homes.

MDPH has formed an Integration Initiative Committee (IIC) to help identify and, whenever possible, overcome any potential barriers to health care integration in the licensing process. The IIC will assist outpatient primary care, mental health, or substance abuse providers that propose to add one or more of these services. The IIC will review the integration proposal, customize a process that best suits each provider, and streamline the application process.

Report: In the report, released last week by the California Endowment, de Beaumont Foundation, Robert Wood Johnson Foundation and W.K. Kellogg Foundation, an IOM committee outlines a new, recommended framework for assessing the value of public health programs. Click [here](#) for more information.

### **Policy Link Announces New Tool for Advocates!**

GEAR (Getting Equity Advocacy Results) is the new online suite of benchmarks, methods, and tools to help advocates, organizers, and their allies track the results of their equity campaigns. Click [here](#) to see the tool.

### **New Community Action Guide To Support Infants and Young Children**

Supporting Infants, Toddlers, and Families Impacted by Caregiver Mental Health Problems, Substance Abuse, and Trauma: A Community Action Guide presents resources that service providers, advocates, and practitioners can use to better understand and respond to young children whose caregivers are negatively affected by these issues. The Guide offers information, resources, and tips useful for engaging the wider community to come together for children and families in need of support. Click [here](#) to see and download the guide.

### **A Dialogue about the Future of Health and Health Care.**

Inspired by the recent 2012 American Public Health Association (APHA) Annual Meeting in San Francisco, the Robert Wood Johnson Foundation (RWJF) highlighted key issues and talked with national health leaders about promising strategies to improve our nation's health and health care. Click [here](#) to see more.

### **Report:**

[2012 National Strategy for Suicide Prevention, a report of the Surgeon General and the National Action Alliance for Suicide Prevention \(Action Alliance\).](#) Click [here](#) to see the report.

**Updated Data Source: [County Health Rankings and Roadmaps](#). The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to bring this groundbreaking program to cities, counties and states across the nation.**

### **Report:**

#### **[Primary Care and Public Health: Exploring Integration to Improve Population Health.](#)**

Primary care and public health have critical roles in providing for the health and well-being of communities across the nation. Although they each share a common goal, historically they have operated independently of each other. However, new opportunities are emerging that could bring the two sectors together in ways that will yield substantial and lasting improvements in the health of individuals, communities, and populations. Because of this potential, the Centers for Disease Control and Prevention and the Health Resources and Services Administration asked the IOM to examine the integration of primary care and public health.

### **On-Line Learning: Roots of Health Equity**

Free web-based course goes live! The National Association of County and City Health Officials (NACCHO), a strategic UNNATURAL CAUSES partner, launches its new on-line course: Roots of Health Inequity. Two years in the making, the course explores the processes by which health and disease are patterned differentially by class and race as well as strategies for tackling the root causes of health inequities. While designed for public health staff, anyone can take the course. And it's free! Click [here](#) for more information.

### **Interesting new report from the Commonwealth fund on local health indicators**

[Full Report](#)

[Summary](#)

**Online Mental Health Screening: Two Month Free Program** With support from the Mass Department of Public Health, Screening for Mental Health is excited to provide Massachusetts-based organizations the opportunity to participate in a 2-month free online mental health screening program.

This opportunity is available to the first 70 organizations who register. [Click here for more information.](#)

### **Smoking Cessation Information and Resources**

In Massachusetts, 77% of adult smokers want to quit smoking. Those who attempt to quit using both quit medicine (like the patch, gum, or other medicines), as well as counseling are three times as likely to leave cigarettes behind for good. Smokers who have MassHealth coverage are eligible for only a \$1 - \$3 co-pay on all FDA approved quit medicines. Most smokers want to quit, and with the right support, they can.

If you or someone you know is interested in quitting, visit [www.makesmokinghistory.org](http://www.makesmokinghistory.org) or call 1-800-QUIT-NOW for quit tips, information on health insurance, and to read the stories of real people who have quit smoking.

If your organization is interested in providing resources around tobacco cessation and secondhand smoke, visit [www.maclearinghouse.com](http://www.maclearinghouse.com) to download and order free materials.

The CHNA 18 Newsletter will be sent out during the middle of each month. We welcome submissions!

- Event announcements
- New programs
- Grants and funding opportunities
- Job openings
- New research
- Community resources
- Other information you think would be useful

We will do our best to include all the information submitted. Please send your information to our coordinator, Jhana Wallace, at [jhanaw@gmail.com](mailto:jhanaw@gmail.com).

The newsletter will be sent out electronically. The deadline for submissions will be the last week of the month prior (for example, submissions for the May newsletter must be received by April 29th). However, if you come upon an item you think should be included and it's past the deadline, send it anyway and we'll try to include it.

Sincerely,

CHNA 18 Steering Committee