

CHNA 18 Newsletter: September 2017



West Suburban Community Health Network Area (CHNA) 18

*Brookline Dedham Dover Needham
Newton Waltham Wellesley Weston
Westwood*

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

CHNA 18 Monthly News & Updates

CHNA 18 is kicking off a new series of events and grants under the theme of **"Innovative Approaches to Local Health Issues."** Workshops are currently being planned for late Fall and Spring, and a grant release is planned for late Fall to coincide with the Fall workshop.

Be sure to follow us in [Facebook](#), Twitter [@chna18MA](#), and on our [Website](#) to stay up to date on these events.

Upcoming Events from our Community Friends and Partners

Mentorship IN School

Making It Work and Preventing Burnout



NEWTON-WELLESLEY
HOSPITAL

OCTOBER 13
2017
8:30 am – 1:30 pm

THE RESILIENCE PROJECT ANNUAL EDUCATIONAL SUMMIT

Free for all interested school personnel. Light breakfast and lunch will be provided.

CEUs (Continuing Education Units) offered: Nursing and Social Work

Newton-Wellesley Hospital is an approved provider of continuing nursing education by the Northeast Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

[REGISTER HERE](#)

Families for Depression Awareness has opened registration for the fall webinar series! Over the next three months three new webinars will be offered. Topics will cover Teen Depression, Coping with Stress and Depression, and Adult Bipolar Disorder. To learn more and register for the webinars visit: www.familyaware.org/trainings

FREE WEBINAR

Teen Depression

TUESDAY, SEPT 26, 2017
7 PM ET | 4 PM PT



Learn about

- what schools and parents can do when help is refused
- recognizing signs of depression in teens
- actionable steps to help a teen start treatment

Families for Depression Awareness

Register!
www.familyaware.org/trainings

Register Today!
www.familyaware.org/trainings



FREE WEBINAR ON

COPING WITH STRESS AND DEPRESSION

Wednesday, November 1, 2017 at 7 PM ET | 4 PM PT

Join us to learn

- ways to fit mindfulness into your busy schedule
- how to recognize signs of stress and depression
- what resources are available for you

Families for Depression Awareness

Interested in hosting an onsite workshop for your organization, school, conference or company? Families for Depression Awareness offers a variety of workshops and trainings and can tailor them to your needs. Trainings include: Coping with Stress and Depression, Teen Speakers, Teen Depression workshop or custom webinars! If you're interested in scheduling a workshop, please fill out this [form](#). Contact Programs Coordinator Arielle Cohen, ari@familyaware.org or 781-890-0220, with any questions.

September is National Preparedness Month!

MAKE A PLAN

Include your specific health and safety needs when creating your emergency plan.



Everyone can take steps to prepare for an emergency.

Join us this month to learn what YOU can do to prepare!

BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.



Learn how to prepare your pets in case of an emergency.

Include your furry friends in your emergency plan. If you go, they go!

Amory Park
Saturday September 16, TBA

45 Amory Street, Brookline
In conjunction with the Green Dog Program

GET INVOLVED

Advocate including people with disabilities and others with access and functional needs into emergency planning in your community.



Learn how to get involved in your community! Find out more about Brookline's Medical Reserve Corps (MRC) and Community Emergency Response Team (CERT) volunteer programs.

Brookline MRC & CERT Overview
Tuesday, September 19, 6:15-7:30pm
Community Room, Public Safety Building
350 Washington Street, Brookline

BE INFORMED

about what kind of disasters might occur where you live, work or visit.



Learn how to prepare your family. Visit the Medical Reserve Corps and Community Emergency Response Team table for information & tips

Brookline Day
Sunday, September 24, 11am-3pm
Larz Anderson Park
Newton St and Goddard Ave, Brookline



For more information, contact Sophie Gordon
sgordon@brooklinema.gov or 617-730-2304





WELLESLEY COUNCIL *on* AGING

WELCOME TO THE TOLLES PARSONS CENTER

Photograph Courtesy of Beth Skedd (July 2017 - Tolles Parsons Center under construction)



We are eager to welcome you to the brand new Tolles Parsons Center at 500 Washington Street! There is so much to look forward to in this beautiful, two-story, 13,000 square foot center.

Upon arrival at the Tolles Parsons Center, you will first make your way to the lobby, offering soft seating and a digital display of the day's activities.

Beyond the lobby, on the first floor, you will find:

- Reception/Administrative suite
- Commercial kitchen
- Multi-purpose room
- Access to the furnished outdoor patio
- Café with seating and self-serve coffee & tea
- Lounge with soft seating and a gas fireplace
- Restrooms

The elevator or staircase brings you to the second floor where you will find:

- Card and game room with two pool tables
- Flexible activity rooms
- Fitness center equipped with exercise machines and free weights
- Dance studio
- Social Services office
- Restrooms

September is a transition month for the COA. Information about tour opportunities and programming will be available on our website at www.wellesleycoa.org or you may call our "Tolles Parsons Center hotline" at 781-235-0809 to hear a recorded message with the most up-to-date information. By October, we expect our programming to be in "full swing".

We look forward to many memorable moments with you in our new home!



Group for New Dads

Free!



Are you a new father? Are you concerned about how to juggle your new fatherly responsibilities along with work and relationship with your partner? Our next FREE New Dads Support Group holds the opportunity to gain the skills, experience and bonds with other fathers you need as you begin your parental journey.

The next session will be on Thursdays beginning September 14, 2017 from 7:00pm-8:30pm for 8 weeks. Groups are led by experienced male facilitators in a supportive child friendly environment. Participants meet for eight 90-minute weekly sessions to discuss developmental issues, changing relationships, and balancing work and fatherhood."

If you're a new dad or know a new father who may be seeking some guidance into parenthood while balancing work and home life, please visit our website <http://www.williamjames.edu/community/freedman-center/new-dads.cfm> and register to attend today.

INFANT SLEEP WORKSHOP: Are you tired and want to help your baby sleep better? Are you looking for strategies other than "cry it out"? Do you have a baby who is feeding more overnight than they need to, but you don't know how to gently and effectively night wean?

Our parents only Infant Sleep Workshop on Tuesday October 17, 2017 from 6:30-8:30pm could be the best place for guidance and assistance with helping your child to sleep. This one-night, two-hour parent 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 interested please visit: <http://www.williamjames.edu/community/freedman-center/sleep.cfm> and sign up today.

My Life, My Health Workshop

Brought to you by:



Beth Israel Deaconess Hospital
Needham



Do you live with a daily health challenge like high blood pressure, arthritis, COPD, kidney disease, cancer, MS, congestive heart failure, Parkinson's, depression or any other health condition? Would you like to manage it better?

My Life, My Health Workshop:
Helping you manage your ongoing health challenges.

Charles River YMCA
863 Great Plain Ave., Needham
Thursdays 10:00 am- 12:30 pm
September 28 – November 2
Cost: YMCA Members \$15 – Non-members \$30*
**Cost includes YMCA membership during the program*

Healthy Living with Springwell

Springwell is a non-profit organization providing supportive services that promote healthy living and healthy aging. For more information, visit our website at www.springwell.com.

For more information, and to register, contact Dan Chambers at
dchambers@ymcaboston.org, 781-465-2570



Women working full time in the United States typically are paid just 80 percent of what white men are paid, a gap of 20 percent - and it's even worse for women of color.

Attend this FREE two-hour salary negotiation workshop to gain the skills and confidence to successfully negotiate your salary and benefits packages.

Participants will learn:

- About the gender pay gap, including its personal consequences;
- How to quantify and articulate your value;
- How to conduct objective market research and determine a fair target salary; and
- How to create a strategic pitch and respond to salary offers.

You will also have an opportunity to practice your negotiation.

AAUW Work Smart in Boston is an initiative of AAUW and the Mayor's Office of Women's Advancement to train half the working women of Boston to negotiate their salary and benefits packages over five years.

The AAUW Work Smart salary negotiation workshops are free.

Check-in will begin 30 minutes before the workshop.

Facilitators: TBD

[REGISTER HERE](#)

Asian Americans & Pacific Islanders Civil Rights Forum

The annual Asian Americans and Pacific Islanders (AAPI) Civil Rights Forum aims to advance the presence of Asian Americans and Pacific Islanders in the Northeastern region, both in numbers and in prominence.

To achieve this mission, this forum will provide the community with a broad range of learning experiences towards advancing AAPI civil rights and liberties, which are often overlooked within the national narrative. Additionally, this forum aims to foster a network of advocates who will work together to raise awareness and further the interests of the AAPI community.

We welcome you to join us in an open discussion of Asian American and Pacific Islanders' civil rights with resource speakers.

[REGISTER HERE](#)

ONLINE TRAINING: Using Data To Tell Your Story

Friday, September 29, 2017, 09:30am - 11:00am

Contact traininginstitute@hria.org

Presented by the Community Health Training Institute

Online Training (90 minutes)

Topics: Using data in grant proposals; program outcome evaluations; creating evaluation tools; data sources

This webinar will help coalitions use qualitative and quantitative data to tell their story. How can we use data and numbers to tell a compelling story about the work we do? How can we use numbers not only to share what we've accomplished in our programs but also show the impact that our work has made in communities? This webinar will explore ways to effectively use data to tell a story.

Trainer: Dr. Sanouri Ursprung, Office of Statistics and Evaluation (DPH)

By participating in this webinar, participants will be able to:

1. Identify data they currently have to tell their story.
2. Describe the elements of an effective data collection strategy.
3. Name next steps they will take to effectively use their data in grants, proposals and marketing materials.

This training addresses the following MA DPH Coalition Criteria:

1. Effective utilization of data to inform goal and activity selection, implementation, and evaluation
2. Consistency with MA DPH's goals and priorities

[REGISTER HERE](#)

Come spend the morning with us!

JF&CS Memory Café is a welcoming place for individuals & families living with memory changes

Next Café:
Friday, September 29



Coffee, refreshments, and conversation with new friends of all ages • Monthly guest artist



Please join us:
Friday, September 29
10:00 a.m. – noon

Join guest artist Marjie Sokoll as we raise our voices together in songs of inspiration and reflection. As always, no experience is necessary!

When: Usually meets on the first Friday of the month from 10:00 a.m. – noon

Location: JF&CS Headquarters
1430 Main Street, Waltham Park in any of the spots surrounding our building.

Fee: There is no charge. Donations gratefully accepted.

For more information, please contact Beth Soltzberg at bsoltzberg@jfcsboston.org or 781-693-5628.

A care partner must accompany guests who require personal care assistance.

Memory Café is brought to you in collaboration with the Waltham Student Group at Brandeis University. We gratefully acknowledge the support of the Lebovitz Family Charitable Trust. To learn about other memory cafés in our region, visit www.jfcsboston.org/MemoryCafeDirectory

JF&CS
Jewish Family & Children's Service

Alzheimer's/Related Disorders Family Support

jfcsboston.org | 781-647-JFCS (5327) | Stay Connected:   

WALTHAM HEADQUARTERS | BRIGHTON | CANTON | CENTRAL MA | NORTH SHORE

SUPPORTED BY
cjp



Click [HERE](#) to see the full Memory Cafe Fall schedule.

Dementia Friendly Massachusetts presents

Creating Welcoming Communities

A statewide conversation to share models and tools for expanding age- and dementia-friendly communities

Thursday, November 9 | 9:30 a.m. – 3:00 p.m.



\$40 (includes lunch)*

Best Western Royal Plaza Hotel & Trade Center
181 Boston Post Road West, Marlborough

Opening remarks by **Alice Bonner**, Secretary, Massachusetts Executive Office of Elder Affairs, and **Nora Moreno Cargie**, President of Tufts Health Plan Foundation, Vice President, Corporate Citizenship, Tufts Health Plan.

Members of the **Power & Purpose Advisory Group** will speak about living with dementia.

Panel discussions on:

- Access, equity, and cultural inclusion
- Where to start? Beginning the age-friendly and dementia-friendly journey
- Faith community initiatives
- Youth engagement
- Successes in new sectors
- Arts and social engagement
- Technology and environmental design

Register Online at
www.bit.ly/WelcomingCommunitiesNov9

A Dementia Friends Champion training will be held after the symposium. Registration is required. Contact Beth Soltzberg for information or to register.

*Space is limited. For information, or to request a fee reduction, contact Beth Soltzberg, Director, JF&CS Alzheimer's/Related Disorders Family Support, at bsoltzberg@jfcscsboston.org or 781-693-5628.



Presented by the Dementia Friendly Massachusetts Initiative

The Dementia Friendly Massachusetts Initiative is co-convened by the Executive Office of Elder Affairs (EOEA) and Jewish Family & Children's Service (JF&CS), and managed by representatives from the Alzheimer's Association MA/NH Chapter, LeadingAge Massachusetts, Massachusetts Association of Councils on Aging, Massachusetts Healthy Aging Collaborative, and the Multicultural Coalition on Aging. The Advisory Committee includes over 40 organizations statewide. DFMI is generously supported by the Tufts Health Plan Foundation. This event is supported by a generous grant from the Lebovitz Family Charitable Trust.



Executive Office
of Elder Affairs



Caring for Generations
JF&CS
Jewish Family & Children's Service

CELEBRATION! Thom Charles River Early Intervention 40th Anniversary

Thom Charles River Early Intervention located in Waltham celebrated 40 years of service to infants, toddlers and their parents from Waltham, Watertown & Belmont on September 12th, 2017. Mayor Jeanette McCarthy of Waltham attended the event and presented an Official Proclamation from the City of Waltham & the Mayor extending commendation and congratulations to both the Program and to Lorraine X. Sanik, Director, who established the Program in 1977. The Massachusetts House of Representatives recognized the EI program for 40 years of providing high quality, comprehensive and family-centered services. Extending best wishes and future good fortune it was signed by Representative Thomas Stanley and Representative John Lawn. Additionally a certificate of congratulations was awarded by the Commissioner of The MA Department of Public Health.

Early Intervention provides home visits to babies and toddlers who are delayed in their development or who are considered to be at risk of delay. Services include parents as partners in these visits. The dedicated clinicians who work with these families are to be applauded.

For more information please call: 781-894-6564.

Resources

The Massachusetts Smokers' Helpline now has three ways to support people who want to quit tobacco. New online options expand upon and complement the traditional telephone service and make a free and confidential quit coach more accessible.

1. Users of cigarettes, e-cigarettes, vapes, and chew can reach a quit coach who can answer questions about: the most effective ways to quit, how to get through cravings, and whether to use medicines. Coaching is available 24 hours a day, seven days a week (with some holiday exceptions) by calling 1-800-QUIT-NOW.
 2. In addition, tobacco users can now enroll online either for online-only services or to receive combined phone and internet services, through KeepTryingMA.org.
 3. Those who prefer online-only support can receive all of the same services-free coaching, help with planning to quit and help tracking progress using a variety of online tools-through KeepTryingMA.org.
- Online support includes the ability to develop a quit plan, plan for triggers or withdrawal, and chat with others who are trying to quit.
 - Motivational text messages, emails and instant messages are also available.

Participants choose the parts of the Helpline program that work best for them and can use the services as frequently and as long as needed at no cost.

- Free nicotine patches and nicotine gum are available to all eligible users.
- And the Helpline services are available to support friends and family members, too.

People who use coaching and medicines together are three times as likely to quit for good as those who use neither. For more information about the Helpline and to enroll online, visit KeepTryingMA.org. The Massachusetts Smokers' Helpline is a program of the Massachusetts Department of Public Health.

CHNA 18 Contact Info: 617-230-4487 | jhanaw@gmail.com | www.chna18.org

STAY CONNECTED:

