



West Suburban Community Health Network Area (CHNA) 18

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

Brookline Dedham Dover Needham Newton Waltham Wellesley Weston
Westwood

January 2018 Newsletter



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- [Spring Workshop Series](#)
- Workshop on March 19, 2018
- [Upcoming Events from our Community Friends and Partners](#)
- New and Archived Resources

CHNA 18 MONTHLY NEWS AND UPDATES

We are 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 March 19th and May 30 (tentative) so save the dates! A mini-grant release is planned to coincide with the March 19th workshop. The funding area will be focusing on innovative approaches to local health issues. More information about these grants, will be posted in our February newsletter.

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

CHNA 18 Spring Workshop and Grant Program

"Innovative Approaches to Local Health Issues"

CHNA 18 will hold two workshops this Spring with the theme of "innovation" as it relates to local public health issues. Additionally, CHNA 18 will be offering mini-grants to local agencies and organizations interested in creative approaches to programming and outreach.

The first workshop in the series will take place on March 19th, 1:00-4:00 pm and will be tied to the mini-grant RFP release. The second workshop, scheduled for May with a date TBD, will be looking at new and creative ways to address food insecurity, and will include cooking demos and examples of best practices from real-world success stories.

Spring Workshop Series, March 19 2018

"From Ideas to Action: Innovative Approaches to Local Health Issues"

Presented by:



**Click for
More
Information
and to
Register!**

Monday, 3/19, 1:00-4:00 pm (check in 12:30)

Wellesley Free Library, Wakelin Room, 530
Washington Street, Wellesley MA

Cost: \$20.00 to reserve your spot, fully refunded to YOU when you attend and sign-in.

Facilitator: Kristen Peterson is a Senior Partner at New & Improved, LLC. [Click for Kristen's bio](#)

This interactive and fun workshop helps participants learn and embrace new and improved creative thinking and problem solving skills to become an innovation catalyst. You'll explore the barriers we all face in thinking creatively, and how to overcome them. You'll learn the power of asking the right questions to tackle challenges from fresh perspectives and drive creative solutions as opposed to criticizing why a new idea won't work. You'll learn and apply a selection of creative problem solving tools, techniques to go from ideas to action.

[Click for the Agenda](#)

Registration open NOW! Space is limited, so register today!

Upcoming Events From Our Community Friends and Partners

Families for Depression Awareness Announces: Bring our Teen Speakers and Teen Depression Program to Your Community! <http://www.familyaware.org/schools>

Our Teen Speakers Events and Teen Depression Workshops provide communities with the opportunity to learn about supporting teenagers and young adults living with depression or bipolar disorder. These programs are preventative, educational, and free to Massachusetts organizations and schools. If you would like to hear more about these programs, visit our website or contact Teen Depression Program Specialist Kayland Arrington, at Kayland@familyaware.org or (781) 890-0220.



FOUNDATION FOR METROWEST

CENTER FOR

PHILANTHROPY EDUCATION

So we booked a room...now what? A beginner's guide to grassroots events

Presenter: Karin Turer, Tugboat 23 Consulting

Date: Thursday, February 1, 2018

Time: 9:30-11:00 AM

Location: Lexington Community Center - Room 237, 39 Marrett Road, Lexington, MA

Who should attend: Any professional, board member, or volunteer of nonprofits of any size

[LEARN MORE & REGISTER](#)

Massachusetts Pay Equity Law: Is Your Nonprofit Ready?

Presenter: Hillary Massey, Seyfarth Shaw

Date: Thursday, February 15, 2018

Time: 10:00-11:30 AM

Location: Foundation for MetroWest, 3 Eliot Street, Natick, MA 01760

Who should attend: Any professional, board member, or volunteer of nonprofits of any size

[LEARN MORE & REGISTER](#)

NEW: Emerging Leaders Academy

Presenter: Bob Greene, Bob Greene Coaching & Consulting

Date: Five sessions beginning March 13, 2018

Time: 9:00-11:30 AM

Location: Foundation for MetroWest, 3 Eliot Street, Natick

The Emerging Leaders Academy is a five-session series that provides a substantial yet accessible introduction to leadership development. The program is specifically tailored for those emerging leaders who are new to or aspiring towards senior management positions. There is no fee or tuition to participate.

[LEARN MORE AND APPLY](#)



Community Health Training Institute

COMMUNITY ORGANIZING

Wednesday, February 7*

9:00 am - 12:00 pm

Worcester, MA

Audience: Coalition leaders, individuals, and partners who want to work effectively and collaboratively towards community health goals

Description: This training will equip participants with an organizing framework and basic tools needed to mobilize their community. Participants will get an opportunity to practice community power mapping and leadership development skills in order to engage stakeholders and hard to reach residents. Participants will leave with the ability to organize community-driven, goal-oriented campaigns by utilizing clear strategies and tactics shared in this training.

Participants completing this training will be able to:

1. Understand organizing theories, principles and best practices for community organizing
2. Define clear goals, strategies and target audience for successful mobilization
3. Explore foundation level organizing skills and tools that reach all levels of community

This training address the following MA DPH Coalition Quality Criteria:

1. Statement of purpose and shared activities
2. Defined leadership
3. Consistency with MA DPH's goals and priorities

[Register here!](#)

Helpful Workshops on Aging Healthy
Monday, March 26, 2018
Kraft Hall at The Dover Church
2:00 and 6:00 PM, Free to the public!



AGING IN THE HOME: 2:00-3:00 PM

Thinking about your plan to stay in your home? Or looking for resources, tips and tools for staying in your own home as you age? Come learn & discuss!

HOW TO BE A CAREGIVER: 6:00-7:00 PM

Advice and discussion on planning, safety, resources, support and self care for caregivers. A must for anyone caring for a loved one.

RSVP by March 22 to beth@thedoverchurch.org.

Brought to you by:



VNA Care



Beth Israel Deaconess Hospital
Needham

THE DOVER CHURCH



Come spend the morning with us!

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

Next Café:
Friday, February 2



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



Please join us:
Friday, February 2
10:00 a.m. – noon

In honor of Valentine's Day, our February café will be a time to give to others. Join us as we use art materials to create handmade cards for the people in our lives, and for participants in JF&CS programs for Holocaust survivors. We'll also share some favorite music!

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

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Jewish Federation
OF GREATER BOSTON



Claims Conference
The Conference on Jewish Material Claims Against Germany

ועידת תביעות
The Conference on Jewish Material Claims Against Germany

Freedman Center for Child and Family Development Programs

1) 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 February 22, 2018 from 7:00pm-8:30pm for 6 weeks. Groups are led by experienced male facilitators in a supportive child friendly environment. Participants meet for six 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.

2) 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 Monday 5, 2018 from 6:00-8:30pm could be the best place for guidance and assistance with helping your child to sleep. This one-night, parents only 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 availability, if interested please visit:

<http://www.williamjames.edu/community/freedman-center/sleep.cfm> and sign up today.

SPOTLIGHT PROGRAM: Waltham Partnership for Youth



LACE LANGUAGE ACCESS FOR CIVIC ENGAGEMENT

At Waltham Partnership for Youth, we strive to build local capacity to effectively meet the needs of all Waltham youth. That's why we have launched our Language Access for Civic Engagement program. We want to ensure that all non-English speaking students and families get access to the information and opportunities they need to thrive.

Our LACE program has 2 components:

1. Simultaneous Interpretation Equipment: Thanks to a grant from the Jones Partnership Fund of First Parish Church, we have enough equipment for events to be interpreted in up to 2 languages for up to 20 people. To learn more about how this equipment works, contact Kaytie at kdowncett@walthampartnershipforyouth.org. To reserve the equipment for your next event, go to our website at <http://walthampartnershipforyouth.org/community-resources.html>.
1. Youth Interpreters Program: Waltham needs more interpreters, so why

not build our own local capacity by training our talented bilingual teens?! This fall, a cohort of Spanish/English bilingual teens are participating in a 30-hour interpretation training. We encourage you to consider hiring these teens to interpret at your events beginning in January 2018! We hope to be able to offer the program to Haitian Creole/English bilingual teens next fall. This program is supported by funding from Newton Wellesley Hospital and the Substance Abuse and Mental Health Services Administration

NEW AND ARCHIVED JOBS/GRANTS/RESOURCES

[New! Job openings at Springwell. \(click to see PDF with listings\)](#)

[New! Grant opportunity at the Foundation for MetroWest:](#)

The Foundation for MetroWest will soon be accepting proposals for the Community Endowment of Lexington and The Fund for Wellesley Competitive Grant Programs.

If you are a registered 501(c)(3) nonprofit or a public agency serving the Lexington or Wellesley communities, we encourage you to consider this opportunity for funding. Please share this with your networks!

Join an information session to learn about funding priorities and to answer questions about the application:

Community Endowment of Lexington Information Session:

When: Friday, January 26, 2018, 9:00-11:00 AM

Where: Lexington Community Center

[Click here for more information](#)

To RSVP: Email Megan by January 24, 2018

For The Fund for Wellesley Information Sessions:

When: Wednesday, January 31 AND February 7, 2018,
9:00 AM- 12:00 PM

Where: Wellesley Free Library

[Click here for more information and to register](#)

[New! Health Care for All: Health NewsWatch Latest Issue](#)

STAY CONNECTED:

