



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 2019 Newsletter



- CHNA 18 Monthly News & Updates
- [Upcoming Events from our Community Friends and Partners](#)
- New and Archived Resources

CHNA 18 MONTHLY NEWS AND UPDATES

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

SAVE THE DATE! This year's **Ounce of Prevention Conference** will be held on April 2nd at the DCU Center in Worcester.

SUBMIT YOUR NOMINATIONS FOR THIS YEAR'S OUNCE OF PREVENTION CONFERENCE! THE AWARDS ARE:

- The [2019 Commissioner's Leadership Award](#): Nominate an individual with strong leadership qualities, who is dedicated to ending health inequities in their community and works effectively with collaborators.
- The [2019 Peter R. Lee Healthy Communities Award](#): Nominate a coalition or organization that has dedicated their time and efforts to the pursuit of health equity.



Beth Israel Deaconess Hospital
Needham

Share your thoughts with BID-Needham, on the health needs in our community!

Beth Israel Deaconess Hospital-Needham is currently engaged in a Community Health Needs Assessment, to better understand the health needs of those living, working, and learning in our service area. As part of this assessment, the Hospital has created a 10-minute Community Health Survey. It is critical that we gather input from a broad range of service providers, stakeholders, and residents. Please complete this survey online before January 31:

[https://www.surveymonkey.com/r/BIDNeedham2019CHNA.](https://www.surveymonkey.com/r/BIDNeedham2019CHNA)

If you would like a paper version of the survey, available in English, Spanish, Russian or Chinese, please email Alyssa Kence at akence@bidneedham.org or call 781-453-5460.



Beth Israel Deaconess Hospital
Needham

Living with Alzheimer's and Other Dementias



Thursday, January 31, 2019

2:30 – 4:00 pm

The Dover Church, 17 Springdale Ave., Dover

Living with or caring for someone with Alzheimer's or other dementia can be difficult, especially on the relationships in your life. This workshop will show a brief documentary about a couple living with Alzheimer's, followed by a panel discussion that will address signs and symptoms, strategies for living with dementia, strategies for caregivers, and resources where you can turn for help. The session will end with a guided meditation and instructions for at-home meditation, an excellent stress relieving tool for caregivers. This workshop is free of charge and open to the public.

PANELISTS:

Dr. Gary Epstein-Lubow, Medical Director, Center for Memory Health at Hebrew SeniorLife

Mary Jane McGill, Avita of Needham and Alzheimer's caregiver for 16 years

Dr. Janet Jankowiak, Geriatric/Behavioral Neurologist and Author

Jess Rice, Co-Founder of Jog Your Memory 5K and daughter of Alzheimer's patient for 12 years (and counting)

PANEL MODERATOR & CONTRIBUTOR:

Christine Bunnell, Alzheimer's Association, MA & NH Chapter

MEDITATION BY:

Mary Jo Ricketson

Please RSVP to Dover COA at 508.315.5734 or via email at coa@doverma.org.



Brought to you by: The Dover Church, Dover Council on Aging, Beth Israel Deaconess Hospital-Needham, Hebrew SeniorLife, Avita of Needham, The Alzheimer's Association MA & NH Chapter, Jog Your Memory and Mary Jo Ricketson.



The next JF&CS Memory Café will be held on Friday, February 1, from 10:00 a.m. to noon. [Please share the attached flyer with your patients, clients and colleagues.](#)

We are located at 1430 Main Street, Waltham. Our interactive activities are designed to be fun for individuals who are living with dementia due to any underlying condition and at any stage, as well as for friends, family members and professional caregivers who attend. (A care partner must accompany any guest who requires personal care assistance.) Providers are welcome to come experience the JF&CS Memory Cafe firsthand.

More Memory Café resources:

- Please see www.jfcsboston.org/MemoryCafeDirectory for a full list of over 100 memory cafés across Massachusetts. Click to watch a 60-second video about Massachusetts cafés in English and in Spanish. Share this video with your clients or patients who may want to see what a memory café looks like before trying one out.
- For those interested in starting a Memory Café, JF&CS has developed a free memory café toolkit in collaboration with the Massachusetts Association of Councils on Aging, available at www.jfcsboston.org/MemoryCafeToolkit or in Spanish along with a Spanish how-to video at www.jfcsboston.org/GuiaCafeDeMemoria

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

Best wishes,

Beth

Beth Soltzberg, MSW, MBA

Director, Alzheimer's/Related Disorders Family Support Program

Jewish Family & Children's Service

1430 Main Street

Waltham, MA 02451

bsoltzberg@jfcsboston.org

Direct: 781-693-5628

Visit our Blog | Like us on Facebook | Follow us on Twitter | Watch us on YouTube | Visit our Website



Community Health Training Institute

Content Planning for Social Media: Tips, Tools, and Overcoming Barriers

February 26th, 2019

11:00 am -12:30 pm

Online Training

Topics: Content development across social media platforms; challenges in social media

Description: Social media can be daunting, especially for small community groups, coalitions, and non-profits. This training will build off our past online

trainings, "Communication Tips and Tools to Strengthen Your Impact" and "Leveraging Social Media in Your Work" that covered communication planning and social media engagement and will dive deeper into the ways you can communicate the work you do across various social media platforms. What kind of content works for Twitter? How can you adapt that for Facebook or a blog post? Participants will leave this training with a better idea of how to translate their message across social media platforms through best practices and case studies, and they will also get the opportunity to ask questions and present their own challenges in creating content for social media. Our trainers will provide tips, tools, and tricks for overcoming common social media challenges and empowering coalitions to create strategic online content.

Learning Objectives: Participants will be able to:

1. Identify strategies for creating content across different platforms
2. Define best practices for content planning
3. Understand common social media challenges and ways to overcome them

[REGISTER HERE](#)



Please join AANE Adult Services for a tour of the Museum of Fine Arts, Boston.

AANE staff will meet you inside the lobby at the Huntington Street entrance at 2:15.* This is the entrance that faces the MBTA Green Line "E" train; there is a large statue of a Native American on horseback out front.

At 2:30, our docent will take the group on a private tour that will last approximately one hour, after which you are free to explore the MFA until closing time at 4:30 pm. If you prefer, you can spend the afternoon browsing the museum on your own -- you don't have to join the tour.

*You must arrive on time in order to receive your ticket before the tour departs and to validate your parking, if applicable.

WHEN: Sunday, February 10, 2019, 2:15pm - 4:00pm

WHAT: Please join us for a tour at the Museum of Fine Arts!

HOST: Ponna Prakmakul

Cost: \$5 *Please note that this fee does not go to the MFA. This fee goes to AANE to cover the administrative costs of this event. Thank you*

WHERE: Museum of Fine Arts
465 Huntington Avenue, Boston, MA, 02115

Space is limited. Please [register](#) by Friday, February 8, 2019

Note: AANE Adult Services are intended for post-high school adults only. If you have received this message in error, please contact Stephanie Birkdale at 617 393-3824 x32 or stephanie.birkdale@aane.org to update your contact information in our database.

Courageous Community Conversations:

A Discussion about
Domestic and Sexual Abuse



The Newton-Wellesley Collaborative for

Healthy Families and Communities

Domestic and Sexual Abuse Service

Wednesday, February 27, 2019
7 – 8:30 p.m.

Newton-Wellesley Hospital
2014 Washington Street, Newton
Shibley Auditorium, Second Floor

Join us for a conversation about domestic and sexual abuse/violence in the home, workplace and in our community.

Hear from a panel of experts including: a domestic violence legal advisor, an advocate for LGBTQ communities, legal representatives from the Boston Area Rape Crisis Center (BARCC) and REACH Beyond Domestic Violence, and a survivor of sexual abuse.

Resource handouts and support staff will be available. Attendees will also have an opportunity to ask questions and/or speak confidentially with a domestic and sexual abuse/violence professional. All are welcome.



Registration not required.

**For more information, please contact Newton-Wellesley Hospital's
Domestic and Sexual Abuse Service at 617-243-6521.**



**NEWTON-WELLESLEY
HOSPITAL**



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Conversaciones Valientes en Comunidad:

Una Discusión Sobre el Abuso Doméstico y Sexual



The Newton-Wellesley Collaborative for

Healthy Families and Communities

Domestic and Sexual Abuse Service

Miércoles 27 de Febrero

7 – 8:30 p.m.

Newton-Wellesley Hospital
2014 Washington Street, Newton
Shibley Auditorium, Segundo Piso

Acompáñanos en una conversación sobre la violencia doméstica y sexual en el hogar, el lugar de trabajo y en nuestra comunidad.

Escucha de un panel de expertos incluyendo: un consejero legal de violencia doméstica, un defensor de las comunidades LGBTQ, representantes legales del Boston Area Rape Crisis Center (BARCC) y REACH Beyond Domestic Violence y un sobreviviente de abuso sexual.

Tendremos disponibles información sobre recursos y personal de apoyo. Habrá oportunidad para hacer preguntas y/o hablar de forma confidencial con un profesional en violencia doméstica y abuso/violencia sexual. Todos son bienvenidos.



No requerimos registrarse.

Para más información, contacte al Programa de Violencia Doméstica y Sexual de Newton-Wellesley Hospital al 617-243-6521.



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL



The Waltham Partnership for Youth invites you to attend the 2019 *Linking Education and Business Breakfast*. Join us on April 11th for what promises to be an inspirational morning!

Click [HERE](#) to purchase tickets.

At Waltham Partnership for Youth, we focus on aligning the talent, energy, and resources of community stakeholders to the needs of children and teens. Across the country, there are examples of successful collaborations between businesses and educational institutions; our goal is to replicate those successes, and their profound impact on youth, in our city.

Come learn how you can play an integral role in driving high-impact community partnerships and transform the lives of Waltham youth!

Keynote Speaker

Travis McCready is the President and CEO of the Massachusetts Life Sciences Center public-private investment agency with the mission of advancing the life sciences ecosystem in Massachusetts. The Center invests in scientific advancement, academic and workforce development, and new business opportunities that enrich the economy and advance patient health. Mr. McCready will deliver a talk on the value and importance of nurturing talent in students of all ages and backgrounds.

Good Neighbor Award

Each year Waltham Partnership for Youth recognizes an individual or company that has played a significant role in enhancing the lives of the city's youth. The award is presented annually at our Linking Education and Business Breakfast. We are currently collecting nominations and look forward to announcing the recipient of the 2019 award!



SOAR Management Consulting Group is growing its pro bono services in the Boston area. We continue to be an all-volunteer organization of individuals who are dedicated, forward thinking and accomplishing so much to support the missions of nonprofits.

We are pleased to launch our newly designed logo and website. The new website offers user-friendly information for clients, consultants, and donors.

With the launch of the new website, SOAR is highlighting our three-year strategic plan for growth and diversification in the Greater Boston area to create greater social impact and help nonprofits thrive.

Over the past year, SOAR consultants have provided pro bono consulting services to over 25 clients, serving sectors in education, social services, the arts, and healthcare, among others. In addition, SOAR continues to grow its cadre of consultants and to provide ongoing professional development. SOAR consultants have participated in over half a dozen SOAR led professional development workshops just this past year.

We encourage you to view the website, link to it in your own communications, if appropriate, and to "like" our pages on Facebook and LinkedIn. We also hope you will follow our news and share it with others. We look forward to connecting with you and appreciate your interest in and continued support of the SOAR Management Consulting Group. Please do not hesitate to contact us with questions or for more information about our services or consultants.

Susan Glazer
Chair, SOAR Board of Directors
<https://www.soarmcg.org/>

Looking for Teen Programming this School

Year? <http://www.familyaware.org/schools> Families for Depression Awareness' Teen Speakers Events and Teen Depression Workshops, geared toward teen and adult audiences, provide education, prevention, and help reduce the stigma of teen depression. These programs are free to Massachusetts community organizations and schools. We are also looking for teen volunteers this summer! If you would like to learn more about these programs, visit our website or contact Programs Coordinator Arielle Cohen, at Ari@familyaware.org or (781) 890-0220.

NEW JOBS/GRANTS/RESOURCES

[NEW RESOURCES](#)

PHRASES: PUBLIC HEALTH REACHING ACROSS SECTORS

"PHRASES is designed to improve the ability of public health professionals to communicate the impact and value of the public health field to other sectors in language that resonates and fosters cross-sector partnerships and alliances."

[Learn more](#)

Job: RN Registered Nurse Supervisor

[Apply Now Job ID 18000TZ2](#)

Description

RN Registered Nurse Supervisor

Primary Location: MA-MA Marlborough-420 Maple St

Function: Clinical

Adult Day Health Inc

Every person needs the support of others, but we look for very special people to support the seniors and adults we serve.

Description

Adult Day Health is seeking a dynamic and passionate person to serve as RN Supervisor and provide nursing services, training, and support to address the medical, behavioral, and psychiatric needs of individuals.

[ARCHIVED RESOURCES](#)

1) Massachusetts Coalition Finder

The Coalition Finder was created in June 2015 as a joint initiative between

The Community Health Training Institute and the MA Department of Public Health

to better serve coalitions across the state

We are working to build a network of MA coalitions to increase access to resources, trainings, and peer-to-peer support. Our coalition roster is the only searchable database of coalitions in the state, and the more people we engage in it, the better our database becomes. This roster is not a definitive list; its accuracy is determined by coalitions' efforts to verify, add, and update their own coalition profiles.

Please add, update, or verify your coalition [here](#).

Need more context on what a coalition is? Read up on

[Massachusetts Department of Public Health's Coalition](#)

[Engagement Principles and Guidelines](#)

2) The New Look of Nicotine addiction

This summer the Massachusetts Department of Public Health launched a statewide information campaign called The New Look of Nicotine Addiction and it's all about vaping. The website of the campaign, [GetOutraged.org](#), is a resource to help parents of

teenagers better understand what vaping is, how vaping can harm their teens developing brains, and to provide ideas for how parents can talk with their children about vaping and JUULing.

A toolkit of useful information for schools and community-based organizations is also available at GetOutraged.org. The toolkit includes a presentation that can be directed to parents or staff, guidance for giving this presentation, a flyer to promote a meeting or presentation about vaping, a sample newsletter article for your organization to use, sample surveillance questions (YRBS), school curriculums, and various other resources and materials to address youth use of e-cigarettes.

Printed materials are available to order or download for free from the [Massachusetts Clearinghouse](#) and the school toolkit is available to [download at GetOutraged.org](#)

If your organization or school has a presence on social media, please follow Make Smoking History on Facebook to like and share posts. Also, follow Make Smoking History on [Twitter](#) to retweet information.

Talk with your kids and students about vaping and make sure they know it's harmful. Contact your Tobacco-Free Community Partner to learn more about resources, education, and presentations in your community.

Greater Boston Tobacco-Free Community Partnership (Dover, Waltham, Weston): Mary Cole, 617-471-8400 ext. 138
ormcole@baystatecs.org

Metro Boston Tobacco-Free Community Partnership (Brookline, Dedham, Needham, Newton, Wellesley): Edgar Duran Elmudesi, 617-451-0049 x549 or eduran@hria.org

[LATEST NEWSLETTERS FROM COMMUNITY](#)

[PARTNERS:](#)

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

[Needham Council on Aging](#)

Do you have something you'd like us to include in the next newsletter?

Newsletters are generally sent out the 3rd Wednesday of every month (there are usually no newsletters in August or December).

We have over 1,000 recipients from local agencies and organizations who will see your listing.

Examples of items that could be included:

- **event**
- **workshop**
- **webinar**
- **support group**
- **resource**
- **job opening**
- **funding opportunity**
- **accomplishments/awards**

[SUBMIT YOUR ANNOUNCEMENT HERE](#)

PLEASE MAKE SURE ALL RELEVANT INFORMATION AND YOUR CONTACT INFO ARE BOTH INCLUDED.

THERE WILL BE NO DECEMBER NEWSLETTER.

IF YOU HAVE AN EVENT YOU WOULD LIKE US TO SHARE VIE TWITTER OR FB, YOU CAN SUBMIT VIA THE BUTTON ABOVE OR SEND YOUR INFORMATION DIRECTLY TO: jhanaw@gmail.com

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

STAY CONNECTED:

