



West Suburban Community Health Network Area (CHNA) 18

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

Weston Westwood

Brookline Dedham Dover Needham Newton Waltham Wellesley

July 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.



HAVE YOU TAKEN OUR SURVEY YET?

Help CHNA 18 Help You!

Take our five-minute survey for a chance to win a \$25 Panera Gift Card!

We want to know how we can better serve you!

We'd love to hear from **YOU** about what resources you use the most and what services and resources are still needed.

Please help us by answering this short survey focusing on resources, linkages and communication.

[TAKE THE SURVEY!](#)

**WEDNESDAY
JULY 31, 2019
6PM
HUNNEMAN HALL
FREE EVENT**



A CONVERSATION ON RACE WITH DR. DEBORAH PLUMMER

Author of *Some of My Friends Are...The Daunting Challenges and Untapped Potential of Cross-Racial Friendships*. An insightful examination of how cross racial friendships work and fail in American society.

To **RSVP** or for more information, please contact **Caitlin Starr, CDE** at cstarr@brooklinema.gov or at **617-730-2345**

Reasonable Accommodations are available upon request



NEW! Programs for kids at the Freedman Center at William James College

Bring your infant and meet other new mothers at [New Babies, New Moms!](#)

Each group meets with a professional facilitator and provides a wonderful opportunity to ask questions, share experiences, make new friends, and get some support. Discuss developmental issues, expectations of oneself as a new mom, changing relationships with family members, child care options, and much more. Participants meet from

10:30 AM-12:00 PM on

September 3, 10, 17, 24, and October 1, 8 in the [Freedman Center at William James College](#).

Babies are always welcome! Group sizes are limited; pre-registration is required.

Reconnect with old friends - and make new ones at [Playtime!](#)

You and your child up to age 4, or your care-giver and child, are invited to join us for a fun, free, PLAYTIME! This is a great opportunity to play in a friendly, nurturing environment at: [One Wells Ave - Ground Floor](#). The Playtime will feature weekly themes, related parent tips, and fun for children up to age 4. SPACE IS LIMITED and admittance is on a first-come, first-served basis. Infant Only Playtime (0-12 months) runs on Thursdays from 10:30 AM-12:00 PM and Mixed Ages Playtime (0-4 years) runs on Thursdays from 2:30-4:00 PM. Playtime runs every week through the spring and summer except 8/15 and 8/22.

Newton and Brookline Child Assault Prevention (CAP) Program Seeking Volunteers for 2019-2020 School Year

Do you have two -three mornings a month free during the school year? Are you looking for a meaningful and fun way to make a difference in children's lives? If so, then join our dynamic team of trained CAP volunteers who are committed to using guided discussions and role plays to teach elementary age children in the Newton Schools that they have the right to be Safe, Strong and Free with their friends and peers, when they meet adult strangers, and with those who are trusted to take care of them.

We are now accepting applications for the 2019-2020 school year. The next training begins on October 20 th . For more information or an application, please visit our website at <http://familyaccess.org/family-support/child-assault-prevention/> or contact Gail Sommer, Director, at 617-969-5906, ext. 143 or gsommer@familyaccess.org

Register Today!
www.familyaware.org/trainings



FREE WEBINAR ON

COPING WITH STRESS AND DEPRESSION

Join us to learn how

- workplaces contribute to employee stress- and can help reduce it, too
- employers can develop a mental health-supportive culture
- to respond to situations that could happen in your

to respond to situations that could happen in your workplace.

[Register today](#) to watch the recorded webinar!

Please share information about the free webinar with your network!

- [To share on Facebook, simply follow this link and click "share"](#)
- [To share on Twitter, simply follow this link and click "retweet"](#)
- [Display our Coping with Stress and Depression Webinar Flyer at your organization](#)
- [Download our Coping with Stress and Depression Fact Sheet](#)

On behalf of the families of Families for Depression Awareness, thank you for helping people find support by sharing this resource.

Come spend the morning with us!

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



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



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

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.

Join us as expressive dance and movement specialist Donna Newman-Bluestein shares the power of dance to inspire, uplift, and heal. Come for gentle exercise and enjoyment. No experience necessary!

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



Alzheimer's/Related Disorders Family Support

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

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



AANE's Adult Digest

Upcoming Schedule of Events



AANE is Going to Tanglewood!



A Concert for Adults on the Spectrum

WHEN: Sunday, August, 11, 2019

TIME: 9:00 AM - 8:00 PM

WHERE: Tanglewood, 297 West Street, Lenox, MA, 01240

HOSTS: Symphony for Our City

COST: \$20 per ticket (Includes: round-trip transportation from Symphony Hall, lunch, and concert.)

WHAT: Come join AANE for a concert at Tanglewood! The Education and Community Engagement Department of the Boston Symphony Orchestra is hosting a concert at Tanglewood in Lenox, MA. Pianist Inon Barnatan will be performing with Conductor Thomas Adès in a program that will include works by Ives and Beethoven.

The bus will be leaving from Symphony Hall at 9 AM sharp, so please be there by 8:30 AM as the bus will not wait for late participants. The group will arrive at Tanglewood at approximately 12 PM. Lunch will be served in the Tappan tent at 12:15 PM, and the concert starts at 2:30 PM. The bus will return to Symphony Hall around 8 PM.

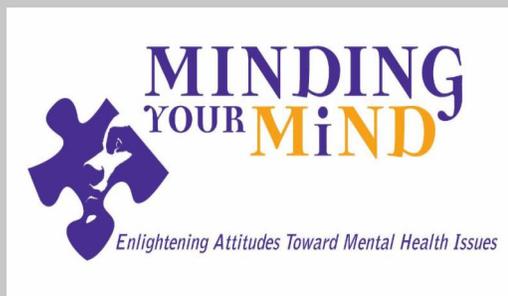
It is recommended that you wear comfortable clothing and walking shoes for this excursion.

Space is limited to 8 people. Please register ASAP.

Attn: Schools, community groups, parent organizations.

Minding Your Mind has exciting news! We have been awarded a grant to expand mental health education programming in MetroWest by the Foundation for MetroWest's Youth in Philanthropy students. We think it's special that students selected our program to support their peers.

More About Minding Your Mind



Minding Your Mind's primary objective is to provide mental health education to adolescents, teen and young adults, their parents, teachers and school administrators. Our goal is to reduce the stigma and destructive behaviors often associated with mental health issues. Treatment is available, yet only 3 out of 10 individuals needing help actually seek help. Minding Your Mind Programs move away from crisis based response to prevention through education for youth, parents and caregivers, teachers, and the community. [Learn more about Minding Your Mind.](#)

To claim your grant-funded mental health education and suicide prevention presentation, please

Make a Difference in someone's life as a Springwell Volunteer

Kindness matters! Can you spend 1-2 hours per week making a difference in someone's life? Consider joining the Springwell Volunteer Community. Whether it's serving a hot meal, assisting with the monthly bills, providing a ride to a medical appointment, taking someone to the grocery store, spending time visiting an isolated older adult, or listening to the concerns of residents in nursing homes and rest homes, volunteers are vital to Springwell's mission of helping people remain living safely and independently in their own homes for as long as possible. Our Volunteer programs are a rewarding way to get involved in the community and make a real positive impact on someone's life. Our volunteers serve in Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston. By sharing 1-2 hours per week of your time, you can change someone's life. To learn how, please visit www.springwell.com/volunteer, and then click on the "Volunteer Now!" button to fill out a short registration form. Once you have completed the form, we will schedule a phone call to discuss next steps and any of the opportunities you are interested in. Any immediate questions, please contact: Karen Chisholm, Volunteer Program Manager at 617-607-1119 or KChisholm@springwell.com



Do you want to improve your home health and safety?

Participate in the Safety at Home Program!

By participating you will receive:

- A *free* home ^{OR APARTMENT!} safety assessment
- Connections to local resources
- *Free* home goods to improve safety
- Chance to enter a \$50 gift card raffle

If you're a Needham resident age 60 or older, contact the number or email below to enroll.

(781) 455-7555
rgreenberg@needhamma.gov



MetroWest Health Foundation



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 for 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, Ari@familyaware.org or (781) 890-0220.

NEW JOBS/GRANTS/RESOURCES

JOBS

NEW! Healthy Waltham ~ Executive Director

Are you looking for an opportunity to design and implement innovative programming that can positively impact the health and wellness for Waltham residents of all ages and backgrounds? If the answer is yes, then Healthy Waltham is the place for you! Healthy Waltham is looking for a highly motivated and passionate individual to lead our nonprofit organization.

Healthy Waltham's Mission: We promote collaborative approaches to improving the health and wellness

of underserved and low-income populations through programs that increase access to healthy foods, provide nutrition education, and create opportunities for physical activity.

The Position: We're looking for an Executive Director to work 25 hours weekly. Salary range: \$35 - \$45K. Benefits are negotiable.

Requirements:

- Bachelor's degree in nutrition, health & wellness, human services or commensurate experience.
- Proven success in Non-Profit fundraising.
- Experience working in/with community-based organizations and/or the health & wellness, nutrition fields.
- Demonstrated ability to represent an organization and speak publicly.

Responsibilities: The Executive Director of Healthy Waltham will have responsibilities in the areas of Fundraising and Community Outreach, Leadership and Management and Budget.

The Location: Healthy Waltham is based in Waltham, Massachusetts. In February, 2018, Money Magazine named the City of Waltham the best place to live in Massachusetts in an annual list of the best places to live in each of the 50 states. The list is based on affordability, economic and educational performance, safety, convenience and a "pleasant way of life."

Apply if you:

- Are committed to working in and with a diverse, vibrant community.
- Want to leverage your creativity to make a difference in others' lives.
- Already find yourself involved in community-based health initiatives, and want to use your skills and/or degree to further your work.
- Want to join the lively network of Waltham organizations that Healthy Waltham works with regularly.

Please send your cover letter, resume and three references to Dr. Nadene B. Stein at Waltham High School/PPS Office, 617 Lexington Street, Waltham, MA 02452 or nadenestein@walthampublicschools.org. Please apply by August 15 in anticipation of a Fall, 2019 start.

Our website: <https://www.healthy-waltham.org/>. Please check us out!

GRANTS

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](#)

-MassHire Framingham Career Center provides job search services for residents of Waltham

and surrounding communities.

Visit the Job Clinic on Thursdays, from 1-4pm at WATCH, 24 Crescent Street, Suite 201, Waltham.

Services include:

- * Writing or updating your résumé & cover letter
- * Online job search
- * Job interview preparation
- * Basic job-related computer skills
- * Tracking and organizing your job search
- * Referral for job training programs
- * Navigating online employment forums

The job clinic is free, with no appointment necessary! Feel free to call (781) 891-6689 for more information.

ARCHIVED RESOURCES

-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](#)

-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](#)

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](tel:617-230-4487) | jhanaw@gmail.com | www.chna18.org

STAY CONNECTED:

