



## ***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

# ***June 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.



### **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.

We hope to have as much input as possible to develop new ways to help others!

**[TAKE THE SURVEY!](#)**

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### **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](mailto:gsommer@familyaccess.org)

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# 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, July 12

Please note that this month's café meets on the second Friday of the month

**10:00 a.m. – noon**

Join singer and guitarist Doug Schmolze for "Something Old, Something New," favorite songs of the 1950s. Many of these songs have roots in earlier music or crossed over from one musical tradition to another, and Doug will share this history with us. Sing along, and enjoy a slideshow of images to go with the songs.

**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](mailto: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](http://www.jfcsboston.org/MemoryCafeDirectory)

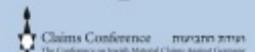
**JF&CS**  
Jewish Family & Children's Service

**Alzheimer's/Related Disorders Family Support**

[jfcsboston.org](http://jfcsboston.org) | 781-647-JFCS (5327) | Stay Connected:   

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

SUPPORTED BY  
**cjp**



## FREE! Smoking Cessation Classes

Thinking about quitting? We can help!  
Join us for the [Freedom From Smoking Program](#)

An engaging course to learn ways to overcome your tobacco addiction  
This FREE American Lung Association eight-week program will cover a range of topics including: medications to help quit smoking, avoiding weight gain, and managing stress,

among others. Freedom From Smoking® will give you the resources needed to reduce the costs tobacco has on your health and your wallet.

Participants will receive a FREE two month membership to the YMCA!

WHEN: 6:00-7:00pm

Monday, May 6th

Monday, May 13th

Monday, May 20th

Tuesday, May 28th

Monday, June 3rd

Monday, June 10th

Monday, June 17th

Monday, June 24th.

WHERE: Center at the Heights 300 Hillside Ave Needham, MA 02494

A light dinner will be provided. Interpreter services and transportation are available upon request.

To Register: Email [rcain@needhamma.gov](mailto:rcain@needhamma.gov) or call 781- 455-7940

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### Calling all Massachusetts based workplaces!

Want to bring a free on-site Coping with Stress workshop to your employees? Families for Depression Awareness has two remaining free grant-funded sessions available until the end of June. Designed for people of working age, the 1-hour Coping with Stress workshop discusses stress and strategies to manage it, introduces conditions that are "more than stress" - anxiety or depression - and how to recognize them, and how to get help. To learn more, contact Programs Manager Arielle Cohen at [ari@familyaware.org](mailto:ari@familyaware.org) or (781) 890-0220.



**AANE's Adult Digest**  
Upcoming Schedule of Events



Here is the monthly schedule of all of our events for adults. Click on the links for more information or to RSVP! Come join our community for fun, friends, and support at one of our upcoming Social or Support Groups!

June 23 - June 30

6/24 - South Area Drop-In Support Group, 6:30PM-8:00PM

6/26 - Fitchburg Pizza & Game Night, 6:30PM-8:30PM

6/27 - Holyoke Pizza & Game Night, 6:00PM-8:00PM

6/27 - Watertown Pizza & Game Night, 6:30PM-8:30PM

All AANE Social and Support Groups are intended for Adults with AS (or a related condition), aged 18+ (must be post high-school), unless otherwise specified. If you have questions or concerns, please contact Nick Gallop at [nick.gallop@aane](mailto:nick.gallop@aane)

## 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.

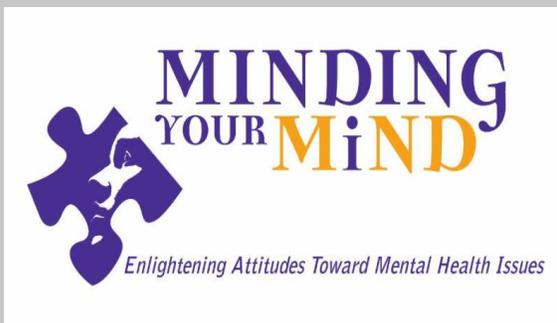
**Space is limited to 8 people. Please register ASAP.**

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### **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, teens 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 complete our [Book A Speaker Form!](#)

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**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](http://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](mailto:KChisholm@springwell.com)



MetroWest Health Foundation



**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](mailto:rgreenberg@needhamma.gov)



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/>

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## 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](mailto:Ari@familyaware.org) or (781) 890-0220.

**NEW JOBS/GRANTS/RESOURCES**

# **JOBS**

NEW! Job Description - The Dover Board of Health provides a program to reduce trash. Food waste is collected once a week from private homes, businesses, and public buildings. Residents place their food scraps (not trash or foreign matter) in tightly sealed, covered containers (Home Depot, Lowes - 5 gal. plastic). The holder of the contract for food waste collection services approximately 290 Dover homes and all public schools. The schedule is part-time and flexible - 3 partial days to 5 partial days as set by the contractor. A pick-up truck is required and the responsibility of the contractor. All food scraps collected are transported to Hidden Valley Farm in Medway on Rt. 109. There, the farm sterilizes the food scraps and the waste product is recycled into pig feed.

Job Type: Part-time

Salary: \$25,000.00 to \$55,000.00 /year

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## **Application Questions:**

- *Are you able to work in Dover, MA 02030?*
- *Do you have the following license or certification: Driver's License?*
- *Do you have a pickup truck?*
- *Are you willing to undergo a background check, in accordance with local law/regulations*

**Gerald Clarke, Chairman**  
**Dover Board of Health**  
**Town Hall Lower Level**  
**5 Springdale Avenue, P. O. Box 250**  
**Dover, MA 02030**  
**(508) 785 0032 x 232 - BOH Office**  
**(508) 785-1978 Direct**  
**GClarke@DoverMA.org**

# **GRANTS**

**STILL OPEN!** Newton-Wellesley Hospital (NWH) is seeking proposals from a Collaborative of community-based organizations to implement interventions that address disparities in high school graduation rates among Waltham students. The focus on high school graduation rates was identified through a comprehensive review of critical needs in Waltham undertaken by NWH in collaboration with an Advisory Committee comprised of Waltham-based key stakeholders.

The **Pathways to Graduation** RFP is publicly available on the NWH website at the following link: <https://www.nwh.org/classes-and-resources/community-education/grants>

Through this [Request for Proposals \(RFP\)](#), NWH anticipates awarding one grant to a Collaborative of community-based organizations in late summer 2019. Funding will be disbursed over four years with annual disbursements to the Collaborative of \$300,000 per year. An additional award of \$78,000 per year will be given to Waltham Public Schools over four years to support their work with the selected Collaborative. Click [HERE](#) to download the entire RFP as well as submission guidelines and details for the Bidder's Conference

*NWH is carrying out this CHI on behalf of Massachusetts General Hospital for its licensed satellite located at 40 Second Avenue, Waltham, MA 02451 and the Massachusetts General Physician's Organization Waltham.*

## **[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](mailto: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](mailto:eduran@hria.org)

## **[LATEST NEWSLETTERS FROM COMMUNITY PARTNERS:](#)**

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

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**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](mailto:jhanaw@gmail.com)**

**[CHNA 18](#) | [617-230-4487](tel:617-230-4487) | [jhanaw@gmail.com](mailto:jhanaw@gmail.com) | [www.chna18.org](http://www.chna18.org)**

STAY CONNECTED:

