



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

May 2018 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 events.

Upcoming Waltham Community Events

Saturday, May 26th 11:00 - 3:00

Kaleidoscope Festival at Waltham Common

This event aims to heal division through celebrating diversity. To get involved or learn more, contact Garrity at Grace Christian Church: cara.garrity@gci.org

Tuesday, May 29th 6:00 - 8:30pm

Screenagers Movie and Panel Discussion at McDevitt Middle School

Through poignant & unexpectedly funny stories, along with insights from psychologists and brain science, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults empower kids to best navigate the digital world and find balance. Shown with Spanish subtitles. Free open to the public, but registration required at bit.ly/WPYscreenagers.



FOUNDATION FOR METROWEST

CENTER FOR

PHILANTHROPY EDUCATION

A Smarter Shopper: Evaluate & Purchase the Right System for Your Nonprofit

Tuesday, June 12 | 9:00 - 11:30 AM
MassBay Community College - Wellesley

[LEARN MORE AND REGISTER](#)

Leading With Ease: Secrets of Sustainable Leadership
A Series for Executive Directors

Info Session | Tuesday, June 19 | 4:00 - 5:00 PM
Foundation for MetroWest, Natick

[LEARN MORE AND REGISTER](#)



Community Health Training Institute

Coalition Building: Back to Basics (Morning Session)
Wednesday, June 13
9:00 am - 12:00 pm
Boston, MA

Audience: Coalition leaders and members, teams, and partners working towards community health. Coalitions are also encouraged to attend in groups

Description: Learn the keys to coalition development and sustaining momentum through multiple coalition life-cycles in this half-day training. Participants will go back to basics to reflect on the essence of their coalition: why it exists in the first place and how it might evolve over time as coalition members and leaders come and go. What does it mean to adapt as the community changes? Learn about activities, processes, and structures that build and sustain- effective coalitions through interactive exercises and

worksheets. The trainer will also review a framework for creating the foundational documents of coalitions, including creating bylaws, defining what active membership means, and defining their mission and vision.

[REGISTER HERE](#)

Coalition Building: Back to Basics (Afternoon Session)
Wednesday, June 13
1:00 pm - 4:00 pm
Boston, MA

Audience: Coalition leaders and partners; community health advocates working on municipal and state level to create healthier communities. Coalitions are encouraged to attend in groups.

Description: This half day training will encourage participants to examine their coalition structure and explore other models of coalitions. Participants will engage in activities that will have them assess the governance and leadership structure, as well as, the current roles that coalition members play. Participants will dive more deeply into strategies for maintaining an effective coalition.

[REGISTER HERE](#)

Looking for Teen Programming this Summer and

Fall? <http://www.familyaware.org/schools> Our 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 Teen Depression Program Specialist Kayland Arrington, at Kayland@familyaware.org or (781) 890-0220.

Brookline, Needham and Newton Child Assault Prevention (CAP) Programs Seeking Volunteers

Are you someone that believes that all children have the right to be "Safe, Strong and Free?" If so, join our dynamic team of trained CAP volunteers who are committed to teaching children in the Brookline, Needham and Newton Elementary Schools the skills that they would need to stand up for themselves faced with a situation involving verbal, physical or sexual assault.

We are now accepting applications for the 2018-2019 school year. The next training begins October 19. Continuing Education Credits available for MSWs. For more information about Newton and Brookline CAP, please email Gail Sommer at gsummer@familyaccess.org. For information about the Needham program please email Caren Nemptzow at cnemptzow@needhamcommunitycouncil.org.

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, June 1
10:00 a.m. – noon**

Join yoga instructor Kelley Anese for gentle stretching, relaxation, and mindfulness exercises, all done from the comfort of your chair. No experience is necessary! Kelley has been teaching yoga and meditation classes for all ages and all levels of ability for 12 years. She believes that peace and joy reside in every individual, and through her teaching she guides people to experience wholeness through various yoga techniques.

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



June is Cancer Survivor Month Please Join Us in Celebration

recognizing cancer survivors
supporting cancer patients
educating the community

Wednesday, June 6
6–8 p.m. • 5:30 registration
Shipley Auditorium
Newton-Wellesley Hospital

Allison McDonough, MD
*Medical Director, Oncology Focused
Primary Care, MGH Waltham,*

How to Bring Your PCP Into Your Cancer Care Team

Please join us for an important discussion on how to integrate your special relationship with your PCP with your Oncology team. Dr. Allison McDonough, an expert on the primary care of cancer patients, will address how to optimize your care.

Wednesday, June 13
6–8 p.m. • 5:30 registration
Allen Riddle Living Room
Newton-Wellesley Hospital

Jeffrey Peppercorn, MD, MPH
*Director, MGH Cancer Center Survivorship Program
Associate Professor of Medicine, Harvard Medical School*

How are Advances in Cancer Medicine Individualizing the Cancer Experience

Dr. Jeffrey Peppercorn will discuss the opportunities and challenges that have arisen for patient care in the era of precision medicine and the need to identify and address the individual needs of cancer survivors. Following Dr. Peppercorn's talk, patients and family members will have the opportunity to ask questions regarding cancer survivorship of our expert panel from various specialties.

Light refreshments will be available.

To Register, call 617-243-5900

**Brookline Celebrates
International Day of Yoga**

Tuesday, June 21st, 2018 7:00 PM - 8:30 PM

Cypress Field*
across from Brookline High School

*Black pants and white top preferred.
Bring your own mat or towel.*



**Down Under School of Yoga
Coolidge Corner Yoga
Healthworks Fitness Center for Women**

Sponsored by: Brookline Departments of Public Health and Recreation
To RSVP and for more information: 617-730-2336; lkarsten@brooklinema.gov
*Rain location - Schluntz Gym in BHS



NEW AND ARCHIVED JOBS/GRANTS/RESOURCES

NEW

ARCHIVED

GRANT OPPORTUNITY

We are pleased to release the first round of requests for proposals for the Boston Children Collaboration for Community Health. The Office of Community Health at Boston Children's is now inviting community organizations to submit a letter of intent for one or more of the funding opportunities listed below:

- **Zero to Five Child Health and Development**
- **Family Housing Stability Initiative and Family Economic Opportunity**
- **Community Physical Activity, Recreation and Food Access**

All Letters of Intent must be submitted on-line at <https://bostonchildrens.smapply.io> by Friday, May 18th 5:00 p.m. We are hosting an information session for interested organizations next Wednesday, May 2nd, 2:00-4:00 p.m. at the Bruce C. Bolling Building in Roxbury. Sign up here.

You can find more details in the Requests for

Proposals (RFPs) packet posted at BostonChildrens.org/funding (also attached)

Please share this announcement with your

Please share this announcement with your colleagues and partners, and be in touch with any questions.

Job openings at Springwell. (click to see PDF with listings)

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 applic

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](#)

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

STAY CONNECTED:

