



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

November 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 these events.



Registration is now open for AANE's 2019 Parents of Adults (POA) Support Group Series. These online and in-person groups are designed for parents and other adult family members of adults with Asperger/autism profiles.

Each group meets for 90 minutes, once per month, over an 8 month period. Each group has no more than 12 participants. The intention is to

build a support network that extends beyond the duration of the group.

Groups fill up quickly so register now to guarantee your spot!

Locations:

- 2 Online Groups
- 3 New Hampshire In-Person Groups (Bedford NH, Concord NH, Exeter NH)
- 5 Massachusetts In-Person Groups (Chelmsford MA, Watertown MA, Westwood MA)

Cost: \$120 for main registrant and \$60 for the second registrant in the same family. Visit our website to register. <https://www.aane.org/>



Community Health Training Institute

Preparing Your Community for Policy Change: What to Expect at Municipal Meetings

Wednesday, December 5

2:00 pm - 3:30 pm

Online Training

Topics: Overview of structure of local governments, tips for presenting at town halls.

To make a lasting impact, effective community health work is transitioning from a program approach to policy, systems, and environmental (PSE) change. Engaging a variety of people who can champion your work in places you may not be able to reach is an important strategy for implementing PSE change. This training will explore why it is important to engage elected officials in the community work you do, and strategies for how to present your case at town or city meetings. The trainer will provide specific guidance on the best way to contact elected officials and stakeholders, how to effectively deliver your message, and how to navigate town meetings through local examples and tools.

By participating in this training, participants will be able to:

1. Understand how engaging stakeholders, community members, and elected officials in your work can promote PSE change.
2. Strategize ways to leverage local data and community voice in town meeting spaces.
3. Name strategies for presenting at a town hall or board meeting.

[REGISTER HERE](#)



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



Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with changes in thinking and memory.



What Happens at the Information Session?

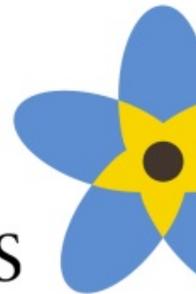
The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!

Remember...

You don't need to be a dementia expert to become a Dementia Friend.
You don't need to know someone with dementia to become a Dementia Friend.

Learn more at www.dementiafriendsma.org

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Massachusetts and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. Visit www.dementiafriendsma.org or contact Beth Soltzberg at bsoltzberg@jfcsboston.org to learn more!



A PROGRAM OF
JF&CS



Memory Cafés are free social gatherings for people living with dementia due to Alzheimer's or a related disorder, and for their family, friends and care providers. Massachusetts is home to almost 100 Memory Cafés, more than any other state in the nation. Watch and share a new 1-minute video about Massachusetts' Memory Cafés, in English and Spanish.

[English link: <https://www.youtube.com/watch?v=Hgt1uY8ssjg&t=1s>

[Spanish link: <https://www.youtube.com/watch?v=xpuxZdTWsSQ>]

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.

Register for our Free Educational Webinars! <http://www.familyaware.org/teens> This fall we are offering two new webinars covering ways to manage stress. Our Teen Depression: Addressing Stress webinar will air live Thursday, October 11th at 7pm. The Coping with Stress in the Workplace webinar will air live Thursday, November 1 at 7pm. Can't watch live? Register today and we'll send you an email to watch on demand after it airs.

NEW JOBS/GRANTS/RESOURCES

NEW RESOURCES

Job Posting: [Part time Outreach Coordinator, Minding Your Mind--Newton, MA](#)

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](http://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](https://twitter.com/MakeSmokingHistory) 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](#)

[Jewish Family & Children's Services](#)

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:

