# Somerville Health Happenings

## September 2013

Cambridge Health Alliance

Listed below are a few interesting events or possible opportunities related to local community health issues to share with community friends and partners. This is not an all-inclusive list, but seeks to represent a wide range of local opportunities that may impact the health of Somerville residents.
For an electronic copy, visit http://www.challiance.org/IntheCommunity/SomervilleHealthAgenda.aspx
To be added to the distribution list, please send an email to the address below with "Health Happenings" as Subject.
In good health, Lisa Brukilacchio
Somerville Community Health Agenda, Cambridge Health Alliance, 617-591-6940 or lbrukilacchio@challiance.org .

## A Healthy Built Environment

Sept 3rd, 6:30-8:30pm
**Grand Reopening of the East Somerville Community School**
East Somerville Community School (Cross Street side)
Celebrate the reopening of the school, tour of the state-of-the-art facility for students and the community, ribbon-cutting, refreshments and musical entertainment. This event will include a Unity Ceremony, celebrating the reunification of grades K-8 in one building, as students and staff have been in three different buildings since the 2007 fire.

Sept 10th is the annual **Foodie Crawl** in East Somerville—a cultural stroll down East Somerville's restaurant corridor. http://eastsomervillemainstreets.org/FoodieCrawl_Info.html for details.

**A Somerville Accessibility Self-Evaluation report**, a 530-page document including information on physical infrastructure as well as policies, is available for public comment and feedback http://www.somervillema.gov/news/city-s-accessibility-self-evaluation-available-resident-review. The first of two public meetings was held August 28th—another will be held on Sept 25th-- check city website for details. To learn more, contact ADA Coordinator Betsy Allen at 617-625-6600 ext. 2323 or at ballen@somervillema.gov.

Sept 16th, 9am-2:30pm,
**5th Annual Regionalization & Innovation Conference**
College of the Holy Cross, 1 College St, Worcester
Opening Session, Morning and Afternoon workshops- Full Agenda. **Register Now!** ($40)
If any questions, contact Mass Assoc of Regional Planning Agencies at 617-933-0772 or thauenstein@mapc.org

Sept 21st, 11am-8pm
**Riverfest 2013**
This annual celebration of Somerville's development on the Mystic River will also celebrate the new DCR Baxter Park. Includes artists, local vendors, food trucks, live music and family entertainment topped off by fireworks over the river!

Learn more about the recent ceremony at Groundwork Somerville's **South Street Farm** dedication event, including the data mural designed by Prospect Hill Academy Students and painted by GWS Green Team youth:
http://civic.mit.edu/blog/rahulb/mural-ing-our-way-to-data-literacy

Save the date! HONK! 2013 will take place October 11th, 12th and 13th (Columbus Day weekend). Bands will come from as far as Brazil to join this now annual tradition of taking over the streets with revolutionary street spectacles!

Save the dates! **Bikeable Communities Training** Oct 26th, 2-4:30pm Somerville Police Dept, 220 Washington St and Oct 30th, 6:30-8:30pm Brooklyn Boulders, 12A Tyler St. Want to make your roads safer for biking, but don't know where to start? Or are you already involved in local projects, but want to become more effective? This two-part training is a great opportunity for the concerned, engaged citizen who wants to improve bicycling infrastructure and safety in Somerville. Contact David at dhudson@somervillema.gov for more info.

**The GreenRoutes vision is a network of connected paths** which allow people to experience parklands, waterfronts, and great green streets through walking and biking. This summer we are analyzing the feasibility of linking greenways in the urban core. Livable Streets has grant support to produce a map of existing, planned, and proposed GreenRoutes between the Neoponset and Mystic Rivers. The project also includes an analysis of individual gaps in the network and write a case statement that summarizes the potential for creating a comprehensive vision for a seamless and legible series of green routes. To learn more contact alice@livablestreets.info.

## Positive Mental Health, Substance Abuse and Violence Prevention

Sept 9th, 11:30am (2nd Monday of every month_
**Holland Street Café**
167 Holland St, Somerville
The Somerville Council on Aging has started a congregate meal site for LGBT older adults, and has just renamed it Holland Street Café! It's only $6 to eat delicious food provided by a different local restaurant each month. RSVP to 617-625-6600 x2300 or to lheyison@somervillema.gov to reserve your meal and pick chicken or vegetarian.

Sept 10th, 8:30-9:30am
**World Suicide Prevention Day**
Somerville Public Safety Building, 220 Washington St, Police Academy Training Room
Join the Committee on Suicide Prevention and Mental Health to review the local strategy. Contact Patty Contente, Somerville Health Dept, Office of Prevention at 617-625-6600x4325 or pcontente@somervillema.gov

Sept 19th, 26th, & Oct 3rd, 5:30-7:30pm
**Building Resiliency Through Self-Care**
Senior Center, 165 Cross St, East Somerville
Scientific evidence supports the powerful impact of mind body practices on health. This 3 part program will utilize ancient techniques such as Tai Chi and mindfulness to provide individuals with tools and techniques to build your own wellness toolkit. All are welcome, childcare provided upon request. Contact Patty Contente, Somerville Health Dept, Office of Prevention at 617-625-6600x4325 or pcontente@somervillema.gov

Sept 23rdnd, 5:30pm (4th Monday of every month)
**"Movies to Come Out To"—"Left on Pearl"**
167 Holland St, Somerville
A movie about the 1971 takeover of a Harvard University building was the surprise ending of that year's International Women's Day march. This film explores the intense 10-day occupation of 888 Memorial Drive by hundreds of women. The Council on Aging is hosting a monthly LGBT movie

series. No RSVP necessary for movie, but *if you want dinner*, RSVP by Sept 18th to 617-625-6600 x2300 or to lheyison@somervillema.gov to reserve and pick chicken or vegetarian.

Save the Date- Oct 2nd, 6-7:30pm **Annual Candelight Vigil for Domestic Violence Awareness** Public Safety Bldg, Union Square, 220 Washington Street**.** Mayor Joseph Curtatone and the Somerville Commission for Women invite you to the Annual Candlelight Vigil. For more info, contact the Somerville Commission for Women 617-625-6600, x2400 t scw@somervillema.gov t www.somervillema.gov

Sign up now! **Mental Health First Aid & Multi-Cultural Wellness** will be offered again—Nov 12, 19, 26 and Dec 3rd, 5:30-8:30pm (location TBD). This evidence-based training teaches participants how to best respond to people experiencing a mental health crisis. Participants are introduced to risk factors and warning signs of mental health problems including substance abuse, eating disorders, depression and anxiety. A 5-step action plan is learned and practiced to assess a situation, implement interventions and secure appropriate care. This workshop will include new material on self-care strategies that can be shared and implemented to assist individuals in building a "wellness toolkit". For those who complete the full training, a certificate of completion is provided. If you took the 1st round of MHFA trainings in 2010, this course also meets the requirements for re-certification. Contact Patty Contente, Somerville Health Dept, Office of Prevention at 617-625-6600x4325 or pcontente@somervillema.gov

A new SAMHSA report shows that people age 12 to 49 who had used prescription pain relievers nonmedically were 19 times more likely to have initiated heroin use recently (within the past 12 months of being interviewed). Nonmedical Use of Prescription Pain Relievers May Raise Risk of Heroin Use

**Learn to Cope Support Group Mondays, 7-8:30pm**
Spaulding Rehabilitation Hospital, 1575 Cambridge St, Cullinane Center. Free parking - please use Lot E past the visitor lot on Hovey Ave. This support group is free and offers a unique format that has experienced facilitators who have been there, resources, informational material, guest speakers (in long term recovery or professionals in the field), overdose education, and most of all, HOPE! Appropriate for the parents, family members, spouses, and caregivers of people who have addictions to opiates, alcohol, or other drugs. For more information call 508-738-5148 or visit www.learn2cope.org

The **Cambridge Somerville Emergency Services Program** (CSESP) sends mobile crisis clinicians to homes, schools, outpatient clinics and many other community locations. 24 hotline at 800-981-HELP (4357).

Every Wednesday at 6pm there is an open invitation to join the **Sharing Circle** (aka the Circle of Love) for an uplifting experience. All Welcome to this supportive community gathering, originally started for the formerly incarcerated and those who care about them. Held at Friends Meeting at Cambridge, 5 Longfellow Park, Cambridge (off Brattle St). A home cooked meal is followed by conversation, sharing and support. Questions? Call David or Patricia at 617-628-3717.

To find a list of local **AA meetings,** call 617-426-9444 or visit http://www.aaboston.org/**.** *Please note* that the **Young people's AA** meeting is no longer meeting on Thursday evenings, 7:30pm at 50 Evergreen Ave, Somerville.

**MA Smokers' Helpline** – Call 1-800-QUIT-NOW (1-800-784-8669) to access free telephone counseling in English or Spanish (interpreters available for other languages). Interactive website at www.makesmokinghistory.org . Supports also available for teens.

Wednesdays, 12-1pm
**All Recovery Meeting**
Mass Council offices, 190 High Street, Suite 5, Boston, MA 02110

All Recovery meetings are for people in recovery from anything, having taken any path to get there. For people who are addicted themselves, as well as for their families and friends. The meeting offers peer-to-peer support for all people interested in recovery. All are welcome. For more information, please contact Jim at 617-426-4554 / jim@masscompulsivegambling.org.

## Access to Healthy Food and Physical Activity for Healthy Weight and Chronic Disease Prevention

**Powerful People: Building Leadership for Healthy Communities**
**Gente Poderosa: Desarrollando Liderazgo para Communidades Saludables**
Would you or someone you know like to be part of leadership development program to build skills for community change and career enhancement? Are you a fluent Spanish speaker who lives, works, or worships in Somerville? Do you have ideas on changes you would like to see around food or physical activity in Somerville? There will be a 12 session free training series ***offered in Spanish*****,** starting in Fall 2013; stipend for participation. If interested, contact Lisa at 617-591-6940 (English only) or Gretty 617-623-6633 (Spanish and English). Applications and flyer available on some partner websites: A project of the Shape Up Somerville Steering Committee, Somerville Community Health Agenda/CHA, Somerville Health Dept, The Welcome Project, and Groundwork Somerville, with support for this training from United for a Fair Economy and CAAS Head Start. Funded by CHNA 17 to promote regional Food and Fitness Policy level work.

Saturdays, 10am-1pm, Mystic Housing and
2-5pm North St Housing near playground (watch for signs)
**Mobile Farmers Markets**
Affordable, fresh produce at neighborhood locations. ½ price with EBT and WIC cards- also, discount for Somerville Housing Authority residents. To keep up with the latest developments, news and locations, please check out https://www.facebook.com/SomervilleMobileFarmersMarket

Sept 6th, 6:30pm
**Screening of "A Place at the Table**"
Armory, 191 Highland Ave, Somerville
This film tells the story of three low income Americans struggle to put healthy food on the table, a representation of 50 million Americans-1 in 4 children—who don't know where their next meal is coming from. Includes panel discussion after the film. Sponsored by Healthy Meals for All, a local organization that provides a monthly healthy meal open to all, in Davis Square at the First Baptist Church. Requested donation.

Sept 14th, 9-10am
**Greater Boston Food Bank Monthly Mobile Market**
Clarendon Hill Towers Administration building
Please bring reusable grocery bags, baskets or a cart to carry your food. RSVP or details at Keila DeOliveria at 617-625-7150

Sept 21st, 10am-1pm
**Mobile Market Family Fun Day**
Mystic Housing Playground area and 35A&C Memorial Drive
Join Head Start families, Shape Up Somerville, Cambridge Health Alliance, and Somerville Family Learning Collaborative at the Mystic Mobile Market to celebrate healthy eating, fun activities for kids, music, early literacy, health tips for your family, health screenings and more! Special discounts at the Market for Head Start families!

Sept 27th, all day
**Walk/Ride Day**
Walk/Ride Day occurs the last Friday of every month. Join others in the City and around the country in finding alternative ways to get around town on this day—walk, bike, carpool, take public transit! All ages are welcome to *register on line* at: http://www.gogreenstreets.org/ to learn about Walk/Ride partners and opportunities for discounts for participants.

**Davis Square Farmers Market,** Wednesdays, at Day and Herbert Streets, 12-6pm! For details on vendors: http://www.massfarmersmarkets.org/FMFM_MARKET1.aspx?MKTID=63

**Union Square Farmers Market** Saturdays, 9am-1pm. For details on the calendar and vendors check out: https://unionsquaremain.org/food/farmers-market/fm-calendar/

**Cancer Prevention linked to Obesity Prevention**: Watch for the CHA Volunteer Health Advisors at the Mobile Markets and Union Square Market during September with information provided by multi-cultural health educators on the links between healthy eating and cancer prevention.

Thinking about a few more barbeques in September? Consider trying grilled fish, vegetables or even fruits. **High intakes of meats, especially red meat and grilled meat, are associated with an increased risk of colorectal, kidney, pancreatic, and stomach cancers**. The saturated fat content of red meat, and the production of polyaromatic hydrocarbons (e.g., benzopyrene) when meats are charbroiled, may increase the risk of cancers. Nitrosamine compounds found in processed meats such as sausage, hot dogs, and bacon also may increase cancer risk. Limit consumption of these foods by expanding your diet to include fish, beans, nuts and other sources of protein.

And don't forget **exercise**! Research continues to stress the value of exercise in health prevention, including weight control and cancer prevention:
http://www.kevinmd.com/blog/2013/08/exercise-powerful-tool-fight-cancer.html

And, yes, getting sufficient sleep also impacts the health of our diet choices, according to new research: http://www.theatlantic.com/health/archive/2013/08/how-sleep-deprivation-makes-us-want-to-eat-fat/278447/

Links between sugary drinks and obesity in kids: http://commonhealth.wbur.org/2013/08/sugary-drinks-obesity-kids

**Tip Sheets: MyPlate (Spanish)** available from the U.S. Department of Agriculture

Information on Diabetes prevention:
http://www.amednews.com/article/20130812/profession/130819973/4/

To subscribe to the local Boston Food System list for news and events, click on the following:
https://elist.tufts.edu/wws/subscribe/bfs

No time to exercise? Do you have 7 minutes? Check out the quick but intense **7 minute workout** that is getting lots of attention: http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/?_r=0

**2nd Annual Let's Go! 5210 Childhood Obesity Conference, Portland, ME** Sept 11th (pre-conference Motivational Interviewing workshop) and Sept 12th-13th. For information and details:
http://www.cvent.com/events/2nd-annual-let-s-go-childhood-obesity-conference/event-summary-2b83a41fba0c4d06ac0e6f3ae33c35b0.aspx

Save the date: October 10 and 11- **Childhood Obesity in the Community: Turning Science Into Care** in Boston. Targeting community leaders, health care providers and researchers to explore new approaches to the prevention and treatment of childhood obesity. Register by Aug 15th for early bird rates. Questions- obesityconference@childrens.harvard.edu .

Check out the range of **fitness classes offered by the Council on Aging** for residents 55+, including Fit 4 Life (including a LGBT class), Flexibility and Balance, Strengthening, QiGong,

Yoga, Zumba Gold, Bowling and Line Dancing! Locations: Holland St Center, Cross St Center and Ralph & Jenny Center. Visit www.somervillema.gov/departments/council-on-aging or www.facebook.com/somervillecoa

## Environmental Health

Watch "Smells Like Progress: Growing up in Cancer Alley", the **newest contribution to EPA's 20th Anniversary of Environmental Justice Video Series,** featuring one of the founding members of the environmental justice movement, Dr. Beverly Wright. Dr. Wright powerfully describes life growing up in the Mississippi River Chemical Corridor, also known as 'Cancer Alley', and how the pollution from facilities affected the surrounding communities' health and well-being. She articulates the importance of educating the next generation of environmental leaders to begin the transformation to a truly sustainable society. Check out other videos as well, at http://www.epa.gov/environmentaljustice/events/20th-anniversary.html

Sept 8th, 11am-3pm, **Green Belmont Garden Tour**Self-guided tour of Belmont gardens that employ organic and sustainable principles, including native plantings, organic pest controls, and companion plantings. Sponsored by Sustainable Belmont, begins at Beech St. Center, 266 Beech St.

Sept 10th, 1-9pm
**Bee Day at Harvard**
1-2-The Plaza in front of the Science Center, honey tasting at the Farmers' Market
4pm Tour of beehives on Harvard's campus, led by undergrad Beekeepers. Pre-registration required available at www.hmsc.harvard.edu. 7:00 pm: Science Center, Hall C- Film screening of More Than Honey, followed by a discussion with Dr. Alex Lu, Harvard School of Public Health, about current research on the link between colony collapse disorder and the use of agricultural pesticides. Day of events highlighta the importance of honey bees and beekeeping to biodiversity, the food supply, and human health. Learn more about the alarming decline of beehives (colony collapse disorder). Jointly sponsored by Harvard Museum of Natural History, Undergraduate Beekeepers, Farmers' Market, the Food Literacy Project, & the Cambridge Entomological Club. Free, open to the public. Free parking at the 52 Oxford St Garage.

September 11th, 7-9pm
**Somerville Garden Club,**
Tufts Administration building, 167 Holland Ave
All Somerville Garden club meetings are free and open to the public on the 2nd Wed of the month.
www.somervillegardenclub.org

Sat., Sep. 21, 9am to 1pm
**Somerville Garden Club Annual Plant Sale,**
Davis Sq. Plaza corner of College and Holland
Great way to green your home, porch or yard with plants offered at good prices--and lots of free local gardening advice.

The **2013 Herring Monitoring Program of the Mystic River** was very successful. Nearly 100 volunteers dutifully counted fish at the dam throughout the Mystic River herring migration. More here: http://mysticriver.org/herring-monitoring/

Interested in **local edibles**? Learn about Botanist George Ellmore's tours of the Tufts campus http://now.tufts.edu/articles/edible-campus

**Bed Bugs** are still around so learn to recognize the signs and be cautious of the temptation of picking up free furniture off the streets. Some basic information in English, Spanish, Creole and Portuguese at http://www.somervillema.gov/departments/health/bugs

**Alewife Brook Water Quality Improvements** in the future, with benefits for West Somerville waterway: The Town of Arlington was awarded a $39,580 grant from the state to improve water quality in Alewife and Mill Brooks. Through the 604B grant, the Town of Arlington, Mystic River Watershed Association and Town of Belmont will evaluate existing conditions and identify opportunities for installation of green infrastructure to treat polluted stormwater. The team will evaluate will identify sites appropriate for installation of green infrastructure.

**Mystic Photo Contest-** MyRWA's contest is open to all levels of photographers. Photos must be taken within the Mystic River Watershed, which includes Somerville, and be submitted by 5pm on Friday, September 6, 2013. Contest categories include Wildlife, Landscape, Recreation and Best Overall. For details, visit www.mysticriver.org

There are some fruits and vegetables that are safer than others. For your own **guide to pesticides commonly found in produce** http://www.ewg.org/foodnews/summary/

Sept 27th from 9-11am.
**CHNA 17 General Meeting**
Location and Topic TBA

**Free Interpreter training program for low-income woman**, with on site childcare and help with transportation. Highly competitive to select candidates who are driven to succeed as well as linguistically talented. Current application cycle is September, check out the website to start pulling together a dynamite application. (http://www.found-in-translation.org/apply.html) .Eligibility & application tips are available here: http://www.found-in-translation.org/application-guidelines.html .

## Positive Child and Youth Development

**Spaces still available for The Parenting Journey**, 12 Session group to help parents take better care of themselves, gain new parenting skills and build relationships with their children, has several fall groups starting in September. Trust building, self-reflection, and goal setting activities are used to help each parent develop the inner strengths and life skills they need to be better parents. Fall groups include: **Haitian Creole on Tues, English and Portuguese on Wed, Spanish on Thursday.** Child care and meals are provided; groups are offered free of charge. To register, call 617-628-8815 or register online.

**LIPS -- The Welcome Project's unique paid leadership and training program for bilingual high school youth** is looking for students who would like to apply for the 2013-14 program. We're holding an open house on Thursday, September 19, 2013 at 3:30 pm at the Mystic Activity Center (530 Mystic Ave). There are 12-16 slots available for this year-long training program. Additional information about LIPS is on our website. Interested students can email Gretty Leal at gretty@welcomeproject.org or call her at 617.623.6633.

**Growing Center Playgroup**
Fridays, 10 am-12 pm (usually into October, check web calendar for updates)
Somerville Community Growing Center, 22 Vinal Ave
Play! Play! Play! For children age 0-5 years of age and their caregivers. No registration necessary. Parents take turns to provide this open drop in time, so if interested in volunteering, be in touch. Cancelled if hard rain. Contact: info@thegrowingcenter.org

September 29, 11a.m. - 3 p.m.
**Community Day at Tufts**
Medford/Somerville Campus
Community Day is free and open to community residents, neighbors and friends. All events are handicapped accessible. Events including lunch will take place on the main academic quad at the top of the hill by Goddard Chapel, Ballou Hall and the statue of Jumbo. Community Day will be held rain or shine. http://www.tufts.edu/home/neighbors/

The Appalachian Mountain Club (AMC) has developed a new **website with great outdoor resources for kids and families**? Check it out http://kids.outdoors.org/ as well as a blog on tips for parents at http://greatkids.outdoors.org/

Invitation and save the (tentative) date!--Local organizations are invited to cosponsor a conversation about education reform: "**Look Before You Leap: Lessons for the Next Wave of Ed Reform from the Last Twenty Years"** a local series planned by Senator Jehlen, Senate Vice-Chair, Committee on Education. A new wave of reform with Common Core standards and a new, bigger battery of tests, and proposals to lift the cap on charter schools are all under discussion or coming soon—a good time to look at the last wave of reform. This wave began 20 years ago with the Ed Reform Act of 1993, which increased state funding for education, and started both the MCAS testing and graduation requirement and charter schools. Citizens for Public Schools (CPS) released a report in June on what's happened with MA students during those 20 years. The report is online at citizensforpublicschools.org. CPS has been invited to make a short presentation. Youth, students, teachers, parents are all invited to participate in an open discussion. The Somerville meeting is tentatively scheduled for **Thursday, October 3 from 6 – 8 pm at the Somerville Central Library.** Please contact the Senator's office as soon as possible if you are willing to cosponsor, have suggested groups to invite, or other ideas. Call Sara Doherty at 617-722-1578 or email Patricia.Jehlen@masenate.gov

At the Somerville Library: the **Somerville Public Library** Main Branch Library at 79 Highland Ave has many activities in their Teen Room. Visit www.facebook.com/SomervilleLibraryTeens to learn about offerings geared to **teens at Somerville Library**.

Visit regularly or sign up for **weekly Somerville Public School updates,** which include a range of community interest areas, at www.somerville.k12.ma.us/events. Scroll to the bottom and click the envelope icon labeled "Subscribe. "Visit www.somerville.k12.ma.us/submit_event and fill out the online form with the details of your events. Add it to your list of outreach venues!

The free parental stress line is a confidential helpline available 24 hours a day, staffed by trained volunteers, to support anyone concerned about children. Call 1-866-258-4490 or visit www.parentshelpingparents.org

## Financial Health and Access to Resources

Welcome Project seeks additional **volunteer ESOL teachers** for twice/week classes this fall. Morning classes are 9:30-11:30am and evening classes are 6-8pm. Students are primarily from Central America, Haiti and Brazil, from all ages and education levels. Contact Lindsay at Lindsay@welcomeproject.org or call 617-623-6633

Sept 25th, 2pm
**Screening of Just Communities video**
Gardner Auditorium, MA State House
A mini-documentary about the **impact of the S-Comm program on immigrant communities.** More than 1,600,000 people have been deported under the Obama administration and S-Comm has been the legal tool that the US government is using to deport undocumented immigrants. The video features testimonies of affected immigrant families, activists and elected officials that are working for better public policies around immigration. It examines the direct connection between unfair policies and programs like S-Comm with the suffering and separation of immigrant families and the current U.S. immigration system. The video also explores possible solutions and finds that there is hope for just communities for all. This activity is in support of the MA Trust Act Campaign. To join the MA TRUST ACT Coalition, please contact José Palma jpalma@cpresente.org or Patricia Montes pmontes@cpresente.org at Centro Presente

October 5th, 9am. Get in shape to participate in the **18th Annual Somerville Homeless Coalition Road Race.** For more information, www.shcinc.org or please call Mark at the Somerville Homeless Coalition 617-623-6111. All proceeds support a range of social services for Somerville area homeless, near-homeless and working poor.

Opportunity for group facilitators and team leaders to learn how to expand on the Moving Beyond Icebreakers (MBI) format in MBI 201 "**Designing Interactive Agendas".** Offered by Center for Teen Empowerment on Sept 9th, 9:30am-12:30pm ($75) Participants will actively engage in creating a unique meeting agenda using the Moving Beyond Icebreakers model. Whether you work with teens or adults, you will leave this workshop with specific tools you can use to design your next meeting.Taking MBI 101 before MBI 201 is highly recommended, but not mandatory. Contact Heang at heang@teenempowerment.org to learn more
Department of Health and Human Services released new data related to the approx 238,000 MA residents who are still uninsured:
http://www.hhs.gov/healthcare/facts/bystate/ma.html

**Somerville Cambridge Elder Services** offers **resources for families of a memory-impaired individual**. All older adults with memory problems are eligible, and they and their partners, families and caregivers are guided through the sometimes confusing terrain of available eldercare options. There is no charge for the initial consultation. Services include an assessment by Master's level clinicians and written recommendations with specific resource information related to practical problem-solving strategies, effective communication techniques and options for long term planning. Caregivers' concerns, whether local or long distance are addressed. Contact: 617 628-2601 or info@eldercare.org

Save the date-Nov 3rd, 9am-6pm, **Feira Interativa Mulher ao Maximo**--Moda, Beleza, Saude, Infomacao, Entretenimento. Irish American Club, 177 West St, Malden. Informacoes e registro 857-888-3137/ 617-304-5538

What is deep poverty mean for a family in Somerville? How many people in the city were able to be supported to *prevent* homelessness last year? To learn more about the work of the **Somerville Homeless Coalition** and some answers, check out a new promotional video at: http://vimeo.com/66563400?utm_source=Watch+Our+Video+-+Fiscal+Year+End+Appeal&utm_campaign=fiscal+year+end+appeal+with+video&utm_medium=email

**New Faces of Hunger**, video from Greater Boston Food Bank: http://vimeo.com/65050569

**Project Soup Food Pantry**, Community Meals and more info at
http://www.somervillehomelesscoalition.org/programs/food-services/

Pre-Doctoral & Post-Doctoral **Dental Clinics**; **Emergency Clinic** hours (M-F 9am-4pm), 617-636-6828, http://dental.tufts.edu/patient_care, **Pediatric Dental Clinic**, Monday-Thursday 9am-7pm, Friday 9am-4:30pm Reduced Rates for dental services for children 6 months to 18 years, accept Mass Health and Delta Dental (with co-pay), multi-cultural clinical staff. Tufts University, School of Dental Medicine, One Kneeland St, 617-636-6971

**Tufts Neighbor Page** for information on cultural, educational and sporting events as well as university resources at http://www.tufts.edu/home/neighbors

**DTA satellite office** which has been held at CAAS **is moving down the street** to the **LIFT/Somerville office** located downstairs at the Family Center at 366 Somerville Ave. The contact person to schedule **Wednesday appointments**, starting July 10th, is Katy Wassam at 617-591-9400, fax 617-591-9411

**Hospital Equipment Loan Program** has moved to 370 Salem St, Wakefield, MA, a program supported by the Masons. The H.E.L.P number for Sat am 9am-12pm pick ups is 781-322-1052.

Improve your English for free. **Drop in for on-going, informal ESL practice** on Mondays, 6-8pm at St James Episcopal Church, 1170 Broadway (Teele Square), MBTA bus routes: 87,88,89, 89/93. For more information, call 617-666-1063 or email esl@stjamessomerville.org

**Food Security Coalition** Anyone welcome to join this meeting, usually held monthly in rotating locations around the city, for all interested in food access, food justice and building stronger interconnections to support food security for all. For more information, contact Lisa at lbrukilacchio@challiance.org or 617.591.6940

**Career Counseling at SCC:** Interested in figuring out what your career path should be? Need help with your resume or cover letter? Not sure how to go about finding the job of your dreams? Come to SCC to see a Career Counselor from The Career Place! For details, or to set up a time to see her, please call Thais DeMarco at (617) 776-5931 x233 to schedule an intake.

**Sharewood Clinic**-A free healthcare organization affiliated with Tufts University School of Medicine offers free medical care on Tuesdays 6:30-9pm in Malden at the First Church of Malden, 184 Pleasant St (enter on Exchange St), Malden, just a few blocks from the Malden Center T Stop. No insurance, appointment or green card needed. All ages welcome. Free Eye Health exams on 1st Tuesdays. 781-324-8991 www.sharewood.info. ** Newly expanded grant funded women's health and prenatal services.**

**Project Bread's Food Source Hotline** hours are Mon-Friday, 8am-7pm and Sat 10am-2pm. Call 1-800-645-8333. Supplemental Nutrition Assistance Program (SNAP)/Food Stamps has a new shorter application to help families no longer covered by unemployment benefits.

## Health Disparities/General Health/Community Resources

Sept 9th, 9:30-11am
**Be Breast Aware**
Holland Street Senior Center, 167 Holland St, Somerville
A workshop for lesbian and bisexual women and allies. This interactive workshop will be facilitated by a health educator from Fenway Health. It will explore how healthy choices, body awareness and regular screening can help prevent breast cancer. The program will dispel common myths, address barriers to screening and encourage participants to establish a self-care goal. Free. Stay for congregate lunch right after. RSVP at 617-625-6600x 2300 or lheyison@somervillema.gov

During the month of September, the Somerville Health Dept and the Somerville Office of Prevention will host a **Somerville Wellness Series on SCATV** at 6:30pm on Sept 3rd (Voices of Recovery-Together on Pathways to Wellness), 10th(Making Connections: Promoting Positive Mental Health) and 17th (Healthy Eating, Active Living). Watch on TV, or livestream at http://scatvsomerville.org

Watch on local public transit for signs celebrating the "**healthy new relationship" between Cambridge Health Alliance and Beth Israel Deaconess Medical Center**! These two health providers are working together to offer high quality and affordable health care choices in the local community that covers primary care, specialty care, maternity care, hospital care, behavioral health services, and emergency care. To learn more, visit www.challiance.org/bidmc

**Our Healthy Mass** (http://ourhealthymass.org/) is a one-stop data information hub, created to provide information to Massachusetts residents on the health of their communities. The website contains several interactive features including: Health profiles for cities and towns, Interactive Maps, Data stories on health topics , Information on health programs

Join the Massachusetts Department of Public Health for the **2013 Ounce of Prevention Conference: Many Paths to Healthier Communities.** The Conference will bring together a wide range of stakeholders in support of healthier communities in Massachusetts on October 22, 2013 at the Best Western Royal Plaza Hotel in Marlborough. **Read On**

Laura Gottlieb, MD was really frustrated with trying to make people well and then sending them right back to the conditions that made them sick in the first place. To find solutions to this problem, she helped create a new organization—**HealthBegins—to give health care providers guidelines for addressing social and behavioral issues that affect their patients' health**. Her recommendations were also published in a recent issue of *JAMA Internal Medicine*. Check out the topic guides for social determinant topics under "Learn" on webpage for HealthBegins, which also includes a blog for providers: http://healthbegins.ning.com/

The Department of Health in the UK published a very simple tool describing the **health impact assessment (HIA) process**. It explains the five stages of HIA and guides the user through them. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216008/dh_120106.pdf

**Health and Society, an EdX course at Harvard, will introduce students to the major social variables that affect population health**- race, gender, poverty, income distribution, social networks/support, community cohesion, the work and neighborhood environments. Starts November 15th. https://www.edx.org/course/harvard-university/ph201x/health-and-society/905

The **Cambridge Health Alliance Doctor Finder Service** (617-665-1305) is a centralized, patient-friendly call center to help people find a doctor with a single phone call. This includes talking to someone to find out if CHA is for you, help find the best provider and site for you, directly booking your initial appointment, and completing pre-registration.

Regular monthly meetings related to determinant of health topics, open to those interested:
*Please call before attending, as times and locations may change*

*Early Childhood Advisory Council (ECAC)*
1st Tuesdays 10-11:30am, Argenziato School, 290 Washington St
Contact: Nomi Davidson, 617-625-6600 x6960

*Human Rights Commission*
Contact: Sonja Darai, 617-625-6600 x2406

*Somerville Commission for Persons with Disabilities (recruiting new members)*
2nd Mondays, 6pm, Hagan Manor, 268 Washington Street
Contact: Betsy Allen, 617-625-6600 x2323

*Mayor's Committee on Suicide Prevention and Mental Health*
2nd Tuesdays 8:30-10am, 50 Evergreen Terrace, 1st Floor conference room
Contact: Patty Contente, 617-625-6600

*Immigrant Service Providers Group*
2nd Tuesdays, 11-12:30am, Family Center, 366 Somerville Ave
Contact: Alex Pirie 617-776-5931

*Affordable Housing Trust Fund Meeting*
2nd Thursday, 6:15pm City Hall, 93 Highland Ave, 3rd floor conference room

*Somerville Transportation Equity Partnership*
3rd Mondays (usually), VNA Assisted Living Facility 259 Lowell St

*Somerville New Mom's Group(also* dads and other caregivers of children, birth to 12 months)
Tuesdays, 11:30am-1pm, Temple B'nai Birth, 201 Central St, Somerville
Contact: SFLC 617-625-6600x6966 or Amy 617-201-5731

*Somerville Bicycle Committee*
3rd Tuesdays, City Hall, 93 Highland Avenue, Basement Floor Conference Room
Contact Office of Strategic Planning and Community Development, 617-625-6600 x2500

*Commission for Women –*
3rd Wednesdays, 7pm
Contact: Sonja Darai, 617-625-6600 x2406

*Young Somerville Advisory Group*
3rd Wednesdays, 6:30pm, Tufts Administration Building, 167 Holland Street
Contact Mayor's Office, 617-625-6600

*Somerville Board of Health*
3rd Thursdays, 5 pm, Healey School
Contact: Paulette Renault-Caragianes 617-625-6600 x4310

*Somerville Conservation Commission*
4th Tuesdays, 7pm, City Hall, 93 Highland Avenue, 3rd Fl conference room
Contact: 617-625-6600 x 2516