



Somerville Health Happenings

January 2014



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

MassDOT and the MBTA are hosting a series of neighborhood public meetings to provide details about noise and retaining walls proposed for segments of the Green Line Extension Project. Attend to learn about what is proposed in your neighborhood! Accessibility accommodations and language services will be provided free of charge, upon request, as available. Such services include documents in alternate formats, translated documents, assistive listening devices, and interpreters (including American Sign Language). For more information or to request reasonable accommodations and/or language services please contact Joe Sgroi at jsgroi@gilbaneco.comor or call [617-996-0771](tel:617-996-0771).

- Jan 8, 2014 6:00 – 8:00 PM: Inner Belt/Brickbottom Area/Union Square Branch (includes Union Square Station)*
Holiday Inn, 30 Washington Street, Somerville.
Served by MBTA Orange Line (Sullivan Square) and Bus Routes 80, 86, 88, 89, 90, 91, 92, 95, 101, 104, 105, 109, and CT2.
- Jan 14, 2014 6:00 – 8:00 PM: Washington Street to Medford Street (includes Washington Street Station)*
Holiday Inn, 30 Washington Street, Somerville.
Served by MBTA Orange Line (Sullivan Square) and Bus Routes 80, 86, 88, 89, 90, 91, 92, 95, 101, 104, 105, 109, and CT2.
- Jan 15, 2014 6:00 – 8:00 PM: Medford Street to Lowell Street (includes Gilman Square Station)*
Center for the Arts at the Armory, 191 Highland Avenue, Somerville.
Served by MBTA Bus Routes 80, 83, 85, 87, 88, and 90.
- Jan 22, 2014 6:00 – 8:00 PM: Lowell Street to Broadway (includes Lowell St. and Ball Square Stations)*
Center for the Arts at the Armory, 191 Highland Avenue, Somerville.
Served by MBTA Bus Routes 80, 83, 85, 87, 88, and 90.

Jan 24th-

Mapping the Neighborhoods of Boston

Emerson College Bordy Theater

The Boston Area Research Initiative (BARI), an interdisciplinary, interuniversity research/policy partnership established by the Radcliffe Institute for Advanced Study, the Rappaport Institute, and the City of Boston is hosting a free, day-long workshop The workshop will introduce Boston-area

scholars, students, civic leaders and community members to the Boston Research Map and other tools that can improve research, teaching, and advocacy focused on Boston's neighborhoods. The session is free but pre-registration is required. More information about it is available at www.bostonarearesearchinitiative.net/Workshop-on-Mapping-Boston-Neighborhoods.php <<http://www.bostonarearesearchinitiative.net/Workshop-on-Mapping-Boston-Neighborhoods.php>

Read more about the impact of the **MA Smart Growth Alliance and their Great Neighborhoods Network**—including Somerville! <http://ma-smartgrowth.org/gn/>

To reduce some of the stress from winter snowstorms, sign up with the City for email and/or phone notifications for designated snow emergencies at <https://portal.blackboardconnectcty.com/welcome.aspx?eiid=1207B6088C3473A4637E>

What is the **connection between health and your own micro biome and the built environment**? Learn more from Dr Jessica Green, Director of the Biology and the Built Environment Center at the University of Oregon. http://www.rwjf.org/en/about-rwjf/newsroom/features-and-articles/what-s-next-health.html?cid=xem_bjfogg12-2-13A&cid

[Positive Mental Health, Substance Abuse and Violence Prevention](#)

Jan 23, 1-3pm

Immigration Relief for Victims of Crime

Worcester Public Library, 3 Salem St, Worcester

A forum by MOVA—all are welcome. Speakers include Julie Dahlstrom, Managing attorney at Lutheran Social Services of New England. RSVP encouraged but not required. For info or to RSVP, please contact Corinn Nepal, Victim Services Coordinator, 617-586-1355 or at Corinn.Nelson@state.ma.us

Jan 23rd and 24th. **Being Culturally Responsive in Urban Settings: A Conference for Mental Health Providers** will be a two-day conference providing training, resources and networking opportunities for mental health providers and others working with children and families in urban Communities. VISIONS, inc, with Louise D. Brown Peace Institute, Children's Hospital Neighborhood Partnership Program, and Episcopal Divinity School. To register, <http://visions-inc.org/chnp-conference-workshop-selections/>

The Tobacco Treatment Program of Cambridge Health Alliance (www.challiance.org) is conducting a **social marketing campaign in Somerville and Cambridge to increase awareness of the benefits and availability of smoking cessation resources, increase motivation among smokers to quit, and educate all residents about the dangers of secondhand smoke**. Feel free to hang one or more of our color posters in your community or distribute our information sheets. Posters are available in English, Spanish and Brazilian Portuguese. Information sheets smoke free living and cessation resources are in 8 languages. For more information and/or to access the posters, call Lynn at 617-591-6926 or email rosenbaum@challiance.org

Laugh your way to health in the New Year: <http://blog.mass.gov/publichealth/mental-wellness/laughter-really-is-the-best-medicine/>

In February 2014 the **Student Health Survey** (YRBS) will be administered to all the High School students in Somerville. At least 20 volunteers are needed for ~ 2 hours in the morning to help to administer the survey. Volunteering is a great opportunity to meet new people and meet the teachers of Somerville High School. Everyone is welcome. If you would like to assist the City of Somerville in administration of the Student Health Survey in February 2014 please contact Cory Mashburn at 617-625-6600 x 2570 or cmashburn@somervillema.gov.

Take a moment to recognize **generosity of spirit** when and wherever it occurs in your life this year: http://journals.lww.com/ajnonline/Fulltext/2013/12000/Hiding_a_Tender_Soul.35.aspx

Mental Health First Aid has been training Somerville and local community residents in basic understanding of the most prevalent mental health issues-and basic approaches to mental health and well being. The program, developed in Australia, is gaining traction nationally. To read more, check out this recent article on this growing national educational, awareness raising intervention: <http://www.theatlantic.com/health/archive/2013/12/should-bystanders-intervene-when-they-identify-mental-illness/281807/>

Funding for Mental Health First Aid Training is Available! [Click Here](#) for more details about CHNA 17 Mental Health First Aid Scholarships and how to apply. [Mental Health First Aid](#) is a public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. CHNA 17 is currently accepting MHFA applications on a rolling basis for Individual trainings, Group or Community trainings and Instructor Level trainings available.

Feeling a bit of the winter blue's—or is it maybe more? Worried about a loved one's mental health and wondering where to find some information? Check out the wide range of resources at: <http://www.helpguide.org/>

According to a new SAMHSA report, nationally, **hospital emergency department visits related to the dangerous hallucinogenic drug Ecstasy, sometimes known as "Molly," increased 128 percent between 2005 and 2011** (from 4,460 visits in 2005 to 10,176 visits in 2011) for visits among patients younger than 21 years old. [Ecstasy-Related Emergency Department Visits Rose 128 Percent](#)

Watch the **Muslim and Arab Community Panel** from 10/13 covering topics including the preparedness of local law enforcement to address **domestic violence in Muslim Communities** in a post 9/11 Society: A Case study of Middlesex County, MA, courtesy of the Somerville Office of Commissions: <http://www.youtube.com/watch?v=gqVD5Xk8K0Y>

Would you like an opportunity to learn, serve, and grow? **Somerville-Cambridge Elder Services (SCES) Spiritual Caregivers provide compassionate support to enhance the well-being of older adults.** Volunteers receive 50 hours of training, over four months, to help people struggling with depression, loss, grief, illness, or spiritual concerns of normal aging. They visit their client once per week for about an hour and meet for peer mentoring and continuing education twice per month. Successful candidates are asked to make a two-year commitment. Training starts January 28, 2014. *The deadline for submitting applications is January 14, 2013.* To volunteer or for more information contact Nancy Willbanks at 617-628-2601, ext. 3160 or email nancyw@eldercare.org

Smoking bans are moving to apartments and parks and now –to college campuses: <http://www.bostonglobe.com/magazine/2013/12/08/college-campus-smoking-bans-work/1YolUcwwpLOZnfuy2umzWL/story.html>

Stronger Together-Youville House, Private Dining Rm, 1573 Cambridge St, Cambridge
If you are 55+ and recovering from substances, join this weekly gathering providing education, support, and connections to older adults recovering from substances. Bring your own bag lunch, if desired. Beverages and snacks provided. Free transportation for Somerville/Cambridge residents. To enroll, call Somerville-Cambridge Elder Services at 617-628-2601 and ask for Heather Trickett, Elder Care Advisor.

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).

The 2012 National Survey of Substance Abuse Treatment Services (N-SSATS) data and documentation files are available for [download](#) and [online analysis](#).

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

Save the Date- **10th Annual Public Policy Dialogue focused on Prevention, Treatment and Recovery sponsored by MOAR**, March 4th, 5-8ppm, Faulkner Hospital, Jamaica Plain

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](#)

Winter Mobile Farmers Market @ Mystic provides affordable fresh produce at wholesale prices, in addition there are matching funds available for EBT, WIC, Seniors, etc. Starting Jan 11th-March 1st from 1-4 pm at 35C Memorial Rd at Mystic Head Start classroom.

Coursera, an online education company, is offering a **free online Nutrition Class through Stanford University for parents who are looking for information about helping their children eat healthy**. The course covers information about what constitutes a healthy meal for children and how to prepare them as well as information about the risks associated with processed food and childhood obesity. It lasts five weeks and the workload is about two to four hours a week. The next course begins January 13, 2013! [Learn more](#).

Somerville Winter Farmers Market every Saturday Dec 7th-March 29th, 9:30am-2pm, Center at the Arts at the Armory, 191 Highland Ave. Bus routes 88 and 90. For details of vendors and special guests, visit Facebook page.

Jan 23, 2014 from 9:30 – 3:00

Massachusetts Food Policy Alliance convening, Food Systems Planning: Need, Efficacy & Engagement

Offices of the Central MA Planning Commission in the Union Train Station in Worcester. This is an opportunity to learn about and discuss food systems planning and to begin participating in the Massachusetts planning process. The afternoon session will feature a panel presentation and conversation on the intersections between agriculture and food insecurity. This will be an opportunity to highlight some of the efforts in MA to connect these two issues, and to discuss some of the challenges that come up when trying to build those connections.

Wendy Landman, Director of WalkBoston, was **recently interviewed by the Robert Wood Johnson Foundation's Faces of Public Health Project**: Learn more at:

http://www.rwjf.org/en/blogs/new-public-health/2013/11/faces_of_public_heal.html

Do you need any extra impetus to get moving in the New Year? Think again about your personal plan after reading about the **connection between exercise and cognitive functioning**.

<http://commonhealth.wbur.org/2013/12/why-to-exercise-avoid-dementia>

Check out the **WalkBoston website for great resources on walking** (guides, maps, etc.) at <http://www.walkboston.org/>. Watch for Healthy Living Community Walking Map for Revere being added very soon! Jan 20th, 11am-1pm

Indoor play space with fun equipment is offered for 8mos- 5 year old kids, at the Armory from January through March on Monday mornings (fee for participation):

<http://artsatthearmory.org/Events/EventsCalendar/tabid/80/vw/3/ItemID/1172/d/20140106/Default.aspx>

Salud America! has information on **six topics for potential change to reduce and prevent Latino childhood obesity**, including research reviews, issue briefs, videos (in Spanish as well as English) and infographics on topics such as healthy food, active play and sugary drinks:

<https://salud-america.org/research>

Stress of parents impacts obesity levels of children, according to research in Pediatric Obesity. For more info: http://voxxi.com/2013/12/09/stressed-parents-likely-obese-children/?utm_source=E-alert+No.+58%2C+12-17-13&utm_campaign=sa+58th+e-a+12-17-13&utm_medium=email

Wishing your workplace would jump on the **work site wellness** band wagon? Introduce them to a few resources: CDC Work@Health TM Program <http://www.cdc.gov/workathealth/>, Mass in Motion Workplace Wellness Program with a toolkit at <http://www.mass.gov/eohhs/docs/dph/mass-in-motion/worksite-wellness-toolkit.pdf> or contact Shape Up Somerville if you work in the city <http://www.somervillema.gov/departments/health/sus>

Over 55, a Somerville resident, and looking for activity in the Winter? Check out the range of **fitness classes offered by the Council on Aging** 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

Remember that **Shape Up Somerville has 3 Facebook pages and 1 Twitter account**. Stay up to date on FB - Somerville Safe Routes to School, Somerville Mobile Farmers Market, and Shape Up Approved-Eat Well; and on Twitter @ShapeUpSam

Jan 31st, 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.

Environmental Health

Jan. 7th, 7-9pm

Mystic River Watershed Association Joint Committee Meeting (Policy and Water Quality)

Tufts University, Lincoln Filene Center Rabb Room, Medford.

From 7-8 pm, the City of Cambridge will speak about their Alewife Brook Combined Sewer Overflow (CSO) control measures and related work (the wetland was completed this fall).

Jan 8th, 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

Fine particulate matter—what does it have to do with you, Somerville and public health? Read about research informed by local efforts: <http://talkingpointsmemo.com/cafe/the-biggest-public-health-threat-nobody-is-talking-about>

Mass Medical Society has developed **policies against non-therapeutic antibiotic use in livestock in the commonwealth**. <http://boston.cbslocal.com/2013/12/07/massachusetts-medical-society-takes-new-stands-on-e-cigarettes-antibiotics/>

A 6-week, **hands-on course for anyone interested in bees and beginning beekeeping** includes basic techniques of organic beekeeping and everything you need to know to set up your own backyard apiary. (also remember to check the Somerville Urban Agriculture Ordinance!) Agricultural Hall, 245 Amory Street, Jamaica Plain, MA, Six Thursday evenings, Jan 23-Feb 27th, 7-8:30pm and field trip in April TBD. REGISTER at: <http://beeschool.brownpapertickets.com>. Cost \$\$\$. Course books will be provided on the day of the class, for an additional \$12

From the Partnerships for Environmental Public Health: A recent article in Environmental Health Perspectives, "[Urban Gardening: Managing the Risks of Contaminated Soil](#)," features Wendy Heiger-Bernays, Ph.D., the leader of an ongoing urban gardening project from the Boston University School of Public Health. Project results have shown there are elevated levels of lead, arsenic, and polycyclic aromatic hydrocarbons (PAHs) in soil samples collected from Boston community and backyard gardens, particularly in gardens adjacent to homes built before 1978. To help gardeners reduce their exposure, Heiger-Bernays and a team from the Boston University Superfund Research Program's Research Translation Core developed a series of safe practices urban gardeners can follow. The safe growing practices include researching property history to understand the prior use of the soil, testing soil for contaminants if desired, or simply gardening in raised beds in which tested soil has been added. Other tips include using lead-tested compost to remediate moderately contaminated soil and teaching gardeners to always wash hands after gardening and to peel and wash produce before eating. To learn more about urban gardening listen to the "[Safe Urban Gardening](#)" PEPH podcast to hear about an ongoing urban gardening research project in New York City.

Positive Child and Youth Development

Jan 9th, 6:30pm

2nd Annual Parent and Caregiver Discussion of Somerville Advise the Advisory

Arneziano School

Do you have a child utilizing or in need of access to Somerville Special Education Services? Join this evening's meeting. Light supper and childcare, RSVP to Kim at Advisetheadvisory@gmail.com 617-312-5407. Visit Facebook at SomervilleAdviseTheAdvisory.

Jan 16th, 5pm workshop, 6-6:30pm dinner (registration required) (cancelled if school closed due to weather)

Nutrition: My Plate It's All About Moderation

West Somerville Neighborhood School, 177 Powderhouse Blvd

Keep your new year's resolution going. Come to a hands-on workshop focused on helping you eat the right amount of calories for you. Presenters: Nicole DeBitetto and Kristin Cunningham, UMAss Extension Nutrition Education Program, 617-625-660x6966

www.somerville.k12.ma.us/families

Jan 16th, 6-7pm (cancelled if school closed due to weather)

The Social Life of Teens

Healey School

Part of Somerville Family Learning Collaborative: A series on the Middle School Years. Dr Keith Hinderlie, Director of Mental Health SEED School of Washington D.C will present. Event will be followed by Middle School Open House. 617-625-660x6966 www.somerville.k12.ma.us/families

Jan 22nd, 6:30-7:30pm (cancelled if school closed due to weather)

Raising a Reader

Capuano School School, 150 Glen School

Interactive reading helps build the brain! Join us to learn ways to get more out of sharing stories with your child. For parents/guardians of young children. Register by 1/20, child care available but space is limited. 617-625-660x6966 www.somerville.k12.ma.us/families

Play as work? If you are a young child, this is true! Learn more about the role of play in child development: <http://www.psychologytoday.com/blog/beautiful-minds/201203/the-need-pretend-play-in-child-development>

Would you believe **that 38% of children under 2 are using mobile devices?** Trying to make sense of children's media choices? Visit Common Sense Media for suggestions and their recent report "Zero to Eight: Children's Media Use in America in 2013" www.commonsensemedia.org

Parenting in America and **The Parenting Journey** groups are offered free of charge, though there are some income guidelines. Childcare and meals are provided for all groups.

Call us at [617-628-8815](tel:617-628-8815) with questions or [register online](#). If you know a parent who might be ready to make a big difference in their family's life, please share this information. New winter groups will start in early January (7th, 8th, 9th). Groups are offered in English, Spanish and Portuguese.

"There can be no keener revelation of a society's soul than the way in which it treats its children." Nelson Mandela, Former President of South Africa, 1918-2013

The **Somerville Public Library was one of only 10 libraries selected from more than 200 applicants nationwide to participate in the "StoryCorps @ Your Library" pilot program** with the American Library Association, supported by funding from the Institute of Museum and Library Services. **Somerville's "Every Teen Has a Story to Tell" project** will capture oral histories shared by teenagers and their loved ones, to be preserved at the National Library of Congress. The Somerville Public Schools is one of several community partners supporting the Somerville Public Library on this exciting project. All school librarians have been trained in the StoryCorps project and are able to conduct StoryCorps oral histories at their schools. Students in grades 6-12 are encouraged to participate. Contact your school librarian or Charlie LaFauci (167-625-6600 x6672 or clafauci@k12.somerville.ma.us) for information on how you can be part of this exciting project. Teens can also sign up by calling the Library Teen Space at (617) 623-5000 x2936.

COPE (Coping Options for Positive Emotion) of Mass General Hospital may be able to provide 6-12 weeks of treatment for children with depression through cognitive behavioral therapy and/or caregiver-child treatment. Children need to be 7-14 years old, with signs and symptoms of depression, parents must be willing to participate, parents and children need to speak English. Parking is provided. Contact Dikla Eckshtain, PhD, 617-643-7821, or cope@partners.org

Child Trends and the Robert R. McCormick Foundation recently issued **[The Youngest Americans](#), a comprehensive indicators-based portrait of the 12 million infants and toddlers (ages birth through two years) in the U.S.** Drawing on emerging developmental science and new data sources, the report provides a revealing look at this most fragile, and most promising, stage of life. Here are five key findings: 1) Infants and toddlers have the highest rates of poverty of any age group in America, 2) Infants and toddlers in the U.S. are a "majority minority", 3) The majority of mothers of infants and toddlers are employed, 4) Experiencing overwhelming or "toxic" levels of stress harms the early brain development of infants and toddlers, 5) Current services and supports for infants, toddlers, and their parents reach only a small fraction of families who need them. [Read the report.](#)

Read about potential MA legislation related to schools addressing trauma in children: http://opinionator.blogs.nytimes.com/2013/11/13/separating-the-child-from-the-trauma/?_r=0
A Massachusetts innovator in this work is the Trauma and Learning Policy Institute a collaboration of the MA Advocates for Children and Harvard Law School, (check out their numerous resources available at <http://traumasensitiveschools.org/>)

For more information on the **many volunteer opportunities available in Somerville schools**, visit the volunteer website at www.somerville.k12.ma.us/volunteer and Apply Online to get started. Questions? Contact Volunteer Coordinator Jen Capuano at (617) 629-5475 or jcapuano@k12.somerville.ma.us.

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!

Financial Health and Access to Resources

Looking for a way to open make new intercultural connections and strengthen your language skills in Spanish, Portuguese, Haitian Creole, Nepali, Arabic, or Cantonese?

There are a few openings available for The Welcome Project second **Intercambio** session beginning the 3rd week of January (the 14th and 15th). Intercambio@WelcomeProject is a language and culture exchange that brings together adult English Language Learners from The Welcome Project with other members of the Somerville community who want to learn and practice a second (or third!) language. Intercambio Language and Culture Exchange is a partnership between the Somerville Arts Council, SCALE, and The Welcome Project. Every week, all participants are provided topics of conversation that encourage them to talk about their culture and heritage. A session for **language beginners** will be held on Wednesday nights; an **intermediate language and culture exchange** takes place on Tuesday evenings. Intercambio sessions last 2 hours, from 6 pm until 8 pm. To learn more about Intercambio@Welcome Project or to register for the January session please email intercambio@welcomeproject.org.

Somerville Community Corporation has released their 2014 Class Schedule for Financial Literacy (8 classes per session) and the First Time Homebuyers Seminar (4 classes per session). Registration is required-617-776-5931x238. Also ask about the Individual Development Account program for low-income Somerville residents, providing matched incentives for savings accounts for targeted uses—higher education or training. There is support to help achieve your financial goals in 2014! www.somervillecdc.org/WhatWeDo/education.html

Jan 29th, 9am-2pm

Citizens Housing and Planning Association (CHAPA)- Day of Advocacy for Affordable Housing at the MA State House

Pre-registration is required by January 10th. CHAPA will coordinate meetings with legislators. Serving both the cities of Cambridge and Somerville, the **Fuel Assistance Program** assists low-income households, including Seniors, with winter heating costs incurred between November 1 and April 30. Eligibility for the program is determined by gross household income that falls within the [Federal Poverty guidelines](#). Call 617-349-6252 to see check eligibility and for details. (Renters, who have heat included in their rent may also be eligible for payment for that portion of the rent.) Top priority to "no heat emergencies" or threatened utility shutoffs for individuals with an eligible application on file.

MIRA is conducting a survey on how to best support foreign trained immigrant and refugee professionals in Massachusetts. Click here for the [survey](#).

Can games help **teach about real world poverty**? Preliminary research indicates that students who participate in games such as "Spent" created by the Durham Homeless Coalition demonstrate increased empathy toward the poor immediately after the experience and at a three week check in. Curious? Try it yourself at www.playspent.org

Can \$1.50/day make the difference between a healthy and unhealthy diet? Check out a recent reports covered by NPR : http://www.npr.org/blogs/thesalt/2013/12/05/249072685/what-separates-a-healthy-and-unhealthy-diet-just-1-50-per-day?utm_content=socialflow&utm_campaign=nprfacebook&utm_source=npr&utm_medium=facebook

Free **Flu Shot clinics** offered by Somerville Health Department, City Hall Annex, 50 Evergreen Ave, Thursdays 5-7pm, as long as supplies last, through December.

Check out some of the possible **indicators of Community Wealth**, as developed by the Democracy Collaborative: <http://communitywealth.org/sites/clone.community-wealth.org/files/University%20Mock%20Up%20M.png>

Once a year, **CHNA 17 seeks applications for funding for mini-grants up to \$5,000** each for projects serving one or more communities within the CHNA 17 area-including Somerville. The total amount of funding for these projects is \$40,000. **Grant projects that will be considered include improvement to care and direct service, organizational change and policy change or address the access to services, particularly for vulnerable populations (senior and immigrant populations).** CHNA 17 will release the next Mini Grant RFP by January 20th, 2013.

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

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**, 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@stjamesomerville.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.

A new initiative of Door2Door, Ways2Go, aspires to connect clients to all of their transportation options, not just D2D vans. Think of it as going from a single menu item to a full buffet of travel choices! The **first Ways2Go service is Travel Training, in collaboration with the MBTA.** (Learn more at: www.ways2go.org)

[Health Disparities/General Health/Community Resources](#)

Jan 10th, 9-11am,

CHNA 17 General Meeting

Belmont Council on Aging, 266 Beech Street, Belmont, MA, 02478

Click on [CHNA Calendar](#) for a complete list of upcoming meetings.

All are welcome! At the meeting we will be participating in a Cultural Competency Training to enlighten and inform important work in the communities promoting health. The 90-minute initial session defines culture and cultural competency; explains how health disparities have stimulated increasing regulatory requirements for cultural competency; discusses barriers to effective cross-cultural interactions; and identifies tools and resources to improve cross-cultural care and reduce health disparities. Teaching strategies include interactive activities, demonstrations and a PowerPoint presentation.

Jan 13th online event, 2:30-4pm EST

RWJF Commission New Recommendations

The RWJF Commission to Build a Healthier America will release new recommendations next week covering three key areas: Prioritizing investments in America's youngest children, Encouraging leaders in different sectors to work together to create communities where healthy decisions are possible and Challenging health professionals and health care institutions to expand their focus from treating illness to helping people live healthy lives.

[Register now for the January 13 live online event.](#)

Jan 20th, 11am-1pm

City of Somerville's Dr. Martin Luther King, Jr. Day of Celebration

East Somerville Community School

Featured Speaker is Dr. Adenrele Awotona (UMass/Boston's [Center for Rebuilding Sustainable Communities after Disasters](#)). On-Site Community Service includes a Red Cross Blood Drive and Non-Perishable Food Drive for Project SOUP (Share our United Pantry) of the Somerville Homeless Coalition. Celebration includes music from El Sistema Somerville, Somerville's Interfaith Pick-up Choir, She Boom and the SHS Dance Team. Awards and essay presentations. More information is available with the [Office of Somerville Commissions](#). Call us at 617-625-6600 (x2400) or email at commissions@somervillema.gov.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) has created a series of **free multicultural health planners for 2014, titled A Year of Health: A Guide to a Healthy 2014 for You and Your Family**. Four versions of the health planners were created, each one targeting a different multicultural group. Download or order copies of the planners on the NIAMS Multicultural Outreach [Web page](#), where you will also find an electronic toolkit of resources to help you and your organization distribute the health planners in your communities.

The CDC released their latest report on **Health Disparities and Inequalities- U.S. 2013**, available at

http://www.cdc.gov/DisparitiesAnalytics/Docs/CHDIR13_factsheet_nov_20_2013_final_508.pdf

A fear of falling can cause a loss of independence and lead to isolation, but **Somerville-Cambridge Elder Services** can help! A coach from their **Fall Prevention Program** will visit and demonstrate some simple exercises to promote balance, stability and strength. The exercises can be tailored to each person's abilities. These can also be done with the help of a caregiver. There are a total of four visits over six weeks. There is no charge to participate. Please call 617-628-2601 to set-up a visit or for more information.

The Public Health Institute and the American Public Health Association partnered to develop "**Health in All Policies: A guide for state and local governments**" available at:

<http://www.apha.org/NR/rdonlyres/882690FE-8ADD-49E0-8270-94C0ACD14F91/0/HealthinAllPoliciesGuide169pages.PDF>

[Massachusetts Immigrant and Refugee Advocacy Coalition \(MIRA\)](#) is receiving one of four **2013 E Pluribus Unum Prizes**, given this year to four organizations from across the nation for exceptional immigrant integration initiatives. The national award honors MIRA's [New Americans Integration Institute](#) for its work to help newcomers contribute more fully to the economic, civic and social fabric of the United States. Highlights can be found at www.integrationawards.org.

The **Disparities Action Network (DAN)**, a coalition of 75+ organizations, drawing upon the collective knowledge of its diverse membership to come up with real policy solutions, has been the most significant voice for eliminating health disparities and promoting health equity specifically for racial and ethnic minority populations in the Commonwealth since it was formally convened in 2006 along with Massachusetts' passage of its transformative health care reform legislation. Recently the DAN was honored for "its history of meaningfully advancing and informing the many causes of health equity in the Commonwealth and its tireless policy advocacy, in the form of health disparities reduction, commitment to interdisciplinary collaboration in that effort, and concrete health equity legacies memorialized in last year's cost containment legislation." DAN once again returns to the collective experience and expertise of its diverse membership to help with the direction of this formidable coalition in the future. **Please click on the link below to share your thoughts and ideas for moving this collective agenda for health equity across the Commonwealth forward in an effective and impactful way.** [DAN Members and Stakeholders Survey](#)

MPHA has selected a new Executive Director, Rebekah Gewirtz, who will begin on January 2, 2014. Rebekah brings a wealth of experience in state and local policy, community organizing, fundraising, and organizational development

The Disability Policy Consortium is an advocate for persons with disabilities, striving to change policy to improve the lives of many. <http://www.dpcma.org/>

Ready for winter storms? The Flu season? Even if you think you are, you might learn something from the information of the "Get Ready" campaign of the American Public Health Association at http://www.getreadyforflu.org/winterready.htm?utm_source=Get%20ready%20E-Newsletter&utm_medium=Email&utm_term=Winter%20Ready&utm_campaign=Get%20Ready%20Newsletter%20December%202013

From the National Medical Legal Partnership newsletter: A recent article from Academic Pediatrics by Dr. Sandel, Dr. Melissa Klein and Dr. Dan Schumacher argues that medical students and residents should be able and required to assess and intervene in social conditions, from hunger to inadequate housing, as a viable parts of any treatment plan. [Read full article](#) and [read the supplement](#)

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.

December issue of Health Communication Science Digest (HCSD or Digest) is now available at <http://www.cdc.gov/healthcommunication/ScienceDigest/index.html>
This month in the Digest there are several papers reporting the effectiveness of public health communication messaging (Auchincloss et al; Beales & Kulick; Chang [2 papers]; Dillard & Main; Glanz et al; Huang & Yang; Lee, J.). Other reports examine audience segmentation and targeting (McInnes et al; Owen et al; Stanton & Guion) and aspects of health message framing (Berger & Iyengar; Jernigan et al; Kang & Walsh-Childers; Lee, S. et al; Schuldt; Smith et al). Issues in public health communication via new media (Abroms et al) and risk communication (Blanton et al) are reported. Health communication strategies are also highlighted (Marshall; Parvanta et al).

Centro Latino offers **FREE assistance to individuals and families that need information about US Citizenship and help with their application** at Friday clinics at the Chelsea office. Appointments can be made by calling 617-884-3238.

Free local news, including segments in languages other than English and translation options! First segment covers immigration reform, campaign to raise the minimum wage, local elections, local jobs, and community events. To be in touch with the news team with ideas or questions, please write to news@scatvsomerville.org. Check out the new **Somerville Neighborhood News** from SCATV on Tuesdays at 7pm, with a new show every two weeks and/or catch it online at

www.scatvsomerville.org/watch . If you would like to learn how to make your own TV shows, attend a free, hour-long orientation at SCATV at 90 Union Square, Somerville.

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