



CODMAN SQUARE HEALTH CENTER

# CONNECTION

SUMMER 2018

## **Health Center's 2018 Annual Public Meeting honors Congressman Joe Kennedy & City Council President Andrea Campbell**



*“You are the antidote to the poisonous rhetoric across our airwaves, the inspiration that defies the most hardened skeptic. You celebrate our differences and our diversity – cultures and traditions and faiths and food – and dedicate yourselves to our most common characteristic: our mortality.”*

Representative Joe Kennedy III

# Cong. Joe Kennedy Says Codman Provides the “Access and Dignity Every Patient Deserves” in Public Annual Meeting

Codman Square Health Center honored Congressman Joe Kennedy III and City Council President Andrea Campbell at its public annual meeting on Thursday, August 2. The Great Hall was full of community members, staff, and local, state, and federal officials, who came out to hear about 2017 at CSHC.

Cong. Kennedy, who has represented Massachusetts Fourth Congressional District for almost five years, has been a strong advocate for health care funding, and has been particularly vocal advocating for mental health parity. At the meeting, he talked about the vital role that community health centers played in inspiring and informing him in his advocacy to preserve the Affordable Care Act. “That fight down in Washington is easier because of your daily battles to treat every single patient who walks through your doors,” he said.

Council President Campbell also talked about the value of the health center, and shared how her own loss drives her to advocacy today. She lost her twin brother at the age of 29.

“I like to highlight the gems in my community and the



*Congressman Joe Kennedy III, Sandra Cotterell (CEO of CSHC), City Council President Andrea Campbell, Robert MacEachern (President of Codman Square Health Center’s Board) and Reverend Garvin Warden (Board Member/Former President of Codman Square Health Center’s Board)*

health center is one of those gems,” Campbell said, adding that the center is proactive on other issues besides healthcare.

The Presidency of the Codman Square Health Center Board of Directors changed hands from Reverend Garvin Warden to Robert MacEachern. Both of them, in addition to Kennedy and Campbell, were honored with special artwork that was done by a young patient back in the Health Center’s early days.



*Boston City Council President Andrea Campbell accepts a “Mango Man” painting from Health Center CEO Sandra Cotterell in recognition of her work advocating for the people of Boston. Photo courtesy of On the Road Imaging.*

# Health Center Earns \$100,000 Grant from American Cancer Society and New England Patriots Foundation



*Dr. Mark Goldberg, Chairman of the Eastern New England Board of the American Cancer Society; Sandra Cotterell, CEO of the Codman Square Health Center; Kris Kim, Executive Vice President of the Northeast Region for the American Cancer Society; and Josh Kraft, President, New England Patriots Foundation.*

The New England Patriots flag flew in front of the Codman Square Health Center on July 12 as staff hosted Josh Kraft, President of the New England Patriots Foundation, and officials from the American Cancer Society (ACS) for a celebration.

The ACS and the Patriots Foundation came to award the Health Center the \$100,000 Crucial Catch grant, which

will support women's health outreach and screening. The Crucial Catch grants, which were awarded in 32 states across the country that same day, are focused on closing the cancer mortality gaps between minority and white women.

Breast cancer mortality has steadily declined over the last four decades, largely due to improvements in early detection and treatment. Despite similar rates of disease and

screening rates, breast cancer death rates in 2015 were 39 percent higher for black women than white women in the nation as a whole. Access to timely follow-up and high-quality treatment are key drivers of these disparities.

Codman Square Health Center will play an important role in reducing those disparities by using grant funds to do more women's cancer outreach and screening. The Health

Center hired an outreach worker to raise awareness in the community about breast cancer and screening opportunities, and will hold community education events.

"Catching cancer at an early stage, when the most treatment options are available, truly is the biggest 'crucial catch,'" said Josh Kraft, President of the New England Patriots Foundation, at the Codman Square Health Center event.

## Congratulations to the 2018 Summer Codman Academy Interns!



Codman Square Health Center was abuzz with youthful energy this summer as 22 Codman Academy interns worked in health center roles in many clinical and administrative departments.

The interns gain valuable

professional work experience and also earn money during their summer break.

The internship program is fully funded through financial support from Blue Cross Blue Shield and John Hancock's MLK Scholars program.

# Clemente Course Making a Difference for Community Members



This June, once again the Great Hall opened its doors to host a Clemente Course graduation. Since 2001, adult students at Codman Square have studied art history, moral philosophy, American history, literature, and writing to further their education, and earn college credits. The tuition, books, and credits are all free.

Michelle Rue is the administrator for the program and says of it: “The Clemente Course in Humanities at Codman Square Health Center provides a wonderful opportunity for adult learners of all ages living in our community to reap the benefits of pursuing higher

education, at no cost, in a familiar setting.”

A number of students over the years have been Health Center employees and patients, including Cummins Fortuna (2016), Lasonia Lang (2015) and Francis Laroche (2018). Francis credited the teachers for his success. “In the beginning I was shy but Ann [Murphy, writing teacher] pushed me a lot. Everyone here wants to learn,” he says.

Francis’ classmate Sadiya Burdette reflected on her year at Clemente: “I needed something to do. I felt I was mentally dying. This class helped me. I got to meet

wonderful people. I needed this for my soul.”

Although there are versions of the Clemente Course taught at five other sites in Massachusetts, and another two dozen sites around the country, the course at Codman is often singled out. Jack Cheng, who directs the course said, “I’m proud that when a national reporter for the Washington Post wanted to do a story about humanities funding, it’s our course in Codman Square that he came to visit.”

Other honors for the Clemente Course include receiving the National Humanities Medal from President Obama in 2014.

That same year, Codman became the first and only Clemente Course in the country to receive a donation for an endowed chair, paying annually for the American history instructor. In 2018, the National Endowment of the Humanities awarded a grant for a semester-long course to be taught to military veterans at three sites: Charleston, SC, Providence, RI, and at Codman Square Health Center.

**For more information on the course, including application materials, contact Michelle Rue at 617-740-2531.**

## Don't Weight Program Helps Patients Manage Health through Nutrition and Exercise



There are many ways people try to lose weight. Some swear by intense exercise, others by eating smaller portions, and still others by avoiding certain food groups. Nutritionists will tell you, however, that for the vast majority of people there is no one, simple way to lose weight.

Codman Square Health Center takes a holistic approach to weight loss through the Don't Weight program, which works with patients who have a body mass index (BMI) over 30.

**The Don't Weight program offers group visits run by a CSHC registered dietitian/nutritionist and a nurse practitioner.**

**Sessions are held the 2nd and 4th Wednesday of each month and attendees can attend as often as they'd like.** Attendees learn about and discuss topics such as: smart shopping, goal-setting, managing stress eating, resources for physical activity, and more. It's a very friendly and supportive atmosphere.

"Many people are familiar with what healthy eating looks like and how to lose weight. However, once they participate in the group, they have a deeper understanding of nutrition and gain support from their peers," says Kathy Ireland, Registered Dietitian/Nutritionist at Codman Square Health Center.

## Health Center Hosts "Social Saturday" in Codman Square Park



On August 18, CSHC hosted the Social Saturday event in Codman Square Park as part of the square's weekly farmers' market. The rain held off as several health center staff hosted community members for a family-friendly event that featured lunch, coffee, and dessert from local restaurants Juice and Jazz, Homestead Bakery, and Taste of Eden.

Staff also made balloon animals and did face painting for children, checked people's blood pressure, gave away prizes, and participated in some lively line dancing with Boston Rhythm Riders. A bouncy house entertained kids while their parents could have chair massages and do yoga, or spin for prizes.





# SAVE *the* DATE

**OCTOBER 4, 2018**

**6 PM**

**CODMAN SQUARE HEALTH CENTER**

*in the Gala Tent*

To **PURCHASE TICKETS** or for **MORE INFO**,  
please visit **WWW.MENOFBOSTON.COM**



**CODMAN SQUARE HEALTH CENTER**

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