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The famed men of Boston once again took up their aprons in the name of women’s health and cooked a feast at Codman Square Health Center on October 6. The 19th annual Men of Boston Cook for Women’s Health event, lead sponsored by Bob’s Furniture, Delta Dental of Massachusetts and Shawmut Design & Construction, drew over 1,000 guests and raised over $200,000 in support of women’s health programs here in Dorchester.

Named this year by Zagat as one of the 10 Boston events in October not to miss, Men of Boston is a premiere event to support women’s health during Breast Cancer Awareness Month. Some of the area’s most notable men, including Mayor Martin J. Walsh, CNN’s John King, Congressman Michael Capuano, WBZ’s Jon Keller, and WGBH’s Jim Braude, served up delicious cuisine from more than 30 of Boston’s finest restaurants and caterers. This year’s establishments included Paul Wahlberg’s Alma Nove, Liquid Art House, Ruth’s Chris Steakhouse, The Friendly Toast, and local Dorchester favorites like Ashmont Grill, The Blarney Stone, ester, Shanti Restaurant, and Tavolo Ristorante. Live music was once again provided by the fabulous The Blue Hotel.

Codman Square Health Center was proud to host our signature event here in the heart of our neighborhood where it continues to be one of the largest onsite fundraisers in the City of Boston. Each year Men of Boston enables the Health Center to serve over 10,000 women from some of the most vulnerable populations in the city, providing innovative programs like our fitness prescriptions, medical group visits, and integrated specialties.
MEN OF BOSTON
Cook for Women’s Health

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SAVE THE DATE
October 5, 2017
20th Anniversary Event
LORETTA DONALD RETIRES

A woman marked by her deep compassion for those who suffer, Loretta Donald, NP, retired from Codman Square Health Center in September 2016 after a remarkable career of caring for others. Ms. Donald was born and raised in De Kalb, Mississippi, and came to Boston as a nurse’s aide thanks to a work study program she found during her freshman year at Tougaloo College. Transformed by her work alongside patients at Jewish Memorial Hospital, and after experiencing the sudden death of her 22 year old brother from a heart attack, she left behind her thoughts of teaching and enrolled in a medical technology program at Berkshire Medical Center.

A natural leader, a curious and constant learner, and a worker full of care and compassion, Loretta spend her early years as a medical technologist at Lawrence General Hospital and New England Medical Center. Throughout her time as a medical technologist, her desire to directly care for the patients whose blood she was working with continued to grow, and it eventually led Loretta to enroll in the inaugural Master of Science in Nursing program at the Massachusetts General Hospital Institute of Health Professionals. One of only two individuals of color in the class, Loretta was a pioneer among a cohort known as the “Risk Takers” for being the first to go through the program, one of the first of its kind in the country.

After receiving her RN and taking a position as a nurse in 1984, Loretta worked briefly at Massachusetts General Hospital before joining University Hospital in Boston in 1986. It was during these 10 years that the heartbeat of Loretta’s motivation became most clear: the needs of the suffering patient. Continuing to excel and eventually taking on a role as a Critical Care Clinical Instructor, she decided that going back to school would ultimately get her to the position where she could most impact patients, that of a Nurse Practitioner. She returned to the Institute of Health Professionals for her Adult Nurse Practitioner Certificate and, after her schooling, found her way into Sandra Cotterell’s office at Codman Square Health Center.

“She saw more in me than I was even looking for in me,” Loretta remembers of her meeting with Sandra. Brought on at Codman as the Director of Nursing in 1995, Codman was in the midst of massive growth and Loretta was instrumental in getting the Urgent Care Department started. Eventually leaving behind her role of Director of Nursing to fully walk into her role as provider, Loretta finally found the job she had been looking for her whole life.

At Codman, Loretta has left a profound mark. “I’ve been here for twenty years and this is family. It is the prevailing atmosphere here,” reflects Loretta. “The mission of the health center is very powerful for me to see - a community health center devoting themselves to the community.” Yet Loretta is not separate from this atmosphere, but one of the creators. Her deep devotion to Codman’s patients, her commitment to preventative care and empowering patients, her pioneer spirit and gracious attitude have helped shape the spirit of the health center’s presence in the community.

It is with great gratitude that Codman Square Health Center celebrates Loretta Donald’s retirement and her great work here in Codman Square and beyond. Loretta’s career has been marked with honors, publications and numerous certifications. Her legacy of compassionate care will serve as the gold standard at Codman.

PATIO GARDEN ADDS GREEN & BEAUTY

The last finishing touch on the William J. Walczak Health and Education Center was completed this summer: a beautiful new garden patio. The first of many green spaces envisioned in Codman Square, the patio garden, like much of the Walczak Center, is a shared space between Codman Square Health Center and Codman Academy Charter Public School. The patio offers a great view of Norfolk Street and the surrounding Codman Square landscape.

A huge thank you goes to The Pat Cooke Fund managed through The Boston Foundation who provided significant funding to finish the construction and vision of the patio. Michael Gimbrere, trustee of The Pat Cooke Fund, stated, “Codman Square has always been full of innovative initiatives, and we are honored to be a part, in our own small way, of the energy that continues to develop the community’s vibrancy and leadership as a model for communities around the world.”

The Pat Cooke Fund was established to honor the work and passion of Patrick Cooke, a Dorchester resident, activist and affordable housing advocate who passed away recently, far too early in his life. Pat was a creative and visionary promoter of creating a safer, more sustainable and more beautiful Dorchester through his work in housing and the protection and promotion of open and green spaces in this intensely urban environment.
INTEGRATIVE MEDICINE COMES TO CODMAN
By Christine Farrell-Riley, MD

On September 12, Codman Square Health Center began offering integrative medicine consultation visits for its patients. Integrative medicine takes the best of what traditional western medicine has to offer and combines it with the most effective complementary therapies available. Examples of integrative medicine therapies include yoga, massage, acupuncture, herbal therapy, dietary supplements, meditation, stress management, tai chi, and reiki.

The integrative medicine team is led by Pamela Adelstein, MD and Christine Farrell-Riley, MD. Right now at Codman patients can access acupuncture, stress management, guidance with herbal therapy, nutrition as medicine. Patients can also be referred to BMC for spinal manipulation/osteopathic manipulative treatment (OMT). And some patients can be referred to Healthworks Community Fitness for exercise therapy and yoga.

In addition to providing a plan for which integrative therapies will best serve the individual patient, the consultants work one on one with the patient to set goals around healthy lifestyle and diet.

The integrative medicine team is working to bring more resources to our patients and have the goal to add the following onsite in the future: massage, yoga, and OMT. The team will be surveying both providers and staff to see what therapies are most appropriate for the patients we serve.

In November the team also begins offering a monthly Integrative Medicine Group. The groups will meet the first Monday of each month in partnership with the Behavioral Health Department, and will have a curriculum teaching patients about mindfulness based stress reduction and integrative medicine therapies.

INTEGRATED NUTRITION SERVICES
By Kathy Ireland, MS, RD, LDN

Our nutrition department has been changing our model of providing nutrition services to our patients by offering integrated visits. Traditionally, a primary care provider will suggest a patient see a dietitian, the patient may schedule a visit with the dietitian, and at Codman, there is about a 50% chance that the patient will keep the appointment. While this model can be great for motivated patients who are able to make it back to the health center for another visit, it can be a challenge for many.

With our new model of integrated services, our dietitians look over primary care schedules and identify patients who would be good candidates for nutrition visits based on body mass index (BMI) and hemoglobin A1c (a marker for diabetes control). While the patient is here to see their primary care provider, the dietitian will stop in and offer nutrition services, usually while the patient is waiting for the provider to enter the room. Visits can range from offering quick and easy tips for getting more vegetables in the diet to motivational interviewing and goal setting to start behavior changes toward a lifestyle. By engaging patients in this way, our dietitians are able to remove a bit of the stigma around nutrition visits, develop connections with the patient, and schedule time for the patient to come back for a more in-depth visit.

While this new model is still in its pilot phase, it’s receiving positive feedback from our patients, providers, and dietitians. Our dietitians are seeing more patients than ever, our providers are able to connect patients to nutrition services in real time, and our patients are getting an extra service without making an extra trip to the health center. Stay tuned for more updates from the nutrition department as we continue to develop more services in the form of groups and classes.

UPCOMING EVENTS

| November 2 | MassHealth Enrollment Event
| The Great Hall
| 10:00am - 4:00pm |

| November 10 | Naloxone Training
| Black Box Theatre
| 6:00pm - 8:00pm |

| December 1 | World AIDS Day
| Black Box Theatre |