Codman Square Health Center celebrated its 20th anniversary Men of Boston Cook for Women’s Health on October 5 with another highly successful event full of delicious Boston cuisine, celebrity chefs galore, and over 900 attendees. From Mayor Martin Walsh to Congressman Joseph Kennedy III to Patriots alumni Ronnie Lippett and Vernon Crawford to Dropkick Murphy’s Ken Casey, the stars came out to help cook in support of women’s health programs in Dorchester. Twenty-nine restaurants and Bombay Sapphire, Harpoon Brewery and Greenvale Vineyards provided the yummy treats including everything from steak skewers to sushi bites to fresh wood-fired pizza and a fun selection of delicious cocktails, seasonal beers and wine. The Blue Hotel brought the jams throughout the night, including a special performance from Livingston Taylor.

Over the past 20 years, Men of Boston Cook for Women's Health has raised over $3 million to support essential women’s health and integrated social service programs in the community. Men of Boston originally started with only a handful of restaurants and chefs inside the Great Hall, but now it has grown into the largest on-site fundraiser in Boston and a premier food and wine event. It’s unique location in the heart of the neighborhood brings in visitors and supporters from all over the state to see the health center's work first hand. Over the years Men of Boston has been broadcast nationally on CNN and locally on WCVB and WBZ, and been featured in the Boston Globe, Improper Bostonian and Dorchester Reporter.
Thank you!

to all our amazing sponsors, celebrity chefs, restaurants, attendees, board members, host committee and staff

MEN OF BOSTON COOK FOR WOMEN’S HEALTH

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SANDRA COTTERELL CONTINUES TO RECEIVE ACCOLADES

“Women create more inclusive workplaces that encourage more participation, commitment, and employee retention,” stated Sandra Cotterell. “They champion more innovations that benefit both women and men, including on-site day care, job sharing, flexible hours, and other family-friendly practices.”

Codman Square Health Center has had the benefit of Sandra’s innovative leadership for over 20 years, including the past six as the Chief Executive Officer. Since that time, Codman Square Health Center has seen new expansions, a dramatic growth in staff and patients, new federal grants, and numerous certifications and accolades placing it as one of the models for community health centers nationally. Most recently, Codman Square Health Center was once again recognized as one of the top 100 women-led businesses in Massachusetts on the Boston Globe’s annual list. The list uses a complex formula based on operating budget, full-time employees, and workplace and management diversity, and this is the fourth consecutive year Codman Square Health Center has made the list.

“This recognition by the Boston Globe and the Commonwealth Institute is a confirmation of the work that all of us do here at Codman,” said Sandra. “Together we’ve built on the revolutionary vision of our founders, and we have worked tirelessly to be a beacon of health and transformation in our community. Diversity and empowerment are essential to that work, and I’m proud to receive this recognition on behalf of the Health Center.”

Sandra is notably a gracious leader and team player, seeking to always elevate those around her, setting the ultimate example of mentorship and confidence. She has taken on Codman’s organizational mission as her own personal mission, serving to improve the physical, mental, and social well-being of those in her own community. As a nurse by trade, Sandra’s roots as a care provider are evident in her work and have made a profound impact on Codman Square and beyond.

Sandra’s impact on our community will also be recognized on November 17 at this year’s Hidden Heroes and Sheroes event hosted by the Codman Square Neighborhood Council and Four Corners Action Coalition with the 2017 Millennium Award.

HURRICANE IMPACT REACHES THE CODMAN FAMILY

“The night was just so scary. Between the winds, the water, the ceiling, we thought the water was going to come in. We didn’t know what was going to happen,” recalls Vivian Rutherford. Vivian, a nurse in Family Medicine at Codman, was in St. Thomas when category 5 Hurricane Irma hit the island. On lockdown for the entire day on September 6, Vivian was confined to a small bathroom with two friends for many hours as the storm battered the island. Thankfully, Vivian escaped the storm safely, ultimately without any real threat to her life, but the experience was not without leaving a lasting impression of the power and devastation that hurricanes can unleash. “It was terrifying. In the midst of the storm you have a lot of adrenaline, but we really didn’t know how bad it was all going to be.”

Vivian may have been the only staff member at Codman to directly live through one of this fall’s hurricanes, but she was not the only one impacted. Many staff and patients of Codman have family that live in some of the ravaged areas of Puerto Rico, Florida, Houston and throughout the Caribbean Islands. “There have been many stressful days and nights for some of the Codman family, as we’ve awaited news from these damaged communities,” said Sandra Cotterell, Codman’s CEO. “As a community we felt like we needed to come together to support our fellow co-workers and patients’ families.”

In response, Codman Square Health Center decided to run a fundraiser for relief efforts. Working with Americas, a non-profit disaster relief and global health organization providing immediate response to emergency medical needs and supporting long-term health care initiatives, Codman enlisted the support of Codman Academy Charter Public School to raise funds with our staff. The staff of both organizations came together to donate an incredible $2,523 for relief work, with Codman Square Health Center adding an additional $5,000 for a total donation to Americas of $7,523. Codman is proud to stand with the communities in the Caribbean, Florida, and Houston.
POWER IN PINK

On Thursday, October 19, Power in PINK brought together over 50 community members in the Great Hall for a breast cancer awareness event. The evening combined a celebration of survivors, a tribute to those who have lost their battle with breast cancer, and an information session on the current challenges of fighting breast cancer.

The event began with Lula Christopher, Dorchester resident and community activist, giving Libations, a ceremony derived from West African tradition, which celebrates ancestors and pays homage to those who have lost their fight to cancer. Diane Austin, a local breast cancer survivor, took the opportunity to share her inspiring story of courage, as she fought, and eventually won, her battle with cancer.

The featured speaker for the evening, Dr. Erica Warner from Dana-Farber Harvard Cancer Center, was then introduced by Dr. Stephen Tringale, Medical Director of Family Medicine, Performance Improvement, and Research and Compliance. Dr. Warner presented the facts and figures of breast cancer, particularly hitting on the disparities as they pertain to the surrounding neighborhoods around Codman Square. Dr. Warner stressed the impact of breast cancer on our communities, particularly Black and African American women in Massachusetts who have the highest mortality rate of all ethnicities for breast cancer. Dr. Warner also presented some important information on risk factors, including that compared to women who are inactive, women who get regular physical activity have a 10%-20% lower risk of breast cancer.

The Great Hall was packed throughout the evening for Power in PINK.

The floor was then opened for questions from the audience, followed by table discussions for how the attendees can have an impact on the health disparities of breast cancer in their community. One of the attendees, a breast cancer survivor, commented, “I’ve learned more at this session than I’ve learned in a long time.”

Live music was provided during the event by Mr. Rollins Ross.

INITIATIVES FIGHTING SPREADING STDs

Sexually transmitted diseases (STDs) are increasing at the national level. Here in Massachusetts, we see similar growth with the spread of chlamydia, gonorrhea, and syphilis. Based on a report from the Centers for Disease Control and Prevention (CDC) released in September, from 2015 to 2016 Massachusetts saw a 10.4% increase in cases of chlamydia, a 29.5% increase in cases of gonorrhea, and a 16.1% increase in cases of syphilis. With these increases of STDs, it’s more important than ever to provide STD resources.

Everyone in the United States should have the opportunity to make the right choices about their health, including understanding their sexual health and how to prevent STDs. In addition to the spreading rates of chlamydia, gonorrhea, and syphilis, nationally we know that 1 in 7 individuals with HIV do not know they are infected, thus preventing them from making the right choices about their health.

In an effort to combat these trends, Codman Square Health Center started a walk-in STD testing clinic, the X-Clinic, in January 2016 which saw expanded hours in 2017 and in June 2017 launched a free community HIV testing initiative, Dorchester Knows. These two programs have helped increase community access to STD and HIV testing. Just since July 1, 2017 the X-Clinic has provided 230 people with no cost STD testing, covering HIV, Hepatitis C, syphilis, chlamydia, and gonorrhea, and Dorchester Knows has hosted free HIV testing sites at a variety of locations throughout the neighborhood. Before the end of the year, Codman plans to expand the X-Clinic hours in order to improve access for community members.

Testing and education are just the beginning of this work of empowering the Dorchester community to lead healthier lives. Codman is also working to expand its Same Day PrEP program and increase access to Hepatitis C medication.

UPCOMING EVENTS

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<th>November</th>
<th>Hidden Heroes &amp; Sheroes</th>
<th>17</th>
<th>The Great Hall</th>
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<td>December</td>
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<td>Codman Square Park</td>
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<td>December</td>
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<td>The Great Hall</td>
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