The Codman Square Health Center’s Service Award recognizes a staff member who exhibits the qualities embodied by Valentina Michaud, the late spouse of Unique Michaud, M.D., one of the dedicated providers. These qualities include strength, leadership, honesty, and humility. The award was previously called the Valentina Service Award.

Codman staff members had the opportunity to nominate a colleague who they thought embodied these traits. There were more than 40 nominations, and it was great to see how highly staff thought of their colleagues.

An independent panel carefully reviewed all the excellent nominations and awarded first prize to Irina Callahan, RN, Team Lead, a nurse supervisor in Codman’s Urgent Care Department. Irina, a 3-year veteran of Codman, is a leader in the department, and patients and staff recognize her as a friendly face.

“She is the ultimate team leader and leads with thoughtfulness, kindness, innovation, creativity, hard work, discipline, respectfulness, and a strong work ethic,” says one staffer who nominated her. “She is not afraid to stand up for what she believes in and is passionate about helping others. Irina does all of this with compassion, dignity and integrity.”

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On an annual basis, all staff members can nominate another staff member for recognition based on the above mentioned attributes. Irina won $2,500 that she can use towards some rest and relaxation.

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Codman Launches Young Professionals Club

Codman Square Health Center launched a Young Professionals Club to provide an opportunity for anyone in the CSHC community to network with their peers, build relationships in a supportive environment, improve their professional skills, and have fun in the process.

The group held its inaugural event earlier in the year with a fun night of roller skating at nearby Chez Vous. Staff members brought guests, and while 80’s music played, everyone zoomed around the rink with colleagues, family members, and friends.

The group also held a social event at nearby Dorset Hall, a volunteer night at The Daily Table, and had an afternoon of mentoring with Codman Academy Charter Public School students.

“It’s been such a positive experience connecting with other young professionals at the health center. We’ve volunteered together, built up our professional network, mentored the youth, and of course, made time to socialize and have fun.” —Melissa Dagher

Codman staff volunteered at our partner, The Daily Table, as part of a Young Professionals Club outing.

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“It’s been such a positive experience connecting with other young professionals at the health center. We’ve volunteered together, built up our professional network, mentored the youth, and of course, made time to socialize and have fun,” says Melissa Dagher, LICSW, a behavior therapist at CSHC, and a chair of the Young Professionals Club.

“We’ve had folks from all departments participate, and I’m looking forward to the events we have planned for the rest of the year,” she adds.
TechBoston Nurse Practitioner and Students Visit State House

Codman’s Jane Tuitt, NP, attended School-Based Health Center Advocacy Day at the Massachusetts State House on March 20. Jane, a nurse practitioner who works at the Tech Boston Academy school-based health clinic, and in Codman’s Pediatric Department, brought along two students to advocate with her.

“It’s important for the students to get hands-on experience in how government works,” Tuitt says. “It’s empowering for them to know that they can be part of the legislative process.”

TechBoston juniors and peer leaders Candace Ells and Adora Young joined Jane on her visit. The trio worked with representatives from the Massachusetts School-Based Health Alliance to meet with legislators. They advocated for level funding for school-based health center programming.

The TechBoston group visited the offices of Senator Nicholas Collins and Representative Russell E. Holmes. It was a great learning experience for everyone involved.

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The second place winner was Adalgisa Ramos, a community health worker. Ramos, who has been at Codman since 2016, is committed to the patients and staff here at Codman, and is always helping out when needed.

“Adalgisa has been doing the work of three community health workers for the past year. She has gone above and beyond to provide coverage for the majority of the whole health center, and never saying no to a consult or a call. She exemplifies Codman’s Mission.”

Congratulations to Irina and Adalgisa. We are proud to call you friends and colleagues!

Codman staff was also invited to apply for the Linda J. Walczak Scholarship, which awards two staff members with $1,500 to use towards their education. Staff explained their plans and wrote an essay about their interest in community health and how their education will help the community that CSHC serves.

The two scholarship winners were Tania Fortune, a medical assistant in Family Medicine, and Tiffany Whittaker, a financial counselor.

The scholarship was named in honor of the late wife of Codman’s founder, Bill Walczak.
Codman Earns Grant to Address Diabetes and Cardiovascular Disease

Codman earned a grant from the Massachusetts Department of Public Health to address diabetes and cardiovascular disease among patients in innovative ways. The grant, which will be active for 5 years, recently launched.

It will support the Health Center in understanding diabetes and cardiovascular disease among the patient population, as well as ways to proactively reach out to patients who have “pre-diabetes,” which means they are at risk of becoming diabetic.

The grant will also enable community health workers, case managers, and other staff at the Health Center to identify and engage patients with poorly controlled diabetes and cardiovascular disease in management and prevention activities related to the conditions.

Public health experts will provide Health Center staff technical assistance and training about diabetes prevention and treatment through a racial justice lens. Staff will be able to ensure they are reaching populations most likely to have high blood pressure, high cholesterol, or have experienced a cardiac event.

Some other activities the grant will support and enable CSHC to do:

- Test innovative ways to eliminate barriers to participation in the National Diabetes Prevention Program, a CDC recognized lifestyle change program for diabetes prevention.
- Increase identification of patients with undiagnosed hypertension.
- Explore and test innovative ways to expand the use of tele-health to promote management of diabetes, hypertension and high cholesterol.

“We are so excited and grateful to have this grant,” says Kathy Ireland, Codman’s Nutrition Program Manager and manager of the grant project. “This will be a great opportunity to learn how we can better reach our at-risk patients and help them make long-lasting improvements to their health.”

Tax Clinic Returns $2.2m to Neighborhood

Thanks to our dedicated supervisors and volunteers, approximately 1,000 families in the Codman Square area had their taxes completed and filed for free. Codman sponsors a location at 450 Washington Street.

Number of returns processed: 911
Total in federal refund: $1.8 million
Total in state refund: $400,000
Total in state and federal refund: $2.2 million
Average federal: $2,000