CSHConnection

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Codman Square Farmer's Market A Tasty Success

By Cynthia Loesch

The Codman Square Farmers Market opened this summer on June 12th and will run until October 23rd. Every Thursday, community members come together to buy fresh produce, enjoy the beautiful summer weather, and catch up on neighborhood goings-on. Amid the sound of jazz, classical and soul music, shoppers choose from a wide variety of offerings brought by three local farmers who engage in organic farming practices. Offerings include berries, flowers, greens, herbs, corn, tomatoes, peaches, cucumbers, onions, cabbage, and more, based on produce availability. The market is managed by FAMILY, Inc.'s Market Manager, Elali Moukwa, a student at Boston College. The BOLD Teens volunteer and educate residents on nutrition and organic foods and work to get local youth involved in the market. The Farmers' Market is an initiative of the Codman Square Health Council. For more information about the Health Council or FAMILY, Inc., please contact Cynthia Loesch at 617-822-8278.

Come to the Codman Square Farmer's Market:
Time: Every Thursday 4-7pm through October 23rd
Location: Just outside the front entrance of the Codman Square Health Center at
637 Washington St. (rain location in the Great Hall, 6 Norfolk St)

Centering Pregnancy Program Makes Mothering Easier

By Beth Monahan CNM, MPH

"Being with other women who were going through the same thing made it easier. I was more ready to have my baby."

Codman Square Community Health Center is now offering an innovative program for pregnancy care. Centering® Pregnancy is a way to have all of your pregnancy check ups, learn what you want to know about your pregnancy and birth and be with other women who are at the same point in pregnancy as you are. Groups start at about 4 months and meet 10 times for 2 hours spaced throughout your pregnancy. Your Group is the place to talk about everything. Topics include: changes to your body, the birth process, what is feels like to be a new mother, what to eat, what to tell your other children about the baby and much more. At the end of the pregnancy we host a baby shower where all of the moms and babies share their stories and receive gifts. Most importantly, it is fun! Most women who participate in Centering® Pregnancy think it is the best care for them. We encourage everyone to try it!

The Massachusetts Chapter of the March of Dimes awarded a grant to Boston Medical Center to bring this program to Codman Square. We are working together with the Departments of Family Medicine, Midwifery and Obstetrics &Gynecology from Boston Medical Center. Beth Monahan CNM, MPH is directing the project. Our goal is to offer Centering®Pregnancy to all expectant mothers at Codman Square Health Center.

We encourage everyone who is interested in Centering® Pregnancy come to Codman Square Community Health Center and ask for the Prenatal Registration nurse, or if you are already a patient please speak to your provider. To make an appointment at the Codman Square Health Center, call 617-825-9660.

Eat Green Save Green Returns

By Kathy Gorman

With the current state of the economy, it is the perfect time for community members to enroll in Eat Green Save Green and learn about healthy eating on a budget! Participants learn how to cook healthful, yet affordable meals, as well as key financial skills to help them save money in all aspects of their lives and connect to valuable community resources. Past participants have really enjoyed the class and have had a lot of fun participating! They walk away surprised that they like some new foods and happy that healthy eating seems a lot more realistic to them.

In class you will:
- Make healthy meals
- Learn about nutrition
- Learn to maximize your food dollars by improving your fiscal health
- Take a trip to the grocery store to learn how to buy healthy foods at the best prices

Where: 450 Washington St. Dorchester, MA
When: Wednesday evenings from September 10-October 22, 2008
Time: 6:00-8:30 PM
To sign up for a class, call Kathy Gorman: **617-474-1405**

www Check out our new and improved website at www.codman.org where you can find a primary care doctor, check out upcoming events, and learn about all of our programs/services. **www**

Clemente Course in the Humanites is Back!

By Dawn Martin

DotWell is again offering the Bard College Clemente Course in the Humanities – a free college course that introduces students to some of the world's greatest writers, thinkers and artists. This college level curriculum taught by accomplished local college faculty gives students the opportunity to earn up to six transferable college credits from Bard College. Courses include Art History, American History, Literature, Philosphy and Writing. Candidates need to be at least 18 years old, have a high school diploma or equivalency and have the ability and commitment to attend classes two evenings a week for 8 months. All classes are held at the Codman Square Tech Center at 450 Washington St, Dorchester, MA 02124.

Two Open Houses will be held on Monday September 15th and Wednesday, September 17th, 6:30 – 8:30 pm at the Codman Square Tech Center located at 450 Washington Street. Interested candidates may attend either session. Classes are scheduled to begin October 15th. For additional information, please contact Dawn Martin at 617-822-8149.

Upcoming Events

September 9th:	BOLD Teens Ten Year Anniversary and Celebration Dinner at Blue Hill Boys and Girls Club. Tickets $20. Contact 617-822-8278.
September 13th:	Codman Square Peace Concert at Corner of Washington Street and Euclid St at 3pm. Contact Christopher Graham (Lorenz) 617-474-1405 or Oscar Moreno (Mt. Washington Bank) 617-474-1405
September 15th:	Bard College Clemente Course in the Humanities Open House at 450 Washington Street 6:30-8:30pm. Contact 617-822-8149.
September 17th:	Bard College Clemente Course in the Humanities Open House at 450 Washington Street 6:30-8:30pm. Contact 617-822-8149.
October 4:	9-2:30 Domestic Violence Conference with speakers in the Great Hall at Codman Square Health Center
November 8th:	Diabetes Tune-Up Day at the Codman Square Health Center 9am-12pm. Contact Maggie Prophete at 617-822-8145 to sign up and enter our raffles.
November 21st	Hidden Heroes Ceremony. Celebrate local community heroes from the Codman Square and Four Corners area. Contact bill.loesch@codman.org
Ongoing	Every Thursday through October 23rd 4-7pm Farmers Market outside Codman Square Health Center entrance
Ongoing	Codman Square Neighborhood Council 1st Wednesday every month 7-8:30 at the Great Hall at Codman Square Health Center. Contact 617-822-8278.
Ongoing	Codman Square Health Council 4th Monday of every month at the Codman Square Health Center in the Board Room from 4-5:30. Contact 617-822-8278
Ongoing	Eat Green Save Green Wednesdays Sept 10- Oct 22 6:00-8:30pm at 450 Washington St. Sign Up: 617-474-1405.

Codman Square Health Center
637 Washington St.
Dorchester, MA 02124-3510

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The Codman Square Health Center

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