Codman Square Health Center Connection

Fall 2012

Pictured: Men of Boston Cook for Women's Health celebrated its 15th Anniversary on Sept 27, 2012.

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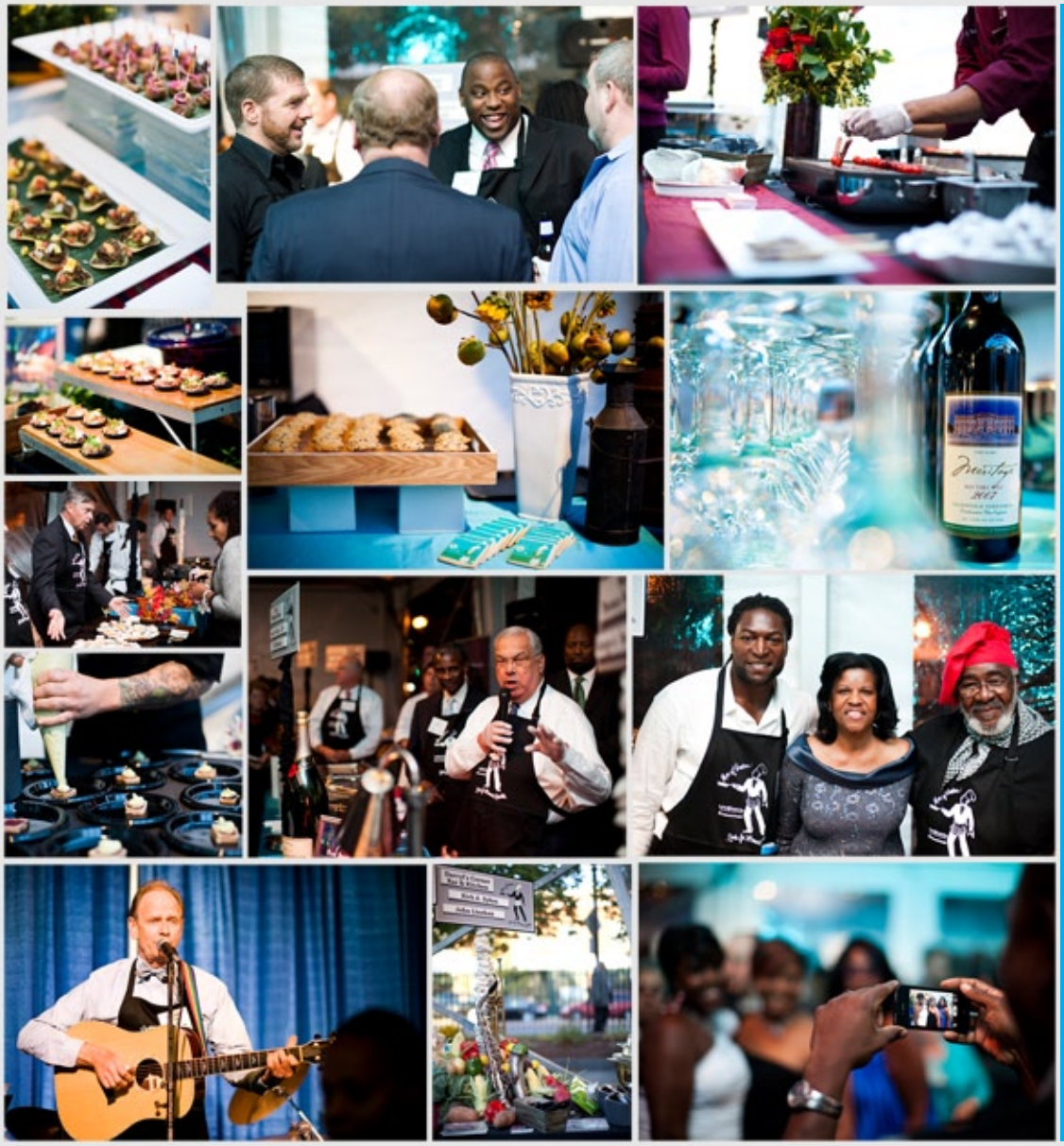
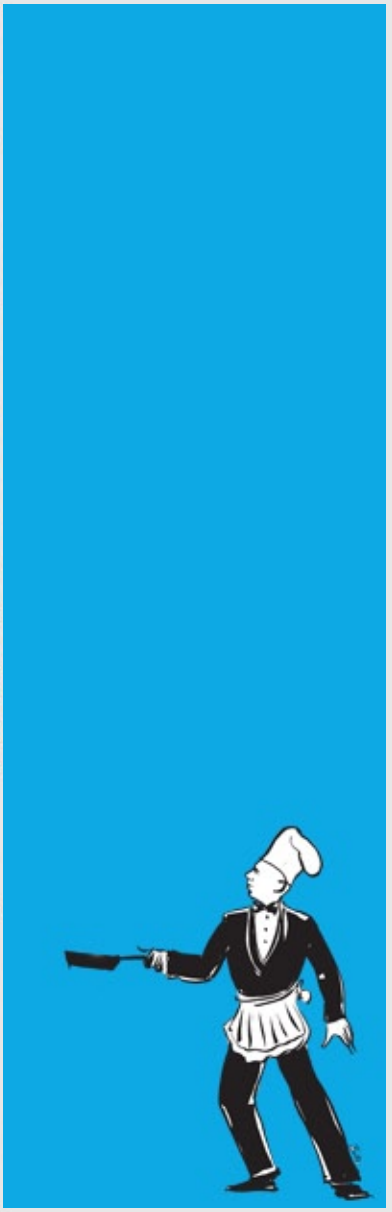
A crowd of 1,000 supporters and community members attended the 15th anniversary of Men of Boston Cook for Women's Health on Thursday, September 27th. For the first time in its history Men of Boston had four Executive Sponsors – Carney Hospital, Eaton Apothecary, Partners Healthcare, and Shawmut Design and Construction – helping this year to become Codman Square Health Center's most successful event ever raising a total of $300,000 for our women's health programs.

One of Boston's largest on-site fundraisers, Men of Boston filled the gala tent in Codman Square with over 30 Boston area restaurants, including favorites like Ruth's Chris Steak House, Eastern Standard, Alma Nove, Ashmont Grill, and Darryl's Corner Bar. Dozens of celebrity chefs, including the likes of Mayor Thomas Menino, WBZ's Jonathan Elias, and author Michael Patrick MacDonald, served up the vast array of delicious dishes to guests. Live music was provided by fantastic local Dorchester act Blue Hotel, but one of the biggest surprises of the evening came in the form of an impromptu performance by celebrity chef and singer/songwriter Livingston Taylor.

Guests were given the opportunity to learn about the powerful way Codman Square Health Center benefits women's health in the neighborhood through a number of personal stories presented throughout the tent. Funding for the ever expanding work of the Health Center has never been so critical, as women's health programs will begin to expand this fall as Codman Square Health Center prepares to open its $18 million expansion, the Codman Square Health and Education Center.





THANK YOU to all the following Sponsors for **Men of Boston** 2012

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SAYING GOODBYE TO KAREN KENNEDY

Dr. Karen Kennedy has been the heart and soul of Codman's Pediatric Department for over 20 years and has provided exemplary care for thousands of Codman Square children, many of whom now seek care at Codman as adults. She has worked closely with Claudine Lopes, RN to craft a very strong Pediatric Team and will leave the department in good hands, with a team of excellent providers, nurses and medical assistants.

Dr. Jonathan Pincus, one of Dr. Kennedy's longtime colleagues knows how valuable she has been to the Codman family: "As a department leader Dr. Kennedy has a quiet practical efficiency that gets things done while always speaking her mind to remind us of the real world implications of initiatives. For a generation she has been more than a pediatrician, she has been an inspiration, a confidant, and an advisor. She has been the "Mom" of the Codman pediatrics community. As a colleague and a friend she is always there to discuss clinical, administrative and personal issues and she will be dearly missed."

To quote a patient of Karen's, "There's not another Dr. Kennedy. She was always there for me as a teenager and now that I am a parent, she is always there for me and my kids. She understands me so well and always gets back to me whenever I need her advice; we will miss her so much."

Dr. Kennedy will leave her longtime position at Codman Square Health Center the 3rd week of January to take a Pediatric position and join her husband in Albany, NY.

FIGHTING THROUGH STORMS TO PROVIDE CARE

The Maternal Child Health Case Managers, Kiara Sanchez (Boston Healthy Start Initiative), Lucille Stanislaus (Boston Healthy Start Initiative) and Tamiya Tabb (Parent to Parent), provide invaluable support for CSHC families. They work with patients to identify and decrease barriers to care, and help them overcome the issues that they see as most important. The case managers connect women with resources they need, such as housing and legal services, behavioral health, and WIC, and they serve as advocates for new and experienced mothers. Kiara, Lucille, and Tamiya also assist patients with navigating the health care system and making healthy behavior changes during pregnancy and after birth.

Last winter, a young client of Lucille's began complaining of not gaining weight during her pregnancy. Lucille discovered that she was living in a motel with no kitchen facilities, save a microwave, and consuming a diet of take out Chinese food and pizza. Lucille knew her diet needed to change in order to carry a healthy baby so she went to her motel room and showed her how to cook steamed vegetables and fish in her microwave. Last winter this young woman went in to the hospital to give birth. On the day she was released, in the middle of a snow storm, instead of giving her a taxi cab voucher for her to get back to her motel, Lucille and her son met her at the hospital and drove her home. The snow was so deep that Lucille's son picked her up and carried her and her baby over the snow mounds. Lucille continues to monitor this client's status and is pleased to report that both mother and child are doing well.

"I have seen the women's health services **dramatically improve** throughout my 11 years here at Codman."
-Lucille Stanislaus, Maternal Child Health Case Manager

ROBERT J. MacEACHERN RETURNS TO LEADERSHIP

Robert MacEachern is a third generation resident of Dorchester and has always had a strong commitment to community involvement. Robert first became involved with Codman Square Health Center in the early 1990's during his role as President of the Ashmont Hill Association, a local neighborhood coalition. Shortly afterwards he became involved in the Codman Square Neighborhood Council throughout the mid-'90's, and eventually transitioned into a member of the Codman Square Health Center Board in 2003. Robert has had previous terms as president of the CSHC Board, but is thrilled to take over during such an exciting time for the community.

"I have seen the Health Center grow far beyond what it was when I first became involved. Both in terms of space and services provided, Codman Square Health Center is making such a great impact in our community. This newest expansion shows the commitment here at Codman to care for the many needs of our community," explains Robert.

However, it is not just in the expansion of the Health Center's own programs that is at the forefront of Robert's vision for the future. He believes that the numerous partnerships built over the past decade are going to be central to meeting the needs of the Codman Square community. "Our future is directly tied to our partnerships and we are fully committed to growing all of them to the benefit of both the Health Center and the Codman Square community as whole," states Robert.

Codman Square Health Center looks forward to continuing its care for the Dorchester community and beyond under the great leadership of Robert MacEachern.

HEALTHY WEIGHT CLINIC

By Anne McDonald, MS, RD and Suki Tepperberg, MD, MPH

On Thursday October 11th, the Healthy Weight Clinic celebrated the end of the growing season with a Harvest Party (pictured on right) for the patients and their families who participated in the clinic's Fruit and Veggie Rx Program (FVRx™).

For the past 3 summers, Codman has received support from Wholesome Wave, a national food advocacy organization to fund the FVRx Program. At Codman, FVRx provides assistance to overweight and obese children who are at risk of developing preventable diseases, such as type 2 diabetes and heart disease. The "prescription" is valued at $1/day/family member/month and is redeemed at the Codman Square Farmer's Market for fruits and vegetables. This season, the value of the prescriptions issued and redeemed by the 22 families who participated was approximately $9,000. At Codman, FVRx prescriptions were distributed at monthly medical group visits where staff and participants cooked recipes featuring the fresh and locally grown fruits and vegetables available at the market.

Each dollar invested in the FVRx program benefits the community in three ways: nourishing the consumer, boosting farmers' revenue and supporting overall community health. Look for us again next spring when we hope to resume both our group visits and our FVRx program!

Codman Square
Health Center

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