CSHConnection

Winter 2008-2009

Feature:
HealthWorks at Codman p1

In the Clinic:
School-Based Dental p2
Diabetes Tune-Up Day p4
Codman Academy
Internships p6

Program Highlights:
Fiscal Health p3
Health Council p4
Reach Out and Read p6

HealthWorks at Codman Now Open at 450 Washington Street

By Doreen Treacy

QUESTION: What do a prisoner holding cell and a state-of-art women's fitness facility have in common?
ANSWER: 450 Washington Street

Where there were once prisoner holding cells for the Dorchester District Court, a prior tenant of 450 Washington Street, there is now a brand new community fitness center. And while there may have been a good deal of sweating done by the occupants awaiting trial in the holding cells, it doesn't compare to that of the 400 current members who now find themselves exercising in that same location!

Healthworks at Codman represents a first in the nation partnership between a community health center and a fitness facility. According to Bill Walczak, CEO of the Codman Square Health Center, "HealthWorks at Codman is our latest opportunity to link our clinical and community services in order to build a 'culture of health' in our community in addition to treating illness. Our physicians offer their patients 'prescriptions' for free membership to the fitness center and are able to receive feedback about their patients' follow-through, use and metrics-based health outcomes." (continued p. 2)

HealthWorks Now Open!

(continued from page 1)

The transformation of 9,000 square feet of the Codman Square Community Capital Building was accomplished through a partnership between Healthworks Fitness Centers, Inc and Codman Square Health Center.

Teaming up with the common goal to promote health and fitness in the community, these two organizations built the facility and outfitted it with state-of-the-art equipment and are planning some very exciting programming for adults, kids and school groups. Individual memberships run between $5-$30 a month depending on income and family size. Youth memberships are free. All memberships include access to fitness and health assessments, strength and cardiovascular equipment, group fitness classes, educational seminars, and locker rooms facilities. "By giving opportunities for all women and children to participate in regular, low cost fitness programs, we believe that people at all fitness levels will improve and be able to develop a life-long fitness plan," noted Sara Lang, Healthworks Foundation Director and Facility manager.

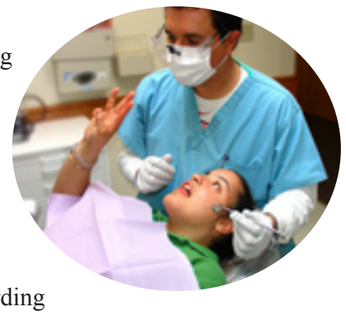
Michael Peyron, Director of the New Balance Foundation Youth Fitness Zone is working to build partnerships with doctors at Codman Square and Dorchester House as well as local schools. "We are working with area schools and after-school programs to make sure that kids in grades K-5 can have a safe, fun place to exercise regularly." Peyron added, "And in keeping with our belief that exercising and good health are family values, we hope to schedule Family Fitness times when the grade school children of our members can work out at the same time as Mom or Grandma, so stay tuned!"

Call 617-825-2800 or drop by 450 Washington Street in Dorchester to find out more and sign up.

School-Based Dental Clinic Brightens Smiles at Dorchester Educational Complex

By Ricardo Guevara, D.D.S.

The Codman Square Health Center has set up a school-based clinic at the Dorchester Educational Complex in order to increase access to dental care among local youth. Kids can go to the "dentist's office" right at school and receive preventive care, cleanings, check-ups, fillings, and sealants right on campus.



Having access to dental care right at school increases the likelihood that the children will receive care since their parents won't have to take them out of school. It also makes for less time out of school traveling to dental appointments, and therefore better attendance and hopefully better grades. So far, the program is a success. According to Dr. Guevara, Assistant Director of the Dental Department at Codman Square Health Center and School-Based Program lead, "By having a clinic right in school, we get access to more kids, we get to give more preventive care, and we get to find the really challenging dental cases earlier."

BOLD Teen Earns Hidden Hero Award

By Bill Loesch

Taylyse Wornum, a BOLD (Breath of Life: Dorchester) teen received the Hidden Hero Award at the Hidden Heroes Celebration on Nov. 21st. Taylyse is a senior at Boston Latin Academy, and has been a key leader with BOLD Teens for 4 years. This recognition comes with a $ 1,500 cash award for her college expenses. The BOLD Teens have been busy advocating for Boston anti-tobacco regulations and educating the Codman Square Community about the dangers of tobacco. Their projects include encouraging local shops to avoid child-height tobacco ads and to place healthy food choices in prominent locations instead. They have also been working to encourage the Boston Public Health Commission to prohibit all pharmacies in Boston from selling tobacco.

It's Time to Think About Your Fiscal Health

By Shauntell Foster

$$$

We can all agree that we need to have a strong national economy. Especially in these hard times, the same should be true about your own personal finances. Fortunately, we have a variety of programs and resources to help you get educated about your "fiscal health" and make good decisions about your money so that even if the national economy is struggling, you will feel secure.

Twice a month Dotwell provides free **One-On-One Credit Counseling**, giving community members the opportunity to obtain and understand their credit report, review their spending habits and learn how to utilize their income efficiently. Counseling is available on the first and third Thursdays of every month from 12-2pm. After your counseling session, you can get even more help by joining us every Wednesday for **Credit Empowerment Wednesdays**, drop in sessions at 450 Washington St when you can follow-up with a credit coach as you work on developing a budget or on credit repair. If you would prefer a comprehensive credit course, you can also sign up for our **Credit Smart Class** in partnership with the Mayors Office, a four-week course in February/March, 2009.

In addition to developing a budget and maintaining good credit, it is also important to save money for higher education. We can help through our matched savings **Individual Development Account**: for every dollar you save up to $1,500, we will match you with 2 dollars as long as you commit to your savings plan for higher education. That means that when you commit $1,500, our $3,000 match will bring your total to $4,500. You can put these funds toward higher educational costs such as tuition, books, or a computer at a 2 or 4 year college or a vocational program.

Tax season is just around the corner, and we offer free tax preparation service if you worked and earned less than $42,000. Through our **EITC Tax Clinic**, we help community members to claim their Earned Income Credit (EITC). Last year, we returned $3 million to the hard-working members of our community! The clinic is open January 17th through April 15th on Mondays, Wednesdays and Saturdays at both 637 Washington St and 1353 Dorchester Avenue.

Contact Shauntel Foster at 617-822-8171 for more information about any of these programs.

3rd Annual Diabetes Tune-Up Day a Success!

By Kathy Gorman

On Saturday November 8th, the Codman Square Health Center hosted its 3rd annual Diabetes Tune-Up Day. Featuring foot checks, vital signs, flu shots, exercise and relaxation sessions along with nutrition activity and food tasting, the event drew 108 of the health center's diabetic patients, as well as their family and friends. Led by Seema Kumar and Maura Rowley, over 40 staff members worked the event while 25 volunteers from Boston College, MA College of Pharmacy and Health Sciences, Harvard University, and Americorps all helped to make Tune-Up Day run smoothly.

The event focused on the many methods patients themselves can use to maintain their diabetes, including eating well, exercising, quitting smoking, and managing stress. There were also opportunities for health screening, including vital signs, foot checks, and eye and dental screenings. Patients were able to get any needed labs drawn and receive their results. The Nutrition Station offered patients an opportunity to sample and learn about diabetic friendly and delicious recipes including: Brazilian Style Collard Greens, Three Bean and Vegetable Chili, a White Bean Dip, and Apple Cranberry Crisp. Patients learned about portion sizes and how to create a healthy meal out of foods they enjoy.

The HealthWorks Foundation sent an instructor to lead patients in brief exercise sessions that got them up and dancing to festive music! Patients participated in yoga and relaxation sessions led by Diana Cullum-Dugan, "Ask the Doctor" drop in forums, and seminars on managing stress. Neighborhood Diabetes was present to help patients with their glucometers, and information was available about other health center programs that patients might be interested in attending. Representatives from Neighborhood Diabetes, HealthWorks, Neighborhood Health Plan, Senior Whole Health, BMC HealthNet Plan, Weight Watchers, and the PACT Project were on hand to offer useful information for patients and families who attended Tune Up Day.

Codman Square Health Council Farmer's Market Season Finishes Strong

The Codman Square Farmers Market ran this summer on June 12th through October 23rd, delivering fresh produce from local farmers to the members of the Codman Square Community. Offerings included berries, flowers, greens, herbs, corn, tomatoes, peaches, cucumbers, onions, cabbage, totalling over $30,000 in fresh produce. For more information about the Health Council or the Farmer's Market, please contact Cynthia Loesch at 617-822-8278.

3/4
Proportion of our known patient family incomes that fall below the Federal Poverty Level

90,000
Number of annual patient visits from our base patient population of 20,000

$3 Million
2008 tax credits returned to low-income community members as a result of our Earned Income Tax Credit Program

3 Football Fields
Amount of space occupied by the health center and its programs

1,158
Diabetic patients treated through our innovative integrated care/outreach model

100%
Percent of onsite partner Codman Academy Charter School graduates accepted to four year colleges

$500
Donation covers the cost of preventive dental services for a family of four

Dear Friends of the Codman Square Health Center,

I could write about a litany of problems that this community faces, and they would all be true, but you already know things are tough in low income communities, or you wouldn't be getting this letter.

What I want to do is tell you that, despite the problems, there is reason to hope, and a good reason for you to give some of your hard earned dollars to the Codman Square Health Center.

Yes, the Health Center has been cut badly by the Governor's October budget reduction (and we are dealing with it), but the very next week, we opened an amazing 9,000 square foot fitness center at our 450 Washington Street building. We were able to do this because we partnered with the nationally recognized fitness organization *HealthWorks for Women* to open the state-of-the-art center. The fitness center has been a huge success from its inception, enrolling more than 400 women from the community in its first full month of operation. Monthly fees range from $5 to $30 based on income, and our doctors can write prescriptions for free memberships for women with chronic diseases like diabetes. The center alsohas a 2500 square foot fitness center for children (which is free) with all the latest fun exercise/game equipment.

Part of the vision for the facility is a fully equipped Teaching Kitchen for neighborhood women and children who would use the kitchen to learn the latest techniques in healthy food preparation, to learn how to shop for the best in fruits, vegetables and other staples of the family diet and to be instructed in healthy lifestyle changes that would benefit not only themselves but their family members as well.

That's where you come in. We have raised over $50,000 toward that facility, and need another $100,000 to start construction. I am well aware of the limitations we all have financially at this time of year, especially this year, but I am still confident that with your help we can and will open our Teaching Kitchen early next year.

I thank you in advance for any contribution you can make large or small. May you and your family enjoy a safe and healthy holiday season.

Sincerely,

William J. Walczak

Bill Walczak

Donate online by visiting www.codman.org and clicking "Donations" or by sending a check to:

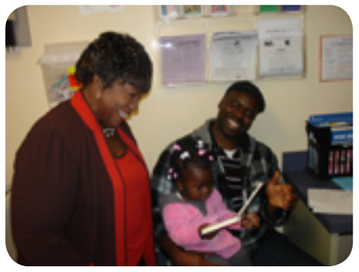
Codman Square Health Center
637 Washington Street
Dorchester Center, MA 02124

Health Center, Academy Launch Intern Program

We are pleased to annouce the launch of our Health Center Internship Program with our in-house partner Codman Academy Charter Public School. For two weeks in December the patients and medical staff of the health center will be joined by high school seniors, in the latest arm of the strategy to connect the health center and the school. Placements include our Laboratory, Dental Department, Family Medicine, Urgent Care, and Development.

The Codman Square Health Center - Codman Academy partnership is the only one of its kind in the country, housing a public high school within the main building of the health center and connecting the students with an organization of mentors with a focus on promoting health. The hope is that students will lead healthier lifestyles, encourage others to do the same, and ultimately get involved directly or indirectly in health careers-- a field which is responsible for 20% of Boston area jobs, many of which are well-paying.

Reach Out and Read Program Going Strong with Visits from State Reps Linda Dorcena Forry and Willie Mae Allen



When our youngest patients receive a check-up, they also receive a free book and important advice for their parents – "Read to your children every day." As part of our participation in the nationally acclaimed Reach Out and Read (ROR) program, we have recently enjoyed visits from State Representatives Linda Dorcena Forry and Willie Mae Allen which have allowed us to share our successes with them and given some of our children the opportunity to listen to a book read aloud by a state representative.

ROR is a national children's literacy program that focuses on young children at risk of entering school unprepared to learn. At every checkup, our clinicians guide and encourage parents to read aloud to their young children every day, and give each child a new, developmentally and culturally appropriate book. By the time that child enters school, he or she will have a home library of up to 10 books.

"I commend the doctors, nurses, and staff at Codman Square Health Center for their outstanding advocacy on behalf of children's literacy," said Representative Allen. "Reading to infants, toddlers, and young children every day is a critically important component of early childhood development and contributes greatly to a child's ability to arrive at school ready to learn and achieve."

The Codman Square Health Center has been a Reach Out and Read site since 1998.

www We recently updated our website. Check it out at www.codman.org and learn more about our programs, find a primary care doctor, check out upcoming events, and learn about our leadership and our history. **www**

Upcoming Programs and Events

December 6th:	CSHC Flu Clinic in collaboration with the Boston Public Health Commission from 10am-2pm. Contact Cecilia Joseph at 617 822-8191 for more information.
February 7	Homebuying Workshop 8am-2pm. Contact Shauntell Foster at 617-822-8171.
January 17- April 15	Tax Clinic at 450 Washington Street starts January 17th and continues every Monday and Wednesday 6-8pm and Saturday 10am-2pm through April 15. Tax Clinic at 1353 Dorchester Avenue starts January 17th and continues every Monday and Wednesday 6-8pm and Saturday 9:30am-12:30pm. Contact Shauntell Foster at 617-822-8171.
February 12- March 5	Credit Smart Class Thursdays from 6pm-8pm at 450 . Contact Shauntell Foster at 617-822-8171 to register for the 4-week class.
Ongoing	Codman Square Neighborhood Council 1st Wednesday every month 7-8:30 at the Great Hall of Codman Square Health Center at 6 Norfolk St, Dorchester. Contact Cynthia Loesch at 617-822-8278.
Ongoing	Credit Counseling at Codman Square Health Center 1st Thursday of every month at Codman Square Health Center 12-2pm and at the Dorchester House Multi-Service Center the 3rd Thursday of every month from 12-2. You must pre-register by contacting Shauntell Foster at 617-822-8171.
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 Cynthia Loesch at 617-822-8278.
Ongoing	Open Access Computer Lab at DotWell from 10am-2pm every week Monday through Friday located at 450 Washington St, Dorchester. Contact Dawn Martin at 617-822-8149.
Ongoing	HealthWorks at Codman Fitness Center is open M/W/F 6am-6pm, T/Th 6am-9pm, Sat 8am-12pm. Call 617-825-2800 or drop by 450 Washington St, Dorchester to find out more information or to sign up.
Ongoing	BATEC computer training program: 9-month, 6-college-credit course in information systems that meets 2 sessions per week. All students are provided a full scholarship, including funds for books and materials. Contact Dawn Martin at 617-822-8149.
Ongoing	Community Pool at Dorchester House Multi-Service Center, 1353 Dorchester Avenue. Open M-F 6:30am - 8:30pm, Saturday, 8:00am - 4:00pm. Contact Nate Caverly for more information about all pool programming at (617) 740-2234
Ongoing	Gymnasium at Dorchester House Multi-Service Center, 1353 Dorchester Avenue. Open M-F 7:00am-9:00pm, Saturday, 8:00am-4:00pm. Contact Paul Hill at (617) 288-3230 for more information about the gynmasium or about our youth recreation programs.
Ongoing	Clemente Course in the Humanities in partnership with Bard College, a comprehensive introduction to the humanities through the study of literature, art history, philosophy and American history. Contact Dawn Martin at 617-822-8149.

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

dotWELL PARTNER

Codman Square
Health Center

Building a Culture of Health

637 Washington St • Dorchester, MA 02124
617-825-9660 • www.codman.org