

Focus on Each Day, Summer is Splendid!

By Barbara Green, PhD; YHC Medical Director

Yes, it is real, summer is rapidly flying by. College move-in is under way and back to school ads abound. Normally I find it very energizing to switch gears from summer to fall, to watch school buses pick up kindergarteners for the first time, to return to more structure and routine. This August however feels very different for me. I decided to ask friends, family and others how they are feeling this year as we approach moving the calendar to September. I have been struck by the universal chorus response of no, no, no, not yet!

So with some additional research, both academic and real life, I believe there is an answer to the question, why so different this year?

We all got through what was the worst winter on record for Boston. We coped with horrific commutes, schedule challenges, and the burden of continuous shoveling while fighting ice dams. As bad as the winter was, once we got through the slow start of summer, we have experienced remarkably beautiful weather.

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Tip for Better Living:

"Joy is what happens to us when we allow ourselves to recognize how good things really are."

Marianne Williamson
b. 1952



**South Shore
Hospital**

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Youth Health Connection Meetings and Events:

School Nurse Meeting-

September 14, 2015 from 3:30pm-5:30pm. Join us to learn about upcoming educational opportunities for 2015-2016.

Mental Health Advisory

Meeting-September 16, 2015 from 8am-9:30am.

All Meeting are held at

South Shore VNA, 30 Reservoir Park Drive, Rockland, MA 02370. ■

Will You Be Joining

Us? By Kim Noble RN,
MBA: YHC Program
Coordinator

On September 29, 2015 from
8 AM-2 PM we will be
hosting the 5th Annual
Prevention of Underage
Drinking and Substance Use.

Our key presenters will be:

- Marisa Silveri, Ph.D.;
McLean Hospital speaking
on Marijuana: The Science
- Kevin Hill, MD, MHS;
McLean Hospital; Speaking
on Alcohol: The Science
- Laura Washington, CAC,
SSTAR, Fall River'
Speaking on Use of Social
Media

In addition we will host
over 20 table talk
presentations.

Interested?

Reserve your seat to this
free event by emailing:
Karin_Farrell@sshosp.org ■



Focus on Kindness

By Kim Noble RN, MBA;
YHC Program Coordinator

Each February we celebrate Random Acts of
Kindness Week. This year, what would it look
like if your class or home began in September?

A few things are needed to "set the stage."
Talk to the children in your class or home
about what kindness is and what an Act of
Kindness might look like or sound like
(showing concern when someone is sad or asking
"How can I help?") You might also consider
creating a "Kindness Pledge" (adult designed
or classroom designed depending on age).

Next announce that every person in the
classroom or home is a "Kindness Detective!"
They are on the lookout for finding people
doing an act of kindness. Once found, they
are to identify the act to teacher (or parent)
the act is then acknowledged by the Kindness
Detective by tying a ribbon of their choice on
the Kindness Wreath. This becomes a visual
display of all the Acts of Kindness happening
each day, week and month in the form of a
Kindness Wreath.

What do you need to create one for your home,
office or classroom?

An empty 12 inch wire wreath frame, upcycle
old ribbon ends in various colors from your
home, from student's parents or talk to a
fabric store and ask for ribbon remnants. Cut
up all ribbon into 6-8 lengths and place in a
basket or bucket for easy access. Hang the
empty wreath frame.

Community Health Training Institute Webinars

The Community Health Training Institute provides targeted skills development to individuals and teams working to build healthy communities in Massachusetts. (*from their website*) They are hosting two upcoming free webinars:

- September 21, 2015 from 9-10:30 AM EST
"Effectively Engaging Multi-Sector Partners," trainer Steve Ridini, EdD., Health Resources in Action
- October 29, 2015 from 1:30-3:30 PM EST
"Coalition Quality Improvement" Trainer Karen Errichetti, Dr.PH, Health Resources in Action.

To learn more on the webinars visit:

<http://bit.ly/lh9BMjp>

To learn more about the Community Health Training Institute visit:

<http://bit.ly/1KJNE3p> ■

Resources for September

There are many different health awareness initiatives that occur during September.

One is Childhood Cancer Awareness Month. With children returning to school here are a few resources to help school personnel support the child diagnosed with cancer in school.

From the American Cancer Society: "Children Diagnosed with Cancer: Returning To School" can be accessed at:

<http://bit.ly/1JWO2km>

From Cancer.net a resource for teens:

<http://bit.ly/1Jk8ecl> ■

Hidden In Plain Sight

Youth Health Connection is pleased to announce that from September 1, 2015 through October 3, 2015; **"Hidden In Plain Sight"** will be a temporary display at Hanover Mall.

This "Mock Teen Bedroom" is an interactive educational program for adults only that highlights the importance of the adult-teen relationship as well as informing adults about potential risk factors of substance abuse in teens. The display will be opened for guided tours at various times during the month and conclude on October 3, 2015 as part of a Health Fair Event being hosted at Hanover Mall.

Thank you to BlumShapiro for their support that makes the Hidden In Plain Sight display possible.

For a full schedule of events please visit

<http://bit.ly/1P3Cs53> ■

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As I talk and observe people, I see Bostonians embracing summer like never before! I hear people say that they are taking advantage of every bit of joy each day brings. People talk about eating al fresco, going to the beach, exercising outside, relishing fruits and vegetables from gardens and farmer markets. I have been told that people are taking time off and vacations that some have postponed in previous years. It is as if we have recovered from the Post Traumatic **Snow** Disorder(PTSD)and want to feel and live this summer completely.

Lessons to remember:

- Life is lived one day at a time.
- Bad days pass and lead us to the next day and new dawn.
- Be in the moment, breathe, live with intention.
- Focus on the blessings of each moment with gratitude.

A yoga teacher taught me two phrases she uses each morning meditation: Life is a precious gift and Nothing is permanent.

As we prepare for September and all that comes, I am hoping we have a colorful fall and that the winter is kind and gentle to us. May we not experience the rigors we faced last year, but if we do, remember the feel of sand between your toes and the sounds of summer. ■

Medical Director:

Barbara Green, PhD
(781) 749-9227 x3
Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, RN, MBA
(781) 624-7415
kimberly_noble@sshosp.org

Administrative Secretary:

Karin Farrell, BS
(781) 624-7849
karin_farrell@sshosp.org

Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth.

Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

To subscribe please visit:
southshorehospital.org/yhcpublications

Connect with us:



Youth Health Connection Building and Sustaining Community Connections through Healthy Dialogue & Sharing Knowledge to Keep Our Youth Safe Today & Moving forward.