

New Beginnings Every Day

By Barbara Green, PhD

We have begun a new year, 2016! Happy New Year!

For most of us, each new year comes with the tradition of resolutions for making changes. I would like to make some suggestions to help make it more likely that the changes become embedded into daily routines, and thus become a part of healthy daily lifestyle. The goal is to prevent the annual ritual drop off before February arrives.

- First, choose something that is truly important to you to address. For example, making sure physical activity is a routine part of your life.
- Second, set realistic expectations. For example, most of us can commit to an exercise routine of 3 – 4 times a week.
- Third, make a plan as to how you are going to approach it. Make an appointment with yourself and put it in your calendar. Keeping it fun, interesting, scheduled, varied, and with a buddy makes it more likely you will follow through. Keeping a record of what you do allows you to track your success.

(Continued on page 2)

Tip for Better Living:

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.”

Edith Lovejoy Pierce

1904-1983

poet, pacifist



**South Shore
Hospital**

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Youth Health Connection Meeting & Events:

School Nurse Meeting

January 11, 2016: 3:30-5:30 PM

Guest: Mary Ann Gapinski, MSN, RN, NCSN, Director, School Health

Massachusetts Department of Public Health

Mental Health Meeting

January 13, 2016: 8-9:30 AM

Guest: Paul Gabriele from Plymouth County Prevents Suicide Coalition

South Shore FACTS Meeting

January 19, 2016: 2:30-4:00 PM

Presentation by Annmarie Galvin, Scituate FACTS

All meetings held at South Shore VNA, 30 Reservoir Park Dr., Rockland, MA 02370. ■

Free Webinar

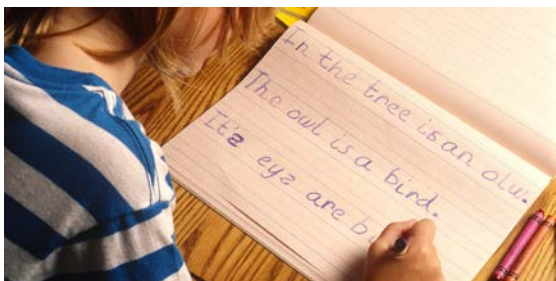
On January 20, 2016 at 1 PM EST Learning Ally will host a free webinar entitled “How to Spot Dyslexia in a Writing Sample.” The presenter will be Susan Barton, founder of Bright Solutions for Dyslexia, she will share how she spots dyslexia in compositions, worksheets and spelling tests. The webinar will include a 15 minute Q & A.

The key takeaways for participants will include:

- Compare and contrast 11 samples from 2nd to 5th graders.
- See the patterns in their capitalization, punctuation and spelling errors.
- Find out if your student also has dysgraphia.

Not able to attend at the time of the scheduled webinar? Register and you can log in to watch later on demand!

To learn more about this webinar and to register visit: <http://bit.ly/1PIIafY> ■



New Beginnings Every Day (*continued*)

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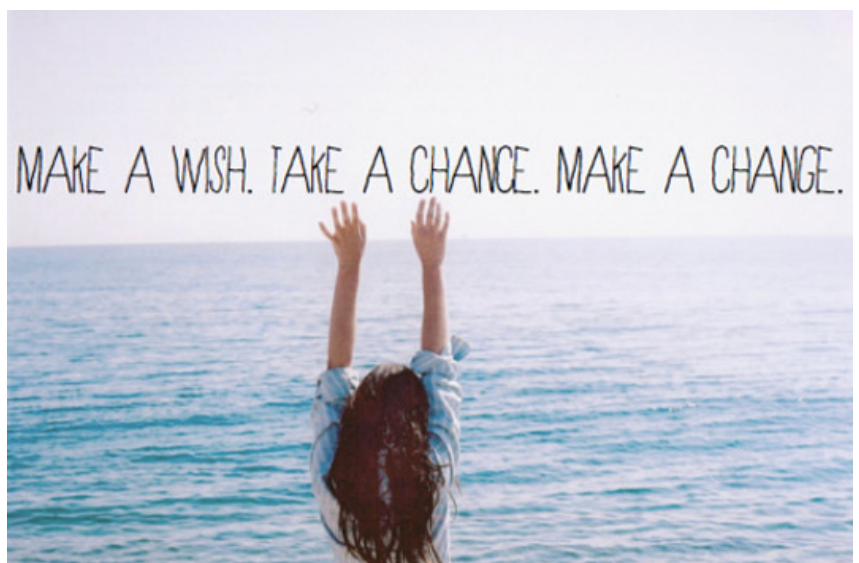
- Fourth, evaluate how you are doing and make adjustments as needed. If you slip do not despair or be negative. View it as feedback about how to reset quickly.
- Fifth, be mindful and positive. If exercise is your goal, remember every step counts and adds up.

We can be intentional and deliberate and craft the changes we want and need one day at a time, one baby step at a time. If you do so I guarantee you will feel emotionally and physically more focused and stronger. The research is unequivocally clear!

Consider some of the following for your 2016 list:

- Practice Daily Gratitude
- Practice Daily Mindfulness
- Choose to make healthy nutritional choices

Whatever it is, you have the power to be your own change agent! ■



Hidden In Plain Sight: Train the Trainer

Hidden In Plain Sight, is a traveling educational display of a mock teen bedroom with over 50 items of concern contained within the “room.” If you would like to learn more about this interactive presentation to help adults in your community gain more knowledge about substance use in teens, consider becoming a trained presenter.

Join us on February 1, 2016 from 1:00-3:00 PM for a two-hour Train the Trainer program. You will learn how to set up the display, what items are included in the display and the content of the accompanying PowerPoint presentation.

Once trained, you can then borrow the room display and educational materials to bring this interactive educational program to your community, school or organization.

Contact karin_farrell@sshosp.org to reserve your seat today! Space is limited. ■



Just the FACTS: Supporting the Community

Duxbury FACTS (Families, Adolescents and Community Together against Substances) presents “Just the FACTS: an informational support group” every Monday from 7-8 PM at the Duxbury Senior Center “Walker Room,” 10 Mayflower St., Duxbury, MA. This group will address needs on a variety of levels from concern & worry, to revelation, addiction, crisis, resources, hope and recovery. Whether you are a concerned parent, a student seeking answers, a family member dealing with a loved-one in crisis or an individual struggling with addiction...come to the group and get the FACTS. The group is led by an experienced facilitator and is open to the public, listen, learn and share in a supportive, judgement-free environment.

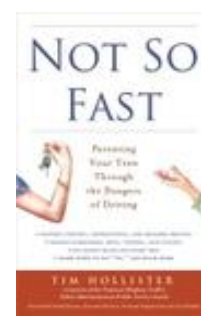
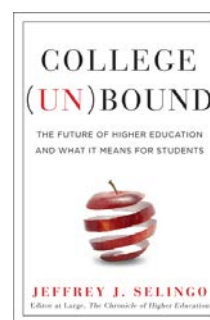
Questions? info@duxburyfacts.org ■

Seeking Volunteer Readers

We have books that are in need of volunteer readers. Do one of these titles and content interest you? Can you commit to reading and reviewing a book over an 8-10 week time frame? If so, let us know! We will send you the book, read at your pace and submit to us a brief review once you have read the book. If you would recommend the book to others, we will place it on an upcoming YHC Suggested Reading List and publish your summary in a future edition of YHC Weekly Update.

“College (Un)Bound: The Future of Higher Education and What It Means for Students,” by Jeffrey J. Selingo, published by New Harvest, Houghton Mifflin Harcourt, 2013. To learn more about this book and the author visit the author’s website at:

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



“Not So Fast: Parenting Your Teen Through the Dangers of Driving,” by Tim Hollister published by Chicago Review Press, Inc. 2013. To learn more visit the author’s website at:

<http://bit.ly/1mB49d7>

To be continued! ■

Join Us. We Hope You Will!

At our January 11, 2016 **School Nurse Meeting** our guest will be Mary Ann Gapinski, MSN, RN, NCSN; Director of School Health, Massachusetts Department of Public Health. Ms. Gapinski will share updates from the School Health Unit as well as inform us all regarding school district expansion projects for SBIRT (Screening, Brief Intervention and Referral for Treatment).

These meetings **are open to all school nurses in our region**, so we hope that you can join us and take part in this informative session. Please extend this invitation to other school nurses in your district as well!

On Wednesday January 13, 2016 at our **Mental Health Advisory Meeting** our guest will be Paul Gabriel, Chair; Plymouth County Regional Suicide Prevention Coalition. Join us to learn more about this regional prevention initiative.

South Shore FACTS (Families, Adolescents and Communities Together against Substances) will hold a regional meeting of local substance abuse coalitions on January 19, 2016. If you are a community coalition member or interested in learning more about substance abuse prevention in our region, please join us for this meeting. Annmarie Galvin, Substance Abuse Prevention Coordinator, Scituate FACTS will present "Narcan and Pharmacies: A Coalition Approach."

At each of these meetings we will provide an overview of the remaining educational programs planned for this academic year and share information on The Wellness Initiative a pilot program that is a collaborative venture between The Josh Anderson Foundation and Youth Health Connection.

All meetings are held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. (*see front page sidebar for meeting times*)

To help us plan for these meetings please RSVP to
Karin_farrell@sshosp.org ■

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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:
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