



CHNA 6

March 11, 2016

Meeting Minutes

Welcome & Introductions

CHNA 6 Updates

- Grant Award Announcement
 - Over \$370,000 awarded
 - \$700,000 requested (15 grant applications and 7 funded)
 - 8 Member grant committee
 - Funding to last at least 5 years
 - 1 year grants - look at sustainability from day 1 (find partners, build capacity)
- Mini-Grant information at www.chna6.org - deadline April 8th
 - \$16,000-\$20,000 grants will be funded
 - Up to \$4,000
 - Planning Grants new this year
 - Grant Review Committee: April 25th or 27th to review grants, 9-12PM
- CHNA 6 Newsletter will be sent out on a monthly basis with resources and updates
- Website in construction
- Survey- Please complete: <https://www.surveymonkey.com/r/FT7KFKQ>

CHNA 6 2015 Grant Reports:

- Craig Maxim - Family Continuity
 - Grant allowed for utilization of evidence based practices to train school personnel on signs and symptoms of childhood trauma and needed services

Member Updates:

- Networking Breakfast - Mackenzie Fitzpatrick, SCI AmeriCorps Member with Juvenile Advocacy Group and Milford Youth Center
 - April 6th 8:30-11:30 at DoubleTree Hotel in Milford
 - "If Only" video will be show on substance abuse - Walberg Foundation
 - Resource Table available
 - To sign up click here:
https://docs.google.com/forms/d/1epmvi9BUJ0K5mNlEwTSetma1LI_ecj1Yq9w8CpAfbhs/viewform?edit_requested=true
 - Questions Contact: fitzpatrickm3@udayton.edu
- Launch of Ready to Read in Milford - Jessica Friswell, United Way of Tri-County
 - Wednesday night (3/19) launched program with Milford Housing Authority (Luby Ave) -
 - Ready to Read, the United Way of Tri-County's early literacy program, provides 12 new no-cost age-appropriate books each year from a child's birth until entering

kindergarten (60+ books); effectively helping families create a library of books within their homes for them to keep. Regular access to books is critical for children to develop the early literacy skills (reading from left to right, turning pages, recognizing letters, building vocabulary) they need to enter kindergarten ready to begin learning to read.

- Events will be held quarterly and next one will be in June

- Other Updates:

- Ahimsa Yoga: <http://www.signupgenius.com/go/20f0e4eabae28aafb6-spring>
- Milford Trinity Episcopal Church -Humanitarian Aid Summit Meeting March 19 at 9 AM.
- Summer Feeding Subcommittee: 14,000 young people will be fed this summer at 3 sites (completely open sites)
- MetroWest Health Foundation - grant information:
<http://www.mwhealth.org/Apply/Grants> Concept papers due: March 18th
- Powerful tools for Caregivers - March 30th on Wednesday afternoon,
- Alzheimer's partnership - May 12th at Senior Center "I left my Memory on the Bus" - contact Laura Black Silver for more information lblack@tves.org
- ADHD workshops - contact Brendan Mahan <mahan.brendan@gmail.com>
- Edward M. Kennedy Community Health Center - Community Health Worker job opening contact Sue Schlotterbeck <sue.schlotterbeck@kennedychc.org>
- Food for Friends Group - St. Vincent DePaul Committee of St. Mary's offering lunch on every Thursday from 11:30am-3pm
- Heart Song provides Wellness programs and supporting Community Supper at Unitarian Universalist Church; also programs at the Milford Public Library
- Wayside - Free counseling for survivors of domestic violence, sexual assault, children who witness violence, also offering trainings, therapeutic art group, etc.
- Trauma Group- Wednesdays evenings with a babysitter 6:30-8:15 for more information contact Jeanne Ward <Jeanne_Ward@waysideyouth.org>
- Genesis HealthCare (near Friendly's)- long-term care placement and meeting space
- Family Continuity - Save the Date: 4/11 Middle School Learn to Cope contact Craig Maxim at cmaxim@familycontinuity.org
- Friends of Milford Upper Charles Trail- hosted an event on March 15 at Milford Senior Center to introduce people to sponsors and discuss upcoming enhancements for disabilities
- You Inc. Support Groups will be meeting now at Trinity Episcopal Church
- Beginning Bridges "Passport to Healthy Communities"- March 19th
- Mental Health Round Table to be hosted Congressman Joe Kennedy's Office, more info to come
- Milford Area Chamber of Commerce:
 - Celebrate Milford - May 14th, <http://celebratemilford.com/>
 - April 2nd - Garden Show
- Health Care For All Newsletter: <https://www.hcfama.org/email-list-signup>
- The Board of Selectmen voted to put fixed route bus service on the Milford Town Meeting warrant.

Panel Discussion: "Topics of Aging":

1. Debi Boucher, Atria Draper Place: Presenting on Alzheimer's
<http://www.alz.org/> myths, theories, resources, support groups, contact information, etc. found there (both national and local - Mass site has free materials)
2. Catherine Ziesmer, the Ruth Anne Bleakney Senior Center: Presenting on Elder abuse/bullying:
 - (see attachment)
3. Laura Black-Silver, Tri-Valley, Inc.: Presenting on "Powerful Tools for Caregivers"
 - We will all become a caregiver at some point, if not already, so knowing the resources are available, is important
 - "Powerful Tools for Caregivers" - Came out of an evidence based program - worked for 3 years with this program - 6 week program (was able to provide books through CHNA 6 mini-grant) - helps reduce stress, minimize feeling for guilt, depression, problem solves, making difficult decisions
 - Ex. of part of their program to work with Caregivers:
 - Focus on stress: early signs and how to deal with them
 - Technology/social media - apps that can help with stress ex. "Calm"
 - Next Caregiver Program will be in Mendon - March 30th - (you can be a host of this program and doesn't need to be a senior center)
4. Denise Quartulli, Karen Jackson, Charly El-Zoghbi: Presenting Milford Regional Medical Center's High Risk Mobile Team
 - 2 year state grant at Milford Regional for frequently readmitted patients
 - 350 patients over last 2 years
 - Process: Referral, then assessment in house/hospital, then find resources within community and if not long-term care if needed, health care proxy
 - Advocate for the safety of the patient to try to have them stay within their own environment and if not refer to short-term rehab

Discussion after panel:

1. **majority of population will be 60 and over by end of 2016**
2. Video "Ouch" - Edward M. Kennedy Community Health Center shows all their staff <http://www.ouch-video.com/>
3. Central Massachusetts Agency on Aging working on Elder Abuse Round Table with DA - working on a 30 minute video on prevention, bystander empowerment - will be made available to senior center (potentially watch this video at CHNA meeting next year)

Next CHNA 6 meetings: all 9-11am at Milford Senior Center: May 13th, June 10th

Next Panel Discussion: Behavioral Health