



# C.O.A.S.T.\* Connections

The Newsletter of Greater New Bedford C.O.A.S.T. (AKA The Greater New Bedford Health & Human Service Coalition)

[www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc)

Serving Acushnet, Dartmouth, Fairhaven, Freetown, Marion, Mattapoisett, New Bedford, Rochester and Wareham

Volume I, No.7

December 2006

Be a Tree



## Dog Bite Prevention Workshops for Kids and Families: Fun and Games to Teach Safety Skills (From Ruth Smiler at Manners for Life)



Half of all children in the U.S. experience a dog bite by age 12. Of these, 77% are facial injuries. Children under 10 account for most severe dog bites, and boys ages 5-9 have the highest bite incident rate. Getting bitten by a dog is the 2<sup>nd</sup> most frequent cause of hospital emergency room visits. Approximately 2% of the U.S. population is bitten each year.

Though most of these bites do not cause serious physical injury nor are reported to authorities, very often the experience is traumatic enough to be remembered into adulthood, long after falls from bikes and scraped knees are forgotten. There are also rare but tragic cases of death and disfigurement, many of which are the result of an interaction with an otherwise friendly family pet. When this happens, parents and dog owners are shocked because they didn't see the bite coming. "All of a sudden, without warning, the dog bit" is the typical description of the incident.

The vast majority of all dog bites to children are caused by a known dog at someone's home: the child's family pet, grandma's, a neighbor's or a friend's dog. Few children or their parents understand how dogs think, how they communicate, and how to act

safely when interacting with their own or other dogs, known and unknown. This even applies to many experienced dog owners. Bites can be prevented through basic education for both kids and adults in how to read dog body language and how to act safely around both familiar dogs and strange dogs they encounter in public places. Together with appropriate parental supervision and adequate training of the dog, most bites can be prevented.

The Coalition for Animals of Greater New Bedford has been awarded a Community Development Block Grant by the New Bedford Department of Housing and Community Development to conduct Dog Bite Prevention and Safety workshops for families and children, in 3 New Bedford Public Libraries and in several after school programs around the city. Bookmarks with schedules are available at all 5 New Bedford libraries. Workshops will take place one Saturday a month on **12/16/06**, **1/20/07**, **2/24/07**, **3/24/07** and **4/21/07** as follows:

- Howland Green: 9:30am
- Casa Da Saudade: 12:30pm
- Main Branch: 3:00pm

Children will learn to read dog body language and how to act

safely around dogs by looking at large format photographs and by playing interactive games. Instead of saying "don't do this and don't do that", presentations focus on physical activity and positive messages to provide kids and parents the knowledge needed to make safe decisions based on the body language and actions of the dog in the situation at hand. The central message is "Be a Tree" (stand still and quiet and don't look at the dog) if a strange dog approaches or any dog is causing concern or becoming too frisky. All participants receive an informational and activity book Safe With My Pet in New Bedford and a comprehensive directory of animal-related resources in New Bedford. Workshops are free and open to all children and families.

City of New Bedford Office of Housing & Community Development. These presentations are aided through Federal financial assistance from HUD under the provisions of Title I of the Housing & Community Development Act of 1974 as amended. For information, call Ruth Smiler at **508-996-1286**. 🐕

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# COALITION/COMMITTEE MINUTES & REPORTS



## GNB COAST General Meeting. 11/2/06, 9:00, Coastline Elderly Services

**Attendees:** Carl Alves, Jocelyn Andrade, Elyse Blake, Gail Brennan, Amy Carafoli, Sharon Costa-Smith, Alicia Davila, Roger Dextrateur, Katie Dutille Dos Santos, Susan Gaudiello, Gladys Medina, Kerry Mello, Jim Merchant, Pauline Macedo, Ron O'Connor, Melissa Owens, Kathy Patistas, Suzanne Raposo, Dan Riding, Lorraine Rosa (via internet), Brad Sell, Tim Velho

### Introductions / Program descriptions

- **South Coast Hospitals RAPP program** will have their Second Annual Heart of Father's Day Award Ceremony to honor positive fathers, grandfathers and role models. Teddy Brusci of the New England Patriots will be the honored guest at this year's event which will occur on 11/13/06 at 6 pm at the Hawthorne Country Club tickets are \$75.00. Nominees are chosen based on submitted essays that describe what makes a great Dad. For more information or tickets please contact Tim Velho at **508-994-0548**.
- **Health Care for Southeastern Massachusetts** will hold an evidence-based prevention strategy training on 11/16/06 called *Why Scare Tactics Don't Work*. Katy and Stephanie will conduct. A second meeting of the Southeastern MA Substance Abuse Prevention and Youth Development Network will be held **11/29/06**. The first Communities Mobilizing for Changes on Alcohol Network Meeting will follow. Please call Katy, **508-583-2350**.
- **Communities Mobilizing for Changes in Alcohol** works on the accessibility

issue of underage drinkers. They are currently working with the licensing board to bring attention to MA Question 1. Jocelyn is also the chairperson of the Advocates for Youth Committee, and is currently compiling a committee list. Anyone interested in the committee should email Lorraine at [mcaprosa@yahoo.com](mailto:mcaprosa@yahoo.com), or Jocelyn at **508-990-8280**.

- **Sunset Senior 8-Week Program** was successful. Another is planned for April. City Hall is working on issues of helping the homeless in the New Bedford Community. For more information, call Pauline at **508-961-3135**.
- **Habit Management Is Now Habit CO-OP, Inc.** - Roger Dextrateur is relocating to Fall River where he will act as the Director. This will be his last meeting due to his relocation.
- **BMC HealthNet Plan** - The MA Healthcare reform plan Connector began enrolling people in the Commonwealth Care Health Insurance Program (Commonwealth Care) on 10/1/06. On November 1, over 15,000 have been determined eligible, and over 3,000 have been enrolled in the health care

plan. Call customer service at **877-623-6765**. For more information on BMC HealthNet Plan's Commonwealth Care Product, call Melissa Owens at **508-990-2404**.

- **PACE Child Care Works** provides child care vouchers for low income families. They are currently compiling a list of after school programs for children 13 years of age and older. Educational programs are needed. Contact Alyse Blake, **508-999-9930, x110**.
- **PAACA / Prevention Partnership** is waiting for final confirmation regarding the details of World Aids Day. Citizen School is a program for Middle School Students at Normandin and Keith for youth up to age 13, from 3 – 6 p.m., Tuesdays and Thursdays. T.L.C. for middle and high school students helps students with coping skills and issues concerning youth. They engage in field trips as well as bring in speakers to address youth participants. For information, call Carl Alves at **508-997-9051**.
- **Girl Scout Council of SE MA** will hold surfing lessons next summer for Girl Scouts. For information, call Suzanne, **508-923-0800, x21**

- **Emergency Preparedness** - DPH is working on a series of pandemic flu table exercises for emergency preparedness with DPH providers. Carl Alves discussed the need to work with secondary responders who have face to face contact with community members on a daily basis. There was a suggestion to invite a disaster response team to a GNB Coast meeting. Tim and Dan will contact Kathy Stephanie from the mayor's office about attending the next meeting. For information, call Ron at **1-800-531-6667**.
- **Schwartz Center** serves age birth to 22 years old. They are starting parenting groups in the spring, and are currently in the process of getting settled into the new building on Old Westport Rd. in North Dartmouth. Talented new staff has been hired. For information, contact Sharon Costa-Smith at **508-996-3391**.
- **Kennedy Donovan Center Early Intervention** continues looking for referrals for the early intervention and partnership programs. Contact Kathy Patisteas at **508-997-1570**.
- **KDC Healthy Parents Program** reports DTA has increased attendance requirements to 100%. A doctor's note must be provided to excuse absences. They serve 125 families and mothers under the age of 20. For information, call Gail Brennan, **508-997-1570**.
- **High Point TSS program** – First time meeting attendee Susan Gadielo is learning what other have to offer and

how the serves can help the population she works with to see how the High Point TSS Program fits in.

- **Latino Health Institute** is located at 205 Middle Street. *Mi Familia* referrals for DSS involved families provide a parent support worker and an outreach worker. They also have a substance abuse group. Call Gladys Medina at **508-941-0005 x 237**.

**Legislative Breakfast Update** is available at our website at [www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc). It was a big success. One of the New Bedford area Community Award recipients, Brad Sell, wrote us a touching thank you letter calling us the "hidden industry of serving others". His letter will be published in the next COAST Connections.

#### **Organizational Structure**

- **Chairpersons** - The formal motion was made, seconded and unanimously and officially elect Dan Riding and Tim Velho as co-chairs of GNB COAST. By-laws call for the election in June, but this can be amended to the December meeting. A vacancy can be filled at any time. A solid organizational structure is needed.
- **Clerk** is a paid staff position. By-laws can be amended to state this.
- **Treasurer** – With the large increase in funding, a hired fiscal agency was discussed. They would be required to attend meetings and show us how investments are coming. They also would be a one stop shop to the organization for funding requests.

#### **Subcommittee Reports:**

##### **Steering Committee Meeting:**

- **Next meeting** is Friday, 11/17/06, 1:00 - BJ Valente and Dr. David Weed from the Greater Fall River Partners for a Healthier Community will attend a steering committee meeting to share ideas regarding implementation, direction and focus of GNB COAST.
- **Fiscal Management** decisions have to be made in light of the large increase in coalition funding.
- **Marketing and Website** – Isherwood and Moore is working on the website and street DVDs. The main focus is to give option for care. The website will include a library, with a listing of providers based on different subject areas. The Coalition needs to become better known by area organizations and legislators through marketing. Ron, Tim and Dan are in touch with Moore and Isherwood.
- **Fund Raising Event** could provide donations to DSS and increase awareness of the Coalition.
- **Information Kiosk** – A part time master program staff person can help get our name out with pamphlets.
- **Subcommittee Revitalization** – Each subcommittee can be highlighted at a general event such as a health fair or luncheon. Two questions need to be answered: What is your idea for revitalization of the coalition? Is there something that has weighed on your heart that you would like to see modified, changed or added on? Send answers to Tim before the

next general meeting. Subcommittees would also like input on their events and ideas.

**Domestic Violence** – No Report.

**Health Access** – Next meeting is on Nov. 8, 9:15 a.m. focusing on community forum surveys. Working on issues regarding mental health, anxiety, depression and post partum depression.

**Advocates for Youth** – Jocelyn Andrade has completed the invitation letter for community members to join advocates for youth. Lorraine is assisting Jocelyn in drumming up support and sent out an email to the general membership asking those interested in joining advocates for youth to send an email. Lorraine will provide that list to Jocelyn. The letter will go out next Wednesday, 11/8/06.

**Co-chair Persons:** Dan Riding, 508-994-0885, x3157

Tim Velho, 508-994-0548

**Staff Tasks:**

Monthly Newsletter publication – Include Brad Sell’s letter to the Coalition.

Update mail list and list serve with new members; remove any who have missed 4 meetings.

Upload minutes and meeting dates on website, send email and hard copies, new web features, and tasks to membership, with a reminder on the weekend before the next Coalition meeting.

Continue to update resource directory at [www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc)

**Coalition Member Tasks:**

Send your ideas to Tim: What is your idea for revitalization of the coalition?, Is there something that has weighted on your heart that you would like to see changed or modified?

Contact Kathy Stephanie at the Mayor’s Office to attend next meeting. (Tim and Dan)

Contact Lorraine at [mcaprosa@yahoo.com](mailto:mcaprosa@yahoo.com) to submit an article or announcements for the next C.O.A.S.T. Connections newsletter

Submit DV Committee summaries and Health Access Committee minutes to Lorraine (Jacqui, Judith)

Check the resource directory at [www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc) for accuracy. Send corrections or updates to Lorraine.

Send Lorraine a brief description of yourself/ agency, including website, for posting on [www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc), and sharing as received, with the Coalition listserve.

Send events and meeting information to Lorraine for inclusion in the Calendar section of [www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc), and for sharing with the Coalition.



## Did You Know That...?

The Advocates for Youth Committee is a group of individuals concerned with issues regarding the future of New Bedford youth. An opportunity for anyone supporting youth to come together and work collectively. This is an effort for youth organizations to collaborate, share activities, publicize youth events, minimize duplication of services, support each other and as a group strengthen the service delivery for our youth. A setting for everyone to bring to light the great work that is being done on a daily basis. Call Jocelyn, 508-990-8280, x219.

A Day Away III: A Day at the Zoo strategic plan report is now available online at

[www.geocities.com/gnbhsc/DayAwayIIIReport.doc](http://www.geocities.com/gnbhsc/DayAwayIIIReport.doc).

**The Roots of Domestic/Sexual Violence are Sexism, Racism, Classism, etc. Oppression** draft report of the GNB Domestic Violence Committee is available online at <http://www.geocities.com/gnbhsc/DVoppressionReport2006.pdf>

**Fall River 7<sup>th</sup> Day Adventist Church Bright Stars Toy Drive** is accepting new toy donations Sundays November 26 and December 10 and 17, 9:30-12:30. All above are at the church, 2695 North Main St., Fall River. Contact Tim Velho, 508-646-3506, or call him at 774-930-5955.

**Southeast Center for Healthy Communities HIV Service Coordination Collaborative (SCC)** resource guide working group has created an on-line survey to gather information for a resource guide for consumers and HIV service providers throughout the region. Survey is available at [http://www.hcsm.org/scc/agency\\_survey\\_scc\\_06.htm](http://www.hcsm.org/scc/agency_survey_scc_06.htm). Contact Marisa at 508-583-2250, x229 or [mhoward-karp@hcsm.org](mailto:mhoward-karp@hcsm.org).

**SCHC Substance Abuse Prevention & Youth Development Network** meetings are scheduled for 2/6/07, 4/3/07, 9:00-Noon, at the David H. Mulligan Center for Health Promotion, 942 West Chestnut St., Brockton. For information, please contact Katy at



508-583-2350, x221 or [kddossantos@hcsm.org](mailto:kddossantos@hcsm.org)

**Southeast Center for Healthy Communities** announces the following trainings: *25 Years of HIV/AIDS: Effective Prevention Strategies in a New Era*, 12/5/06, 9:30-12:30, 11/29/06 registration deadline; *Health Literacy: Effective Methods for Reaching Consumers with Health Information*, 12/12/06, 9:30-12:30, 12/5/06 registration deadline. For each, \$40 includes materials, CEU's and continental breakfast. See [http://www.hcsm.org/ahec/mulligan\\_06\\_reg.htm](http://www.hcsm.org/ahec/mulligan_06_reg.htm). For information, contact Katy at 508-583-2350, x221 or [kddossantos@hcsm.org](mailto:kddossantos@hcsm.org)

**Get ready for Kick Butts Day, 3/28/07** - The Campaign for Tobacco Free Kids leads the effort to involve youth in the anti-smoking effort, and to increase awareness about the dangers of smoking. To register your event and/or receive a free activity guide, CD Rom, and additional materials are available at [www.kickbuttsday.org](http://www.kickbuttsday.org). Includes recruiting new members to hosting a rally, what worked and what didn't, how to catch the media's attention,

and how to have fun while getting your message out.

**From Jointogether.com Teen Drinking Prevention Campaign Targets Parents** who allow their children to drink. "We Don't Serve Teens" follows on research showing 65% of underage drinkers get their alcohol from family or friends. Message to parents is that it is both dangerous and illegal. (October 19, 2006)

**100 Strong: The Right Choice Right Now Program** encourages student drug-free lifestyles through the voluntary signing of a drug-free pledge and agreement to take random drug tests at home to demonstrate their commitment. It is helping change the perception that drug use is the norm, and supports students who chose to lead drug-free lifestyles to find support and motivation from their peers. Parents are given specific prevention strategies and local survey results. See CADCA's Strategizer publication series at [www.cadca.org](http://www.cadca.org).

**MADD and Nationwide Create THINK! Project** to help teens

celebrate safely all year. For great school materials, advice, tips, information and reward teens, order the needed resources to implement the campaign with posters, banners, pledge pads and other tools at <http://think.madd.org/external/splash2/>

**National Social Norms Institute** at the University of Virginia has been using social norms since 1998, and has cut the number of students with alcohol-related injuries, drunk driving and unprotected sex. The institute will study alcohol abuse at colleges nationally and share information about effective interventions. (9/25/06)

**Media-Savvy Teens Smoke Less** - Adolescents who get educated about the methods and motivations of advertisers are less likely to smoke than their less-savvy peers. Researchers found that teens with above-average smoking media literacy were about half as likely to smoke as their peers. Media literacy, which can be taught, may be a valuable tool in efforts to discourage teens from smoking. See the October 2006 issue of the Journal of Adolescent Health.

### **...A Letter of Appreciation**

Dear Tim and Dan,

I want to thank you very much for the honor and tribute you bestowed upon me last Friday as one of your Community Service Award recipients during the Annual Legislative Breakfast.

I would never have known about all the good work you do if not for a particular health challenge that instantly changed my life course, plans and goals. As strange as it may sound, I have been truly blessed by a certain diagnosis that has made it possible for me to be associated with such wonderful folks as you, several of your directors and many of the people who benefit from your work. Yours is truly a "hidden industry of serving others" as I mentioned during the breakfast, hidden from those caught up in the hustle and bustle of their lives and careers as I was at one time.

I am most thankful for all you do to make life better for those in our communities and am honored that you recognized the very small role I've played toward furthering our mutual goals. I hope that you would feel free to contact me whenever I may be of assistance to you, the GNB COAST or anyone in our communities who need an encouraging word.

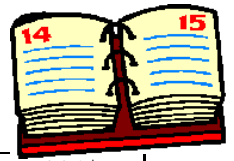
Signed, Brad Sell, Community Award Recipient from the 7<sup>th</sup> Annual Legislative Breakfast.

**The Vision:** A healthy environment where everyone experiences community, opportunity, access, safety and trust (COAST)\*

**The Mission** of the GNBHSC is to channel our community into action to achieve a better quality of life for everyone. We

1. Provide information about resources and services in order to promote coordination and to encourage their use by the public
2. Address needs and build on community assets
3. Celebrate and reward community successes

## GNB C.O.A.S.T. Calendar of Events: December 2006



<b>Dec. 5,</b> 9:30	<b>25 Years of HIV/AIDS: Effective Prevention Strategies in a New Era.</b>	Contact Katy at <b>508-583-2350</b> , x221\$40 includes materials, CEUs and continental breakfast.
<b>Dec. 7,</b> 9:00	<b>GNB C.O.A.S.T. General Meeting.</b>	Coastline Elderly Services, 1646 Purchase St., New Bedford, MA
<b>Dec. 8,</b> 12:30-2:30	<b>GNB C.O.A.S.T. Domestic Violence Committee.</b> RSVP to Camille at <a href="mailto:canderson@ci.new-bedford.ma.us">canderson@ci.new-bedford.ma.us</a> . Working meeting and Holiday Yankee Swap.	South Coastal Counties Legal Services, 21 South Sixth St., New Bedford, MA
<b>Dec. 12,</b> 9:30	<b>Health Literacy: Effective Methods for Reaching Consumers with Health Information.</b>	Contact Katy at <b>508-583-2350</b> , x221\$40 includes materials, CEUs and continental breakfast.
<b>Dec. 13,</b> 9:15	<b>GNB C.O.A.S.T. Health Access Committee.</b>	GNB Community Health Center, 874 Purchase St., New Bedford
<b>Dec. 15,</b> 1:00	<b>GNB C.O.A.S.T. Steering Committee.</b>	RAPP Resource Center, 49 State St., Dartmouth, Pequot Bldg, Suite 105



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To submit an article, announcement or other information to C.O.A.S.T. Connections, please email Lorraine Rosa at [mcaprosa@yahoo.com](mailto:mcaprosa@yahoo.com) or Skype mrosanet by **12/15/06**. You may also access copies of this newsletter at [www.geocities.com/gnbhsc](http://www.geocities.com/gnbhsc).