



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

The Newsletter of the Greater New Bedford Health & Human Service Coalition (GTHHSC) – www.geocities.com/gnbhhs
Serving Acushnet, Dartmouth, Fairhaven, Freetown, Marion, Mattapoisett, New Bedford, Rochester and Wareham

Volume I, No.2

July 2006

FREE HEALTH SERVICES FOR UNINSURED & UNDERINSURED MEN

(From Men's Health Partnership)



The Men's Health Partnership is a program sponsored by Community Services and Programs Visiting Nurse Association of Cape Cod in collaboration with the Massachusetts Department of Public Health, partnering with the Greater New Bedford Community Health Center, Tru-Med Clinic in New Bedford and the Family Med Center in Fairhaven. It offers FREE health screenings for heart disease, prostate cancer and diabetes to men age 18 or older who do not have health insurance or are underinsured. Services include

- Physical exam
- Lab work
- Cholesterol Screening
- Glucose Screening
- Prostate Screening for men over 50 or over 40 if you are African-American or have a family history
- Primary Care Visit for men ages 18 & older

➤ Risk Assessment and Education

After the initial lab work is completed, a 15 minute screening is set up. If a problem is found, VNA case management will take over, using the community network of the client's area.

The gift of "good health" that program participants give to their families is rewarded with a \$25 Gift Certificate to any Pub 99 in Fairhaven, Fall River, New Bedford or Taunton, compliments of the Men's Health Partnership. A participant receives the certificate after his free health consultation. Men are referred to primary care physicians and specialists for appropriate treatment. Other referrals are available if necessary.

Heart Disease is the #1 killer of men in American, and it is preventable. Risk factors include family history of heart disease, high blood pressure, diabetes, smoking obesity and lack of

exercise. All men beginning at age 18 should be screened with lab tests for cholesterol and diabetes, and height, weight and blood pressure.

Prostate cancer is the most common cancer in men, and is usually curable when caught early. Early prostate cancer has no symptoms. Screening is done by digital rectal exam and prostate specific antigen (PSA) blood test.

The new screening dates for this area will be:

- June 15 in Taunton
- June 20 in New Bedford

Please call **1-888-557-9994, x7629** for an appointment or more information. Future screenings can be arranged to fit your schedule during the summer or fall by again calling the above number. Be sure to tune in to WEZE 590 AM, "Calling All Men" hosted by Al Cialella on Saturday, **6/17/06** at 6:00 pm. when Jim Merchant and Brad Sell will discuss the Men's Health Partnership. ♥

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

The Mission of the GNBHHS 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

Did You Know That...?



New Website Community Calendar features a community calendar as a free service to individuals, nonprofit organizations and businesses to advertise and promote their events. You can add an event to the calendar when you open a free account (business/nonprofit or personal) and immediately start adding events to the calendar. Once your identity has been verified, your events will automatically become visible on the calendar. You can also choose to list your event on the homepage's Featured Events for \$100 per month. See www.newbedford360.com Of

course, you may also include events and information in the GNBHSC website calendar or membership announcements by emailing Lorraine Rosa at mcaprosa@yahoo.com

Bom Dia! 2 is a level 2 Portuguese language textbook with history and culture covering the Lusophone world. Your organization is invited to participate in this exciting educational project by providing financial assistance in getting this book printed. For more information, please call Milton George at **508-994-4564** or at **800-292-6962**.

The 2nd Annual RAPP / Southcoast Hospitals Group Heart of Fatherhood Award

honors and recognizes fathers and allows children an opportunity to acknowledge their fathers efforts. Nominations formats by age are as follows: 7-11: draw a picture, cartoon and/or little story; 12-18: 150-250 word essay. Deadline extended to **6/16/06**. Send to RAPP Program/Southcoast Hospitals Group Family Education Youth Resource Center, Dartmouth Place, Pequot Building, Suite 105, 49 State Rd, N. Dartmouth, MA 02747. Finalists will be announced and will be honored at an awards dinner in Fall 2006. See www.eventproofs.com to see last year's event. For information, call Cindy or Tim at **508-994-0548**.



GNBHSC General Meeting. 6/1/06, 9:00, The Women's Center.

Discussion Highlights:

Announcements: Events, flyers and other information are always welcome at our information table at meetings.

Maternal Opioid Treatment Human Experimental Research (MOTHER) Project

– Providence Women and Infants has received a grant to study neonatal effects of methadone and buprenorphine to identify which makes withdrawal easier for the baby. It is open to pregnant drug-addicted woman from 13-30 weeks gestation, ages 18-36 who are hospitalized, in a double-blind study at St. Lukes health center for women. Once the woman keeps all doctor's appointments and is clean from alcohol and illegal drugs, she may earn gift certificates. Recruitment is scheduled to begin on August 1, 2006. For

more details see <http://www.womenandinfants.com/body.cfm?id=452#section5>

VNA of Cape Cod is administering the Men's Health Initiative. See cover article, p 1.

Girl Scouts is a prevention group that does far more than crafts and cookies. They develop life skills and participate in community services. They do extension programs and school life skills programs for 5,000 boys and girls. A leading women event was held in which MaryLou, the coffee entrepreneur received recognition and found that 1/3 of her workers in managerial positions were Girl Scouts. Girl Scouts are currently doing a "Spring for Fall" membership recruitment, putting troops and leadership teams together. They serve 70 cities in southeastern

MA. For more information, see <http://www.gscsm.org/>

Welcome to Rick Oliveira of North Dartmouth.

New Bedford Parenting Teens

project is winding down. A celebration will honor 40 individuals who earned GED/Alternate diplomas. Nineteen out of 26 graduates passed MCAS. This group served 110 students with 50 babies in day care. They work with other organizations to remove barriers by doing the education piece. They submitted an adolescent grant through the Department of Health & Human Services. There has been a slight increase in teen pregnancies according to 2004 data. Probably 90-95% were abused, and they want to work to break the cycle of abuse.



Kennedy-Donovan Center Early Intervention serves children with disabilities, delays or risk factors, ages 0-3. The multidisciplinary team includes family centered home visits. The Early Intervention partnership program is for pregnant women who meet eligibility to enhance birth outcomes.

Kennedy-Donovan Center Healthy Families multilingual staff serves first time mothers and/or fathers of children up to age 3. KDC offers parent education groups. A family fun day will be held in August to recognize program graduates or other accomplishments. An open house will be held in the Fall at KDC. Catchment area goes from Dartmouth to Wareham. Current enrollment is at 140.

Partners for Clean Air provides prevention, education and treatment referral for tobacco. Funding was cut by 95%. Partners did a collaborative "Smoke Free Home" program to change norms in homes with children age 5 and under in Wareham. They also did the "Ready, Set, Quit" cessation project in March 2005. The new Health Reform Law will make all MassHealth members eligible for tobacco treatment. Hotline is **1-800-TRYTOSTOP**.

Domestic Violence Subcommittee Forum will be held **6/21/06**, 9:00-12:30 at the Buttonwood Park Zoo Wildlife Education Center. Social justice issues such as domestic/sexual violence, sexism, racism, classism, etc. that impact every aspect of lives are rooted in oppression. Purpose is to build local level collaboration on oppression. (See invitation on page 5) A conference may be

held in 2007. To register call Lorraine Rosa at **508-823-4822** or mcaprosa@yahoo.com

Recent New Bedford Mother Murdered – The GNBHSC mission is one of safety and trust. How can the Coalition help these situations with service outreach? A discussion of hate crimes and a "no snitching" reluctance to report crimes was discussed. It was suggested that elected officials also be informed of incidents such as a recent beating at a New Bedford school and the selling of drug paraphernalia at a local gas station. The police anonymous tip line is **508-961-4584**.

Department of Human Services Announcements

- **Know Your Rights** conference was held May 25, at Fort Taber Community Center for 185 Portuguese speaking seniors living in the New Bedford area. Various agencies were represented and many topics pertaining to the elderly were covered including information about Medicare Part "D".
- **The Sunset Senior Social Program** held for 35 elderly / disabled seniors Wednesday evenings at Cobblestone Restaurant from 4:30 - 7:00 p.m. will end on June 21st.
- **Food Drive** - Human Services will hold a Food Drive in conjunction with the Cove St. Neighborhood Association Fun Day on June 17th, at the Mott St. The playground will benefit elderly/disabled residents.
- **Clear Paths-Lawn Mowing Program** (for seniors and persons with

disabilities) is presently filled.

Wareham/Carver Smoke Free Coalition – Coalition letters of endorsement were sent to support grant funding to increase educational awareness of the importance of the elimination of both primary and second hand smoking. Wareham is number one in Massachusetts for the incidence of lung cancer. This is an essential intervention to eradicate smoking

Women's Health Network has health education curriculum kits in several languages, stress balls, at-a-glance newsletters, table stand ups and poster tear offs to promote their program. To arrange for a presentation to your group, please call Paula at **781-774-6624**. (See page 4)

Summer Plans – General meetings will be suspended for July and August, with the possibility of a special working meeting in August.

Next Steps:

- Girl Scouts cover article in September newsletter.
- Look at how the GNBHSC can help the community in response to recent murder and gang activity.
- Organizing a special summer meeting for planning and meeting with new consultants.

Next Meetings:

Steering Committee: 6/16/06, 12:30 – 2 pm New Bedford Family Planning

No Monthly General Meetings in July and August.

Contact Person:

Robin Cleveland,
Co-chairperson, **508-984-5333**.



MASSACHUSETTS DEPT. OF PUBLIC HEALTH

Breast and Cervical Cancer Screening Health Education Curriculum: Training Manual and Health Modules

The Women's Health Network (WHN) of the Massachusetts Department of Public Health created the *Helping You Take Care of Yourself* curriculum to address the need for accurate, appropriate and current cancer screening information in diverse communities across the Commonwealth.

Built on the "train the trainer" model, this curriculum was designed to train community members and Community Health Workers (CHW) about breast and cervical health with the expectation they will in turn educate their clients and communities about these issues.

Recognizing the variety of languages, cultures, literacy and education levels throughout the state, we provide several options for presenting the health units, including power point presentations, flipcharts, and anatomy models to best meet the needs of specific audiences.

The training manual provides detailed step-by-step plans to ensure that breast and cervical health education sessions go smoothly and efficiently. The education units in this manual were designed with intention of being presented individually or as a complete program. For each unit we have included Facilitator Notes. These notes list which materials and props are needed for each unit as well as directions for implementing the units. Additionally provided in the training manual is instruction and support for the development of group facilitation skills, as well as overview information on federal and state breast and cervical programming and resources for breast and cervical health education.

For further information about the Women's Health Network and *Helping You Take Care of Yourself*, please contact the Women's Health Network Southeast Regional Outreach Specialist:

Paula Doherty
Women's Health Network- MDPH
5 Randolph Street, Canton, MA 02021
Tel: 781-774-6624
Paula.Doherty@state.ma.us



GREATER NEW BEDFORD HEALTH & HUMAN SERVICES COALITION
DOMESTIC VIOLENCE SUBCOMMITTEE
IN PARTNERSHIP WITH THE NEW BEDFORD POLICE DEPARTMENT



Panel Presentation

For All Greater New Bedford Area Service Providers

QUESTION:

**The roots of Domestic/Sexual Violence are
Sexism, Racism, Classism etc...**

ANSWER:

What are forms of OPPRESSION

Moderator: Freddi Carbone, New Bedford Police Department Civilian Advocate

Speakers:

- ✓ Maria Alves, Seven Hills Behavioral Health Inc.
- ✓ Gail Fortes, YWCA
- ✓ Dan Gilbarg, Coalition For Social Justice
- ✓ Pamela MacLeod-Lima, The Women's Center

DATE: JUNE 21, 2006

**LOCATION: The Buttonwood Park Zoo Wildlife Education Center
425 Hawthorn St., New Bedford, MA.**

Registration at 9:00am

TIME: 09:30am 12:30pm

No Registration Fee

Continental Breakfast & Refreshments Provided

CONTACT: Lorraine Rosa at 508-823-4822 or Email: mcaprosa@yahoo.com

Seating Limited - RSVP By: June 12, 2006

C.O.A.S.T. CONNECTIONS



GNBHSC
P.O. Box 7567
New Bedford, MA 02742-7567

To submit an article, announcement or other information to the next C.O.A.S.T. Connections, email mcaprosa@yahoo.com, or call **508-823-4822** by July 30, 2006. You may also access copies of C.O.A.S.T. Connections at www.geocities.com/gnbhsc