



South Shore Community Partners in Prevention

South Shore Community Partners in Prevention (CHNA 23)
Wednesday, December 14, 2016
8:45 A.M.to 10:15 A.M.
Plymouth Public Library
132 South Street, Plymouth MA

Minutes

In attendance:

<u>First Name</u>	<u>Last Name</u>	<u>Organization</u>	<u>E-mail</u>
Kim	Allen	SSCPP Coordinator/United Way of Greater Plymouth County	chna23@gmail.com
Elizabeth	Binari	BID Plymouth	ebinari@bidplymouth.org
Ann	Burke	Fenway Health	aburke@fenwayhealth.org
Kristine	Buss	Quincy College	kbuss@quincycollege.edu
Brynn	Coopu	DMH Plymouth	Brynn.coopu@massmail.state.ma.us
Marian	De la Cour	BID Plymouth	mdelacour@bidplymouth.org
Sarah	Drane	BID – Plymouth CCM	sdrane@bidplymouth.org
Tina	Dwyer	South Shore Health System	Katrina_Dwyer@sshosp.org
Shawna	Fanning	High Point	sfanning@hptc.org
Ashley	Frazier	BID Plymouth Access	afrazier@bidplymouth.org
Mary	Hammond	Care One	mhammond@care-one.com
Mike	Jackman	Congressman Keating, SSCPP Chair	Michael.Jackman@mail.house.gov
Maureen	King	DDS	Maureen.king@state.ma.us
Sheri	Magnacea	Coastal Hearing Clinic	sheri@coastalhearingclinic.org
Maryellen	Maguire-Eisen	Children's Melanoma Prevention	Maryellen@melanomaprevention.org

CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

Bobbi	Martino	Arc of Greater Plymouth	bobbim@thearcofgp.org
Christine	McLaren	OCES	cmclaren@ocesma.org
Jim	O'Neil	Bridgewater Patient Advocacy	bridgewaterpatientadvocacy@gmail.com
Shelby	Pedzewick	Duxbury Senior Center	shelbypedzewick@yahoo.com
Erin	Presutti	Children's Melanoma Prevention Foundation	erin@melanomaprevention.org
Judith	Reppucci	Harbor Health Services	jreppucci@hhsi.us
Marcia	Richards	BID Plymouth	mrichards@bidplymouth.org
Deb	Schopperle	BID Plymouth	dschopperle@bidplymouth.org
Kathleen	Small	Marshfield Council on Aging (intern)	kathleenanne09@yahoo.com
Amy	Sylvia	SSWRC- Road to Healing	Amy.sswrc@hptc.org
Charlette	Tarsi	South Bay Community Services	ctarsi@southbaycommunityservices.com
Christina	Trongone	Vinfen RCC	Christina.trongone.rcc@gmail.com
Sandra	Waldron	Harbor Health Services	swaldron@hhsi.us
Cindy	Wengryn	PTAD	wengryn@hotmail.com
Susan	West	BID Plymouth	Sm.west@verizon.net

Meeting called to order by Mike Jackman, Chair at 9:00a.m. Everyone was welcomed and gave self-introductions.

Minutes for the November 9th SSCPP general meeting were approved unanimously by all in attendance.

Proposed change to SSCPP Operating Principles: Mike shared the proposed text considered by the steering committee on December 1st:

Amending Article Three, Paragraph 5, by adding the following:

“5a. At any time during the course of any given fiscal year, if membership on the Steering Committee should fall below a full complement of fifteen (15) members, the Chair may call a special meeting for the purpose of electing additional members to the Steering Committee.”

CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

This change was proposed as a member of the SSCPP steering committee, Alan McDonald, has had his role at South Shore Hospital recently changed and thus is no longer on the steering committee. Tina Dwyer also of South Shore Hospital would like to join the steering committee. This change to the OPs would allow her to be voted in. Currently new members can only be voted in at the Annual Meeting in June. South Shore Hospital is a funder of SSCPP and it is important they have a voice on the committee.

SSCPP will vote on this proposed change at the January steering committee meeting. It is open for comment from the general membership until this point. There are also open slots on the steering committee should anyone want to join.

Mike promoted the resource table available at every SSCPP meeting and encouraged all to share materials and check out the table.

Presentation: Mindfulness & Self-Care

Marcia Richards, Registered Dietitian, BID Plymouth Hospital

Contact information: 508-732-8983, mrichards@bidplymouth.org

Deb introduced Marcia.

- Marcia provided a brief introduction and shared information on how to live a more mindful life.
- Objective: to define “mindful” and share 2-3 mindful techniques.
- Social media and cell phones have become a big distraction in our lives.
- Mindfulness is living in the moment, nonjudgmental, embracing emotions, living in awareness.
- Marcia shared John Kabat-Zinn’s definition of mindfulness: ““Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.”
- Mindfulness is not emptying the mind, but calling attention to what is right in front of you. Helps to create stronger awareness.
- Discussed the difference between mindful and mind full.
- Reviewed benefits of mindfulness: reduced stress, anxiety and depression, improved mood, less negative thinking/distraction/healthier you.
- Marcia shared mindfulness self-care practices, both formal and informal.
Formal: body scan, sitting meditation, hatha yoga
Informal: being mindful in eating (applying mindfulness to nutrition), showering, walking, driving etc.
- Demonstrated a mindful eating technique- eating a raisin.
- Demonstrated a body scan with all- a great way to initiate relaxation.
- Ended with a video- “Surfdog Ricochet” to sum up mindfulness.
- Opened the floor for questions.

CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

- Marcia shared handouts on “A Taste of Mindfulness”, making a mindful jar, and 7 quick and easy tension relievers. Please visit SSCPP resources page to see her materials.
<http://chna23.org/resources>

Brief networking break.

DPH Proposed Changes/South Shore Hospital Determination of Need

Mike, Deb and Tina Dwyer reviewed.

- Along with the Brockton and Blue Hills CHNAs, SSCPP is part of the tri-CHNA steering committee contracting with JSI to make a plan for the upcoming DoN (determination of need) monies from South Shore Hospital.
- DPH wants to re-conceptualize how to spend this upcoming DoN for \$2.4 million split between the three CHNAs.
- Each time a hospital has a new capital project, a small percentage is invested in the community- DoN. The DoN is allocated by DPH.
- DPH has found that allocations across the state are not consistent and they want to make this process more equitable.
- JSI is helping to look at each CHNA and its impact. JSI presented at December steering committee meeting.
- DoN will be split into two buckets: capacity building and common priority issues. The priority issues will be focused on behavioral health (specifically substance use and mental health). The second priority will be chronic disease.
- SSCPP is working on ways to improve measuring its impact. May increase amounts of grants.
- DPH has held listening sessions and wants to focus on social determinants.
- CHNA 20 is holding a webinar, SSCPP may do something similar at next meeting and/or have JSI join meeting.
- Looking for feedback from general membership.

The floor was opened for agency announcements.

Raffle: Two gift certificates to Spa Tech in Plymouth and 2 mindful jars (Thanks, Marcia!) were raffled to membership.

The next meeting is scheduled for **January 11th**.

Respectfully submitted by Kimberly Allen
CHNA 23 Coordinator
United Way of Greater Plymouth County

CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

934 West Chestnut Street
Brockton, MA 02301
chna23@gmail.com

CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

chna23@gmail.com

www.chna23.org