



## South Shore Community Partners in Prevention

**South Shore Community Partners in Prevention (CHNA 23)**  
**Wednesday, November 8, 2017**  
**8:45 A.M.to 10:15 A.M.**  
**Beth Israel Deaconess Hospital - Plymouth**  
**Funkhouser Conference Room A**  
**275 Sandwich Street, Plymouth**

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	<a href="mailto:chna23@gmail.com">chna23@gmail.com</a>
Michelle	Cardoso	BMCHP	<a href="mailto:michelle.cardoso@BMCHP-wellsense.org">michelle.cardoso@BMCHP-wellsense.org</a>
Michelle	Cavicchi	DDS	
Donna	Ciappina	Duxbury Senior Center	<a href="mailto:donnaciappina@duxburycoa.com">donnaciappina@duxburycoa.com</a>
Katie	Dahlen	Marshfield COA	<a href="mailto:katiedahlen@ymail.com">katiedahlen@ymail.com</a>
Danielle	Desrosiers	DDS	<a href="mailto:danielle.desrosiers@state.ma.us">danielle.desrosiers@state.ma.us</a>
Maureen	Doherty	BID Plymouth	<a href="mailto:mhdoherty@bidplymouth.org">mhdoherty@bidplymouth.org</a>
Tina	Dwyer	SSHS	<a href="mailto:Katrina_Dwyer@ssHosp.org">Katrina_Dwyer@ssHosp.org</a>
Shawna	Fanning	High Point	<a href="mailto:sfanning@hptc.org">sfanning@hptc.org</a>
Gina	Ford	DDS	<a href="mailto:gina.ford@state.ma.us">gina.ford@state.ma.us</a>
Liz	Haughn	SSCPP	
Aileen	Hernández	A New Day	<a href="mailto:ahernandezdiaz@healthimperatives.org">ahernandezdiaz@healthimperatives.org</a>

### **CHNA 23: South Shore Community Partners in Prevention**

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

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[www.chna23.org](http://www.chna23.org)

Mike	Jackman	Congressman Keating, SSCPP Chair	<a href="mailto:Michael.Jackman@mail.house.gov">Michael.Jackman@mail.house.gov</a>
Peg	Jacoubson	BID Plymouth	<a href="mailto:mlougee@jordanhospital.org">mlougee@jordanhospital.org</a>
Patrick	McGuire	DMH	<a href="mailto:Patrick.McGuire@MassMail.State.MA.US">Patrick.McGuire@MassMail.State.MA.US</a>
Siobhan	McKay	DDS	<a href="mailto:siobhan.mckay@state.ma.us">siobhan.mckay@state.ma.us</a>
Deb	Schopperle	BID Plymouth	<a href="mailto:dschopperle@bidplymouth.org">dschopperle@bidplymouth.org</a>
Ashley	Stockwell	CHNA 20	<a href="mailto:astockwell@baystatecs.org">astockwell@baystatecs.org</a>
Mary	Valachovic	Arc of Greater Plymouth	<a href="mailto:Maryv@thearcofgp.org">Maryv@thearcofgp.org</a>
Susan	West	BID Plymouth	<a href="mailto:swest@bidplymouth.org">swest@bidplymouth.org</a>
Gregory	Whipple	DDS	<a href="mailto:Gregory.whipple@massmail.state.ma.us">Gregory.whipple@massmail.state.ma.us</a>
Anellen	Zalis	High Point	<a href="mailto:azalis@hptc.org">azalis@hptc.org</a>

Meeting called to order by Mike Jackman, SSCPP Chair. Everyone was welcomed and gave self-introductions.

Minutes for the October 11th SSCPP general meeting were approved unanimously by all in attendance.

Mike reviewed SSCPP's funding opportunities: Mini grants- up to \$3,500, Health Compass grants up to \$7,500 and Health Literacy grants up to \$10,000. We are also finalizing RFP for an SSCPP behavioral health grant for up to \$25,000.

Mini Grant Outcome Report: BID Hospital Plymouth Better Breathers Club

- Peg Jacobson, Respiratory Therapist at BID, runs the club and has been at BID for over 20 years. She discovered the need for a pulmonary support group in the area.
- Group is made up of mostly COPD patients (bronchitis and emphysema) and meets each month. See 12-15 regular attendees.
- The American Lung Association provides some supplies, but before SSCPP funding, Peg covered a lot of the costs out of pocket.
- SSCPP grant has helped with is bringing in a harmonica instructor and purchasing harmonics for members.
- Club activities help with breath control, boost self-confidence, relieve stress, and decrease shortness of breath.

Panel: Acquired Brain Injury

Maureen facilitated the panel.

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Panelists: Dr. Susan Roberts, PhD; Dianna Sousa, ABI/MFP RN; Janice Fender, Parent & Advocate; and Lauren Fender, Survivor & Advocate

#### Dr. Roberts

- Provided an overview of acquired brain injury (ABI). ABI is an umbrella term for injuries related to traumatic brain injury, strokes, and neurological diseases.
- The number one cause of ABI is from falls. Motor vehicle accidents are the most common cause for those ages 15-21.
- Individuals with ABI experience sleep issues and often have issues with their short term and working memory.
- Dr. Roberts does a lot of work around “person centered planning”. Each ABI is unique and each individual needs different, specific supports.

#### Janice

- Described her role in finding needed resources for her daughter, Lauren after her accident.
- Janice is a Program Director at REACH, Inc.
- TBI affects the entire family. Did and continues to do a lot of advocacy work.
- Started a support group at REACH for young people offering support and strength.
- Support of community, friends, etc. is important to helping families of those with ABI. Found counseling for whole family was also helpful.

#### Lauren

- Suffered an ABI injury as a senior in college.
- Was in a coma for a month and when she woke up, couldn't talk or walk- can remember her past, but has little to no memory of the accident.
- Was able to finish college after recovering. Wanted independence and to be with people her age.
- Is not currently taking medicine- nutrition and exercise are vital to her life and recovery
- Lives in Boston on her own and works as a physics and biology tutor. Planning to get her teaching degree in high school science.
- Lauren and Janice have started an ABI support group and also held a road race to support ABI (proceeds donated to ABI MA).
- Yoga and medication have helped Lauren a great deal. Feels offering support and kindness is to every individual means a great deal.

#### Dianna

- Is an ABI/MFP (Moving Forward Plan) Nurse.
- Described ABI and MFP waivers under MassHealth Home and Community Based Services.
- Individual must be in a nursing home for at least 90 days to receive one of the waivers.

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- Handed out a packet with details on waivers to all.
- Helps to assess a person so that they can move out of nursing home and get back into the community. Waiver can help with services, physical therapy, etc. Brain Injury Association of MA offers resources as well.
- Waiver allows home modifications to make home more accessible. Helps with independence and advocacy.

SSCPP Announcements:

**SSCPP Health Literacy Award**- Received several terrific nominations. Will be holding a spring event to honor awardees. Still accepting nominations. More information: [www.chna23.org/latest-news](http://www.chna23.org/latest-news)

The floor was opened for agency announcements.

The next meeting is scheduled for **December 13th**. Our guest presenter, Donna White will speak on compassion fatigue and self-care. Will also have a free raffle.

Respectfully submitted by Kimberly Allen  
CHNA 23 Coordinator

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