



South Shore Community Partners in Prevention

**South Shore Community Partners in Prevention (CHNA 23)
Wednesday, October 14, 2020
8:55 A.M. to 10:15 A.M.
Zoom Meeting
Minutes**

In attendance: Kate Smith RN, DDS New Bedford Area Office; Kira Fernandes, Healthy Families; Darby Perkins, United Way of Greater Plymouth County; Anne Arcuri, Plymouth Family Resource Center; Patty Reid-Howe, Plymouth DDS; Marylew Lis, OCES; Vicky Butler, Plymouth County Outreach; Casey Seaman; Leah Serafin, Old Colony YMCA; Liz Haughn; Jenn Hoadley, Alzheimer's Association; Donna Coscia, RN Healthcare Supervisor, Middleboro Open Roads; Siobhan McKay, Plymouth DDS; Thais Jardim, Harbor Community Health Center; Malissa Kenney, Healthy Plymouth and TPP; Jen Cantwell, DEC Initiative, UWGPC; Heather Kashman, Pembroke Hospital to Everyone; Kati Mapa, UWGPC's Family Center; Valerie Ciavarra, New England Village; Tricia Liskov, Plymouth Public Schools; Ginger Comeau, New England Village; Jim O'Neil, ex-officio SSCPP; Mike Jackman, Congressman Keating's Office; Deb Schopperle, BID Plymouth; and Kim Allen, United Way of Greater Plymouth County

Meeting called to order by Mike Jackman, SSCPP Chair at 8:59am. Reminded all that October is Health Literacy month! He alerted all that the meeting is being recorded. View recording [here](#).

All in attendance voted to approve September meeting minutes. Mike reminded all of SSCPP's grant opportunities which can be found on our website.

Mini Grant Outcomes Report: Pilgrim Area Collaborative

Presented by: Chris Mastrogiacomo, M.S. SpEd., Post-Secondary Educator, GAP Program
<https://sites.google.com/pilgrimac.org/pacesgaprogram/home>
cmastrogiacomo@pilgrimac.org

- The GAP Program is a post-graduate program designed to provide transitional services offered through the Pilgrim Area Collaborative in Plymouth, Massachusetts.
- Chris shared some background. Saw a need for transition programs for students after high-school for students with diagnosed disabilities. The GAP program offers self-advocacy, personal finance, skills, etc. Saw a large need for general health and wellness. Applied for SSCPP to pay for gym memberships for individuals served. Now fitness and wellness can be tied in with grocery shopping and personal finance.

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- Shared outcomes. Every student was able to get a paid membership to Fit Factory in Kingston for the whole year thanks to the grant. Every student received training with a personal trainer. Shared some diagrams showcasing individual fitness progress. One student lost 30 lbs.! Every student was excited to work out and met their goals. Each student worked out 3-4 times a week.
- Were able to buy a scale to track progress each week. Scale monitors weight, BMI, and muscle mass. All students showed a positive trend. No student showed an increase in body mass over time.

Presentation: COVID-19 & Parental Stress

Dr. Donna M. White RN, PhD, CS, CADAC

Lemuel Shattuck Hospital

View Donna's slides [here](#).

- Donna shared her expertise and perspective on stress related to our current environment and COVID-19 as well as suggested coping mechanisms and self care ideas.
- Talked about remote learning and balancing school with work. Overnight we all had to become experts. The most important thing is "finding time for yourself". The research says to find 15 minutes. The latest research also says you really cannot multi-task.
- Everyone is affected by the pandemic in some way. Sometimes you cannot explain to your family what you feel. You may not know how to talk to anyone about what you do everyday. Children are also under stress.
- Parental stress is the distress you experience when the demands being placed on you are too high and you don't have the resources to meet them. We cannot control everything, but we can control how we react to things.
- Shared about compassion fatigue and stress (Dr. Figley). Showed a graph of normal and maladaptive response to stress. Right now we have an increase in our stress load, so we are not coming back to baseline. Leads to the burn out effect.
- Shared about the "Covid Brain" - feeling constantly in a high stress situation due to the pandemic. More short-tempered than usual. Relates to prolonged stress. We begin to think everything is a problem. You begin to neglect yourself and what you look like. Sometimes we just shelf our emotions to feel safe. Contagion theory- anxiety can be contagious!
- Discussed how to "fix" things- suggest taking things one day at a time. Find a way to care about ourselves as much as we care about others.
- Wellness entails the conditions of help, empowerment, healing, and connection.
- Donna is a big advocate of mindfulness. To be mindful is to put down all juggling balls for 15 minutes. Helps lessen "monkey mind". For example, write down what you have to do so you can stop thinking about it. Mindfulness is paying attention to how you feel as if your life depended on it. Be non-judgmental to yourself.
- Make your own routine an everyday routine. Think of what you can do for yourself that day. Example: "I am good at what I do...and I will do my best today"
- In the workplace, periodically perform a check in. Create huddle time. Encourage verbal expression of your feelings. Find a quiet space and deep breathe for 5 minutes.

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- Make sure you stay connected to those you love. Sleep heals the brain from stress.
- Primary strategies shared- physical activity, ask for help before you get overwhelmed. Check in with yourself. Teach your kids how to deep breathe and meditate. Recognize your own anxiety is real. Prepare for difficult times. Do not have a plan without an addendum- plan B. Support one another.
- Opened for audience Q&A.

Opened the floor for announcements. Mike shared the SSCPP's Health Literacy Yeti Giveaway Facebook contest is up and running through the end of the month. www.facebook.com/chna23



**SSCPP
GLOSSARY
YETI GIVEAWAY!**

It's easy!
Enter today:

- 1) Check out the glossary on our website here:
chna23.org/resources/glossary-of-terms.
- 2) Comment below *three* terms or acronyms that were previously unknown to you and suggest *three* NEW terms you think we should add.
- 3) That's it! You will be eligible to win a free SSCPP Yeti.

Contest runs through October 31st.

SSCPP is hosting a virtual Health Literacy conference on October 30th from 11am – 1pm. E-mail Bethany to register at healthlitsscpp@gmail.com.

Next Meeting: November 18th

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