



**South Shore Community Partners in Prevention (CHNA 23)
Wednesday, December 14, 2022
9:00AM – 10:15AM
Zoom**

In attendance: Ami Bowen, Harbor Health; Debbie Raymond, MTF UMass Chan Medical School, Mike Jackman, SSCPP Chair/Congressman Keating's Office; Nancy DeLuca, Health Imperatives; Marie Yang, NAMI Plymouth; Sue West, BID Plymouth; Marica Richards, BID Plymouth; Jenn Hoadley, Alzheimer's Association; Sam Correia, Duxbury Free Library, Karen Peterson, BID Plymouth; Jessica Parson, OCES; Siobhan McKay, Plymouth DDS; Sean Halpin, Plymouth Schools; Jen Cantwell, Plymouth County DA's Office; Nicole Long, OCES; Tom Carter, Health Imperatives; Susan West, BID Plymouth; Vicky Butler, Plymouth County Outreach; Jessica Gonsalves, Plymouth County Family Support; Leah Morrissey, Plymouth Area Prevention Collaborative; Cheryl Kramer, Cape Cod Community College; William Abbate, Gosnold; Lindsay Reik, Plymouth Center for Active Living; Donna White; Kara Chiv, MA Health; Kelly Macomber, Plymouth Public Schools; Meaghan Groves, Harbor Community Health- Plymouth; Kim Scotland, United Way of Greater Plymouth/SSCPP Coordinator

Mike Jackman, SSCPP Chair kicked off at 9:00 am. All provided self-introductions.

All voted to approve the October general meeting minutes.

Mini Grant Outcomes Report: "To Your Health" Cookbook Initiative

Presented by Marcia Richards, MEd RD MCHES, Beth Israel Deaconess Hospital-Plymouth

- Mike shared SSCPP provides grant funding and awarded a mini grant to BID right before COVID. Marcia provided a PDF link to the cookbook that can be viewed [here](#).
- Marcia shared that she is a registered Dietitian at BID Plymouth and works closely with Karen Peterson and the HIV/AIDS program. The mini grant focused on nutrition for the community.
- Many folks were looking for healthy recipes and BID also wanted to share some education. The recipes came from community submissions and represented the cultures and diversity of our community. The cookbook has 57 recipes total. All recipes are heart healthy and

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diabetes friendly, affordable, and easy to make. Many of the recipes are also gluten friendly.

- In Plymouth County, 59.8% of adults are overweight or obese.
- 7% have been diagnosed with heart disease, 9% are diabetic and 6.2% are pre-diabetic.
- People who cook for themselves tend to eat healthier, consume fewer calories, and eat more fruits, vegetables, and whole grains.
- The cookbook is written at a 5th grade level and every recipe includes a photo and nutrition analysis.
- 474 cookbooks were distributed at 29 community events and are available to all. The hospital had cookbooks printed (spiral bound) and are printing 500 more. Please contact Marcia if you would like a hard copy sent to you or your organization.
- Opened for Q &A.

Mike introduced Donna White. He also shared about a mindfulness panel SSCPP hosted in 2021 that can be found on the SSCPP [Youtube](#) channel.

Major Topic: The Challenges of Providing Care- Promoting Resilience in Ourselves

Presented by Donna M. White RN, PhD, CARN, CADC II, LADC I, Addiction Specialist

- Donna suggested everyone read the book *Compassion Fatigue* by Dr. Charles Figley. It has changed how she operates and works with others.
- Donna asked all to think about what their average day is like. What are the greatest stressors? What do you do with your feelings?
- Major takeaway is that we have to put ourselves first before doing anything else. If you don't, you cannot be the clinician, manager, employee, etc. you are called to be. "You can do anything, but you can't do everything"
- Donna shared one of her favorite definitions of compassion fatigue from the American Bar Association. "Compassion fatigue is the cumulative physical, emotional, and psychological effect of exposure to traumatic stories or events when working in a helping people capacity."
- Discussed personal life issues. As you continue to provide care, stress can reach in your life and become more stressful.
- Burnout does not equal compassion fatigue. Compassion fatigue is something that comes with you on vacation- you can't escape it as easily. Can cause low-level angst and irritability.
- Compared normal and maladaptive responses to stress. Are you handling stress in a normal and healthy way? If the stress is constant, it can have a negative impact. Allostasis is bringing stress back down, allostatic load is a constant and does not allow you to come back down to allostasis. This increases blood pressure and can cause other health issues (prolonged stress).

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- Donna suggests 15 minutes a day of pure silence. Joy comes from within.
- Anxiety can be contagious. Can create unconscious bias, habits, and stress. Self-care can feel selfish but is so important.
- “Learn to be silent, let your quiet mind listen and absorb” – Pythagoras
- Discussed ways to combat stress such as exercise, mindfulness, stopping negative thinking, hobbies, contact with family and friends, etc.
- The floor was opened for Q&A.

Mike shared that SSCPP is planning to host a two part housing panel at our January and February meetings. They will be held on Zoom.

Karen Peterson shared that BID Plymouth will be offering grant writing workshops in 2023 in partnership with SSCPP. These sessions will take place in March and April. Please look out for a survey to share your grant writing needs.

The floor was opened for any other announcements.

Next Meeting: January 11th

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