



Healthy City Fall River
4th Floor, Government
Center
Fall River, MA 02722
508-324-2405

Participating Organizations

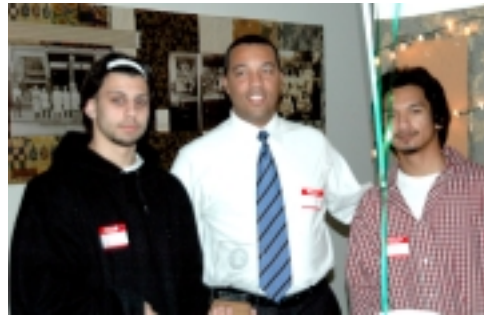
Bristol Community College
Bristol Elder Services
Bristol Workforce Investment Board
Catholic Social Services
City of Fall River
Board of Park Commissioners
Clean City Committee
Department of Public Works
Health & Human Services
Street Tree Planting Program
Community Development Agency
Community Development Recreation
Corky Row Neighborhood Association
Diabetes Association, Inc.
Fall River Adult Literacy Partnership
Fall River Housing Authority
Fall River Office Econ. Development
Fall River Police Department
Fall River Public Schools
Family Service Association
First Baptist Church
Girl Scout Council of SE Mass.
Gr. F.R. Chamber of Commerce
Gr. F.R. Real Estate Board
Green Futures
Health First Family Care Center
Healthy Lifestyles Task Force
Katie Brown Educational Foundation
Khmer Family Resource Center
Maplewood Neighborhood Association
Mass Community Water Watch & BCC
Univ. of Mass. Extension Service
Mayor's Child Nutrition Partnership
Mayor's Office, City of Fall River
Portuguese Youth Cultural Org.
Quaker Fabric Corporation
S.E. Mass. Visiting Nurse Assoc.
Shepherd's Center
Southcoast Hospitals
St. Anne's Hospital
St. Luke's Episcopal Church
Stanley Street Treatment & Resources
The Trustees of Reservations
Thomas Chew Mem. Boys & Girls Club
Y.M.C.A. of Greater Fall River

Visit the Healthy Fall River
web page at
www.gfrpartners.com

The Healthy City Fall River CONNECTION

Connecting the people of the Fall River to improve our quality of life and health
Vol. 2 No.3
Spring 2006

2nd Annual Celebration awards Healthy City actions



Durfee High School Peaceful Coalition advisor Paul Leite (center) is joined by Nick Ruggiero (left) and Harry Meas(right) to accept their Healthy City award. (Photo by Jasiel Correia II)

When it comes to creating health, this is one active community" quipped Healthy City Coordinator David S. Weed, Psy.D., at the second Annual Healthy City Fall River Spring Celebration held on April 6, 2006, at the U-Mass Professional Learning Center in downtown Fall River.

Listing dozens of projects that contribute every day to an improved quality of life in the city, Weed, suggested that it is often difficult for anyone to see the "big picture"

without getting around to all of them. He recommended the Healthy City web site as one way that people could become familiar with the variety of activities that continuously operate throughout the community.

A better way, he offered, is for everyone to take time to get to know others who are part of the Healthy City initiative. "We are stronger when we know each other and collaborate," concluded Weed.

Mayor Edward M. Lambert, Jr. also underscored this message as he congratulated Healthy City participants for helping to make the community a better place to live and work. "We don't celebrate our assets enough," he noted. "This gathering helps us all to realize the positives that take place in this city every day," he said.

The program included a "personal scavenger hunt" to encourage participants to meet others at the gathering, music by Durfee High School musicians, video by students from FRED-TV, and award presentations to this year's new partner organizations.

CD-Rec 5K sprint fundraiser kicks off spring

To kick-off spring, the Greater Fall River Re-Creation Committee held its annual Spring Sprint on April 29, 2006.

Starting at the Municipal Veterans Memorial at 72 Bank Street, dozens of walkers headed down Central Street to the boardwalk at Heritage Park.

The walk continued along the boardwalk to Bicentennial Park where it doubled back to Bank Street, a distance of 5 kilometers.

Several thousand dollars, including a \$1,000 check presented by employees of Fall River Bank Five, were raised to support the many programs at Community Development Recreation (www.cdrec.org).



(Left to right) Haley Alix, Courtney Alix, Heather Grothe and Jessica Manchester join the annual CD-Rec Spring Sprint which took a path along the mile-long boardwalk that begins at Heritage State Park and ends at Bicentennial Park along the Taunton River.

Focus on Jasiel Correia II



Jasiel accepts a Healthy City award from Sue Sterrett at the April 6th Celebration.

It would be easier to list the things that Jasiel Correia II is not involved in. Though only a freshman at Bishop Connelly High School, Jasiel is already Freshman class president and the editor of the school newspaper, *Pawprints*, a member of the tennis and the debate team, and a prime mover in Connelly's Habitat for Humanity chapter which is planning an overnight sleep-out to raise money for the homeless.

Outside of school, Jasiel chairs Teens Against Drug Abuse, the youth coalition that ran a youth arts program and built a float for Fall River Celebrates last summer and put together a candidates' debate in October.

If were not enough, Jasiel recently helped to judge student essays for the Scholars for Dollars program and gave a talk at the recent Children's Museum reception. Jasiel is also active with the Mayor's Youth Council and helped to plan the recent Youth Forum held at Bristol Community College.

Jasiel feels strongly that youth should not just be seen as the "future of Fall River" but also the present. He would like to see more places for youth to be involved in the community at all levels. "We don't have to wait for the future for youth to be involved," he noted.

He is already looking ahead to career plans and is investigating getting a law degree as a foundation for a career in business or real estate. Whatever he ends up doing, it is clear that Jasiel Correia II is going to contribute to making the community a better place to live and work.

Gang violence prevention focus of educational talks



Officers Lapointe and Kimball present to the staff of the Dr. John C. Corrigan Menat Health Center.

Officers John Lapointe and Brett Kimball are offering educational presentations on gang violence and its prevention to groups of parents, middle school children, teachers, and agency

personnel throughout Fall River in an effort to increase awareness and preventative responses to the problem.

These officers are part of the Youth Violence Prevention Unit of the Fall River Police Department, which specializes in the surveillance and prosecution of gang-related criminal activity.

Community education is an important part of the strategy as wide-spread awareness of gang activity helps to increase the flow of information that can make arrest and interdiction of illegal activity more likely.

Any organization that would like to arrange a presentation can contact Lt. Daniel Racine at 508-676-8511 to make arrangements.

Programs address cigarette smoking in the city



Ms. Tavares demonstrates the damage done to healthy lungs through years of smoking cigarettes.

A free session on "The Health Benefits of Becoming a Non-Smoker" was presented by Dixie Tavares, RN, American Lung Association Certified Smoking Cessation Facilitator, at St. Anne's Hospital on February 22, 2006.

Ms. Tavares explained and explored the health effects of smoking, an addiction that affects over 30% of adults in Fall River. Ms. Tavares interacted with attendees about the obstacles and challenges to ending the chain of smoking.

Participants were invited to join her at her next eight-week "Freedom from Smoking" series that is offered three times a year at St. Anne's Hospital.

For the first time, Government Center employees will be able to access the program and get nicotine replacement therapy, including the "patch", through their regular health insurance.

For information on the next series, contact Ms. Tavares at St. Anne's Hospital at 508-674-5600, Extension 2392.



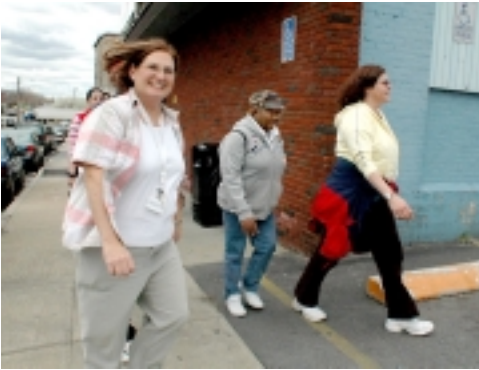
Parent Cherie Martins places a sticker on her car window asking people to refrain from smoking.

Parents at the John E. Boyd Center for Child Care & Development on Rodman Street in Fall River are signing up to declare their homes and cars Smoke Free Zones through a program offered by Partners for Clean Air, a program of the Seven Hills Behavioral Health.

The Smoke-Free Homes Campaign, funded by the EPA, has collected over 1,000 smoke-free homes pledges in Fall River and New Bedford. During the next two years, the campaign will collaborate with six early childhood partner organizations to enlist families with smokers in the home, who have children ages five and under, to sign a pledge in order to protect their children from exposure to secondhand smoke.

In addition, a media campaign will be implemented by placing ads on the interior and exterior of city buses, as well as distributing posters throughout the community. For more information, contact Judith Coykendall, 508-996-3147, Ext. 203.

Spring walking groups begin throughout the city



Center Dietitian Lois Peterson, neighbor Dorothy Rogers and Center nurse Dorothy Szulewski return to HealthFirst after a healthy half-hour walk.



Volunteer Irene Price joins Senior Center Coordinator Patti Linhares on a brisk fifteen-minute walk through downtown on their lunch break.

HealthFirst Family Care Center sponsors a weekly “Walk Off Winter” walk to help staff, clients and neighbors shed extra pounds and get ready for summer.

The noontime walks are held every Tuesday through June 20th. The walks help people prevent as well as treat a variety of medical conditions, including high blood pressure, high cholesterol, osteoporosis, diabetes and some types of cancer simply by walking for half an hour per day.

The Center-sponsored walks offer local residents a fun, social and safe way to get this type of regular exercise. Anyone is welcome to join. For more information about the walks, contact Paula Harrison at 508-679-9376, Ext. 204.

Fall River Government Center employees have organized a lunch-time walking group as a follow-up to February's Go Red for Women Day, the American Heart Association event that emphasized heart-healthy activity.

Walkers enjoy the spring weather in a fifteen-minute jaunt that takes them by many of downtown Fall River's historic buildings. The group plans to make walking a regular event since most of the employees spend long hours seated at their desks.

For more information or to receive assistance in organizing other downtown walking groups, contact Maureen Estes, Fall River Community Coordinator at Mestes@fallriverma.org.

New Y Program helps families prevent diabetes

The Diabetes Association has teamed up with the Fall River YMCA to offer its popular Families Preventing Diabetes program. Running on Wednesday evenings, the program offers a variety of vigorous activities followed by an educational program on the prevention of diabetes and ending with a healthy snack prepared by a culinary expert from Johnson and Wales University.

The program is open to anyone. The prevalence of diabetes in Bristol County is the highest in the Commonwealth, so the Diabetes Association has been offering educational programs to equip the citizens of Fall River who are at risk of developing Type 2 diabetes with the knowledge need to avoid developing the disease.

This program offers a no-charge fitness

program for low-income populations that would not ordinarily have access to these resources. Call the Diabetes Association at 508-672-5671.



Mike Mahoney of the YMCA gets participants engaged in a vigorous game of volleyball before Adam Pazder, Chef/Nutritionist at Johnson and Wales University demonstrates the preparation of some healthy snacks to the group.

Upcoming Events

- May 15th-20th
2nd Annual Children's Film Festival, Fall River Public Library
- May 3rd - 9:00 a.m. - 6:00 p.m.
Youth Job-a-thon, F.R. Ford
- May 4th - 2:45-7:30 p.m.
Mayor's Youth Forum, Bristol Community College, G Bldg.
- May 5th - 9:15 a.m.
Cultural Diversity Campaign Kick-off, Durfee High School
- May 13th -
9:00 a.m. - Get Movin' Walk - Diman Reg. Tech. High Sch.
10:00 a.m. - Durfee High School Tree Planting
9:00 a.m. - Corky Row Neighborhood Clean-up
- May 16th - 8:00 a.m. - Noon
Charlton Hospital Cardiac Prevention Program, North End Senior Ctr, President Ave.
- May 20th, 6:30 p.m.
Deutsche Kulturverein Inc. German American Club, Liberal Club, 508-672-8574
- June 1st - 8:30-10:00 a.m.
Healthy City F.R.Design Team Mtg., UMass Prof Learning Center, 138 N. Main St.
- June 6th 10:30 a.m.- Noon
Government Day, Morton & Kuss students shadow gov't officials at Government Cntr.
- June 15th - 10:00 a.m.
Older & Wiser Driver AAA training program for seniors, Niagara Senior Center
- June 16 Noon to June 17th Noon
American Cancer Society Relay for Life, Somerset H.S.
- June 17th, Noon - 3:00 p.m.
CD-REC Kick off for Summer & Cultural Diversity Closing, Ruggles Park

New programs teach children healthy behaviors



Water Watch Director Jon Keesacher meets with kids.

As part of a week-long celebration of Earth Day at Bristol Community college, children from the YMCA after-school daycare program participated in Children's Day activities that highlighted the environment.

The daylong event on April 21, 2006, included a discussion of environmental concerns, nature walk, sidewalk chalking, a film-showing and a planetarium lesson.

Children were challenged to think about their role in preserving the natural environment and ways that they could contribute to a healthier world.

For more information, contact the Fall River Water Watch at (508)-678-2811, ext. 2557 or go to www.waterwatchonline.org.



P.E. Director Rick Baptista with President Morissette.

Bishop Connolly High School President Robert P. Morissette doubled as "Nutrition Man" on Monday lunch hours during the month of March, 2006, to emphasize the importance of proper nutrition.

Mr. Morissette approaches students in the lunch line and poses questions about nutrition to students waiting in line. A correct response is rewarded by a nutrition bar.

This unique educational effort was undertaken to emphasize the importance of healthy eating during National Nutrition Month. Health and Physical Education Director Rick Baptista also leads a student Nutrition Committee that is taking action on vending machine contents and cafeteria food offerings.



Ryan McCalister practices dribbling at basketball camp.

As part of its 2006 spring vacation "Fun Fest", Community Development Recreation held a basketball camp designed to teach basic skills to elementary and middle school youth at the Bank Street Armory headquarters (Veterans' Memorial Auditorium).

The three-hour morning clinics took participants through the paces that build skills, coordination and strength. CD-Rec staffer Jamison Souza ran the clinic, teaching the same skills he learned over the years.

Other activities included arts and crafts, computer crafts, weird science and movies. All events were offered free of charge to city residents. For more information, contact CD-REC at 508-679-0522.



Joanne Dunphy coaches children on self-defense.

The radKIDS Program provides realistic safety plans and options enabling children to escape dangerous situations. Volunteer staff from the Caring Network of Child and Family Services' Child to Witness Violence Project have been offering the training at the Carroll School in Fall River during 2006. The program is supported by a \$5,000 three-year grant from Slades Ferry Bank. Through radKIDS training, children become empowered, learning to replace the fear, confusion, and panic of dangerous situations with confidence, personal safety skills and self-esteem.

For more information, e-mail Joanne Dunphy at JDunphy@cfservices.org.

The Healthy City
Fall River
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Healthy City Fall River is a collaboration between the Office of Mayor Edward M. Lambert, Jr. and Partners for a Healthier Community, Inc., the local Community Health Network Area (CHNA) organized by the Massachusetts Department of Public Health (DPH) to establish a working partnership between DPH and area residents to improve the health status of all those who live or work in the CHNA

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2004-2009
Action Priority Areas



Safety and Substance Abuse



Environment and Recreation



Health Education



Adult Education & Employment



Community Planning & Housing