



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. 2 Winter 2006

Neighborhood groups seeking improvements



Residents and business owners in the newly-forming Lower Highlands Historic Downtown Neighborhood Association, including the North Main Street business area, began meeting in November, 2005, at Bristol Elder Services to talk about common concerns. Issues included crime and vandalism, road construction and access to city services

As of December 2005 the City of Fall River now has a new neighborhood association, the Lower Highland/ Historic Downtown Neighborhood Association, which meets monthly with alternating times every month to accommodate the business community as well as the residents in that area. Daytime meetings are at 8 a.m. and evening meetings are at 6:30 p.m. at various locations in the neighborhood.

The first two organizational meetings were held at the First Baptist Church at 228 North Main Street, the next two were across Pine Street at Bristol Elders Service and January's meeting was at in the downstairs Community Room in the Fall River Public Library. February's is set for February 1, 2006 at 8 a.m. at Swede's Café located on the corner of Bank and Purchase Streets.

The mission of the neighborhood association is "To foster pride in our community by making our neighborhood a good, clean, and safe place to live and work." The group has identified general boundaries but do not want to exclude anyone from joining the association or attending their meetings. The general neighborhood area encompasses Locust Street to the north, Bedford and

central to the south, High Street to the east and Durfee Street to the west.

Neighborhood associations are active in all parts of the City to provide a forum to raise concerns, to solve problems, and to plan and develop new resources in each locale. All who reside, own property and/or are employed within the area are invited to consider membership in the neighborhood association and/or attend meetings.

Currently there are nine neighborhood associations in the city, which include: The newly formed Lower Highland/ Historic Downtown, North End, Highlands, Bank Street, Flint Village, Corky Row, Niagara, Maplewood and Sandy Beach. The Flint Merchant Association is also very active. Each group has established a meeting schedule and style that works for their

(Continued, page 3)

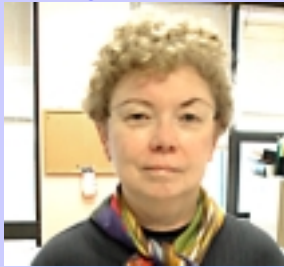
2nd Annual Spring Celebration to recognize 48 new Healthy City projects

The second Annual Health City Spring Celebration will be held on Thursday, April 6th, from 5:00 to 7:00 p.m. at the U-Mass Professional Learning Center, 139 S. Main Street, Fall River.

This event will recognize the 48 new participants in the Healthy City Action Plan as well as others who have contributed to making the City of Fall River a healthier place to live and work. The event will be arranged by the Mayor's Office and Partners for a Healthier Community.

For further information and reservations, contact Maureen Estes, 508-324-2405 or Mestes@fallriverma.org.

Focus on Angela Foley



The best thing about Fall River is that people want to help other people," says Angela Foley who has lived here all her life in the same house on Snell Street.

Angela should know because that's what she does every day of the week since she retired after teaching in public schools in the City for 30 years. "I tried working part time in an office at first, but it wasn't until Citizens for Citizens Director Mark Sullivan suggested six years ago that she work for the Retired Senior Aide Program that she found her niche.

Angela worked for five years in Purchasing but moved up to the Health Department on the 4th floor a year ago. There, she helps in the Health offices, in Minimum Housing and the Council on Aging office with a variety of tasks like answering calls, typing and filing. "The work is great; I really like helping people."

Angela also serves as the new President of the Niagara Neighborhood Association, a voluntary group that keeps on top of citizen concerns. She finds many of the people in the neighborhood are very helpful with one another and often come to each other's rescue.

The group holds regular monthly meetings held at St. Luke's Church on Warren Street that are attended by representatives of the Fall River Police Department, City Councillors, the Mayor Office, and other City departments. They also put on picnics in the summer at Pulaski Park so that everyone can get to know each other. "That's hard these days with new people moving into the neighborhood, but we try to make sure that people know each other."

Angela is also active with a new Irish Heritage Association and tutors several school children. Angela knows what it means to help others.

DAI has New Year's solutions



The windows of the Diabetes Association headquarters on Pleasant Street announce new programs for 2006.

Got Resolutions? We've Got Solutions! On Wednesdays during the month of January, the Diabetes Association of Fall River and New Bedford is offering samples of their exercise and nutrition programs. Each Wednesday offers a healthy nutrition demonstration and exercise activity and healthy meals and snack recipes demonstrated by chefs from Johnson & Wales University Culinary Nutrition Program.

On January 11, 2006, the Families Preventing Diabetes: Keep Moving! program, going on during a six-week period at the YMCA in Fall River and New Bedford was demonstrated. This program is for families whose kids may be at risk for Type 2 diabetes due to overweight, family history and/or inactive lifestyles.

More information about the program is available by calling the Diabetes Association at 508-672-5671.

WIC targets childhood obesity through partnership with local MDs



Dr. Kidhi Koul examines one of her patients at the HealthFirst Clinic, 102 County Street, as part of the new WIC childhood obesity prevention initiative.

Nidhi Koul, M.D., a new pediatrician at HealthFirst Family Care Center is participating in a new Massachusetts WIC (Women, Infants, Children) Nutrition Program, "Weigh of Life . . . Taking Action Together". The program seeks to partner

New C.R. Outreach Center opens



Outreach Specialist Faith BonJovi oversees the distribution from the Center's food distribution room.

The Lighthouse Christian Outreach Center provides a faith-based community outreach to the poor, homeless, children at-risk, and senior citizens in the Corky Row neighborhood through a new outreach center located at 194 Fifth Street in the Corky Row neighborhood.

The project is a ministry of Ferry Street Ministries, Inc. located at 1367 Pleasant Street, Fall River. They also operate a soup kitchen on Sunday evenings and a food share every 4th Saturday of the month. The Corky Row Center provides food and clothing free of charge to neighbors and as a gathering place for those who want to work on improving their lives.

Pastor John Hopkins and volunteers from Ferry Street Ministries work to actively transform the lives of the residents of this neighborhood. For more information, contact Pastor Hopkins at 774-644-1551 or by e-mail at ferrystreetministries@yahoo.com.

WIC with medical providers to ensure consistent age-appropriate preventive messages.

The initiative includes educational materials for primary care providers to use with their patients, including posters in English and Spanish, behavior change prescription pads to 'prescribe' healthy eating habits and physical activity, and CDs with nutrition and physical activity materials that can be printed in the office.

The goal is to set children on a path to a healthy weight and life-long good health. For more information, contact Lisa Alves at 508-679-8111.

WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify. For more information, call 1-800-WIC-1007.

(Continued from page 1)

individual area and has designated a person as president of the association who is identified as that "go-to" person that neighbors can go to in between meetings to report a concern or issue. The neighborhood presidents work collaboratively with the Community Coordinator to resolve the issue as quickly as possible. Neighborhood presidents also have the opportunity to meet with the Mayor and the city departments on a bi-monthly basis for the purpose of receiving updates on current developments that directly impact the community and to offer neighborhood updates and register concerns directly with the Mayor and the city department heads.

The current presidents are: Cathy Assad – Flint Village, Pat Casey – Sandy Beach, Lillian Correia- North End, Santi DiRuzza – Highlands, Natalie Melo – Bank Street, Michele Froias – Corky Row, Angela Foley – Niagara, Jeanne Santos – Maplewood, Steve Camara – Lower Highland/Historic Downtown and Carlos Ceasar – Flint Merchants.

Anyone wishing more information about neighborhood associations may call Community Coordinator Maureen Ryan Estes at Government Center at 508 324-2405 during regular business hours.

Tree Planting Benefit pits Councillors against School Committee

The Fall River Street Tree Planting Program got a big boost on November 19, 2005, when members of the Fall River City Council, Mayor's Office and School Committee, as well as some last-minute volunteers from Charlton Hospital Operating Room, came together at the Boys and Girls Club for a benefit basketball game.

A total of \$1,160.00 was raised to pay for new trees as part of the grant program for



Yellow Team (L-R): School Committee Member Marilyn Roderick & Kevin Aguiar, Jean Aubin, Charlton Hospital staff members Cornell Lighter, YMCA volunteer Scott Lane, and Jamie Travassos, School Committee Member Mark Costa, & Charlton staff Kyle Motta.

Healthy French Cooking touted



Ms. Rogers discusses how to enjoy food and stay slim and healthy, including portion control, limitation of snacking, and engaging in regular exercise.

The Friends of the Fall River Public Library invited Yvonne Rogers of Comforts of Home Personal Chef Service on November 17, 2005, to present "How to Cook and Eat Like a French Woman Who Doesn't Get Fat" at the Main Library on North Main St.

Ms. Rogers discussed how to apply the principles outlined in the best-selling book French Women Don't Get Fat by Mireille Guiliano.

She also demonstrated how to make a simple fruit tart and offered samples of the tart and other items that she described to members of the audience. Ms. Rogers reviewed many of the suggestions of the author, Mireille Guiliano, who unlocks the simple secrets of this "French paradox".

neighborhood tree planting along city streets. Awards were given to Carolyn O'Brien, Rhoda Lindo, Paul Lindo, and Jim O'Brien to recognize members of the tree committee who have demonstrated great personal effort to promote, protect and enhance Fall River's urban forest. All four of the awardees have completed the tree steward training course and offer exemplary service to the City of Fall River.



Blue Team (Left to right): Ray White, City Councillors Brad Kilby, Tom Kozak & Leo Pelletier, Youth Coordinator Christian McCloskey, Mayor's Office Project Manager Eric Poulin, B.J. McDonald, Margo Green and Joe Camara.

Upcoming Events

February 2nd, 6:00 p.m.
Durfee High School Basketball Shoot-Out. Contact Officer Mike Perreira at 508-675-8100.

February 3rd, Noon - 2:00 p.m.
American Heart Association "Go Red" Day @ Government Center, Call Maureen Estes, 508-324-2405 for information.

February 21-22, 9:00-3:00 p.m.
Middle School Basketball Tournament, CD-Rec, 72 Bank St., Grades 6-8, Call 508-679-0922 for information.

February 23rd - 7:30 p.m.
Harlem Wizards @ CD-Rec, 72 Bank St., Advance tickets: \$10 students & seniors, \$12 public; At the door: \$12 students & seniors, \$15 public. Call 508-679-0922 for information.

March 16th, All Day
Absolutely Incredible Kids Day. Contact Christian McCloskey, 508-324-2419.

March 31st - 9:30 0- Noon
Foster Care Breakfast, McGovern's Restaurant., Call Kym Chouinard, 508-324-7933 for tickets.

April 1st, Noon - 4:00 p.m.
Dept. of Social Services Bowlathon, Westport Holiday Lanes, Contact B.J. Valente, 508-678-7542.

April 6th, 5:00-7:00 p.m.
Health City Spring Celebration U-Mass Professional Learning Center, 139 S. Main Street, Fall River. Contact Maureen Estes, 508-324-2405 or Mestes@fallriverma.org.

April 8th, 10:00 a.m.
Easter Egg Hunt, Kennedy Park Pavillion. Call 508-679-0922 for information.

April 29th, 9:00 a.m. - Noon,
Sandy each Assoc. & Master Builders South End Clean-Up. Call Master Builders @ 508-730-1735 or Pat Casey @ 508-672-0539.

Council plans service projects



School Committee member Mark Costa responds to the list of issues that the students had put together.

The Leadership Through Service Youth Council, made up of Durfee High School Student Government's School Improvement Council and the Mayor's Youth Council, worked on identifying community issues and needs through an intensive training in community-service learning, led by government and non-profit sector leaders on December 17, 2005.

Council members prioritized the issues to be addressed and will devise and manage a mini-grants program designed to encourage students, student organizations and teachers to carry out service-learning projects to improve the Durfee High School community by addressing those issues.

Funding was awarded to the City's Department of Health and Human Services from the Massachusetts Service Alliance to promote positive youth development by empowering youth to make a meaningful difference in their community.

During the day-long workshop, presentations were made to the youth by School Committee members, Neighborhood Association leaders and others.

Coalition combats local gangs



Tom Khoury, and Paul Leite listen as Il Chyto as he makes a point about gang violence.

The Peaceful Coalition resumed its regular

Friday afternoon meetings in the Durfee High School library on January 6, 2005, with faculty consultants Tom Khoury, Paul Leite and Il Chy. The group has brought together young men and young

women from a variety of backgrounds to discuss interpersonal conflicts and common concerns for the past few years.

One of the central topics of the group is gang life and the pressures that many feel in resisting the intimidation of gang members. The group forms strong connections among its members and a strong bond with the faculty advisors. They also plan and present a number of presentations to middle school students in the spring.

YouthBuild plans new program



YouthBuild Director of State Policy Development Terry Moran meets with Advisory Committee members to discuss plans for the coming year.

The Advisory Committee of the Old Colony Y YouthBuild met on December 13, 2005 at Diman Regional Vocational High School Tea Room to assist in the formation of a Fall River program. The group will support the program by developing a local fundraising strategy to raise funds needed to supplement public funding.

The Old Colony Y YouthBuild Fall River program is a member of the YouthBuild USA Affiliated Network. In YouthBuild Massachusetts programs, unemployed and undereducated young people, ages 16-24, work toward their GED or high school diploma while learning construction skills by building affordable housing for homeless and low-income people.

Strong emphasis is placed on leadership development and community service. Participants spend 9 to 12 months in the program, dividing their time between the construction site and the YouthBuild alternative school. Students receive a stipend for their full-time participation. In addition, individual counseling, peer support groups, driver's license training, recreation, cultural activities, and additional opportunities for community service are integrated into their experience.

To join the Committee or for further information, contact Debi Kenney at Diman Regional Vocational Technical H.S., 508-678-2891.

**The Healthy City
Fall River
CONNECTION is
published four times a year
by Partners for a Healthier
Community, Inc.
P.O. Box 9608
Fall River, MA 02722**

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

**Funded in part by linkage
funding from Southcoast
Hospitals Group**

**2004-2009
Action Priority Areas**



Safety and Substance Abuse



Environment and Recreation



Health Education



Adult Education & Employment



**Community Planning &
Housing**