



Healthy City Fall River
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Center
Fall River, MA 02722
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Participating Organizations

Bristol Community College
Bristol Workforce Investment
Board
Catholic Social Services
City of Fall River
Board of Park Commissioners
Clean City Committee
Clean & Green / Clean & Lien
Combined Sewer Overflow
Health & Human Services
Open Space Plan
Street Tree Planting Program
Community Development Agency
Community Development Recreation
Corky Row Neighborhood Association
Diabetes Association, Inc.
Fall River Adult Literacy Partnership
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
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
Quaker Fabric Corporation
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
Youth Hip Hop Dance

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The Healthy City Fall River CONNECTION

Connecting the people of the Fall River to improve our quality of life and health
Vol. 1, No. 2 Winter 2005

Healthy City Fall River Presented with 2005 Mass. Municipal Association Innovation Award



(Left to right) Geoff Beckwith, Executive Director of the Massachusetts Municipal Association (MMA) and Bill Zansky, outgoing President of the MMA presented Mayor Edward M. Lambert, Jr. with the Picard Municipal Innovation Award with Richard Kelliher, incoming MMA President at his side.

On January 8, 2005, Mayor Edward M. Lambert, Jr. was presented with an Innovation Award at the MMA's Annual Meeting for the Healthy City Fall River initiative. Presented for new and different solutions to problems common to municipalities in Massachusetts, this award recognized the work that the City of Fall River has done to create a program to involve local citizens in improving the quality of life in the Scholarship City.

The Kenneth E. Pickard Municipal Innovation Award is sponsored each year by the Massachusetts Municipal Association (MMA) to recognize municipalities that have developed unique and creative projects or programs to increase the effectiveness of local government. It is named in honor of Kenneth E. Pickard, executive secretary of the Massachusetts League of Cities and Towns from 1969 to 1973.

Mayor Lambert was on hand to receive the award held at the Marriott Copley Place Hotel in Boston. The MMA's Annual Meeting and Trade Show is the

largest regular gathering of municipal officials in New England. The two-day event features workshops on local issues, association business meetings and elections, nationally recognized speakers, achievement awards, and a municipal trade show. It is an opportunity for local officials to meet formally and informally with their colleagues from around the state to compare notes and share ideas.

Stated Mayor Lambert, "I am pleased that this award recognizes the work that we have done in Fall River to initiate a process to involve all sectors of the community in improving the quality of life in the city. We are the only city government in the Commonwealth that is currently engaged in this process, but it can serve as a model to others of how to encourage everyone who lives or works in the city to contribute to improving the health of the community."

Spring Celebration Event Set

The first Annual Health City Spring Celebration will be held on Thursday, April 7th, 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 many participants in the first year's 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 Christian Berrios



When problems began brewing between two Durfee High School students, Christian Berrios brought the two together to talk things out. The fight that could have easily broken out on school grounds never occurred.

Christian Berrios is one of five leaders of Durfee High School's Peaceful Coalition. The Coalition's purpose is to reduce the potential for violence among youth by helping to mediate problems before they occur.

The Coalition, comprised of ten to fifteen active members, meets every Friday with faculty advisors Paul Leite and Tom Khoury and Mayor's Youth Coordinator Christian McCloskey.

Recently, the Coalition met with Fall River Police Chief John Souza to talk about how to make things better for youth in Fall River. One idea that emerged was to have students play basketball with Fall River police officers to help each other get to know one another just as people.

"I try to teach that students have to have respect for each other," says Berrios. "Don't set up barriers for yourself," he advises other students. "Youth just see the problem in front of them. Instead they need to look ahead to the future," he adds.

Berrios is himself considering a career as a lawyer where he can practice some of his mediation skills for a living while contributing to making Fall River healthier.

Heroin prevention project successful with leaders

The Environmental Strategies for the Community Action Plan (ESCAPE) is a comprehensive, community-wide plan to prevent and reduce heroin use in Fall River. Under this plan, four environmental strategies (enforcement, education, communication and collaboration) will be used to change the environment, to encourage and reinforce healthy decisions, and to make it harder for people to make unhealthy decisions.

A key component of ESCAPE is a seminar series specifically designed for community and neighborhood leaders. The Heroin Education Leadership and Prevention Partnership (HELPP) uses a two-prong approach to teach about drug abuse from the enforcement side and the treatment/prevention side. The goal of HELPP is to provide information and skills to participants to assist them in addressing the various issues related to drug abuse in their community and their neighborhood. HELPP completed its first seminar series on November 23, 2004, and is currently enrolling new participants for its Spring series (see *Upcoming Events*).

"These sessions were very informative from both perspectives. . ."

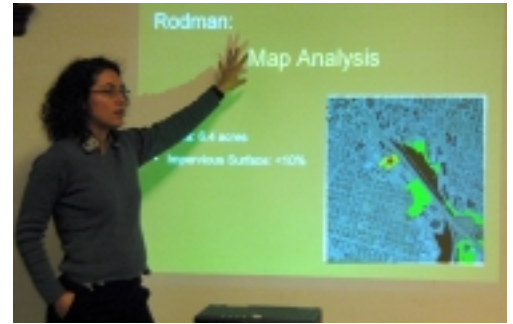
Christian McCloskey

"Overall, the first series was very successful," commented Project Director Christian McCloskey. "These sessions were very informative from both perspectives: participants learned a great deal about how the police and local providers are dealing with the heroin epidemic in the city, and presenters also learned a great deal from local leaders who described the impact of the epidemic on the residents of their neighborhoods," added McCloskey



(Above) Robert Hitt of Stanley Street Treatment and Resources talks about substance abuse treatment methods with HELPP program participants.

Quequechan River area rapid ecology assessment reported



(Above) Olyssa Starry of the Urban Ecology Institute presents findings from her assessment of the ecology surrounding the Quequechan River.

Urban Ecology Institute (UEI) ecologist Olyssa Starry and local volunteers conducted rapid ecological assessments of seven sites along the Quequechan River over the summer of 2004. Results were presented at a forum held on December 8, 2004 at the Fall River Public Library.

The presentation included an introduction to the concept of urban ecology, a discussion of why ecological information may be useful for Fall River, and a description of the methods used to assess each area. Data were collected on a range of parameters, such as biodiversity and soil density.

UEI ecologist Olyssa Starry discussed her analysis of each of the seven sites, highlighting species of interest. Starry was pleasantly surprised at the diversity of aquatic insects that she found in the Quequechan. Some of these are very sensitive to pollution, and their presence may indicate that the water quality in the Quequechan is not as poor as many other urban rivers in the Northeast and that the river ecosystem is relatively resilient

The forum was sponsored by Green Futures and is funded by a grant from the Massachusetts Environmental Trust titled "Re-Discovering the Quequechan River." The grant has funded several activities related to the river, including a Quequechan River festival, canoe trips on the river, bicycle and bus tours, an arts competition and exhibit on the river theme, and various publications, including a guide to the river, a river brochure, and a coloring/activity book, among other activities.

A community organizer was recently hired by UEI to begin to involve local citizens in the development of the Quequechan River area. For more information, go to www.greenfutures.org/projects/qbike.

New Cardiovascular Fitness Center at Durfee High School teaches students how to maintain their own personal fitness



(Above) Adaptive Physical Education teacher Bonnie Marchand oversees Durfee High School students in the use of the new physical fitness center.

As of the first of February, Durfee High School students have a state-of-the-art physical fitness center through a grant of \$396,847 provided by the Federal Carol M. White Physical Education Program (P.E.P.)

The primary goal of the center is to help students develop the essential knowledge, understanding, attitudes, values and skills which promote health practices, regular

participation in physical activity, and the maintenance of a healthy lifestyle.

The center has over 30 aerobic and strength stations to help student design personal fitness plans. Durfee health and physical education staff are currently working to develop a curriculum for the fitness center covering multiple course options that meet the needs of all students. New Polar Heart Monitoring equipment will measure heart rates and will connect to a computer program to produce an individual profile for each student.

“This facility is not intended for athletes,” commented Susan Sterrett, Health Grants Coordinator for the Fall River Schools. “It is designed for regular students so they can develop the concept that fitness is for life. This program will give every student the opportunity to develop a personal program that fits their needs.”

Community Education Series teaches valuable skills to local leaders who are striving to improve community health



(Above) Surlei Lopes Light, a microbiology instructor at Bristol Community College and a native of Parana, Brazil, shares some of her experiences at the Cross Cultural Communication workshop on February 9th while (right) panelists City Community Liaison Maria Glenda Izaguirre and Mass. Rehab. Counselor Sokvan Sam look on.

Over the past few months, the Healthy City initiative has sponsored a leadership development series conducted by consultants from the Southeast Center for Healthy Communities. These workshops have focused on teaching leadership, cultural competency and problem-solving skills to the Healthy City Action Plan participants. The ultimate goal of these sessions is to increase the capacity of local Fall River leaders in their efforts in developing effective and inclusive organizations. These sessions have been free to anyone who lives or works in

Fall River and provide vital skills for improving the health of the city.

These trainings began on October 13, 2004 with “Learning the Language of Evaluation,” where the fundamentals of program planning and evaluation were discussed. The series continued on November 18, 2004 with “Strengthening the Links in the Chain: Building Team in Your Organization,” with a discussion on building effective teams and including strategies in managing team conflict. The next session on “How to Run a Successful Meeting,” took place with over 40 people on January 20th and focused on making meeting productive. “Cross Cultural Communication,” held on February 9th, was conducted by consultants from the Area Health Education Center in Brockton and included a light dinner featuring the “tastes of Fall River.”

The training series will wrap up on March 10, 2005 with, “Building Program Sustainability,” which will be held at the Henry Lord Middle School and will focus on how to locate and write effective grants as well how to run a program on a limited budget. Please contact Katy Dutille at 508-583-2350, X221 or kdutille@hcsm.org to register.

Upcoming Events

HealthFirst Family Care Center Open House, Saturday, February 26th, 10:00 a.m. to 2:00 p.m. Call 508-679-8111 for further information.

HELPP (Heroin Education Leadership Prevention Program) runs from 6:00 to 8:00 p.m. on Tuesday nights from March 1 to April 12 at the Fall River Police Station. (See accompanying article).

- March 1 Introduction
- March 8 Drug information
- March 15 Focus on heroin
- March 22 Intervention
- March 29 Panel
- April 5 Treatment options
- April 12 Series wrap-up

Contact Christian McCloskey at 508-324-2419 to register.

Fall River Street Tree Planting Program **Tree Steward Volunteer Training Course**, Bristol

Community College, Elsbree St., Fall River. This course will run March 23rd and 30th, April 6th, 13th, and 27th, and May 4th, From 6:30-9:00 p.m. and on one Saturday, April 30th from 9:00 a.m. to 12 Noon. Applications can be obtained from B.C.C., the main library or the Park Dept, 450 Middle St., Fall River. Contact Mary Ann Wordell at 508-679-8887 or by e-mail at MACWROSE@AOL.COM after March 5th.

Leadership Training Series

“Building Program Sustainability and Grant Writing: Finding the Money!”, Thursday, March 10th, 4:30-5:30 p.m., Henry Lord Middle School, 151 Amity Street. Contact Katy Dutille, 508-583-2350, X221 or kdutille@hcsm.org to register.

Healthy City Fall River Annual Celebration, Wednesday, April 7, 2005, 5:00 - 7:00 p.m., U-Mass Professional Development Center, 139 S. Main Street. RSVP Maureen Estes, 508-324-2405 or at Mestes@fallriverma.org.

Youth-Adult Conference yields new partnerships



(Above) Fall River Housing Authority Director Tom Collins talks with students about the management of housing resources.

Over forty young people attended a Youth Participation Conference, held on November 19, 2004 at the Tradewinds Restaurant inside Durfee High School.

Panelists included Mayor Edward M. Lambert Jr., Superintendent Richard D. Pavao, Police Chief John M. Souza, School Committee member Aimee Bronhard and others who listened to the plights of the city's teenagers and offered suggestions on what they and the students can do to solve the problems they identified.

The conference was established in part by the National League of Cities' Institute for Youth, Education and Families. Institute Executive Director Clifford M. Johnson said Fall River was one of 11 cities across the country to receive funding for the program and the only city within the state.

Boys and Girls Club Sponsors Gang Prevention Conference



(Above) Monica Tavares, Aquatics Director of the Boys & Girls Club talks with Paul Leite, a counselor at Durfee High School.

The Thomas Chew Memorial Boys and Girls Club of Fall River sponsored a workshop on Gang Prevention in their new

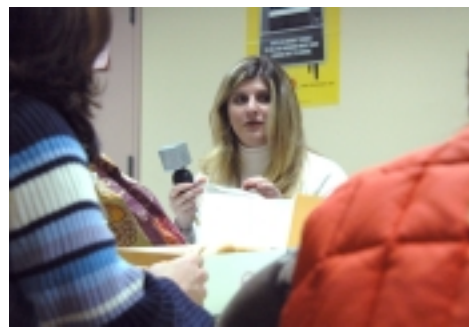
Smoking cessation group at Durfee H.S. attracts quitters

Twenty-five percent of area high school students still smoke. Of those, 63% consider themselves addicted to tobacco. Many of these students have thought about quitting or have actually tried to quit.

The E.N.D. (Ending Nicotine Dependence) program has been designed for those teenage tobacco users who want to quit and want support. Student Services Coordinator Traci Wojciechowski leads a group at the Durfee High School Student Services Center twice a week on school grounds.

"The program is open to any student who wants help in dealing with this difficult addiction," offered Wojciechowski.

The END Program is provided by the Caron Foundation, a non-profit organization that has worked with over 170 schools in the Mid-Atlantic and New England area.



(Above) END Program Coordinator Traci Wojciechowski demonstrates an instrument that measures carbon monoxide in smoke.

The Healthy City Fall River CONNECTION is published four times a year by Partners for a Healthier Community, Inc.

P.O. Box 9608
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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