



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 City
Fall River web page at
www.healthycityfallriver.org

The Healthy City Fall River CONNECTION

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

Micro-grants awarded to eleven organizations



Dr. David Weed describes the new micro-grant projects at a ceremony at Government Center.

Mayor Edward M. Lambert, Jr. and Partners for a Healthier Community, Inc. awarded eleven micro-grants to community organizations and individuals at a September 9, 2005 news event at Government Center.

Mayor Lambert said, "I am happy to be able to award these grants. This is a way for us, through the Healthy City Fall River initiative, to provide some funding to local organizations that will benefit the entire community."

The funded projects are designed to increase the degree of participation by members of diverse populations in community-based projects that address the underlying causes of poor health.

The grants, which will fund projects that address the five Healthy City Priority Areas, were awarded to Michelle Sylvaria for "Biodiversity Days", Jeanne Santos for "Maplewood Hello Neighbor", Bill Daponte for "Hip Hop With Us!", Maria Solis for "Hispanic Festival", Michelle Frois for "Corky Row Keeping It Safe", Kathy Schedler-Clark for the "New Destination Project", Tom Khoury and Paul Leite for the "Peaceful Coalition", Kathy Ferreira for the North End "Playground Search", Donna Payor for People, Inc.'s "Recreation Supports", Natalie

Melo for the "Tot Lot Spruce Up", and Alyssa Silvaria for "Youth 4 Healthy Habitats".

Dr. David Weed, Healthy City Fall River Coordinator and Chairman of Partners for a Healthier Community, the Mass. Dept. of Public Health CHNA (Community Health Network Area) serving Greater Fall River noted that "These are all excellent examples of what people can do with small resources to make a big difference in both individual and community health."

Forty-seven projects ready to be added to 2006 Action Plan

Forty-seven newly identified projects throughout the City have been added to the Healthy City Action Plan for 2006, according to project coordinator David Weed. This list includes the eleven new micro-grant awardees.

"We continue to identify new and ongoing projects that address the five Healthy City Priority Areas chosen by Fall River residents in the 2003 visioning process" noted Weed. "When you count it all up, it's amazing how much work is going on in this City to make improvements and to address challenges," he said.

"In some cases, we are seeing expansion of programs that ran last year, like the 500 Mile Club that St. Michael's School will be doing this year. In other cases we have identified programs that have been in place for years, like the Fall River Recycling Center or the Farmers' Market that runs every Saturday at Kennedy Park," commented Weed.

Complete descriptions of all existing and new Action Plan programs will be available on the Healthy City Fall River website (www.healthycityfallriver.org) by the end of November.

Focus on Roger Medeiros



Throughout Fall River, behind artistic stone walls, one will find hundreds of well-tended gardens, full of flowers, grape arbors and vegetables. Usually grown by men who have immigrated to Fall River from St. Michaels and other islands in the Azores thirty, forty or fifty years ago, these gems reveal the importance that farming played in generations of Portuguese families. The hard work and the fresh produce from work in these gardens really define heart-healthy exercise and good nutrition for these men, and the beauty they create for all to admire truly make Fall River a healthier place for all of us to live and work.

Roger Medeiros of Hicks Street in Fall River's South End has been working on his garden for more than 25 years. In addition to a large grape arbor, he has a yard bordered by lush hydrangeas, Rose of Sharons, and an amazing collection of topiary sculptures including a giant turtle, alligator, frog, and snake that he has painstakingly created. He also keeps a vegetable garden full of heart-healthy vegetables including tomatoes, raspberries, squash and peppers.

Roger has won lots of acclaim for his work and has been featured in newspaper and magazine articles. He is just one example of the many people who live in Fall River and contribute to the health, vitality and beauty that can be found throughout the City.

HealthFirst celebrates children



Spider Man greets HealthFirst Board of Directors Chair Gene P. Alves and staff member Paula J. Harrison.

HealthFirst Family Care Center Celebrated Children on October 1st, 2005 to introduce new pediatrician Nidhi Koul, M.D., to the community and promoted awareness of proper nutrition and physical activity.

The program included a disc jockey offering children's line dancing and a child identification program (CHIP) provided by the Bristol County Sheriff's Office and HealthFirst's dental department.

Bicycle safety was provided by the Fall River Police Department, and fire safety activities were offered by the Fall River Fire Department, including a visit from Sparky the fire dog. Proper hand washing techniques were demonstrated by the Massachusetts Department of Public Health.

The Fall River WIC Program provided information and nutrition and physical activities. The event also offered an exciting assortment of games, prizes, refreshments and a special visit by Spider Man! Activities encouraged children and their families to be more physically active and to make good food choices.

Health First Family Care Center is a non-profit community health center whose

mission is to provide quality health care to those who would not otherwise have access to care, especially those who do not have health insurance. Call HealthFirst at (508) 679-8111 to schedule an appointment with Dr. Koul or for additional information.

Southcoast health van serves all



Medical assistant Alda Silva, driver and receptionist Eric Larrivee and Susan Oliveira, RN, staff the van.

The Southcoast Health Van provides free health education and screening to the residents of Fall River and other Southcoast communities.

The van is parked at various places in the community that are convenient to groups of people who might not otherwise avail themselves of this service. The presence of the van helps to improve the health of young people, the elderly and the medically underserved by identifying people with medical problems and referring them to physicians, community agencies or medical facilities before their medical problems become more serious.

The vehicle is staffed by registered nurses and certified technicians, with the vehicle's driver doubling as a receptionist. The van visits different sites throughout Greater Fall River, New Bedford, and Wareham, and surrounding communities. It is part of the Southcoast Community Benefits program.

Market offers local produce

Open from 7:30 a.m. to 12:30 p.m. every Saturday from May to November, the Farmers' Market at Kennedy Park offers a wide variety of fresh produce that can help local residents maintain a healthy and nutritious diet.

Much of the produce is grown on farms in nearby towns such as Swansea and Westport. Some vendors accept food stamps. A similar market also runs on Wednesday mornings at Ruggles Park.



Shoppers can choose from a large selection of produce from local growers at the Kennedy Park market.

New school wellness policy

Fall River Public Schools in partnership with local nutrition, fitness and wellness experts are developing a local School Wellness Policy in accordance with Section 204 of Public Law 108-265.

This federal law requires that “no later than the first day of the school year beginning after June 30, 2006, each local education agency...shall establish a local school wellness policy...”

Each policy must include goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate.

A committee to develop this policy is now being formed from among school and local agency personnel. Contacts for this committee are Sue Sterrett, Health Coordinator and Karen Long, Nursing Supervisor from the School Department at 508-675-8430.

SSTAR & CFC/FP resume annual HIV/AIDS conference

On September 30th, 2005, CFC Family Planning and SSTAR (Stanley Street Treatment and Resources) Educational Institute resumed the annual AIDS conferences that had been sponsored for twenty years by the Fall River Health and Human Services Coalition (no longer in existence) with a workshop on “HIV/AIDS . . . 25 Years Later.”

Over fifty people heard expert presentations covering the new antiretroviral agents, women and HIV, Suboxone Replacement Therapy and Rapid Testing. Further information about the conference can be obtained from Lynda Sampson at Family Planning, 508-675-2882.

FR Realtors hold 1st health fair



Marlene Cantor and Mary Kate Tabor display information from Habit Management, Inc.

The Greater Fall River Board of Realtors held its first health fair on August 25th, 2005, at their headquarters on Eastern Avenue.

Displays from local healthcare organizations and the Southcoast Health Van (see accompanying article, left) were on hand to provide information on local health resources that realtors could provide to their clients. Healthy City Fall River also had a display to familiarize realtors with the Action Plan.

A highlight of the afternoon event was a Burger Cook-Off contest judged by Mayor Edward M. Lambert, Jr., School Committee member Marilyn Roderiques and WHTB Talk Show Host Frank Baptista.

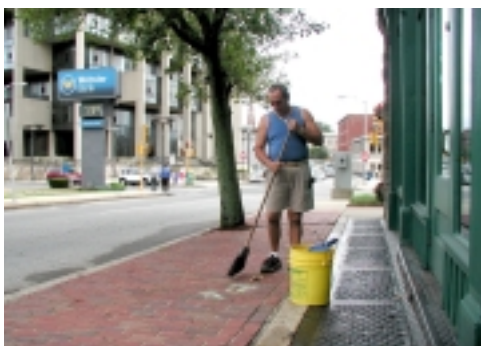


Maggie Cook, MS, RNCS, CARN, of SSTAR describes their Suboxone treatment program.

Local businesses improve city

One of the Healthy City Fall River Action Priorities is cleaner streets and parks. While the city contributes to this effort, many local businesses also do their share to improve the ambiance of the community through their own efforts.

Cordeiro Insurance, which owns and maintains seven properties in downtown Fall River, is but one example of what many local businesses do to improve the quality of life in the City by improving and maintaining their buildings.



Building manager John Cordeiro sweeps the walk in front of one of the buildings on Sullivan Street.

October 14th - 8:30-11:00 a.m.
“Public Health Victories”
Annual Legislative Breakfast,
Fall River & New Bedford
CHNAs, White’s Restaurant.

October 26th, 6:00 p.m., **Neighborhood Pot Luck Supper**,
Niagara-Maplewood Senior
Center, Jeanne Santos, 508-
577-6305.

October 26th, 7:00 p.m. Joan
Borysenko, **Using the Healing
Power of Your Mind and
Spirit**, Bristol Community
College. call P. J. Harrison
HealthFirst Family Care
Center, Call 508-679-9376,
Ext. 204, for tickets (\$25).

October 31st, 6:00-8:00 p.m.,
**17th Annual Children’s
Halloween Party**, CD-REC, 72
Bank Street, FREE!, call 508-
679-0922 for information.

November 18th, 6:00 p.m.,
**Neighborhood Dinner Dance
celebrating the Hispanic
Culture**. Niagara-Maplewood
Senior Center. Call 508-324-
2405 for more information.

December 3rd, 3:30 p.m.,
**Christmas Parade & Tree
Lighting Ceremony**, Kennedy
Park to Government Center

December 4th, Noon-3:00 p.m.,
**21st Annual Christmas
celebration**, CD-REC, 72
Bank Street, FREE! Call
508-679-0922 for more
information

December 8th, 8:30-10:00 a.m.
**Health City Design Team
meeting**, UMass Prof. Bldg.,
139 S. Main Street. Call 508-
324-2405 for more informa-
tion

December 9th, 6:00-9:00 p.m.
**3rd Annual CD-REC Dinner
with Santa**, Adults \$10,
children 4-12 \$5, under 4 free.
Call 508-679-0922 for tickets
and information.

YouthWorks instills confidence



Participants in the summer YouthWorks program who had a perfect attendance record are recognized.

YouthWorks, a summer employment program funded by the Commonwealth and run by the City, employed 44 youth in various city departments, including the Parks Department, Water Department, Public Works Department, Sewer Department, Traffic Department, and the School Department throughout the summer of 2005.

At their final session on August 25th, the youth reported to Mayor Edward M. Lambert, Jr. in the City Council Hearing Room at Government Center. Their report covered all aspects of their work and included suggestions of ways that the program could be improved.

Mayor Lambert responded to their questions and listened to and considered several of their suggestions for ways that the City could be improved for young people. Youth employment is one of the five Action Priority Areas of Healthy City Fall River.

BOLD has an active summer

Building Our Lives Drug-Free (BOLD), the new name of the recently-formed Fall River Area Prevention Coalition, appeared on a float assembled by young people who participated in "Up With Arts", a six-week summer youth program that ran for six weeks at St. Luke's Church on Warren Street.

The program was planned and organized by Teens Against Drug Abuse (TADA), a subcommittee of the Coalition organized in early 2005 to address prevention of alcohol and other drug abuse in Fall River. The float was towed through the August 11th parade during Fall River Celebrates America and was seen by hundreds of people from Fall River.

"Up With Arts", was the first of several

Annual Hoop Fest successful



The 3rd Annual Hip Hop Hoop Fest took place at Britland Park, behind the Fall River Police station.

Over 120 youth and 18 teams participated in the 3rd Annual Hip Hop Hoop Fest at Britland Park on September 2nd, the culmination of the summer-long Community Outreach Program.

The seventh annual summer evening activities program kicked off the week of July 19 with a focus on positive youth development, an ongoing process that combines people, places, supports, opportunities and services to engage all youth in meeting their basic personal and social needs to be safe, to feel cared for, to be valued and to be useful.

"The Community Outreach Program has been extremely successful. It provided the youth of Fall River with safe, positive activities to do right in their own neighborhood" said Mayor Ed Lambert. He added "The Hoop Fest is a great way to wrap up the summer. It gives youth a chance to get together before the school year starts and be involved in some friendly competition."



Brittany DeGagne holds the mask she made in the "Up With Arts" program that she wore on the BOLD float.

programs planned by youth involved in the program. On October 2nd, BOLD held the City's first debate for mayoral and school committee candidates at Talbot Middle School. A holiday show and fashion show are planned for later in the year.

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