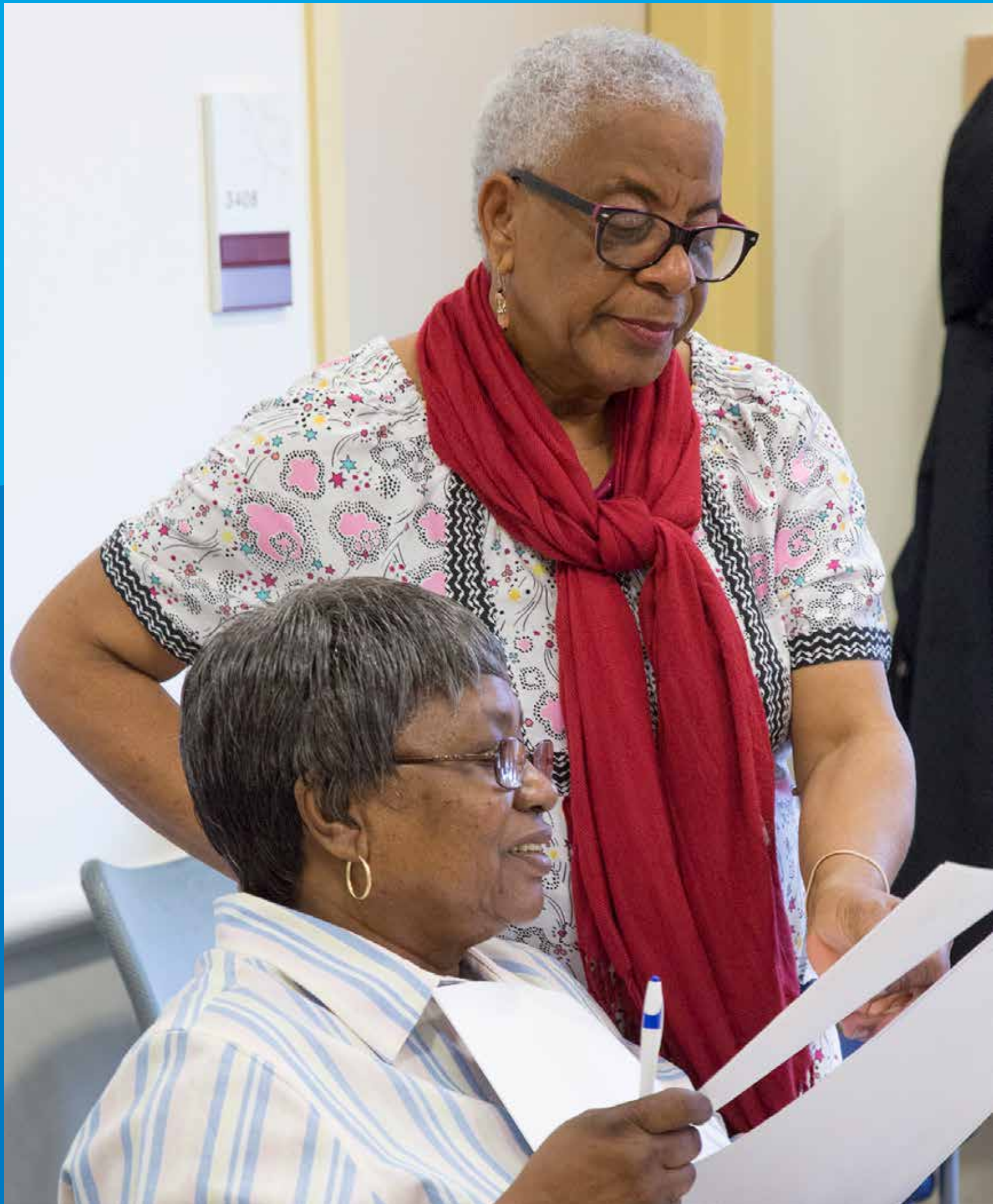


Celebrates

NATIONAL HEALTH CENTER WEEK

August 4-10, 2019



National Health Center Week commemorates the mission and accomplishments of the national network of **Community Health Centers**.

Health centers serve over **28 million patients** in the United States – a number that continues to grow.

BIDMC's six licensed and/or affiliated **health centers** ensure access to primary and specialty care, behavioral health, and oral health for over **121,000 patients**, including the vulnerable and underserved. BIDMC has a **deep appreciation** for community health centers, as they are a valuable member of the **BIDMC family** in the delivery of care, education, and research that truly responds to community needs.

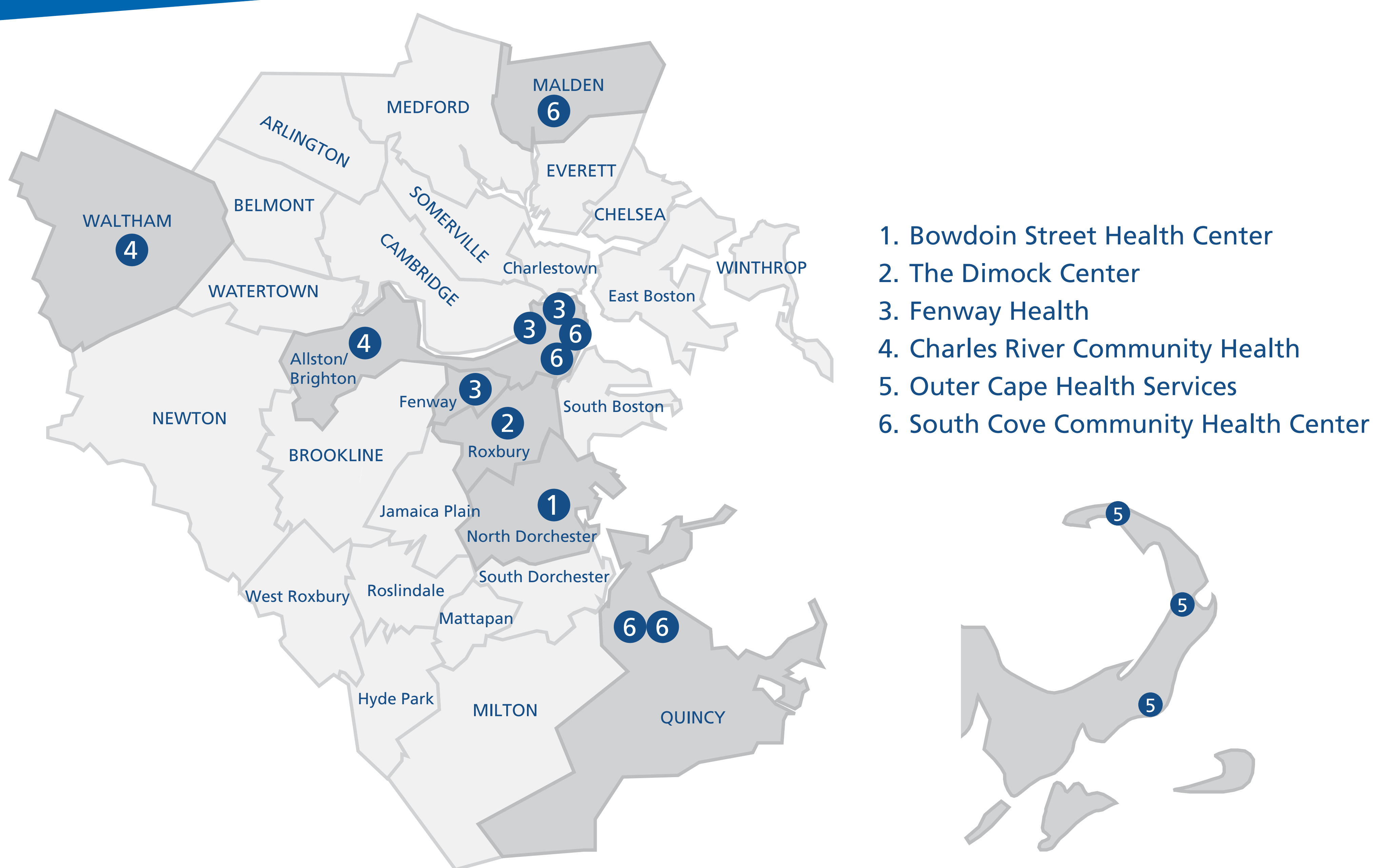


In addition to their long history as health care homes to millions, health centers reach beyond the walls of medicine to address the social determinants of health affecting their special patient populations.

The Community Care Alliance

The Community Care Alliance is BIDMC's network of licensed and/or affiliated health centers with **15 locations**.

Each health center affiliated with BIDMC is unique in terms of size, populations served and services provided, reflecting the rich racial, ethnic, linguistic and cultural diversity of the communities in which they are located. They all offer **high quality, cost-effective care**.

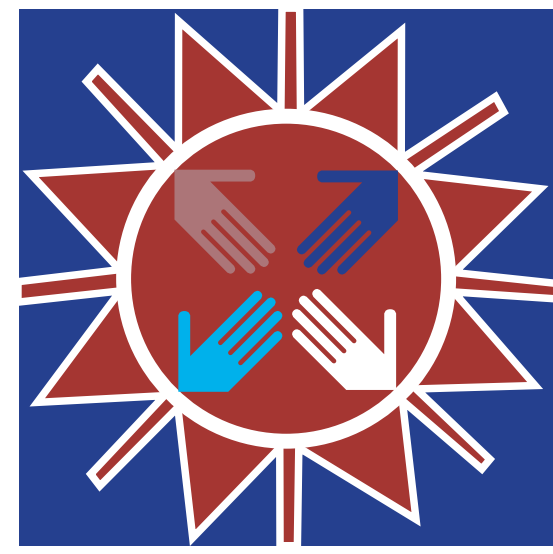


Community Health Centers Offer:

- Preventive and Primary Health Care
- Mental Health and Substance Use Services
- Oral Health
- Same Day Urgent Care Appointments
- Evening and Weekend Hours
- Financial Counseling/ Health Benefits Enrollment
- Care in More than 14 Languages
- Social Services

For more information on the Community Care Alliance and BIDMC's commitment and support of community health centers, please visit:

<https://www.bidmc.org/about-bidmc/helping-our-community/community-initiatives/community-benefits/bidmc-community-health-centers>



Bowdoin Street Health Center



“The [Prevent T2] group keeps me accountable, and the class is helping empower all of us. It’s like, here are the tools, here are some tips and tricks, go ahead and do it, and do your best.” - Nehemie

Prevent T2 participant, Nehemie (on right) and Clinical Dietitian Jessica Burch in the BSHC Wellness Center kitchen. The Wellness Center offers programs to improve the health of both BSHC patients and community residents. It includes two well-equipped exercise rooms and a state-of-the-art demonstration kitchen.

Bowdoin Street Health Center’s (BSHC) Prevent T2 program was designed by the Centers for Disease Control and Prevention (CDC) to improve health literacy—the ability to assess, understand, evaluate and use health information—and combat the growing numbers of Americans diagnosed with Type 2 diabetes each year.

The year-long program, supported by Bowdoin Street Health Center and BIDMC, combines course work and coaching with exercise and cooking classes. Participants, such as Nehemie, pictured above, share struggles, strategies, and successes with each other on a weekly basis in group meetings led by clinical dietitians. “The CDC did studies and, unsurprisingly, the thing that worked the best was a more intensive group program about lifestyle modification,” says Jessica Burch, RDN, LDN, CLC, a clinical dietitian who leads the group at Bowdoin.

CDC research shows that people who lose five to seven percent of their body weight and adopt the lifestyle changes in the Prevent T2 program reduce their risk of developing diabetes by as much as 70 percent. By offering the Prevent T2 program, BSHC is offering an opportunity for people to take control of their health and to learn life-long wellness strategies.



For more information about Bowdoin Street Health Center, visit www.bidmc.org/locations/bowdoin-street-health-center



“When I was sitting at home, I felt very sad. There was nobody to talk to. When I go out to the classes, I meet people and talk. We share everything and I feel a lot better.”
– Mahn Ngyuen

Twin sisters Mahn and Mong Ngyuen stay active and connected at Charles River Community Health.

Once a week like clockwork, you'll find Mahn Ngyuen at a Charles River Community Health fitness class. In 2008, Mahn received a donor kidney from her twin sister Mong after learning that her own were failing. Both sisters eventually bounced back from surgery at BIDMC, returning to regular life and normal activities. But, in 2016 when Mahn broke her shoulder in a bike accident, recovery was harder.

The pain prevented Mahn from exercising and kept her in her house, so her doctor recommended group exercise. Studies have shown that regular group physical activity can alleviate social isolation and help older adults achieve better physical, mental, and social health.

Mahn joined a class offered through the Healthy Eating/Active Living program at Charles River Community Health (CRCH). This program was launched in 2013 to promote healthy eating and physical activity for children, youth, and adults, with a focus on low-income, immigrant families in Allston and Brighton. Most participants walk from their homes to CRCH for free tai chi, yoga, and other group classes. These classes are conveniently located at the same place they receive their healthcare.

After a few weeks of tai chi, Mahn's symptoms were already less noticeable. Just a month or two later, she was essentially pain free. While eliminating shoulder discomfort was her main goal, Mahn says she's also been very happy with the social connections she gets from the program.





In 1974, the former New England Deaconess Hospital began supporting the burgeoning Fenway Community Health Center and in 1981, Beth Israel Hospital began sending medical residents to Fenway.

Over the next forty-plus years, as Fenway Health became an international leader in care and research around LGBTQ health and HIV/AIDS, BIDMC's partnership with the health center remained steadfast. In 2001, Fenway Health launched The Fenway Institute, an interdisciplinary center for research, training, education and policy development focused on national and international health issues, especially related to LGBTQ communities.

In addition to its locations on Boylston Street and in Boston's South End, the Fenway Health family includes the Sidney Borum, Jr. Health Center. The Borum, as it's affectionately known, is a safe place for at-risk youth, including LGBTQ young people, homeless teens and young adults. Most recently, Fenway joined forces with the AIDS Action Committee of Massachusetts to best serve people living with HIV/AIDS and populations at risk of infection in the Commonwealth.

BIDMC is exceptionally proud to partner with Fenway Health and to support the promotion of health equity for LGBTQ patients and communities.

Outer Cape

HEALTH SERVICES



The OCHS Diabetes and Food Insecurity Initiative Team
Seated: OCHS Patient Partners, Linda Wood and David Rogers
Standing left to right: Nurse, Kevin Dupont, Nurse Practitioner/
Project Leader, Anna DeLude, Patient Service Representative,
Racine Oxtoby, Social Worker Student Intern, Susan Hart, and
Medical Assistant, Frances Quirk



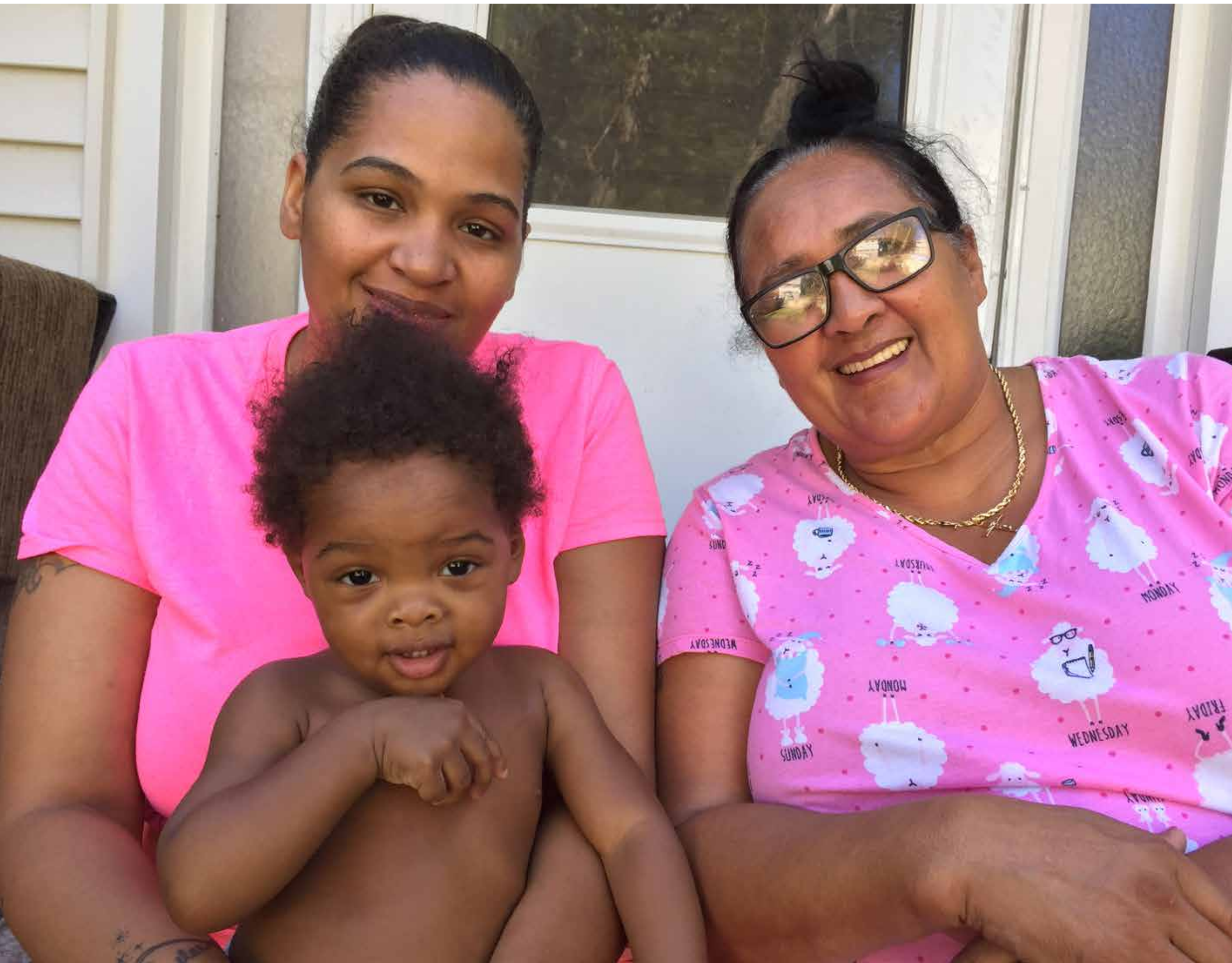
My work, and that of my team, helps to strengthen and better our shared communities. We are able to support our patients by helping them reach their health goals through support, education and integrated care. Our patient-centered, team-based community health center approach has inspired me so much that I am now pursuing my nursing degree while working at Outer Cape Health Services.”
- Frances “Frannie” Quirk

In partnership with corporate and nonprofit funders, Outer Cape Health Services’ Harwich Port health center launched the “Advancing Teams Project: Diabetes and Food Insecurity” in 2018.

The pilot project seeks to improve the health outcomes for patients with Type 2 diabetes. Some of the project’s key goals are to implement patient screenings for food insecurity; provide patients with educational tools and resources around nutrition; and create easier and affordable access to healthy food options in collaboration with a local food pantry. The pilot has already helped Outer Cape Health Services to implement effective intervention techniques among its patient population. Ultimately, the project will be a model for working across staff disciplines to create other new programs that are sustainable and have lasting impact at Outer Cape Health Services.



THE DIMOCK CENTER



Rowena Golay with her daughter, Vanessa, and grandson, Ryder, is grateful for the deep connections she's formed over the years with the people at The Dimock Center.

Rowena Golay remembers when the homeless shelter was built at The Dimock Center, when the detox center opened, and when it was remodeled recently. But most of all, she remembers the people. Her great granddaughter, Armani, was born at BIDMC and is the 5th generation in the Golay family to be cared for at Dimock.

The deep connection Rowena feels with Dimock goes well beyond the pediatric team, beyond the rheumatologist who took care of her son with lupus, beyond the teachers at the on-site preschool her daughters attended. Dimock was also there for her without judgement, when she decided to get clean after 25 years of drug addiction.

Rowena is grateful for Lorraine, a social worker who believed in her. Rowena stays in touch with Yvonne, the counselor who was with her from the beginning of her recovery.

Clean now for more than 22 years, Rowena feels closer than ever to her kids. Seven years ago, she moved to Randolph to be near her grandkids.

She's happy in Randolph. It's nice, quiet, and peaceful.

“ I love it out here, but I’m still going to stay at Dimock no matter what. I could go to other places, but it’s been a long journey and Dimock is just there for me.”
– Rowena Golay



In April 2018, The Dimock Center opened the Dr. Lucy Sewall Center for Acute Treatment Services. Supported by funding from BIDMC, the center increases access to substance use disorder treatment, serving 4,000 men and women annually.

For more information about The Dimock Center, visit www.dimock.org



In Memory of



South Cove Community Health Center (SCCHC) experienced a heartbreaking loss early this year when **Judy Su**, a nurse practitioner in Adult Medicine passed away in January. In 2003, Judy took on the responsibility of launching and running the SCCHC Mammography Screening Program. The number of SCCHC patients screened through this program has risen significantly since its inception. Today, SCCHC does over 5,000 screenings per year, not only reaching those who would otherwise not get screened but also educating patients on the importance of other preventive screenings in the process. It is a testament to Judy's dedication and commitment to ensuring that every woman wanting and needing a mammogram not only receives one but does so in an affordable and culturally comfortable manner.

Judy was a South Cove staff member for over 30 years and her contributions to the health center and the Asian community were tremendous. Julie Chou, a SCCHC colleague said, "Judy fought a brave battle in the face of grim prognoses, she persevered, and persevered some more even when all options were exhausted. In the end, cancer may have claimed her life but she was triumphant in the sense that she did not let it dictate her life; she lived and left on her terms. Here at South Cove, we were saddened by her passing, which left a void that will be hard to fill. We draw inspiration from her: to be strong and to carry on, and will honor her memory by advancing healthcare for the underserved – a cause to which Judy dedicated her career."