



**General Membership Meeting
March 2, 2017**

9:40 a.m. – 10:30 a.m.

Southcoast Center for Women's Health, 300 B Faunce Corner Road, North Dartmouth, MA

Members present (9): Barbara Acksen, Jamie Berberena, Stephanie Boulay, Arthur Briggs, Jean DeCoffe, Jay Kenney, Amy Sylvia, Gloria Villalobo, and Kathleen Wilbur. *If your name does not appear on this list and you attended the meeting, please contact gnballies@gmail.com.*

Minutes

The meeting was called to order at 9:40 a.m. by Chair, Barbara Acksen, who welcomed round table introductions of those in attendance.

Dr. Acksen also welcomed the community nursing students who were in their junior year and their instructor. Students included Shannon Brown, Katie Condon, Julia DiPillo, Jamie Gionfriddo, Jessica Rubidoux, Taelor Tyson, Alex Johnson-Wooldrige. Instructor included Marianne McAuliffe.

**Presentation: *An Overview of Southeastern Health Initiative for Transformation (SHIFT)*
(Jamie Berberena)**

Jamie Berberena, Community Health Worker Coordinator at New Bedford Health Department, gave an overview of the Southeastern Health Initiative for Transformation (SHIFT) program. Ms. Berberena said that in 2012 nine communities in the Commonwealth were awarded \$60 million over four years through the Prevention and Wellness Trust Fund (PWTF) of Massachusetts. SHIFT, coordinated by the City of New Bedford Health Department, received \$5 million as one of the nine communities selected. She said they are currently in the final year of the grant.

Ms. Berberena said the grant supports efforts to improve health outcomes at the community level, while reducing health care costs by enabling the people of New Bedford to help themselves through the use of community health workers. She said SHIFT community health workers are integrated into clinical teams and they are changing health care service delivery systems. These health workers are bi-lingual and speak English, Spanish and Portuguese. They engage referred patients utilizing motivational interviewing and work with participants to address any barriers to enrollment, while keeping in contact with them throughout the whole process.

Through a series of free workshops held at various locations, participants of the SHIFT program learn how to improve their wellness and take control of their own lives. Ms. Berberena said there

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are three different programs to help individuals and their families become healthier. These include programs to prevent falls among older adults (A Matter of Balance), control pediatric asthma (You Can Control Asthma) and help adults with chronic illness lead better lives (My Life, My Health). She said individuals are referred to a specific program by their primary care physician or other health care providers. Ms. Berberena distributed handouts and offered details about each of these programs.

- *A Matter of Balance*
This is an eight-week workshop to help older adults typically age 65 or older increase their activity by developing strategies to prevent falls. This is achieved by learning about the causes of falls, managing fall risks, and practicing gentle exercises to help increase balance and strength.
- *You Can Control Asthma*
In this three-week workshop, patients learn how to manage their child's asthma. Medical experts explain what causes attacks in children, how to reduce triggers and which medicines are proven to control symptoms. Home-based triggers are identified through an Asthma Home Visiting Program.
- *My Life, My Health*
In this six-week workshop, coaches guide adults in living better with chronic illnesses, including hypertension. By working together, coaches and adults explore different aspects of chronic illness and decide on small steps towards making lifestyle changes.

Ms. Berberena said SHIFT is supported by a coalition of health and community partners. Their main clinical partner is the Greater New Bedford Community Health Center but they also accept referrals from Hawthorne Medical Associates. She said their main community partner is Community Nurse Home Care. Other community partners include YMCA Southcoast, Immigrants' Assistance Center, Seven Hills Behavioral health, New Bedford Parks, Recreation and Beaches and New Bedford Housing Authority.

Since implementing the program, SHIFT has made over 1,000 referrals from clinical sites to community organizations. She said they report quarterly to the state and the state comes to New Bedford and does assessments. While the grant is ending this May, she hopes to sustain these programs and permanently integrate community health workers into clinical and community care teams.

For more information or to participate in SHIFT, contact SHIFT at 508-991-6199 ext. 67515. Ms. Berberena can also be contacted by e-mail at JamieBerberena.chw@gmail.com or by phone at 774-328-0179.



Meeting Business

Meeting minutes – approval

February 2, 2017 – Amy Syliva moved to approve the report, Jean DeCoffe seconded, with no discussion all members present approved the February minutes.

Treasurer's Report – approval

- Bank balance 1/31/2017: \$198,887.28
- Total Encumbered Funds: \$157,206.29
- Unrestricted net assets: \$43,032.23

Stephanie Boulay moved to approve the Treasurer's report, Arthur Briggs seconded, with no discussion all members present approved the report.

Standing Committee reports

Health Access – Barbara Acksen reported that the Health Access Committee didn't have their regularly scheduled meeting due to a snow storm. However, Dr. Acksen said the committee continues to work on providing support groups and educational information at the hospitals. Dr. Acksen said that Lisa Beaudry, the head of maternity services at Southcoast Health, has joined the Health Access Committee and will help the group implement a number of things. Since she is in charge at all three hospitals, there has been presentations at all three facilities for the first time in five years. Dr. Acksen said having Ms. Beaudry on board is making a huge difference. If anyone is interested in joining the Health Access Committee, the group meets on the second Thursday of every month at the Kennedy Donovan Center.

Health Equity – There was no Healthy Equity report at this meeting. The Health Equity Committee didn't meet in February due to a snow storm.

Member Announcements

There were no member announcements at this meeting. Members are always welcome to provide handouts for others and to share upcoming events.

Adjournment

Arthur Briggs moved to adjourn the meeting, Jean DeCoffe seconded, with no discussion all members present approved to adjourn the meeting at 10:42 a.m.

Next Meeting

The next meeting will take place on April 6, 2017 @ 9:30 a.m. at Southcoast Center for Women's Health, located at 300 B Faunce Corner Road in North Dartmouth, Massachusetts.