



Comprehensive. Compassionate. Community.

A Memo from Frederica M. Williams President and CEO August 2016



June 25, 2016 was the 16th Annual Men's Health Summit at Whittier Street Health Center. The summit's theme was "Building Healthier Families: One Man at a Time." We focused on honoring and educating the men in our community. They make sacrifices every day at their jobs; in their roles as husbands, fathers, and brothers; and for their families, friends, communities, and nation. We spoke of the social and environmental factors that are evident in the diseases prevalent among black and Latino men in our neighborhoods, like asthma, diabetes, and obesity.

This year George Foreman III, son of the famed two-time world heavyweight champion, George Foreman and Owner was *EverybodyFights* was the key note speaker at this year's Men's Health Summit. The annual Men's Health Summit honorees included Dr. LoNigro, Medical Director (CeltiCare/Centene Health Care), Douglas Banks, Executive Editor (Boston Business Journal), Mr. Clarence Jones, former Chair (Boston Redevelopment Authority Board, Jeffrey Beard J.D), Deputy Regional Administrator (U.S. Department of Health and Human Services & Health Resources & Services Administration's Boston Regional Office), William Gross, Superintendent in Chief (Boston Police Department), Dr. Sampson Nosike (Eye Care Services Whittier), Clarence Jones, Deputy Mayor, Chairman (retired) (City of Boston, Boston Redevelopment Authority), Mr. Oswald Mondejar, VP of Human Resources (Partners Continuing Care, Spaulding Rehabilitation Hospital) and Carl Nickerson Financial Services Professional Agent (New York Life Insurance Company).

Please click on the link to view 2016 Men's Health Summit Photos:
<https://www.flickr.com/gp/whittierstreet/5KiQ56>

New Clinic in North Dorchester supported by HRSA Funding:

We are pleased to announce that we will be opening a new clinic on Blue Hill Ave in North Dorchester to provide addition access to vulnerable community residents. Similar to Roxbury, North Dorchester has a higher rate of chronic diseases, mortality and morbidity rates. The clinic will include primary care, urgent care, mental health services, lab services and nutrition. The new clinic will be housed in a senior housing building, Quincy Commons, and will also provide the opportunity to provide health education classes and services to the senior residents. The funding for the build-out of this new space was provided by the federal Bureau of Primary Health Care (BPHC)/Health Resource Services Administration (HRSA) which funds health centers in underserved communities, to provide access to high quality, family oriented, comprehensive primary and preventive health care for people who are low-income, uninsured or face other obstacles to getting health care. The new site is scheduled to be opened later this year.

Addressing the high rates of Hepatitis C in the communities served:

There is good news for the many patients in opioid treatment programs (OTPs) and

those who are infected with hepatitis C virus (HCV). We are pleased to welcome Dr. Freiman to manage the Hepatitis C and the opioid abuse program. Hepatitis C is a virus that can cause progressive liver damage, and also increases the likelihood of developing liver cancer or cirrhosis. There is no vaccine for HCV, which accounts for a large number of new cases of chronic liver disease—a leading cause of death. Additionally some Whittier neighborhoods are disproportionately affected by the epidemic, namely Charlestown, South Boston, East Boston, and Roxbury. This addition will also support our new five year strategic plan (FY 2017 to FY 2021) implemented on July 1st, 2016 in continuing to evaluate and meet the needs of populations served with existing and new programs. We look forward to welcoming Dr. Freiman's additional expertise to the Whittier community to help address the social and health disparities in hepatitis C and opioid abuse.

Prescription for Health Program:

Our Prescription for Health program is one of the many ways we are tackling the racial and ethnic disparities in health and health care. The average life expectancy in Boston is 59 compared to 91 years in Boston's Back Bay. Much of the disparity in life expectancy in neighborhoods in Boston, and other urban communities across the country, is determined by differences in access to medical care, diet and opportunities for exercise and fitness activities. Whittier's mission is to address the health disparities caused by racism, lifestyle, environmental and social determinants of health, etc. The Health Center is taking a revolutionary approach to addressing health disparities. Patients are issued or can request a *Prescription for Health* from their Primary Care Physician, Psychiatrist or Bay State Physical Therapist. Each prescription will be tailored to their individual needs. The program includes a configuration of prescribed services, such as yoga, meditation/stress reduction techniques, dance, nutritional classes, physical fitness, life coaching or acupuncture. Whittier Street Health Center, one of Boston's leading community health centers, is aiming to change these startling statistics with the opening of its new Wellness and Fitness Club. Whittier's patients and one of our family medicine physicians, Dr. Mothusi Chilume were featured on WCVB's (ABC) TV's Chronicle show on June 29th, 2016 at 7.30pm.

Please click on the link for the Chronicle taping: [WCVB's \(ABC\) TV's Chronicle show](#)

Sunday August 8th, 2016 Boston Globe story: [Roxbury among Hardest Hit for the Antioverdose Drug Narcan](#)

Use of the antioverdose drug Narcan has increased dramatically in Boston, with Roxbury among the hardest hit, according to new data that show which neighborhoods are bearing the brunt of the opioid scourge. The drug was used 268 times in Roxbury during that period, a 77 percent jump over the previous 12 months, in emergency calls in which Narcan was administered by EMS crews, civilians, and first responders such as police officers and firefighters. City emergency workers also recorded 608 suspected narcotic incidents in Roxbury in that time, a rise of 49 percent.

The Boston Globe story highlighted Whittier's efforts in tackling the high rates of opioid use and abuse in Roxbury and the surrounding communities.

Please click on the link for the full story: [In Boston, some areas](#)

Whittier Launches New Five Year Strategic Plan: FY 2017 to FY 2021:

In partnership with our Board of Directors and on behalf of my committed colleagues, I have the great privilege of sharing the vision and strategic direction of Whittier Street Health Center within this Strategic Plan Executive Summary. In 2012, we set a high benchmark for achievement and contribution to the residents of the Roxbury, Dorchester, Mattapan, Jamaica Plain and surrounding communities. Our goals were driven by the growing health care needs, social inequities and challenges families and individuals within our service area confront. As an urban-focused health care provider, we also recognize our inherent responsibility and embrace our professional and personal passion of caring for our neighbors.

Ultimately, our vision is to achieve a state of wellness within all the neighborhoods of the city by addressing the issues causing health disparities and the social determinants of health. This outcome can only be fully realized through the implementation of innovative and integrated service delivery, education, and prevention strategies that result in community empowerment, health equity, and responsible lifestyles.

Our strategic categories are: A. Developing and Implementing Patient-Centered, Coordinated and Integrated Care, B. Expanding our commitment to addressing Health Disparities, Health Equity, and the needs of High Risk Populations, C. Utilizing Technology-Enabled Health Care to expand services and developing Cyber Risk Management strategies to protect the privacy of our patients and employees, D. Workforce Recruitment, Retention and Organizational Development, E. Strengthening our Internal and External Communications, F. Continuous Quality Improvement and Best Practices, G. Marketing and Brand Development, H. Expanding our Strategic Alliances and Community Partnerships I. Maximizing our Facility Utilization, J. Funds Development and Philanthropy to support our vision and mission, K. Financial Stewardship and Accountability, L. Patient Recruitment and Retention.

With our new 79,000 square-foot state-of-the-art facility, we recognize and embrace our role as a catalyst for economic development, job creation, and community investment. Our expansion in Roxbury and planned new site in North Dorchester are an integral part of the organization's overall agenda for urban revitalization and economic sustainability in Roxbury, Dorchester, Mattapan, Jamaica Plain and surrounding communities.

Whittier is in a unique position to complement our collective intellectual and clinical capacity with an unwavering commitment to community health empowerment and wellness. As we move towards 2020 and beyond, Whittier Street Health Center stands prepared to work with our partners in the challenge and promise of building healthy communities in the City of Boston and Commonwealth of Massachusetts.

Upcoming Events:

- **Saturday, August 13, 2016 12 p.m. to 4 p.m. Unity Day, Whittier Street Health Center**
- **Friday, August 26, 2016 2 p.m. to 6 p.m. Back to School BBQ Whittier Street Health Center**

- **Wednesday, December 7, 2016 4 p.m to 6 p.m Women For Whittier Holiday Tea, Boston Park Plaza Hotel**
- **Thursday, April 6, 2017 5.30p.m. to 9p.m. Roast for Tom May, Chairman, Eversource Energy, Fairmount Copley Hotel**

Thank you for continued support for Whittier Street Health Center's mission. Please visit our website (www.wshc.org) and our Facebook, LinkedIn, Twitter and YouTube pages for more information regarding our impact in the community and upcoming events.



Wishing you good health!

Frederica M. Williams
President and CEO

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