



## A Memo from **Frederica M. Williams** President and CEO June 1st, 2018



**June is National Men's Health Month:** June is Men's Health month, which means it is a time to stress the importance of positive male health attitudes for men and boys, and the preventive health practices that can save lives. Whittier will be hosting its 19<sup>th</sup> Annual Men's Health Summit on June 23<sup>rd</sup>, 2018 from 11am to 1pm in the Community Education at our 1290 Tremont Street location. This year the focus of the summit will be on men and diabetes. Men are more likely to get diabetes. More likely to suffer complications. More likely to face amputation as a result of diabetes. The prevalence of diabetes has nearly doubled in the last two decades, according to a new report from the Centers for Disease Control and Prevention (CDC). In fact, diabetes and related complications is the sixth most common killer of men. Some 40,000 men die from it each year.

The theme for this year's summit is: **Healthy Men: Family, Food, and Fitness.** The summit will include guest speakers, healthy food demonstration, a Father's Day activity, health education workshops and the awarding of Men's Health Champions from the local community.

**Keynote Speaker: Frank Holland, Reporter/Anchor, NBC Boston**

The 2018 Men's Health Champions include:

**Philip Lembo:** Executive Vice President & Chief Financial Officer Eversource Energy

**Ivan Espinoza-Madrigal, Esq:** Executive Director, Lawyers' Committee for Civil Rights and Economic Justice

**Michael Curry, Esq:** Executive Vice President, Massachusetts League of Community Health Centers

**Dumas LaFontant:** Director of Lower Roxbury Coalition

**Kemo Ceesay:** President & Chief Executive Officer, CAM Office Supplies

**Val Harris:** Manager of Workforce Development, Suffolk County House of Corrections

Some of the other pressing issues for men include cardiovascular disease, affecting 1-in-3 men according to the American Heart Association, respiratory disease, alcohol use, and depression and suicide.

The goal of our summit is to get men talking about where the risks lie in their health, where there may be gaps in their care and steps to address the gaps.

Awareness is always the first step towards combating any disease.

We hope you will be able to join us on June 23<sup>rd</sup> as we honor our Men's Health Champion who serve as role models for our patients and engage in discussions and activities to educate, empower and engage our men in being **Healthy Men: Family, Food, Fitness**

***Sharing our Patient Stories- A picture tells a thousand words!***

The video link below highlights the prism of total care provided at Whittier. We are maximizing value for patients, achieving the best outcomes at the lowest cost by viewing every patient through the prism of total care.

Please click [view the video](#) on our YouTube site.

Thank you for your continued support for Whittier Street Health Center's mission. Please visit our website ([www.wshc.org](http://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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