

October 2020

## CHNA 15 News and Opportunities

Thank you to everyone for your hard work and patience during these challenging times. Updates and details on CHNA 15 programs, as well as updates from our members, are included in the October newsletter.

We will continue to provide updates and information, as possible. Please be in touch with questions, and please continue to share information with us.

**Note that, in lieu of a November Healthy Community Resource Forum, we will be offering a series of virtual training and educational programs beginning on November 5, 2020. Information on additional programs will be posted as it becomes available.**

**In addition, we're especially interested in hearing from you about gaps in services and resources you and your residents/clients are experiencing as a result of Covid 19. Please let us know your ideas about resources CHNA 15 could provide!**

[Resource Suggestions](#)

### Submissions to the CHNA 15 Newsletter

Please let us know if you have any information or updates, including COVID-19 response announcements, re-opening information, community resources, or program specific services to include in an upcoming newsletter.

We will do our best to share the information we receive with CHNA 15 members. **Email submissions** to [chna15coordinator@gmail.com](mailto:chna15coordinator@gmail.com).

## Updates and Information on Upcoming Events

Join CHNA 15 for a free, interactive virtual training:

*Mastering Zoom: Tips and Tricks for Leading and Participating in Zoom Meetings*



## TRAININGS

Workshops are scheduled periodically and are developed based on input from CHNA 15 members. Trainings are designed to enhance and strengthen your community work.

[LEARN MORE](#)

Thursday, November 5, 2020

2:00 - 3:30 PM

Presented by **Willia Cooper**, Director of Virtual Learning at Empower Success Corps

ESC Discovery Zoom is inviting you to a scheduled Zoom meeting.

**CHNA15- and ESC: Mastering Zoom: Tips and Tricks for Leading and Participating in Zoom Meetings**

Join Zoom Meeting

<https://us02web.zoom.us/j/85656430390?pwd=YWtRNTVRQWdLNjB6MXVIYVpzM2djQT09>

Meeting ID: 856 5643 0390

Passcode: 010073

Dial by your location

+1 646 558 8656 US (New York)

**Description:** For all levels of Zoom Users, this workshop will help participants use and participate in meetings in helpful ways. During this session, we will review, introduce and practice:

- Zoom etiquette;
- Screen-sharing – including embedding videos and sharing files;
- Public and private chat features and saving chats;
- Using whiteboards;
- Changing views and backgrounds;
- How Zoom varies on different devices;
- and more!

**Let us know what else you want to learn! Please RSVP and share questions or topics you would like Willia to cover during the training.**

[RSVP to Mastering Zoom and Question for Willia](#)



## EDUCATIONAL PROGRAMS

Bi-monthly meetings on a variety of timely health topics are open to anyone interested in working to improve the health and well-being of their communities.

[LEARN MORE](#)

## *Social Media and Mental Health During Covid*

**Description:** We are living during a time in which adolescents are more depressed and anxious, and more likely to be hospitalized for self-harm and suicide. Research shows at least a link between this mental health crisis and social media use, especially for girls. COVID and distance learning only exacerbate the problem. This workshop will review research and youth mental health trends in general,

and as related to social media. Strategies that can be implemented by school staff, health departments and other organizations that work with youth will be presented. These strategies, which will include specific ways to support connection and resilience during COVID and distance learning, can help students connect and build resilience,

both of which support student mental health.

*This workshop will be followed by a facilitated discussion during which participants will have the opportunity to share their observations and strategies with others.*

**Thursday, November 12, 2020**

**10:00 - 11:30 AM**

**Presented by Adrienne Principe, Founder and Executive Director of Turning Life On, a non-profit, grassroots movement committed to digital wellness.**

CHNA 15 is inviting you to a scheduled Zoom meeting.

**Topic: Social Media and Mental Health During Covid Workshop**

Time: Nov 12, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88649077620?pwd=Vkp5UkNZalpraUZXektobzIFb2s1Zz09>

Meeting ID: 886 4907 7620

Passcode: 653215

Dial by your location

+1 646 558 8656 US (New York)

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[RSVP to Social Media and Mental Health During Covid 19 Program](#)

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## GRANTS

CHNA 15 awards grants totaling over \$150,000 annually to support programs, events, training and community initiatives. Grant awards range from \$300 for an individual Training Scholarship to \$25,000 for a Collaborative or Planning Grant, and are available on an ongoing basis.

[LEARN MORE](#)

## Grant Opportunities and Updates

- CHNA 15 has released an RFP for *up to ten* Fiscal Year 2021 Mini Grants of *up to \$7,500* each for projects serving one or more communities within the CHNA 15 area. Applications are due on November 20, 2020. Information and an application are available [here](#).
- Training and Capacity Building Grants are currently available on a rolling basis. Information and application available [here](#).
- **Extensions on Current Grants:** All grantees that needed one have received a three month extension on FY 2020 programs and projects. Grantees who need more than three additional months should reach out to [chna15coordinator@gmail.com](mailto:chna15coordinator@gmail.com) individually with their specific timeline.
- Availability of COA Programming Grants has been extended. These grants will now be available through June 30, 2021 for those COAs that did not receive one in FY 2020. Information application available [here](#).

Additional grant opportunities will be announced as they become available, and will be posted at [www.chna15.org](http://www.chna15.org).

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## 2020 ANNUAL Meeting Training Recording is Available

Thanks to everyone who participated in our 2020 Annual Meeting on September 17th. In case you missed it, a recording of our program on *Back to School and Work: Re-Entry and Resilience* facilitated by Jon Mattleman is available on our website.

[2020 Annual Meeting Training](#)

## SHOWCASE 2020 IS LIVE!

*This year, Showcase 2020 is being presented as a slideshow!*

This 7-minute movie is a celebration of the many wonderful projects and trainings funded by CHNA 15 throughout the past year. Our goal is to share highlights and outcomes of these projects, and to give grantees an opportunity to tell their stories. We hope you learn from these success stories, and that they spark ideas for future projects.

[CHNA 15 2020 Virtual Showcase](#)

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## CHNA 15 IS ON FACEBOOK!

Like up on Facebook to stay up to date on our latest activities and announcements.

[Like us on Facebook!](#)

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## Looking for local community and population data?

Lahey Hospital and Medical Center and Winchester Hospital completed their Community Health Needs Assessments and Implementation Strategies Report in 2019, and Emerson Hospital completed their Community Health Needs Assessment and Implementation Strategies Report in 2018. Links to their reports are below.

[Lahey Hospital Report](#)

[Winchester Hospital Report](#)

[Emerson Hospital Report](#)

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[LookUp](#) is partnered with the documentary, [The Social Dilemma](#), for our LookUp Youth 4 Youth Summit. More information available here: [EventBrite](#). More information about LookUp is available at: <https://www.lookup.live/>

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## Congratulations to Minuteman Senior Services!

Minuteman Senior Services Receives Prestigious *Aging Innovations Award* from the National Association of Area Agencies on Aging (n4a)

Minuteman Senior Services announces that its Change of Condition Project recently received a 2020 *Aging Innovations Award* from the National Association of Area Agencies on Aging (n4a), the highest honor presented by n4a to member agencies. The awards program is supported by Centene. The Change of Condition Project, which is expanding and standardizing safety checks for homebound seniors, was among the top 17 of 44 local aging programs to receive honors during the n4a Virtual Conference & Tradeshow, September 22.

[The 2020 n4a Aging Innovations and Achievement Awards recognizes n4a's Area Agencies on Aging \(AAAs\) and Title VI Native American aging programs members that develop and implement cutting-edge approaches to support older adults, people with disabilities and their family caregivers. Among the selection criteria was the ease with which other agencies could replicate the program in their communities.](#)

["n4a is thrilled to present the Aging Innovations and Achievement Awards to a diverse and remarkable group of Area Agencies on Aging. We salute all those who have enhanced the prestige of this awards program by sharing their innovative initiatives with their peers in the Aging Network," said Sandy Markwood, Chief Executive Officer of n4a. "Meeting the needs of older adults, people with disabilities and their caregivers has been at the heart of what the nation's network of AAAs and Title VI Native American aging programs have done for nearly 50 years—and is more critical now, in light of the impact COVID-19 is having on the communities these agencies serve. These vital programs focus on social engagement, caregiving or healthy aging, and we commend them all. We know our members will continue creating great programs like the ones highlighted in this year's 2020 Aging Innovations and Achievement Awards, as the aging of the population demands our best and most innovative solutions," Markwood said.](#)

The Change of Condition Project is providing faster follow up care, prevention of further decline, and improved quality of life for thousands of older adults served by the Meals on Wheels Program of Minuteman Senior Services. Developed in partnership with YPoint Analytics, Minuteman Senior Services has created a Change of Condition smartphone application that allows for quick identification of potential health and safety concerns among Meals on Wheels recipients, and improved communication and intervention among care teams. The Change of Condition Project was made possible thanks to the support of CHNA 15, Tufts Health Plan Foundation, and an anonymous private foundation.

"Among the older adults we serve, we are seeing cases of increasing complexity along with the growing challenge of social isolation. The COVID-19 pandemic has magnified these issues," said Kelly Magee Wright, Executive Director of Minuteman Senior Services. "Thanks to our partnership with YPoint Analytics and the support of our generous funders, we have developed an intervention to efficiently identify potential health problems among those older adults who are most in need of support. We are proud to be the first AAA in Massachusetts to implement a Change of Condition Project, grateful to n4a for recognizing our efforts, and looking forward to sharing the lessons we've learned with our partners across Massachusetts."

The 2020 n4a *Aging Innovations Awards* honored traditional and new strategies in a range of categories including Advocacy, Agency Operations, Caregiving, Health-LTSS Integration, Healthy Aging, Housing, Intergenerational Programs, Nutrition and Social Engagement.

All winners are showcased in the [n4a 2020 AIA awards book](#).

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**Families for Depression Awareness is presenting a free webinar, "Caregiving from a Distance: How to Support Someone Who Lives with Depression", on Wednesday, November 18 at 7:00 PM ET/ 4:00 PM PT. Would you be able to share this resource with your contacts?**

Esteemed presenters, Dr. Sandra Edmonds Crewe and Dr. JaNeen Cross, will discuss

how to be an effective caregiver for an adult with depression who does not live with you. This program is designed for caregivers, family members, and caring adults interested in caregiving from a distance. [Register](#) to join us for the live webinar! After the webinar, the first 100 people to complete our online evaluation will receive a free copy of our **Helping Someone Living with Depression or Bipolar Disorder: A Handbook for Families and Caregivers**.

Can't attend the live webinar? [Register today](#) to submit your questions and watch the recorded webinar after it airs.

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## Letter from Ron O'Connor, MPH, Director, Office of Local and Regional Health for the Massachusetts Department of Public Health. Please share with your networks.

The COVID-19 Community Impact Survey (CCIS) is now live and ready for you and all of your professional and personal contacts to take. For this to be a successful effort that will help lead to positive change, the Massachusetts Department of Public Health needs your help disseminating and championing the survey.

**Quick Links (please see rest of message for details)**

**Survey:** [www.mass.gov/COVIDsurvey](http://www.mass.gov/COVIDsurvey)

**Attached materials:** <http://bit.ly/CCIS-Dissemination-Materials>

**FAQ document:** [FAQ document](#)

**Questions:** [covid19survey@mass.gov](mailto:covid19survey@mass.gov)

### 1. HELP SHARE THIS SURVEY

We are asking organizations to disseminate the survey link and/or administer the survey directly to people who face too many barriers to completing it on their own. Example activities include:

- Providing link to all Massachusetts staff, consumers, family and friends
- Emailing link to organizational mailing lists
- Posting about survey on social media such as Facebook, Twitter or Instagram
- Posting flyers about the survey in places where people gather or go regularly such as beauty/barber shops, food pantries, grocery stores
- Using staff or volunteers to contact individuals and administer the survey

**What support is available for my organization to disseminate this survey?**To support organizations, we have attached the following materials (in 7 languages):

- Sample email language
- Sample social media language
- Flyers with QR codes
- Resource list
- Passive consent form (if needed, see FAQ:<http://bit.ly/CCIS-FAQ>)

(all materials may be found at: <http://bit.ly/CCIS-Dissemination-Materials> )

A limited number of volunteer and grant supports will be available. To learn more about these, please complete this brief questionnaire: [www.bit.ly/CCIS-webinar](http://www.bit.ly/CCIS-webinar)

### 2. BACKGROUND:

**What is CCIS?** The COVID-19 Community Impact Survey (CCIS) is an online survey aimed at collecting data to better understand and identify the social, economic, and health needs and inequities resulting from the COVID-19 pandemic.

**How will the findings be used?** Findings from this survey will be used to improve DPH's ability to act - helping address the most critical needs, partnering with communities to support local efforts, and informing state policy with accurate information on what people need now and in the long term. Results will be available to community-based organizations for their own planning and action purposes.

**Who should take this survey?** Anyone 14 or older who lives in MA can and should take the survey. Even people who have not had COVID-19 can take this survey. We have a particular interest in gathering responses from communities who have been impacted the most, including: people of color, immigrants, individuals who are LGBTQ+, people with disabilities, essential workers, people experiencing housing instability, older adults, and those in geographic areas hardest hit by COVID-19.

**What important information should I know?** The survey is available in six common languages spoken in MA: English, Chinese (standard and traditional), Spanish, Portuguese, Haitian Creole, and Vietnamese.

**Where may I find additional information?** Additional information about the CCIS Initiative may be found in the [FAQ document here](#). If you have questions, please contact [covid19survey@mass.gov](mailto:covid19survey@mass.gov).

### 3. SAMPLE MESSAGES

Please support this effort by sending this survey to your distribution list. Below is sample language in English (please see attached files for additional languages):

**Email:**

Dear \_\_\_\_\_,

The Massachusetts Department of Public Health (MA-DPH) is trying to hear from communities so that it can better help people through the COVID-19 crisis. By taking this survey, you can help find new solutions to community problems, and give MA-DPH the information they need to take action and support the communities that need it most. MA-DPH is committed to sharing information back in ways that will help us all take collective action

I believe this effort will help us better understand the impact of COVID-19 on our communities, and would encourage anyone who is 14 years old or older to participate using this link: [www.mass.gov/COVIDsurvey](http://www.mass.gov/COVIDsurvey)

**Social media:**

- MA-DPH is learning how to better help people through COVID-19. Even if you haven't been sick, your answers can help. Take the survey.
- The COVID-19 Community Impact Survey will help MA-DPH learn about needs across the state, so it can plan resources and support around COVID-19. Take the survey.
- COVID-19 unfairly impacts people of color more than others. Help MA-DPH learn how it can plan resources and support around COVID-19. Take the Community Impact Survey.

Thank you for your support. Please feel free to reach out with any questions or concerns.

Thank you.

Ron

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## Massachusetts Working on Wellness Presents the Expert Series

Register Now for Upcoming Webinar!

### Workplace Wellbeing in the Work from Home Era

Thursday, October 29<sup>th</sup>, 2020 11am – 12pm EST

2020 has changed the way we work at a pace we perhaps never thought possible. Adapting and pivoting have been the way to keep our businesses running. But how do we support and encourage the well-being of our employees when they are working from home? In this session, you will learn about ways to adapt current workplace well-being programs and plan new programs to support the changing needs of your workforce. You'll also learn about particular focus areas where your employees need the most help right now.

**Speaker: Mari Ryan, MBA, MHP, CWP**

Mari is the CEO/Founder of AdvancingWellness. She is an international speaker and a

certified virtual presenter. As CEO of AdvancingWellness, she helps organizations create workplaces where both the employee and the business thrive. For over a decade, AdvancingWellness served as a workplace well-being subject matter expert for the MA Department of Public Health. [More here](#).

REGISTER [HERE](#) or by visiting <https://statema.webex.com/statema/onstage/g.php?MTID=eb7f26d59567cb5fd501bbc9d87a0e492>

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