

**A Memo from
Frederica M. Williams
President and CEO
October 29, 2015**

Whittier Street Health Center is dedicated to creating a compassionate, comprehensive, coordinated health care system that attends to the whole person. Studies prove that 50 percent of what keeps us healthy is lifestyle. In the past few months, Whittier has received exciting recognition for our efforts to serve as the leader in urban health care by delivering holistic services wrapped around individual needs. We focus on encouraging lifestyle change and providing innovative resources for patients to make and attain their goals.

Our efforts have not gone unnoticed. The Boston Globe and The Commonwealth Institute recognized us as one of the Top 100 Women-Led Businesses in Massachusetts in 2014 and 2015. The Boston Business Journal included us in its “Transformations” award, for reshaping the real estate landscape, and it’s Power 50, for getting things done. Our Connections for Cardiovascular Health ambassador program garnered a Tufts Health Plan Quality Innovation Award and the American Diabetes Association recognized us as a Center of Excellence for Diabetes Self-Management.

President and CEO Frederica Williams recognized on Boston Business Journal’s Power 50 list:
http://www.bizjournals.com/boston/news/2015/10/06/announcing-the-boston-business-journal-power-50.html?ana=e_bost_bn_exclusive&u=sn2EuYORFYaqzuZkNAUZ6lsp0cm&t=1444168615#gNaN

President and CEO Frederica Williams acknowledged by Boston Business Journal in “WomenUp” Article:

[WomenUp Article Frederica Williams BBJ Oct 2015](#)

We are grateful for the recognition, but we are not resting on our laurels. The issues in our community are far too serious. There is a shocking 33-year life expectancy gap between our community in Roxbury and Boston’s Back Bay, and so we take action.

In June 2015, we launched our Wellness Institute, opening a community garden and a state-of-the-art Fitness Club. Since the inception of the Wellness Institute, we have expanded our ability to practice what we believe in, providing our patients physical and educational space to develop healthy lifestyles.

Here at Whittier, we are pioneering effective community engagement practices. From celebrating LGBTQ “Coming Out Week” to Hispanic Heritage Month in October, providing school supplies to our youngest patients at our annual Back to School BBQ in August, to honoring our most impactful community leaders at our upcoming Gospel Concert in November, Whittier works diligently in the community to expand our outreach, educate, empower and engage those in our

neighborhoods in healthy and mindfulness living. People are isolated due to a variety of factors, so we work to establish and build trust to create partnerships.

Whittier is the first health center to host a “Coming Out Day” to celebrate our diverse patient and employee base. Our LGBTQ clinic has built the capacity needed to provide high quality, culturally sensitive and compassionate care. All of our staff and providers are being trained on the role of healthcare and social services support for the LGBTQ community. We are committed to serving all patients at Whittier and are continuously training staff to be the most culturally competent, gender-sensitive and LGBTQ friendly in all aspects of their practice. Hispanic Heritage Month also brought community members and healthcare workers to one table to share food, experience dance and live music and to learn from a powerful keynote speech by Juan Lopera, Vice President of Business Diversity at Tufts Health Plan.

Don't miss upcoming events at Whittier!

Upcoming Events

- **International Gospel Concert- Saturday, November 21, 2015 from 7:00pm – 9:00pm at the Berklee Performance Center:** Honoring Archbishop Livingston Foxworth of Grace Church of All Nations. There will be eleven powerful performers reflecting the diversity of the communities we serve.
- **Women for Whittier (W4W) Fashion Show- Thursday, December 3, 2015 from 4:30pm-6:30pm at the Algonquin Club.** The Mistress of Ceremonies for the Holiday Tea is Liz Brunner, CEO and founder of Brunner Communications and our Keynote Speaker is Dr. Stephanie Moore from the Massachusetts General Hospital Heart Center.
- **Annual Roast Fundraiser- Tuesday, April 5, 2016 from 6:00pm – 9:00pm at the Fairmont Copley Plaza Hotel.** Our 2016 Roast honoree is Regina M. Pisa, P.C., Chairman Emeritus, Goodwin Procter LLP.

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!

