

CEO Memo- August

There have been a number of exciting and innovative projects and events going on here at Whittier Street Health Center in the last few weeks. From news recognition in multiple media outlets to the immediate community impact of our Wellness Institute, we are enthusiastic about what the near future holds for the patient and resident population that we serve!

WGBH News refers to Whittier's Wellness Institute as "A New Approach to Wellness"

Link: <http://wgbhnews.org/post/roxburys-whittier-health-center-new-approach-wellness>

WGBH News, a local Boston media outlet, highlighted Whittier's newly inaugurated Wellness Institute, which consists of a state of the art fitness facility and a community garden.

NonProfit Quarterly (NPO) Emphasizes the Importance of Whittier's Wellness Institute

Link: <http://nonprofitquarterly.org/2015/07/17/community-health-centers-marry-fitness-centers-for-the-sake-of-the-patients/>

Placing an emphasis on the merging of community health prevention with physical fitness activity, Whittier's Wellness Institute received high praise in the July edition of the *NonProfit Quarterly* for its innovativeness and ingenuity in managing and monitoring patients' overall health progress when prescribed a physical fitness regimen by their Primary Care Provider (PCP). Officially known as a Prescription for Health Plan (PHP), the article notes how this individually tailored physical fitness regimen helps patients stake and meet attainable health goals, as well as help monitor the status of patients who suffer from chronic diseases. Implicitly noted in the article is the Boston Health Equity Program (BHEP), which Whittier's staff plans to utilize as a precise way to measure the success of the Wellness Institute.

wbur's CommonHealth Reform Reality News Outlet Shines Spotlight on the Necessity of Whittier's Health and Wellness Institute

It is no secret that many residents from the communities served by Whittier are confronted with immense challenges and obstacles that make it incredibly difficult to secure healthy lifestyle habits. The article included grim empirical statistics that showed how drastically lesser the life expectancy is of a resident living in the Roxbury community. This statistical reality offers a gaping view into the significance of Whittier's mission and specifically the importance of the Health and Wellness component of our community health center.

Link: <http://commonhealth.wbur.org/2015/07/boston-health-disparities>

Whittier Street Health Center Officials Publish Empirical Study, Evaluating Diabetes Care Coordination Program (DCCP) for African American Women Living in Roxbury Public Housing

Recently, Whittier Street Health Center published an empirical study in the *Journal of Clinical Outcomes Management*, which aimed at evaluating the success of its Diabetes Care Coordination Program (DCCP).

Link: http://www.turner-white.com/pdf/jcom_aug15_diabetes.pdf

Whittier Street Health Center Wins Prestigious Tufts Health Plan Award

Whittier Street Health Center received the Tufts Health Plan Quality Innovation Award in recognition of its Connections for Cardiovascular Health Ambassador Program, an initiative that has brought greater heart disease awareness and access to care to African American and Latino residents of Boston. Last year, Tufts Health Plan created these awards to acknowledge local health organizations for their commitment to improving and advancing health care quality through innovation.

Upcoming Events

Whittier has quite a few exciting events coming up in the next couple of months, ranging from its annual gospel music concert to a live fashion show! Below is an exact list of the dates and times of each upcoming event:

- **Gospel Concert- Saturday, 21, 2015**
- **Women for Whittier (W4W) Fashion Show- Thursday, December 3, 2015**
- **Annual Roast Fundraiser- Tuesday, April 5, 2016**
- **Women for Whittier Summer Teas- Tuesday June 7, 2016**

Grant Awards

We are grateful to the Tufts Health Plan Foundation for their support of Whittier's Diabetic Healthy Heart Project, which will allow us to continue to increase the rate of chronic disease management leading to heart disease prevention, increase awareness of healthy behaviors, and simply foster overall healthier communities.

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Thank you for continued support for Whittier Street Health Center's mission. Please visit our website (www.wshc.org) and our Facebook, LinkedIn, Twitter, Pinterest, and YouTube pages for more about our services and community-based initiatives.

Wishing you good health!

Enjoy the rest of the summer.