St. Luke's Hospital starts construction on a new, \$14 million Intensive Care Unit

Mayor Jon Mitchell joined Southcoast Health President & CEO Keith Hovan on a tour of the future site of a new, \$14 million intensive care unit under construction at St. Luke's Hospital. The leaders are shown here looking over design plans.

Southcoast Health is investing \$14 million in a new intensive care unit (ICU) at St. Luke's Hospital that will more than double the size of the current ICU. This state-of-the-art unit also aligns with Southcoast's pursuit of establishing a Level II trauma center at St. Luke's Hospital in 2020.

"Our investment in advanced intensive care will provide our patients with greater access to clinical excellence, close to home," said Keith Hovan, president and CEO of Southcoast Health. "The residents of southeastern Massachusetts and Rhode Island deserve the very best healthcare. We are excited to be investing in this new Intensive Care Unit as part of our ongoing commitment to delivering exceptional care and service to our patients and communities."

"I commend Southcoast Health for continuing to invest in this community and delivering the highest quality care to the people of New Bedford and beyond," said New Bedford Mayor Jon Mitchell, who toured the site of the new unit Wednesday. "Needing the services of critical care can be an emotional and trying experience for patients and families. This new unit will have the space, technology and skilled care team that will make all the difference during someone's time of need."

The new unit is being constructed on the 4th floor of St. Luke's. It will be 16,000 square feet, as compared to the current 7,300-square-foot unit, and will be equipped with the latest technology. The 16 spacious, 440-square-foot rooms will accommodate medical equipment and enable family and staff to be comfortably at the patient's bedside. A conference room will be dedicated for physician meetings with families and a quiet and comfortable lounge area, complete with refreshments, TV and showers, will be available to families staying long hours.

Maria Tassoni, RN, manager of the intensive care unit, commended staff for their meaningful contributions, suggestions and ideas for the unit's design and features. "I am excited about the opportunity for our nurses, physicians and staff to work within a new state-of-the-art unit that is designed to provide an optimal experience for patients, families and providers," said Tassoni, who has been working for Southcoast for 31 years. "When a great care team has a great facility, the patients and community benefit."

The new unit will also play an integral role in the hospital's efforts to achieve designation as a Level II trauma center, meaning that St. Luke's Hospital would be able to treat more serious injuries for people in the community.

This is the latest in a series of significant investments made in St. Luke's over the past five years. In 2014, the hospital cut the ribbon on the Stoico/FIRSTFED Maternity Center, following an almost \$14 million renovation to support a family-centered model of care that included 16 new rooms and a state-of-the-art Level II nursery. A \$4 million Rapid Assessment Zone was opened in 2017 to reduce the time for patients to be seen in our Emergency Department, providing patients with more timely care.

Southcoast Health employs 2,453 people at its New Bedford locations, and employs 1,581 city residents who work at Southcoast.

"As the region's only not-for-profit health system, we know

the importance of continually investing in our system to ensure all the residents of this region have access to the highest possible quality of care," said Hovan. "And as the region's largest employer, we want to provide our staff with the best facilities and equipment to treat and serve our patients, their families, and the larger community."

About Southcoast Health

Southcoast Health is a not-for-profit, charitable organization and the largest provider of primary and specialty care in the region, serving communities in Rhode Island and across Southeastern Massachusetts. Southcoast Health was named to Newsweek's World's Best Hospitals 2019 inaugural list. Out of the 2,743 considered hospitals in the US, only 250 earned this recognition. Southcoast Hospitals Group ranked 162.

With a network of more than 600 physicians, hospitalists and mid-level practitioners, Southcoast Health is comprised of three acute care hospitals – Charlton Memorial Hospital in Fall River, St. Luke's Hospital in New Bedford, and Tobey Hospital in Wareham, and also provides behavioral health services in partnership with Acadia at Southcoast Behavioral Health in Dartmouth.

Southcoast Health's seven Urgent Care Centers, two Centers for Cancer Care, visiting nurse association and numerous additional ambulatory facilities offer convenience and access to services for more than 724,000 residents in 33 communities covering over 900 square miles in Southeastern Massachusetts and Rhode Island. With more than 7,500 employees, Southcoast Health is the largest employer in Southeastern Mass., and the 18th largest employer in the Commonwealth according to the Boston Business Journal.

Southcoast Health is proud of our mission of providing high-

quality affordable healthcare to our patients and proud of our tradition of eliminating the barriers that prevent access to care. More information is available online at www.southcoast.org. Connect to Southcoast Health through social media on Facebook, Twitter, Instagram and LinkedIn. Southcoast® is a registered trademark of Southcoast Health System.

Annual Play in the Park and Summer Food Service Program offers FREE, healthy lunch and activities to New Bedford youth all summer long

I'm a firm believer that genuine deeds of kindness, selflessness and generosity deserve to be recognized. While most people I know that possess these traits aren't looking for the recognition, I think it is important to share because it not only shows the community the good that is therein but will become infectious. This is important for others to see, because it can soften the heart of the adult cynic, and will certainly be powerful in forming young minds and personalities.

Did you know that there is a program in the city whereby our youth can gather all summer to take part in supervised, safe and fun activities and also eat healthy meals to fuel up and have even more fun? There is and many aren't even aware of it.



The "Play in the Park" summer food service program that the New Bedford Parks, Recreation and Beaches operates is an absolutely stellar and generous program that has a powerful impact in the community. Promoting health, wellness, nutrition and outdoor activities are just a few of the objectives. What does that specifically entail for youth in greater New Bedford through the coming summer months?

It means that with over 20 outdoor sites throughout the city and new ones coming, there are many fun, safe, structured recreational and educational activities they can participate in and also enjoy a **free** lunch. The goal is to get youth outside, stay active, make some new friends, sharpen social skills, and eat healthy during the summer months.

This year a new dinner program called Summer EATS will be introduced. As part of the Summer Food Program it will be running on Tuesday and Thursday nights from 4:00pm-7:00pm at Montes Park. Izzy's Food Truck will be giving out free dinner to anyone 18 and under and there will be arts & crafts, games, and a free Ben Rose Recreational Basketball clinic during the dinners. The dinner program is rain or shine at Montes Park! There is no need to sign up for anything — the only requirement is to be 18 and under and want to have a blast. Simply make plans and show up. These free youth activities take place at a variety of sites throughout the city that are strategically located in neighborhoods to maximize access for youth and/or are operated in collaboration with community partners who serve youth across the city. Want to plan to participate but concerned about rain? Not a problem as there are half a dozen indoor and covered sites. So, if you are a parent or guardian go right ahead and plan out the summer.



What I love about the way that the program determines the curriculum of a site's activities is that they are not rote pre-determined activities, but the staff is so packed with creative ideas that they vary the day depending on the group of kids that show up that day. I call it "structured

spontaneity" and it is a sure fire way to create a fun environment. A variety of crafts, games, and sports are utilized so as to appeal to every personality and interest. Even if your child is a bookworm there is something: the Art-Mobile and Book-Mobile also make visits to many of their sites.

A program of this caliber has to be spearheaded by people who care about the community and have a deep love for it. That way those characteristics trickle down to everyone involved. Like attracts like and if you have ever participated in any of the "Play in the Park" programs over the years, you know how evident this is and if you are planning on participating, you will find out.

"All of the staff in our program are New Bedford residents and it allows us to offer many summer positions and job training to them, especially to the many teenage employees we hire. For some of them this is their first job experience and then year after year they tell us how much they love working in our program and being able to give back to their community," states New Bedford Parks, Recreation & Beaches programs and events manager for Alexandrea Matthews.



The program which facilitates and operates over 65 food sites throughout the city has been a smashing success by serving tens of thousands of meals to low-income youth since it has been running — in 2018 alone they served well over 82,000 meals. Think about the impact on the community this outreach has considering that for many kids it is the only real nutritional meal they will have all week.

While the Summer Food Service Program runs throughout the country, here in New Bedford the program is called "Play in the Park" and it has been running since at least the 1960s. "We strive to reach more families and give out as many meals as possible," explains Mary Rapoza, the Director of New Bedford Parks, Recreation & Beaches. "

Parents and grandparents come into our office all the time and tell us their first job was working in "Play in the Park" and let us know about all the great memories they still have of working in the program or they'll tell us about their favorite thing they used to do with the staff as kids participating in the program."

The powerful effect of a program that gets the local youth together, gives them an outlet, way to have fun and get fed can't be stated enough. "Many of the kids that show up at our "Play in the Park" sites come every single day and form a close bond with the staff in our program. It gives them a good role model to look up to and learn from. The staff knows most of the kids who come to their sites by name and what their favorite sports or crafts are and by the end of the summer the staff are always sad when the kids have to go back to school."



This highlights their "Of the community, for the community, by the community" ethos that drives everything that the program

and everyone involved with it does.

Like last year, there will be two big events to kick-off the Summer Food Service Program/Play in the Park. **The first will be on Thursday, June 27 at Montes Park from 4:00pm-7:00pm** and will feature Izzy's Food Truck who will be providing the mouth-watering food FREE of charge to all youth 18 and under from 5-6PM. There will be Basketball from 4-7PM with a recreational coach from the Ben Rose Recreational Education Center plus lots of arts & crafts as well as games.

This day will provide the community with a glimpse at what every Tuesday and Thursday will be like through August 22nd, excluding July 4th: FREE meals for kid & teens and lots of fun and healthy activities. See the flyer here.

The second on Friday, June 28 at Brooklawn Park from 11:00am-2:00pm. The special details of these kick-off events are yet to be declared but we'll update this article as soon as they are announced.

Added this year during the lunch program there will be **free** lawn bowling program at Hazelwood Park, Mondays and Fridays. The Hayden-McFadden Elementary playground will be the site for the gardening program, a great way for the kids to get their green thumb.

As always, there will, of course, be plenty of activities like face painting, henna tattoos, caricatures, arts & crafts, sports, games and all kinds of hands-on fun at both kick off events!



"We have so much going on this year at our kick-off events and we hope that lots of families will be able to come out and enjoy them!" enthused Alexandrea Matthews. I am confident that anyone that shows up for these kick-off events will get a glimpse of that enthusiasm which is shared by everyone at New Bedford Parks, Recreation & Beaches. Once you get a taste of the kick-off events, you will be starving for more and your kids will be tugging at your coattails to make sure plans are made for the summer involving the "Play in the Park."

Annual partners in the Play in the Park and Summer Food Program are the Mayor's Office, the New Bedford Public Schools Department, the New Bedford Housing Authority, the Boys and Girls Club, the YWCA, Community Boating Center, Trips for Kids, and many other community-based agencies. For more information about the program contact Alexandrea.Matthews@newbedford-ma.gov 508-961-3015.

New Bedford Parks, Recreation & Beaches

WHEN: Monday-Friday from June 19-August 23
Lunch: Monday – Friday from 11 am to 2 pm
Dinner: Montes Park Tuesday & Thursday 4 pm to 7 pm
WHERE: It will be held at parks, playgrounds, and housing
sites across New Bedford. *Locations subject to change.

- Ashley Park
- Brickenwood Housing
- Brooklawn Park
- Buttonwood Park
- Clasky Common Park
- Dottin Place Housing
- Harrington Park
- Hayden-McFadden Playground
- Hazelwood Park
- Gomes School Playground
- Montes Park (Dinner Only)
- Noah's Playground
- Nashmont Housing
- Parkdale Housing
- Presidential Heights Housing
- Riverside Park Playground
- Roberto Clemente Park
- Ruth Street Playground
- Satellite Housing
- Shawmut Village Housing
- Westlawn Housing

On rain days meals will still be provided at Andrea McCoy Recreation Center, Brooklawn Park, Montes Park (dinner), Roberto Clemente, Riverside Park, West Beach Pavilion.

Phone: 508-961-3015
Website: www.NBPRB.com
Facebook: facebook.com/NBParksRecreationBeaches/
Email: infoprb@newbedford-ma.gov



Dartmouth raccoon tests positive for Rabies Virus

Earlier in the week Dartmouth Animal Control responded to a residence in the vicinity of Fisher Pines Way for an incident involving a raccoon and a person. On May 21, 2019, the Massachusetts Department of Public Health advised the Town of Dartmouth Board of Health and Dartmouth Animal Control that the raccoon tested positive for having the rabies virus. Additional raccoons have tested positive for rabies in the adjacent Town of Westport this year.

Rabies is fairly common in Massachusetts with over 5,000 animals testing positive since 1992. Most cases involved wild animals such as raccoons, skunks, bats, woodchucks and foxes but every year some pets, especially cats and farms animals also contract the rabies virus.

The rabies virus is a serious disease that affects the central nervous system in all mammals. Bats, cats, coyotes, dogs, foxes, skunks and woodchucks are a few examples of common mammals to this area. The rabies virus is usually a disease found in animals but it can transmit to humans from an infected animal.

Rabies is spread when an infected animal bites another animal or person. The saliva of the infected animal contains the rabies virus. Rabies infection can also occur when saliva from an infected animal gets into a scratch or other wound, the eyes, nose or mouth of a person or animal.

While contracting the rabies virus is almost always fatal, it is also 100% preventable. A few simple steps can safeguard from this deadly virus.

- Contact your physician immediately if you have been in contact with wildlife.
- Notify Dartmouth Animal Control of wildlife that exhibits strange behavior.
- Keep vaccinations up to date for cats and dogs.
- Assure children and adults do not approach wildlife.
- DO NOT handle any wildlife including babies or young.

• Leave the handling of wildlife to professionals. Only licensed wildlife rehabilitators and problem animal control agents can handle wildlife that is not sick.

• Do not feed your pets outside. Even an empty bowl will attract wildlife.

• Keep pets leashed or within a fenced yard and do not allow to roam freely.

• Keep garbage contained in barrels with tight-fitting covers.

• Exclude wildlife from entering your home with a chimney caps and repair any holes that allow wildlife to enter your home.

Residents are urged to report any human or pet contact with wildlife to Dartmouth Animal Control by calling 508-910-1840, or to contact the Dartmouth Police Department at 508-910-1735.

Dartmouth Health officials warn after resident encounters raccoon with rabies

Christopher Michaud, Director of Public Health in Dartmouth published the following Rabid Raccoon and Rabies Advisory:

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 Leave the handling of wildlife to professionals. Only licensed wildlife rehabilitators and

problem animal control agents can handle wildlife that is not sick.

 Do not feed your pets outside. Even an empty bowl will attract wildlife.

 Keep pets leashed or within a fenced yard and do not allow to roam freely.

Keep garbage contained in barrels with tight-fitting covers.

-Exclude wildlife from entering your home with a chimney cap and repair any holes that allow wildlife to enter your home especially around the edges of the roof and vents. Residents are urged to report any human or pet contact with wildlife to Dartmouth Animal Control by calling 508-910-1840, or to contact the Dartmouth Police Department at 508-910-1735."

Acushnet Farmers Market at Stone Bridge Farm opens for the season on June 1

The Acushnet Farmer's Market at Stone Bridge Farm invites you to come checks an amazing assortment of vendors this season! Bring the family and meet up with friends. Great selection of vendors, music on the porch, cooking demos, cooked to order breakfast or lunch at the food truck.

We realize the importance of a venue for farmers and customers alike to connect with fresh produce, prepared foods and crafts. The market is more than just a place to buy fresh produce and handcrafted products. It acts as a vibrant gathering place for friends and family. We remain grateful for our community's support.

Opening on the first Saturday in June through the last Saturday in September and open rain or shine, 9:00am to 1:00pm with ample off street parking.

Farmers Market Nutrition program coupons accepted. (WIC and Senior coupons) We are a SNAP authorized market.

Acushnet Farmers Market

186 Leonard St
Acushnet, Massachusetts
Phone: (508) 951-1551
Email: eventsonthefarm@gmail.com

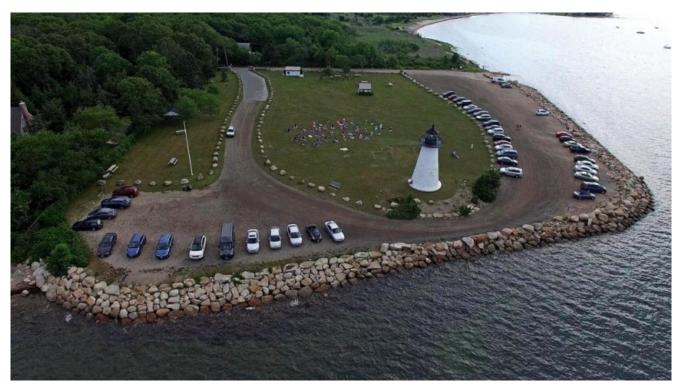
Saturdays: 10:00am-2:00pm June through September, Starting June 2nd!

Facebook Event Page: facebook.com/events/407700516748554
Facebook Page: facebook.com/AcushnetFarmersMarket/
Website: http://acushnetfarmersmarket.com/



Summer-Long Yoga Series at Ned's Point Lighthouse

Yoga is known to be beneficial for body, mind, and spirit. However, for some people, yoga is not accessible. At Project Wheel House, the mission is to bring yoga to populations who often lack access to this form of mindfulness and exercise, but who would benefit greatly from adding yoga into their lives. If you are a yoga lover, you can help further this mission by participating in "20 in 20", a 20-week long, outdoor yoga series hosted at Ned's Point Light in Mattapoisett starting on Saturday, May 25th. The yoga series will be called, "20 in 20", with the goal of raising \$20,000 over the course of 20 weeks, in order to "keep the wheel in Project Wheel House" turning. Attendees are asked to make a donation between \$10 and \$20 as they join other yoga enthusiasts of all ages and levels each Saturday morning at scenic Ned's Point Light. The sessions begin at around 8:15 in the morning and end at 9:30 a.m.



Project Wheel House is a local non-profit organization founded in 2016, and since its inception has worked with numerous atrisk populations to bring the healing powers of yoga into the lives of those who may not have been introduced to it otherwise. Project Wheel House has worked with survivors of domestic violence, inmates, LGBTQ youth, and urban children throughout the SouthCoast region. As founder Jessica Webb describes it, "Meditation and yoga are practical skills that transform lives, but not everyone can get to a yoga studio, so we're bringing the studio to them".

Project Wheel House's current partners include The Women's Center, The Southcoast LGBTQ Network, YouthBuild NB, YWCA Girls Exclusive, Doodles Creative, and 3rdEye Unlimited. For more details about the event, including the full schedule of Saturday morning yoga sessions and instructors, please visit: www.projectwheelhouse.org/20-in-20. Project Wheel House is a graduate of the Summer 2017 EforAll Southcoast entrepreneurship accelerator.

Facebook Event Page: facebook.com/events/439661826836841/ Website Info: projectwheelhouse.org/20-in-20



Project Wheel House is a nonprofit organization dedicated to bringing yoga and mindfulness practices to underserved and atrisk populations. For more information, please visit https://www.projectwheelhouse.org, or contact program founder Jessica Webb directly by emailing NavigateLife@ProjectWheelHouse.org, or calling 774-582-0001.

You can still apply for health insurance!

For people who have never applied for health insurance, they may be eligible to apply outside of the Open Enrollment period

for Mass Health and the Connector Programs, and they should call our office to find out if they qualify.

For people who have had changes in their personal or family situations; like losing a job, losing a spouse, Divorce or the birth of a child in addition to other life-changing events, they should also call our office to find out if they qualify for health insurance.

The PACE Health Access Program also has a Senior Intake Specialist who assists persons with their Medicare questions and applications. The PACE Health Access/Navigator Program has trained and certified State Navigators on hand to assist people who are looking for Health Insurance.

The Individual Mandate requires all residents of Massachusetts to be covered by health insurance and if a person does not have health insurance for three months or longer they will receive a tax penalty.

Call PACE at 508-999-9920 for an appointment or for more information.

PACE INC.

People Acting In Community Endeavors Inc. 166 William Street, New Bedford, MA 02740 508-999-9920

Public Service Announcement for Measles in Massachusetts

and outbreaks in the U.S.

The Massachusetts Department of Public Health recently confirmed a case of Measles in the state and measles outbreaks are ongoing in several states around the country. The best way to prevent Measles is to get vaccinated. The Measles, Mumps and Rubella vaccine, known as MMR, is highly effective and protects against these three highly contagious diseases.

Measles is a disease caused by a virus that spreads very easily from person to person through coughing and sneezing. Measles starts with a fever, runny nose, cough, red eyes, and sore throat. It is followed by a rash of fine, red spots, that start at the head and spreads to the rest of the body. Measles can cause serious health complications, especially in children younger than 5 years of age, adults over 20, and people with compromised immune systems. Measles may lead to severe illness, hospitalization, brain swelling, and in rare cases, even death.

If you or your loved ones are not up-to-date with the MMR vaccination, as recommended by the Centers for Disease Control and Prevention, your family is at increased risk of contracting and spreading Measles. Southcoast Health strongly encourages reviewing your immunizations record by contacting your Primary Care Provider or, if you are a Southcoast Health patient, by logging into your MyChart account.

Please contact your Primary Care Provider if you, or a loved one, needs an appointment for the MMR vaccine.

If records cannot be located and you are unsure if you received the vaccine you can call your Primary Care Provider to discuss a blood test to check for immunity.

Other community resources for determining immune status or obtaining MMR vaccinations:

Greater New Bedford Community Health Center, New Bedford & Wareham
www.gnbchc.org/
508-992-6553 (New Bedford) or 508-342-4701 (Wareham)
HealthFirst Family Care Center, Fall River
www.healthfirstfr.org
508-679-8111
SSTAR Family Health Clinic, Fall River
www.sstar.org/
508-675-1054
For Fall River Residents:

If you cannot locate vaccination records, you can call the Fall River Board of Health at 508-324-2410. Representatives there have access to the state's database of immunization records.

More information on the Measles can be found at:

• Center for Disease Control www.cdc.gov/measles

• Center for Disease Control (Spanish) https://www.cdc.gov/measles/about/index-sp.html

• Massachusetts Department of Public Health (Spanish & Portuguese available) www.mass.gov/service-details/measles

New Bedford Health Department prepares for Public Health Accreditation

The New Bedford Health Department is preparing for Public Health Accreditation. Over the next several months, the

Department's accreditation readiness team will connect with select community partners to coordinate a series of key interviews, designed to engage and gather input from the community regarding the leading health issues, service gaps, barriers to care, and at-risk population segments, as well as the strengths and weaknesses of the region's health system. Accreditation is managed by the Public Health Accreditation Board (PHAB), a non-profit entity which implements and oversees national accreditation of public health departments.

A partnership with the University of Massachusetts Dartmouth will facilitate the development of a Community Health Needs Assessment, a Community Health Improvement Plan, and a strategic plan for the Health Department. These three documents are an essential part of the department's planning process, and are required for the Public Health Accreditation Board application readiness process. The documents will be prepared by the accreditation readiness team composed of Health Department staff, UMass Dartmouth staff and students, and led by Damon Chaplin, director of the New Bedford Health Department; Nancy Street, associate professor of nursing at UMass Dartmouth; and Michael Goodman, executive director of the Public Policy Center at the university.

About the New Bedford Health Department

The Health Department's mission is to prevent disease and to promote and protect the health and wellbeing of New Bedford's residents and visitors. The Health Department is responsible for leading a broad public health mandate that includes environmental health (e.g., housing sanitation, childhood lead poisoning prevention, food safety, trash/nuisance, sewer/septic, swimming pools, and environmental remediation/clean-up), public health nursing, substance abuse and violence prevention, municipal marine lab testing, and health and wellness promotion.

About Public Health Accreditation through the Public Health

Accreditation Board

What is Public Health Accreditation?

 The measurement of health department performance against a set of nationally recognized, practice-focused and evidencedbased standards.

 The issuance of recognition of achievement of accreditation within a specified time frame by a nationally recognized entity.

 The continual development, revision, and distribution of public health standards.

The mission of the voluntary national accreditation program is to improve and protect the health of the public by advancing and ultimately transforming the quality and performance of the nation's state, Tribal, local, and territorial public health departments. PHAB recently added Vital Records/Health Statistics accreditation to its services, and in 2019 will also add Army Preventive Medicine Departments.

PHAB's initial accreditation assesses a health department's capacity to carry out the ten Essential Public Health Services; manage an effective health department; and, maintain strong and effective communications with the governing entity. Reaccreditation is necessary for a health department to continue to be designated as accredited. Reaccreditation focuses on assessment of an accredited health departments continued improvement and advancement thereby becoming increasingly effective at improving the health of the population they serve. PHAB is a 501(c)(3) organization. For more information, visit www.phaboard.org.

New Bedford sees four overdoses in a 20 hour period on Sunday/Monday

In a 20 hour period between 10-11 February, there were four overdoses in New Bedford according to the New Bedford Police Department. All survived and received treatment.

 At 5:57am on Sunday, 51-year old woman on South Street apartment

– At 11:25am on Sunday, 50-year old man on Elm Street

– At 7pm on Sunday, 32-year old man Richmond Street apartment

 At 1:35am on Monday, 36-year old man Philips Road (Southcoast condos)

In January, New Bedford saw four overdoses in less than 24 hours.

According to New Bedford police data, New Bedford saw a slight increase in overdoses, but a 15% decrease in overdose-related deaths in 2018.