



Students get a ten-minute workout at the beginning of the session with a walk or run around the gym.

Spencer-Borden Boot Camp gets kids moving

Over 100 students from the Spencer Borden Elementary School on President Avenue are attending a weekly after school Boot Camp activity as part of the Healthy Kids Klub that operates throughout the year.

Volunteer parent Heather Borges and a dozen or so parents supervise the children for an hour each week. The session begins with ten minutes of running and walking around the gym to get them warmed up.

"I really don't have to encourage them," notes Borges. "They just take off on their own. They have an amazing amount of energy, and you can tell they're really enjoying it," she adds.

The children then divide into smaller groups for basketball, hula hoop, jumping rope, and a variety of challenges. The program helps to keep children active and away from more passive pursuits like television and electronic games.



Jay-in Lewis, center, holds on tight to her partner in a Conga line that marched up South Main Street.

Holiday Parade gets even more kids moving

The 27th Annual Holiday Children's Parade stepped off from Kennedy Park shortly after 12:30 p.m. on a sunny but cool December 4th afternoon following the arrival of Santa and Mrs. Claus by helicopter.

The parade featured gigantic helium balloons of Santa Claus and other characters as well as marching bands from Somerset, Berkley, Dighton-Rehoboth, Dartmouth and Tiverton high schools.

Nearly one hundred groups from local schools and organizations also marched along the mile-long parade route along South Main Street to Government Center getting plenty of heart-healthy exercise.

"I think the crowds were the largest we've ever seen," remarked CD-REC executive director Grace Gerling, one of the principal organizers of the event who also organized a holiday event the next day at her facility on Bank Street.

Mad Science teaches kids science basics in a fun way



Leigh Picard demonstrates the properties of carbon dioxide gas with a bucket full of water and dry ice.

Leigh Picard of Mad Science of Southern MA & RI held the attention of over 450 children at the Doran Elementary School in Fall River, MA, recently, as they learned about air and air pressure through a series of experiments and demonstrations.

Mad Science teaches science in a way that engages imagination and hands-on learning. Students are exposed to important principles of science that help them to interpret information that is relevant to their health status.

"We can't expect children to understand what we tell them about nutrition, fitness and substance abuse unless they have a good background in the basic principles of scientific methods," commented School Wellness Coordinator Marcia Picard.

Mad Science presentations have taken place in Fall River Schools, the YMCA and CD-REC. For more information about how to arrange for a Mad Science presentation, call (508) 679-0081 or email Mail@Mad-ScienceSMARI.com

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Bristol Community College
Bristol County District Attorney
Bristol Elder Services
Bristol Workforce Investment Board
Catholic Social Services
City of Fall River
Board of Park Commissioners
Council on Aging
Department of Public Works
Health & Human Services
Mass In Motion
Street Tree Planting Program
Tobacco Control Program
Youth Services

Community Development Agency
Community Development Recreation
Child Nutrition Partnership
Community Foundation of SE Mass.
Corky Row Neighborhood Association
Corrigan Mental Health Center
Diabetes Association, Inc
District Attorney of Bristol County.
Fall River Adult Literacy Partnership
Fall River Chamber of Commerce
Fall River Garden Club
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Health First Family Care Center
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Mass Community Water Watch @ BCC
May Institute
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Southcoast Hospitals Group
Saint Anne's Hospital
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Thomas Chew Mem. Boys & Girls Club
United Neighbors of Fall River
UMass. Extension Nutrition Education
Y.M.C.A. of Greater Fall River

Healthy City Fall River is a collaboration between the Fall River Health and Human Services Department and Partners for a Healthier Community, Inc., the local Community Health Network Area (CHNA) organized by the Massachusetts Department of Public Health (DPH) to establish a working partnership between DPH and area residents to improve the health status of all those who live or work in the CHNA

Supported in part by DPH linkage funding from Saint Anne's Hospital

2009 - 2014 Priority Strategy Areas



Safety and ATOD Control



Recreation & Fitness



Food Supply & Nutrition



Educational & Medical Policies



Built Environment & Advocacy

The Healthy City Fall River CONNECTION

Connecting the people of Fall River to improve our quality of life and health

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Flu shots given by nationally recognized MRC volunteers



Photo by Vivian Civierno

MRC volunteers (back row) Robert Chase, Karen Carreiro, Cynthia Corriveau, Tammy LaMothe, Joanne Breault, and Deidre Costa, (front row) Claire Levesque, Janice Rousseau, and Doris Thornton pose for a photo.

If you haven't gotten your flu shot so far this year, it's not too late," states Greater Fall River Medical Reserve Corps director Alvin McMahan. "And, if you get your shot at a local public health office, you might see one of the nurses on national television next year!"

According to the Centers for Disease Control and Prevention, influenza activity in the United States remains low at this time but is expected to increase in the coming weeks. McMahan advises that the flu virus is most active during January, February and March, and vaccinations given at any time during these months will become effective within ten days of receiving it. The vaccines that are in circulation this year cover all strains of the virus and will last through the duration of the season. He also reminds the public that the vaccine is not just to keep the recipient from getting the flu. "It's really unfair to those around you, especially seniors and children, who may become infected because you did not get a flu shot this year," he adds.

Flu shots were given out free of charge at Government Center in a Fall River Health Department clinic manned by the Greater Fall River Medical Reserve Corp and held on December 7th. Anyone

can still come to the public health office (508-324-2421) on the 4th floor of Government Center on any Tuesday or Thursday between 9:00 a.m. to 11:00 a.m. and 1:00pm to 3:00 p.m. to get a free flu shot. Somerset residents can also get free flu shots Monday through Friday between 9:00 a.m. and noon at the Town Nurse's Office (508-646-2807); Swansea residents can get them Monday through Thursday from 4:30 to 6:30 p.m. at the Board of Health (508-324-6704); and Westport residents can get shots on Monday, Tuesday, Thursday from 8:00 a.m. to 4:00 p.m. in the nurses' office at 856 Main Road (508-636-1030). It's always advised that you call ahead. In addition, most pharmacies are offering flu vaccinations paid for by most insurance providers.

McMahan coordinates the Greater Fall River Medical Reserve Corps (GFRMRC), a community-based group of volunteers, with both medical and non-medical backgrounds. GFRMRC serves the city of Fall River and the towns of Somerset, Swansea and Westport. Of the more than 325 volunteers, there is an almost even number of medical versus non-medical volunteers. The GFRMRC was established September 2006 under the sponsorship of the Fall River Department Health and Human Services.

(Continued on page 2)



Tom Lawrence of the Rhode Island MRC, Dr. Rob Tosatto, Director of the U.S. MRC, and Richard Aguiar, Director of the Fall River Emergency Management Department talk with Health Department Director Dr. Henry Vaillancourt.

Profiling Alvin McMahon



When it comes to volunteering, Alvin McMahon does it all!

Alvin decided to volunteer for the Medical Reserve Corps in 2007, when he had been retired for eight years. That was after he had spent 32 years doing computer management for US Airways, Arlington, VA, and prior to moving to Somerset in 2004.

At the time, he had been serving on the board of the Ostomy Association of Boston following colon cancer surgery in 2003. He then volunteered as VIPS (Volunteer in Police Services) with the Somerset Police Department starting in 2005, when the program first started.

Alvin started with the Somerset Medical Reserve Corps and then was appointed Director of the Greater Fall River Medical Reserve Corps in 2008.

He has also served on the Southeast Massachusetts Emergency Management Directors Association (SEMMDA) since 2009.

In addition to all of those duties, Alvin has found the time to serve on the Southeast Center for Independent Living, Inc. (SCIL) board as its director since 2009 and as a member of Somerset's Committee on Disabled since 2009.

"I love volunteering," stated Alvin. "I get back a lot more than I give, and it keeps me involved with the community," he added.

The community that he serves is a lot richer, too!

(Continued from page 1)

The National Medical Reserve Corps (MRC), based in Washington, DC, is sponsored by the U.S. Department of Health and Human Services and Office of the Surgeon General. The MRC was established in year 2002, following the events of 9-11 with President Bush creating a Citizens Corps for volunteer organizations.

In 2012, the MRC will have its 10-year anniversary. In recognition and celebration, the national office is creating commercials and news segments to be shown throughout the United States. In addition, a segment will be produced for broadcast on The Business Journal with Joan Lunden. Out of 968 MRC units throughout the United States, the Greater Fall River unit was selected for filming and recording of the December 7th clinic. The television commercial will focus on the MRC volunteers in action and how the community benefits. Network and Cable television will broadcast the commercial in 2012 in recognition of the ten-year anniversary.

"Out of 968 MRC units throughout the United States, the Greater Fall River unit was selected for filming"

The Government Center clinic event included Mayor Will Flanagan speaking on how the GFRMRC volunteers have supported the Health Department, especially during the H1N1 Pandemic. Also introduced was Captain Rob Tosatto, Director of the Office of Civilian Volunteer Medical Reserve Corps, and principle advisor to the Surgeon General, and Assistant Secretary of Department of Health on issues of civilian volunteers. Other speakers included Dr. Henry R. Vaillancourt, Director of Fall River's Health Department, Tom Lawrence, Rhode Island Director of the Medical Reserve Corps (MRC); Erin McDonough, RI MRC Coordinator; Bristol County MRC Coordinator Dennis Swift; Mass. Department of Public Health Local Public Health Manager Michael Coughlin; MRC Region I Coordinator Jennifer Frenette; and Fall River Emergency Management Agency director Richard Aguiar.

In introducing the speakers, Mr. McMahon noted that GFRMRC volunteers have participated in more than 30 flu clinics. Over 200 Outstanding Service Awards

and City Citations have been presented to MRC and other volunteers by Mayor Flanagan over the past three years. In August, 2010, MRC volunteers assisted with vaccinations at the Fall River Homeless Connect event at Bristol Community College. During an interview, Dr. Vaillancourt remarked, "These volunteers form the backbone of a strong and efficient group of professionals and other volunteers who we can call upon at any time to respond to a public health emergency"

"The December flu clinic event, with the videotaping project, highlighted the outstanding work that our GFRMRC volunteers have been providing in the past three years to our local communities", noted McMahon. "The Greater Fall River Medical Reserve Corps is always looking for dedicated volunteers, both medical and non-medical personnel," he added. For more information about this event or volunteering opportunities with the GFRMRC, contact the Coordinator, at 401-864-1597 or send e-mail to ALMBlueSky@aol.com.

Tree expert consults to FR



Tree expert Andrew Hillman points out to Street Tree Planting Program volunteers Dave Lapointe, Ed Sousa and John Sylvia what branches need pruning.

Following an educational workshop, "Building Partnerships for Urban Forestry," at Government Center on December 8, 2011, a group of volunteers joined certified arborist and urban forester Andrew Hillman from the Davey Resource Group the following Saturday at Father Kelly Park to learn about pruning.

Hillman and urban tree expert Emily Hamilton demonstrated the proper tools to use and the correct technique to remove branches from developing trees.

These techniques will ensure that the trees that have been planted in a number of Fall River parks over the past ten years will continue to mature properly and provide years of benefits for City residents and others.



Judith Coykendall of Partners for Clean Air describes the cessation resources available to Housing Authority tenants

FR Housing Authority offers info to smokers

Managers of Fall River's public housing developments had an opportunity on December 13, 2011, to hear from Judith Coykendall of Partners for Clean Air about the resources available to tenants to help them quit smoking.

"I'll be sure you each have information for your tenants that explains the variety of resources now available to anyone who wants to quit," she offered. Since everyone receiving MassHealth can have counseling and nicotine replacement therapy covered for up to two quit attempts each year, Coykendall wants to be sure people know how to get those resources when they're ready to try quitting.

In addition to group and individual counseling available through Saint Anne's Hospital and Stanley Street Treatment and Resources. Since July 5, 2004, all Massachusetts workplaces went smoke-free. Recently, both Fall River hospitals and several other organizations have adopted policies that no longer permit smoking on their campuses.

Fitness Challenge prepares to kick off its 5th year



Mel Ferreira, Daryl Parrent, Theresa Greenwood, Grace Gerling and Luisa Tavares head to Heritage State Park.

The Fall River Fitness Challenge kicks off for a fifth year, this time at the Kuss Middle School on January 7th, 10 a.m.-1



Arts United president Sandy Dennis and Mass In Motion Coordinator Julie Kelly label each of the photos.

Staircase Gallery shows local photos

Photographs by members of the Fall River Camera Club were featured at the opening of a new art exhibit at the Staircase Galleries sponsored by Arts United and the Fall River Mass In Motion project in November.

The Galleries are part of an initiative to encourage physical activity among employees and visitors to Government Center by providing a welcoming environment.

Art was provided by Camera Club members as well as local photographer Jon Fox and several paintings by B.M.C. Durfee High School students.

"This was great opportunity to feature some of the non-commercial photographers that are right in our midst," commented Arts United president Sandy Dennis who helped to organize the exhibit with Mass In Motion coordinator Julianne Kelly. The goal of the state-wide Mass in Motion initiative is to create a healthier community through changes in policy, systems and environments.

Upcoming Events

January 1, 2012, 10:00 a.m.
Polar Plunge, Sandy Beach.
For info, contact Forever Paws Animal Shelter at 508-677-9154.

January 3, 6:00 p.m.
Fall River Bicycle Comm. meets every 1st Monday in the Stop & Shop community room. Call 508-679-0131.

January 7, 10:00 a.m.- 1:00 p.m.
First Fitness Challenge Sign-up and Health Fair, Kuss Middle School. Call 508-679-0922 for info.

January 11, 6:00 p.m.
Southcoast Bikeway Meeting, Dartmouth Town Hall.

January 12, 9:30 a.m.
"Bicycle Friendly City," Nicole Freedman, speaker, Government Center Hearing Room, Call 508-324-2405.

January 14, 10:00-1:00 p.m.
Indoor Winter Market at CD REC, 72 Bank Street, FR

February: Teen Dating Violence Month

February 11, 10:00-1:00 p.m.
Indoor Winter Market at CD REC, 72 Bank Street, FR

March 10, 10:00-1:00 p.m.
Indoor Winter Market at CD REC, 72 Bank Street, FR

March 15th
Absolutely Incredible Kids Day, CD-REC. For info call 508-679-0922.

March 19th through 23rd
Violence Prevention Week

March 24th, Time TBA
Peace By Piece Summit, Kuss Middle School