

# SALEM H.O.P.E.

*Human Organization Partnership Effort*

*Our 100<sup>th</sup>  
newsletter!*

*Together over  
25 years!*

**Networking Breakfast Meeting  
Thursday, December 5, 2019  
9:00 A.M. Sharp**

*Hosted by:*

**Aspire Developmental Services, Inc.  
275 Lafayette Street, Salem, MA**

*All social service agency representatives serving Salem residents are welcome.*

**PLEASE RSVP ATTENDANCE TO Kristen Evans  
at [kevans@aspiredevelopmental.org](mailto:kevans@aspiredevelopmental.org) or at 781-593-2727, ext 1701**

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## AGENDA

- 9:00 I. Welcome & Group Introductions  
9:05 II. Agency Welcome – Kristin Evans, Assistant Director (Salem site)  
9:20 III. Information Exchange - All attendees present - **1 minute per agency please**

*Bring any new brochures!*

- 9:55 IV. 101<sup>st</sup> Salem H.O.P.E. Newsletter (to be issued in February)

*E-mail your announcements, job postings, event notices, articles etc.  
for September-December to [jguy@salem.com](mailto:jguy@salem.com) – Deadline 2/6/20*

- V. Next meeting dates (tentative):

***Thursday, March 12, 2020 – Lifebridge***

***Thursday, June 11, 2020 – Enterprise Center at Salem State University***

***Thursday, September 10, 2020 – City of Salem Park, Recreation &  
Community Services/Council on Aging***

***Thursday, December 12, 2020 - To be determined***

## *Networking & Refreshments*

***Please email [jguy@salem.com](mailto:jguy@salem.com) if you are interested in hosting an upcoming meeting!***

*Persons with special needs should contact the host agency for reasonable accommodation  
and should provide ample time for the request to be arranged, but no later than noon on the Monday prior.*

*If you no longer wish to receive emails for Salem HOPE,  
please send an email to [jguy@salem.com](mailto:jguy@salem.com) asking to be removed from this distribution list.*

# Salem H.O.P.E.

Human Organization Partnership Effort



Newsletter Number 100

~ A newsletter for social service agencies ~

November, 2019

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## September, 2019 Meeting Hosted by the Brookhouse Home

The [Brookhouse Home](#) hosted the September, 2019 Salem HOPE meeting. Representing the agency was Judy Kane, Laurie Fullerton, Carol Gawrys and Martha Ryan. Present were Jane Guy of the City of Salem DPCD, Maureen Fiore of Citizens, Inn, Stephanie Jackson and Elizabeth Ospina of MA Rehabilitation Commission, Kristen Evans and Alyssa Galante of Aspire Developmental, Shantel Alix, Semarial Wilder, Miriam Acevedo, Miriam Acevedo and Julia Potter of North Shore CDC, Ann-Marie O'Keefe and Charlene Snow of MassHire, Camilla Blackman of Wellspring House, Trish Kennedy of Catholic Charities, Maria Carrasquillo of NSCAP, Katina Polemenako of Salvation Army, Bonnie Henry of Salem Pantry, Joyce Arcisz of Goodwill, Debra Wonson of CFCE of the North Shore, Ashley Melanson of North Shore Physicians Group, Laura Brosnan of the Salem Public Library, Marissa Vickers, Monica Pires, Meghan Dancer-Butler and Hailey MacDonald of Pathways for Children, Mary Teresa Cuzzupe of Root, Ashley Hall of Northeast Tobacco Free Community Partnership and Sage Shaw of Open Door Immigration Services.

Ms. Kane welcomed the group and stated that the Brookhouse Home is a licensed rest home that has been for senior women for 160 years. Their mission has always been to be a shelter/home/residence for women who have nowhere else to go. The 400 s.f. home is 200 years old and houses 36 women, each with their own bedroom. They provide medication management, meals, laundry and an activities director, all in a home-like setting in an historic district. They accept MassHealth and Social Security. There is an application process and they have a short wait list. They assist women who are mainly not safe to live at home, but must not be in a wheelchair, be insulin dependent, on oxygen or have advanced dementia. They are not a locked facility. There is no age requirement; the average age is 85 and they currently house women 65-97.

Ms. Blackman stated that the [Wellspring House's](#) MediClerk training program is a 15-week program and they have 3 sessions per year. The next session starts in January. They work with North Shore Medical Center.

## Brookhouse Home

180 Derby Street  
Salem, MA 01970  
978-740-2493

[www.brookhousehome.com](http://www.brookhousehome.com)

Ms. Kennedy stated that [Catholic Charities](#) provides an English language learn program in Lynn and Salem in four levels. They also have a program at the new Community Life Center in Salem and they work with Headstart in Lynn.

Ms. Evans stated that [Aspire](#) assists parents whose children birth to 3 years have developmental delays. They provide home visits and parent-child groups. The services are covered through insurance.

Ms. Shaw stated that [Open Door Immigration](#) provides affordable immigration legal services. They offer citizenship classes in Fall and Spring.

Ms. Pires of [Pathways for Children](#) stated that the Headstart program has a vacancy at the Salem center.

Ms. Dancer-Butler added that Pathways for Children has programs Monday-Thursday for children 2.9-5, for income eligible families.

Ms. Carrasquillo stated that [North Shore Community Action Programs, Inc.](#) (NSCAP) offers a Fuel Assistance program. They will also be taking application for utility assistance in October. They also have first/last/security funding for those moving out or into Salem.

Ms. Melanson of the [North Shore Physician's Group](#) stated that she works with those who are high risk to connect them with resources. They get referrals from social workers.

Ms. Cuzzupe stated that [Root](#) offers culinary job training for youth 16-24. It is a 3-month program.

Ms. Snow stated that the [MassHire North Shore Career Center](#) has a job fair on November 6<sup>th</sup> at Salem Five geared toward veterans. She suggested liking them on Facebook to learn of upcoming events.

Ms. Arcisz stated that [Goodwill Industries](#) offers job training, community based day services and a working program. They are accepting referrals, as well as volunteer work or jobs.

Ms. Jackson of [MA Rehabilitation Commission](#) introduced Elizabeth Ospina who will be working with populations from Transitional Assistance. She stated that they have no wait list and have funds for job related services.

Ms. Alix stated that [North Shore CDC](#) provides affordable housing and community engagement. They are having their annual block party and they are partnering with the Board of Health for a Food for Thought Party. They will be having a candidate forum on 10/7/19 at Espacio. They will have a first time homebuyer education program starting in December.

Ms. Wonson stated that she is the Salem Project Coordinator for the [CFCE of the North Shore](#). They offer parent-child play groups, as well as events with community partners.

Ms. Polemenako stated that [Salvation Army](#) offers a food pantry and emergency funding services. Their fuel assistance for those that are over-income for other fuel programs starts 12/1/19. They are taking applications

in October for Thanksgiving (Salem & Marblehead only) and Christmas (Salem, Marblehead & Peabody). Their backpack program is at Collins Middle School.

Ms. Brosnan stated that she is the children's librarian at the [Salem Public Library](#). They have completed improvements to their courtyard for families. They are starting fall programming including storytelling, music and movement on Friday mornings and a STEM program.

Ms. Henry stated that she is the [Salem Pantry](#) Chair and that they are hiring a new Executive Director. They distribute healthy food in neighborhoods and have mobile pantries at Salem State University and North Shore CDC's Espacio. They partner with Citizens Inn. They are looking for volunteers and more partners.

Ms. Hall stated that Diane Knight has retired from [Northeast Tobacco Partnership](#) and she is her replacement. The agency is a free resource for tobacco education, which they provide to adults, teachers, doctors, etc.

Ms. O'Keefe stated that she is the Youth Coordinator with [MassHire Youth Career Center](#) and the focus is getting jobs for youth 14-21. She is based out of Lynn. They will go into high schools.

Ms. Fiore stated that she is the Clinical Director at [Citizens Inn](#). They offer a shelter program for families, sober living shelter and family stability program for families existing shelter. They run Haven from Hunger providing meals, pantry & mobile market and are in need of volunteers.

Ms. MacDonald stated that Pathways for Children offers parenting classes and a nurturing program. They are enrolling now for a Spanish nurturing class to be held at Horace Mann starting in November. There is no fee and no eligibility requirements. They will provide transportation if needed.

Ms. Acevedo stated that she is the Family Stability Coordinator at North Shore CDC and works to help with various needs such as finding housing, job seeking, or translation needs. She helps clients to set goals and achieve them.

Ms. Gawrys stated that besides working at the Brookhouse Home, she teaches public health at Salem State University.

Ms. Guy stated that she is the Assistant Community Development Director for the City of Salem [Department of Planning and Community Development](#), and that the City is beginning the process to develop its next 5-Year Consolidated Plan with a series of neighborhood meetings and focus groups, including a public hearing on 9/25/19 and two housing groups. She stated that the City's CAPER is currently out for public comments, which are due by 9/20/19. She added that the CPA public hearing is 10/8/19.

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## About the Brookhouse Home

*Life is good at Brookhouse, and this is home!*

Brookhouse Home is a residence for 36 senior women 65+, licensed by the [Massachusetts Department of Public Health](#) as a [Level IV Residential Care Home](#). Our residents live in a familiar home setting which enables them to maintain their independence, their privacy, and exercise their personal choices while receiving supports by our responsible staff. Included are all home cooked meals, medication management, laundry and housekeeping services. [Resident life](#) for the women in our care is stimulating and active with programs specially designed by our dedicated Activities Director. Throughout the day, whether enjoying art, music, entertainment, or engaging in conversation with friends, activities are thoughtfully planned to enrich mind, body and soul.

Our Pledge: The Brookhouse Home is committed to providing quality supports to senior women, encouraging them to live active, satisfying lives both at home and within their community.

As a not for profit home, we can assist residents in being enrolled in Medicaid or Transitional Assistance so regardless of financial resources or income, Brookhouse is a viable option for all senior women.

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## Expecting Thanksgiving Discussions about Vaping Tobacco and Nicotine?

**When you get together with family and friends around a Thanksgiving table do you expect the subject of vaping and vaping illnesses to come up? Do you worry that you don't know how to respond because you want to share accurate and helpful information? Here are a few suggestions to help you respond about vaping tobacco and nicotine from the Tobacco-Free Community Partnerships in Massachusetts along with links you can follow to learn more.**

**Q:** I hear there is a ban on vaping and e-cigarette products in Massachusetts. What is that all about?

**A:** Governor Charlie Baker declared a public health emergency in response to the outbreak of severe lung illnesses associated with e-cigarettes and vaping. To protect the health of Massachusetts residents, the Commissioner of the Department of Public Health ordered a temporary ban on the sale of all vape and e-cigarette products in Massachusetts so that federal agencies have time to investigate the cause of the illnesses, which is still unknown. The ban is currently in effect until December 24, 2019.

**Q:** People say only off-the-street and homemade products are making people sick--so why is there a ban on everything?

**A:** All products are banned temporarily because it's not clear which products or substances are making people sick. The common factor linking all cases is a history of e-cigarette use and vaping. It's important to know that while the federal government is regulating certain aspects of e-cigarettes, this DOES NOT currently include the manufacturing of e-cigarettes and vaping products. What that means, is that no e-cigarette or vaping product sold in local convenience stores, vape shops, online or on the street has been tested and approved as safe to use. In addition, ingredients for e-juices are not regulated and therefore we can't really be sure what is in them or that they are safe and flavors have not been approved to heat up and inhale.

**Q:** What is in e-cigarettes? I hear that it is just flavored water. What is so bad about them?

**A:** Users may be inhaling harmful and potentially harmful substances. E-cigarettes contain pre-filled pods or e-liquids/e-juices that the user adds to the device. E-liquids generally consist of propylene glycol, glycerin, water, nicotine, and flavorings. E-cigarettes produce an aerosol, commonly called vapor, which users inhale from the device and exhale.

**Q:** What can I do to prevent my child or loved ones from vaping?

**A:** Simply talking with your child about these products can help protect them. Let them know that you care about them and that vaping is not safe. Tell them the facts: e-cigarettes contain nicotine; nicotine is a highly addictive substance. The smoke from vapes is an aerosol, not water vapor. The aerosol can contain harmful and potentially harmful substances, including: nicotine, ultrafine particles that can be inhaled deep into the lungs, flavoring such as diacetyl, a chemical linked to a serious lung disease, volatile organic compounds, cancer-causing chemicals, heavy metals such as nickel, tin, and lead. Nicotine can damage a teenager's brain and lead to addiction.

**Q:** Now that these products are not available for purchase in Massachusetts, how can I encourage youth and young adults to quit vaping?

**A:** There are currently two programs available to help youth and young adults quit vaping, smoking or using other tobacco products.

**This is Quitting** powered by **truth®** is a texting program for young people who want to quit vaping. It is a free, confidential 30-day program during which youth receive texts with information, tips, and support. They receive daily text messages to help them prepare to quit and supportive texts from young people who have been through the program. To enroll in the program, youth text "VapeFreeMass" to 88709. Youth can also connect with their school nurse, counselor, or coach to help get them started.

**My Life, My Quit™** is a specially designed program to help young people quit vaping or other tobacco products. **My Life, My Quit™** provides five free and confidential coaching sessions by phone, live texting, or chat with specially-trained youth coach specialists. Youth can text "Start My Quit" to 855-891-9989 or call toll-free 1-855-891-9989 for real-time coaching. They can also visit [mylifemyquit.com](http://mylifemyquit.com) to sign up online, chat with a live coach, get information about vaping and tobacco, and find activities to help them quit.

**Q:** How can I help adults who are trying to quit vaping, smoking or using other tobacco products?

**A:** Call 1-800-QUIT-NOW to connect with the Massachusetts Smokers' Helpline. The Helpline is a free and confidential service for Massachusetts residents who want help to end their nicotine and tobacco use. If you are looking to quit tobacco, you can now get help from a quit coach over the phone; or use online tools and resources; or a combination of these online features and telephone coaching. You can also enroll online using a computer or smartphone at <https://ma.quitlogix.org/en-US/Enroll-Now>.

**Q:** How can I learn more information and stay up-to-date?

**A:**

- Facts about vaping, tips for parents, and information for schools from the Massachusetts Department of Public Health: <https://www.getoutraged.org>
- Basic facts for youth and a list of quitting resources for youth: <https://www.mass.gov/vaping>
- Weekly updated information about vaping-related illnesses from the Centers for Disease Control and Prevention: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html#latest-outbreak-information](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html#latest-outbreak-information)

- Information about the emergency vaping regulation in Massachusetts:  
<https://www.mass.gov/guides/vapingemergency>
- To contact the Tobacco-Free Community Partnership in your region:  
<http://makesmokinghistory.org/my-community/community-partnerships/>

Visit [GetOutraged.org](http://GetOutraged.org) to learn more or contact me at (978) 722-2864 or [ashley.hall@glfc.org](mailto:ashley.hall@glfc.org)  
Ashley Hall, MS, Tyngsboro, Program Manager, Northeast Tobacco-Free Community Partnership

## What is Salem H.O.P.E.?

Salem H.O.P.E. is a networking group for human service agencies that provide programs and services to Salem residents. It is a free forum for agencies to learn about the services being provided by other agencies in order to make referrals and coordinate efforts. All human service agency representatives are welcome to attend the quarterly breakfast meetings held at rotating locations.

We need your announcements, notices and articles for this newsletter. Share your resources; advertise a job opening; seek out agencies to collaborate on a grant application; announce new programs; publicize your events, etc. Please e-mail your submissions or requests to be added to the newsletter e-mail distribution list to [jguy@salem.com](mailto:jguy@salem.com). The newsletter is printed four times per year. However, information that needs to be disseminated in a timelier manner will be forwarded to the listserv upon receipt.

## Reasonable Accommodation

***If you are a Salem HOPE participant and require reasonable accommodation at a quarterly Salem HOPE meeting, please contact the meeting host location and make your request as soon as possible, but no later than noon on the Monday prior to the meeting.***

### **Salem HOPE hosts information on reasonable accommodation**

Once you have committed to hosting a Salem HOPE meeting, you are encouraged to contact Massachusetts Commission for the Deaf & Hard of Hearing to request an American Sign Language (ASL) Interpreter at least two weeks prior to the meeting date. If you do not get any requests for ASL interpreters by noon on the Monday prior to the meeting, you can cancel the request by close of business on that Monday.

The website to request an interpreter is <http://www.mass.gov/eohhs/gov/departments/mcdhh/request-an-interpreter.html>. Their phone number is 617-740-1600 or 1-800-882-1155.

*The Salem H.O.P.E. Newsletter is prepared and distributed by Jane Guy of the Department of Planning & Community Development of the City of Salem, Kimberley Driscoll, Mayor.*  
[www.salem.com](http://www.salem.com) has [links to social service agencies](#), as well as information on [housing programs](#) and [foreclosure prevention and legal resources](#).





## Build It with Me!

Free Parent/Child Event

Tuesdays

October 8, November 12, and December 10, 2019

10:00 - 11:00 AM



At Home Depot  
50 Traders Way, Salem, MA

Build a fun project with your child with storytime and an opportunity to meet new families.

Free for families with children birth and up

Registration required

Register online at [www.CFCEoftheNorthShore.com/events-workshops](http://www.CFCEoftheNorthShore.com/events-workshops)



Funded by the Coordinated Family and Community Engagement Grant from the Massachusetts Department of Early Education and Care awarded to Peabody Public Schools

9 Margin Street, Peabody, MA 01960

(978) 536-8543

[www.CFCEoftheNorthShore.com](http://www.CFCEoftheNorthShore.com)







# FREE FAMILY STEM PROGRAM

*Science - Technology - Engineering - Math*

**FREE FOR FAMILIES WITH CHILDREN 4 YEARS OLD AND UP**  
**ALL PROGRAMS ARE 11:00 AM – 12:00 PM**



**Saturday, November 2 and Friday, November 8**  
Touch Tank Exploration



**Saturday, November 23 and Friday, December 6**  
Reusable Bag/Fish Print Creations

**Friday, December 13 and Saturday, January 18**  
Investigating Shelled Animals



**Friday, January 31 and Saturday, February 1**  
Virtual Reality Sand Table

**Friday, February 28 and Saturday, February 29**  
Discovering Storm Drains



**Registration Required**  
Families can register for a max of 2 programs  
Register at [www.CFCEoftheNorthShore.com](http://www.CFCEoftheNorthShore.com)



Funded by the Coordinated Family and Community Engagement Grant  
from the Massachusetts Department of Early Education and Care awarded  
to Peabody Public Schools

9 Margin Street, Peabody, MA 01960  
(978) 536-6543  
[www.CFCEoftheNorthShore.com](http://www.CFCEoftheNorthShore.com)



# Positive Parenting Program Discussion Groups



- Practical strategies for any parent or caregiver
- Build in positive strategies so you don't have to feel like you're always saying "No"
- Increase positive time together and have a plan for what to do when there is a challenge!

## Salem, Wednesdays 10am-12pm

At 110 Boston Street, Salem MA (Children's Friend and Family Svcs)

- Topic 1: Dealing with Disobedience
- Topic 2: Managing Fighting and Aggression
- Topic 3: Bedtime Routines
- Topic 4: Hassle-Free Shopping

*The four discussion topics will rotate. Group will not run on major holidays. Please call in advance to register for an intake appointment.*

**978-744-7905**

*We may access your health insurance or Family Networks if appropriate and with your consent. We will discuss this with you upon your first contact with us. Individual sessions may be available in addition to group and can be discussed with staff*



**CHILDREN'S FRIEND  
& FAMILY SERVICES**  
A DIVISION OF SEJRI



# The Culinary Training Program

## The Partners

- North Shore Community College will contribute expert training, a thorough 15-week curriculum in the culinary arts to low income head of households, with a priority on families experiencing homelessness.
- Citizens Inn will serve as the host of the training, providing the commercial kitchen and classroom space at the newly renovated Haven from Hunger.
- Restaurant partners with strong ties to Citizens Inn through food rescue efforts, will lead portions of training, build relationships with trainees, and serve as potential new employers upon completion of course.

## The Impact

- Increased Income
- Increased placements in permanent housing
- Ability for participants to apply for college credits towards a NSCC degree program
- Greater food output for Haven from Hunger (all food prepared in class will be used to feed Haven from Hunger clients)

## The Training

4 days a week for 15 weeks, the classes include both classroom setting learning "world of work" skills and preparing for ServSafe certifications, and kitchen instruction.



## The Distinction

Many existing job training programs focus on youth, but our program will have no age requirement. Opening access to anyone over legal working age will raise overall family income over time.

Citizens Inn has access to a large pool of potential students through the existing services we currently provide to the community, with many families within walking distance of this training program. This includes 34 families in our family shelter programs, 15 families in our affordable rental units, and almost 1,000 families that access our Haven from Hunger pantry and meals programs.



## The Students

Citizens Inn houses 34 families in temporary shelter, with an average annual income of between \$0 and \$5,000 and limited education.

To learn more about this and other programs at Citizens Inn, please visit [www.citizensinn.org](http://www.citizensinn.org)



# FRESH HARVEST POP-UP STAND

## Free Bi-weekly Mobile Market



Every first and third  
**WEDNESDAY**  
from 10 am – 2 pm  
68 Loring Avenue, Salem

Registration and more information available at  
[salemstate.edu/harvestpopup](http://salemstate.edu/harvestpopup)

Sponsored by

The Salem Pantry



**CITIZENS INN**



**Salem** | STATE  
UNIVERSITY

For accommodations and access information, visit  
[salemstate.edu/access](http://salemstate.edu/access) or email [access@salemstate.edu](mailto:access@salemstate.edu).



**Do you wonder about your child's development?**

**"Should my child already be walking?"**

**"My child doesn't talk as much as the other kids in our playgroup."**

**"My child seems to cry a lot."**

**CFCE OF THE NORTH SHORE  
HAS A QUICK, SAFE AND  
FREE AGES & STAGE QUESTIONNAIRE**



Families with children between the ages of 1 month and 5 years can complete a **FREE** Ages and Stages (ASQ-3) developmental screening questionnaire designed for use by early educators and caregivers. It relies on parents as experts, is easy-to-use, family-friendly, and creates the snapshot needed to catch delays and celebrate milestones.

**IT ONLY TAKES 10 MINUTES TO COMPLETE!**

Available in English and Spanish

**Contact us!**

**978-536-6543**

**[www.CFCEoftheNorthShore.com](http://www.CFCEoftheNorthShore.com)**



8 Margin Street, Peabody, MA 01960  
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