National Health Center Week at CRCH

CRCH Waltham and Brighton celebrated National Health Center Week from August 5th-9th with a variety of fun events. We hosted health fairs at both locations, with many members of the community participating in games, and receiving important screenings and information on healthy living. Special Guests included Waltham Mayor Jeanette McCarthy and State Senator Mike Barrett. Mayor McCarthy addressed the community with an insightful proclamation, and
Senator Barrett provided CRCH with an official citation, signed by the Massachusetts senate, recognizing our service to the local community in providing invaluable healthcare. The week included a visit from Fresh Truck, a mobile market designed to provide healthy food to communities that need it most. We are so thankful for all of the support from our community! Finally, thank you to our wonderful sponsors for helping make this week possible: Nextgen Healthcare, Olympia Sports, Mount Auburn Hospital Office of Community Health, United Healthcare, BJ's Waltham, Stop & Shop Brighton, Trader Joe's Brighton, and Shaw's Waltham -- we sincerely appreciate your continued support!

CRCH Celebrates Pride

In June, Charles River Community Health walked in the 2019 Boston Pride Parade! This year for Boston Pride was the biggest ever, with 431 organizations walking and over 1 million people watching. Members of Charles River staff, friends, and family represented the health center sporting bright blue "All are Welcome Here" t-shirts and carrying our banner. We handed out beads, CRCH service cards, condoms and high-fives to the onlookers lining the streets of the parade route. We cannot wait to walk next year!

New Providers

Nicole Foxe joins CRCH as a Behavioral Health Integration Clinician in Waltham

Nicole Foxe received her Bachelor's Degree in Latin and Greek from Tufts University.
After graduating, she worked as a teacher for seven years before returning to school, earning a Master's in Social Work from Boston College. In the past, she has worked both in assisted living communities and hospice care. All of these experiences have helped her transition into Behavioral Health, and she finds counseling extremely rewarding.

Eric Miller joins the Dental Department at CRCH Brighton

Eric Miller received his Bachelor's Degree in Japanese from UMass Amherst before attending Harvard Extension School, where he earned a diploma in pre-medical studies. He transitioned into dentistry afterwards, attending NYU's College of Dentistry. He completed his residency at CRCH and now works here as full-time provider. In his free time, Eric is an avid basketball fan and enjoys rooting for the Celtics.

Katrina Chaves joins CRCH Brighton as a Behavioral Health Clinician, specializing in substance use treatment

Katrina Chaves received her B.A. in Political Science from Rhode Island College and her Master's in Social Work from Simmons University. While earning her master's degree, she worked at the Brockton Department of Veteran Affairs in a PTSD outpatient clinic, eventually transitioning towards substance use treatment as an outpatient therapist after graduating. She is excited to join CRCH, and sees behavioral health as an important tool in addressing substance abuse counseling. In her free time, Katrina enjoys being outdoors and on the water.

Summer Intern Spotlight

CRCH relies on the talents and generosity of many wonderful interns and volunteers, and we are grateful to have had this team working with us this summer. Their hard work ensures that CRCH can continue to do our best to serve our community and patients!
Belen Herce-Hagiwara is a Community Health Outreach Intern at CRCH this summer. She is currently a rising senior at Grinnell College, studying Biology, and was interested in getting experience in public-health this summer and thought that CRCH would be a great place to contribute to the care of the nearby community. She mainly communicates with Spanish-speaking patients about programming and resources, and helps with event outreach. Outside of work, Belen likes to explore new places and activities around the Boston area.

Lesley Carranza is a rising high school senior, and is a Community Health Outreach Intern for the summer. She chose to intern at CRCH to gain a better idea of possible careers in health care. She is also a patient at this clinic and saw her internship as a way to give back to the community. Outside of work, Lesley enjoys reading, listening to music, and being cheerleading captain for her school team.

Nick Plotkin is a rising senior at Brown University, where he studies Public Health. He has spent time in multiple departments, such as Medical, Prevention and Wellness, Development, Compliance, and Vision. His main project has been testing out a new survey for Social Determinants of Health and how they affect CRCH patients. Outside of academics, Nick plays for Brown's men's ultimate frisbee team, who won the national title this past spring.

Nikhil Stiff is a Development Intern at CRCH. He studies Neuroscience and Economics at the University of Rochester and was interested in working in health care for the summer. As an intern, he was responsible for social media posts and marketing, website design, and assisted with grant writing and event planning. In his free time, Nikhil enjoys singing, music production, and basketball.

Tips to Enjoy the Rest of Your Summer

Be active, but be cool:
It is still important to maintain regular exercise, even during the summer months. Aim to avoid exercising in extreme temperatures by going outside early in the morning or at
night. Alternatively, on days where it is too hot, try working out a gym. While exercising, be sure to drink plenty of water to help your body sweat and cool down.

**Stay safe in the sun:**
When in the sun, be sure to apply sunscreen with an SPF of at least 30 every two hours. Try your best to avoid direct exposure to sunlight (10am - 4pm), which is time when UV rays are the strongest and you are at the greatest risk of skin cancer. Wear sunglasses that block up to 99% of UV rays to shield your eyes.

Charles River Community Health is committed to its mission to improving the health and well-being of the communities of Allston, Brighton, Waltham and surrounding areas by providing quality, comprehensive, coordinated care that is patient-centered, family friendly, and community focused.

Your continued generosity makes it possible for us to continue working to keep our community healthy.

**Donate Now**

**STAY CONNECTED:**

Charles River Community Health, Joseph M. Smith Building, 495 Western Avenue, Boston, MA 02135

SafeUnsubscribe™ {recipient's email}