We are happy to announce a new weekly mobile market, Fresh Truck! Starting on October 21st, 2019, Fresh Truck will be bringing in fresh products such as carrots, ginger, lettuce, mangos, and many more at an affordable price. While this opportunity is open to all community members, CRCH is the ONLY stop in Allston-Brighton! Francelino, Fresh Truck's operations manager, expressed excitement of this opportunity that can bring the Allston-Brighton community together, since food is a universal link that connects people. Check out Fresh Truck between 4-6pm every Monday for some healthy and affordable options!

Maria Mora - Dentist in Brighton
Dr. Mora graduated from Universidad de Los Andes in Mérida, Venezuela. She has coordinated efforts to reach underserved communities in
Venezuela and the Dominican Republic, making it possible to provide dental care to rural communities. She has also worked as a radio host in Venezuela and New England. In her free time, she likes to work out, read, and travel.

Kimberly Centeio - Family Nurse Practitioner in Brighton

Kimberly Centeio studied at the University of Massachusetts Boston. She chose CRCH because she is passionate about working with underserved communities and wants to help decrease health disparities. As a mom of two, she enjoys spending time with family and traveling.

Lisa Ngu - Pediatric Nurse Practitioner in Brighton

Lisa Ngu graduated from the MGH Institute of Health Professions. As an Allston-Brighton native, she chose to join CRCH to give back to her community. In addition to English, Lisa also speaks Vietnamese. In her spare time, she enjoys cooking, trying new foods, and spending time with friends, family, and her dog.

Rima Gemayel - Family Nurse Practitioner in Waltham

Rima Gemayel studied at Boston College. She chose CRCH because she has always wanted to work in the field of community health. In her spare time, she loves to spend time with her family and friends, sing, dance bachata, read, and has recently found a new interest in baking.

Varuna Tuli - Pediatrician in Waltham

Rema Tuli graduated from King George's Medical University in Lucknow, India. She joined CRCH to give back to the community. Some of her interests include spending time with family and friends and traveling. She is also fluent in Hindi, Urdu, and Punjabi.
Did you know that more than 50% of the LGBTQ community experience some form of healthcare discrimination? One in five trans people have been denied health coverage simply because of their trans status and only 16% of LGBTQ patients choose to inform their doctor about their sexual orientation.

The Health Care Equity Index (HEI) evaluates healthcare facilities' policies and practices that are related to the inclusion of LGBTQ patients, visitors, and employees. CRCH is proud to be a recipient of the HEI Recognition in 2019 as a Top Performer for promoting equity for all patients!

The history of oppression and discrimination has led to many health disparities for the LGBTQ community. It is important that our services are designed to serve the needs of the LGBTQ community, providing a safe space for our staff and our patients.


New Grants

We are excited to be awarded 2 project grants from the Mass League of Community Health Center's Primary Care / Behavioral Health Special Projects Program this year!

Dr. Maryam Salehpour, one of our providers in Waltham, is certified in Obesity Medicine by The American Board of Obesity Medicine (ABOM). Her project aims to combat obesity by providing patients with the support that they need to reach wellness, and challenging other providers to think differently about this chronic disease. As part of this grant, she will be conducting patient education groups, which will be co-facilitated by Dr. Salehpour and a behavioral health clinician. Dr. Salehpour aims to help participating obese patients achieve weight loss and reduce the risk of other serious diseases.

Kristin Rajala, our Director of Behavioral Health, has been awarded a grant to develop
and implement a plan to improve behavioral health patient care, especially high risk patients and those who have had psychiatric hospitalization, since improving follow-up care for patients who have had hospitalization can help to decrease the likelihood of readmission. Her project will focus on external partnership building, enhancing internal communications and processes, professional development, and patient engagement.

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**Fall Intern Spotlight**

CRCH relies on the generous efforts and talents of young interns and volunteers, and we are thrilled to have such a great team on board with us this Fall. Their hard work with our staff serves the community and patients, and it does not go unnoticed!

Meet our Fall Interns and Volunteers:

From Left to Right: Vivian, Yongchan, and Frida

**Vivian Dang** is a Development Intern. She is currently finishing up her last semester at Simmons University, where she studies Public Health, with minors in Health Care Management and Communications. Eventually, she wants to use her Public Health focus to resolve health disparities among people in her community, especially those toward people of color. In her free time, she loves to find coffee shops and try new food in the Boston area. Some of her other interests are photography and travel.

**Yongchan Lee** is a Marketing & Development Intern. Having recently started his junior year at Brandeis University, Yongchan is currently studying Health Science, Society, and Policy and East Asian Studies, with an anticipated minor in Economics. He is anticipating to contribute to policy changes for every individual in the world to receive equal health insurance plans for equal medical treatment. When he is not in the office or at school, he enjoys listening to music, while honing his talent as a violinist.

**Frida Peterson Albert** is a Board Fellow from Brandeis University. She is from Gävle, Sweden. She is an accelerated International Economics and Finance Candidate with a concentration in Data Analytics at the Brandeis International Business School. She received a B.S. and MBA degree from Murray State University, Kentucky. She is interested about topics with finance, economics, data, and environmental research. Frida is passionate about photography and soccer.

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**Brace yourselves from the Cold with these Tips:**

**With Fall in the air:**
The temperature may not be consistent. It is highly recommended to bring an extra layer of clothes with you to stay warm. Don't be hesitant to wear scarves or gloves, a cardigan or a down jacket. Layer up! Drink some hot chocolate while you're at it!
With Winter approaching soon:
Wash your hands frequently to prevent from catching the flu or other seasonal diseases. Use running water with hand soap for 20 seconds is all that you need!

Don't forget your flu shots this season! We have free flu clinics available to the public at CRCH for adults 18 and up. Our Brighton location flu clinic is on Wednesday November 13 from 2-4pm; and the flu clinic at our Waltham location is on Friday November 11 from 2-4pm. Thanks to St. Elizabeth's Medical Center for being our partner in this event!

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: