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HABITAT FOR HUMANITY OF THE NORTH SHORE – BRINGING POSITIVE CHANGE TO THEIR COMMUNITY



The Habitat for Humanity of the North Shore brings people together to build homes, communities and hope. They believe that everyone deserves a place to live and through a dedicated staff, committed volunteers and wonderful community support they have helped provide affordable homes to more than 52 adults and 79 children.

Founded in 1985, the Habitat for Humanity-North Shore began in Lynn. They quickly grew to support Rowley to Nahant and Danvers to Gloucester.

Today their service area covers all of the North Shore and their main office can be found in Danvers.

The Habitat for Humanity-North Shore currently has three new homes under construction; two in Hamilton and one in Danvers. Don Preston, Executive Director of Habitat for Humanity of the North Shore shares, “These projects will help a single mom with three kids, a couple with a young child and a couple with four children.” **All of these families play an integral role in making a house their home. They will be working hands-on in the building process and will contribute 400 hours of sweat equity.**

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LYNN COMMUNITY HEALTH CENTER – THE HEART OF THE COMMUNITY



Welcome to the Lynn Community Health Center.

Lynn Community Health Center (LCHC) is a non-profit, multicultural, community health center that provides quality, comprehensive health care to everyone in their community, regardless of the ability to pay.

Founded in 1971, LCHC began as a small walk-in mental health clinic. Not long after, primary care services were added and the location moved from a small storefront to a larger house where they stayed until 1976. In their first year, LCHC had 500 visits. **Today LCHC has more than 280,000 visits, serving more than 41,000 annually.**

In 1993, LCHC moved to its current location on Union Street in Lynn, which longtime residents of Lynn will remember as the old Woolworths building. In 2012, they renovated this location doubling in size. Along with their Union Street location, LCHC has two smaller practices located in Lynn, 14 school-based practices, a recuperative care center, and one shelter based practice.

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Volunteers

Volunteers are a vital part of the Habitat for Humanity's mission and the wonderful thing about volunteering at the Habitat for Humanity is that no experience is required. There are many jobs at a build site that need to be done, from demolition and framing to painting and sweeping floors.

Don Preston, Executive Director of Habitat for Humanity of the North Shore shares, **“Our community is blessed to have so many dedicated volunteers. We have a revolving group of volunteers from local colleges along with many students from our local high schools.”**

Signing up to volunteer is easy with their online tool called VolunteerUP!. Volunteers register and sign up online. VolunteerUp! is also used to communicate with volunteers if there is a change in job location or time.



In May 2018, volunteers participated in the National Women Build Week at the Habitat for Humanity of the North Shore build site in Danvers.



The Habitat for Humanity of the North Shore Restore located at 58R Pulaski Street, Building 14 in Peabody, MA.



Shop, Donate and Volunteer at Restore in Peabody

On July 14, 2018, the Habitat for Humanity of the North Shore celebrated the grand opening of their 15,000-square foot Restore location in Peabody, MA. With over 800 Restores across the country, Restore locations sell new and gently used furniture, home accessories, building materials, appliances and so much more.

Anyone can shop at a Restore location and buy these goods at a fraction of the retail price. All proceeds from sales at the Peabody Restore location benefit the North Shore chapter of Habitat for Humanity and their mission to build strength, stability and self-reliance in the community.

Restore receives donations of all kinds. Maybe a couple is downsizing and they have furniture they no longer need or a family is building a new home and their custom order cabinets are not what they were hoping. Restore can take these items and sell them at a fraction of the cost. Don Preston explains, **“It’s recycling at its best.”**

Just like build sites, Restore locations are run by volunteers. **“We are in need of volunteers at our new Restore and there are so many opportunities where people can help,”** explains Don Preston. “We are always looking for help on the sales floor. If you are handy there is a workshop on site to fix and restore furniture, like a leg on a sofa that needs to be fixed or a hinge on a cabinet that needs to be replaced. Or if you are savvy when it comes to social media, we could always use help.”

Restore in Peabody is open Tuesday through Saturday and is located at 58R Pulaski Street, Building 14. If you are interested in donating, volunteering or learning more you can call Restore at (978) 587-3007 or email at restore@habitatforhumanity-northshore.com. You can also follow their Facebook page for great information on what is happening and new finds at Restore at www.facebook.com/HabitatForHumanityNorthShoreReStore.

Annual Action and Dinner Event

On November 16, 2018, the Habitat for Humanity of the North Shore will host their annual auction event at the Danversport Yacht Club in Danvers, MA. This is a wonderful evening of dinner, music and some exciting auction items. More information and online ticket sales will begin in September. For more information, be sure to call (781) 598-0310 or visit www.habitatforhumanity-northshore.com.

LYNN COMMUNITY HEALTH CENTER – THE HEART OF THE COMMUNITY

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“As the needs of our community have grown and changed, Lynn Community Health Center has evolved to meet those needs,” shares Cindy Steger-Wilson, Director of Marketing and Communications at LCHC. **“We are dedicated to the community we serve and are proud to offer high-impact, low-cost healthcare to the City of Lynn and our surrounding communities.”**

Providing Integrated Care to Combat Chronic Diseases

Chronic diseases like diabetes, heart disease, substance abuse and mental illness affect everyone, from young adults to seniors. **When helping patients manage chronic diseases, LCHC knows it is important to focus on the whole person, not just their disease.** They do this by building a team of caregivers including physicians, nurses, dentists, optometrists, pharmacists and mental health therapists.

For one patient, a recent dentist visit was crucial in diagnosing their diabetes. During their visit, they were diagnosed with severe gum disease, often a sign linked to diabetes. The dental department referred the patient back to their physician and in fact, the patient did have diabetes. Working together, the dental team and physician worked with the patient to get both their diabetes and dental health under control.

“Working together for the wellness of our patients, we offer a ‘warm hand off’ through our care team members to ensure our patients get the help and care that they need,” explains Elena Freydin, DNP, Chief Nursing Officer at Lynn Community Health Center.



Volunteers setting up for the monthly Mobile Market. These take place the first Saturday of each month at LCHC and helps serve about 350 people.

How to Make an Appointment at LCHC

Making an appointment at LCHC is easy, just call their main number at (781) 581-3900.

If you have insurance, be sure to have your information ready when calling. If you do not have insurance, let the agent know and they will connect you with an Enrollment Coordinator who will help callers enroll in MassHealth or see what other state subsidies may be available. LCHC also offers a sliding fee scale to its patients.

The Future of LCHC

Preventative care is crucial to one's health and LCHC continues its reach out to patients and the community to educate them on preventative care. They are also looking to expand not just their clinical team members, but also non-clinical team members like coordinators and health workers.

For more information on Lynn Community Health Center call (781) 581-3900 or visit www.lchcnet.org. You can also follow them on Facebook at www.facebook.com/LynnCHC.

Providing Care Through Every Stage of Life

The health care providers at LCHC provide a wide range of primary care and other health services including:

- Family Medicine
- Urgent Care
- Internal Medicine
- School Based Health Care
- OB/GYN
- Pediatrics
- Geriatric Medicine
- Behavioral Health Services
- Teen Health Clinic
- LGBTQ+ Health
- Dental Services
- Eye Care
- HIV/STD Services
- Specialty Services
- Mammography, Radiology and Laboratory
- Pharmacy Services
- WIC Programs

ADULT FOSTER CARE OF THE NORTH SHORE – DEDICATED TO SUPPORTING ADULTS WITH DISABILITIES OR CHRONIC ILLNESSES



The wonderful and amazing staff of Adult Foster Care of North Shore.

Adult Foster Care of the North Shore (AFCNS) is the place to turn when care is needed for a disabled or chronically ill loved one. They are a MassHealth program that provides stable and supportive homes for their clients through financial, emotional and clinical support. Their mission is to help clients stay in a home setting and remain a vital part of the community.

It Began with an Article and a Vision

In the late 1990's Cynthia C. Bjorlie M.D., founder and Executive Director of AFCNS, came across an interesting article in the New York Times Sunday magazine. It talked about a senior foster program in New Jersey and the care given to people who otherwise would be in a nursing home.

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ADULT FOSTER CARE OF THE NORTH SHORE – DEDICATED TO SUPPORTING ADULTS WITH DISABILITIES OR CHRONIC ILLNESSES

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At the time, Cynthia was a primary care physician in Gloucester and she recollects this time in her career, “I read the article and thought it sounded like a great idea so I called the woman who wrote it to learn more.” Cynthia learned that similar programs had existed in Massachusetts since 1972, but never really got off the ground. Determined to give it a shot, Cynthia quit her practice and began the process to become a certified provider, which she completed in 2001.

In 2001, Adult Foster Care of North Shore officially opened thanks to a grant from the United Way. They had their first enrollment in 2002 and have grown to support 385 clients in Essex County. AFCNS clients are supported by compassionate and dependable people that offer outstanding care and a stable home. **Caregivers can be someone who is looking to increase their income by taking care of a client and since 2007 with the introduction of MassHealth, caregivers can also be family members.**

Exceptional Support for Clients and Their Caregivers Financial Support

AFCNS is a MassHealth-funded program that provides a monthly payment to caregivers, up to \$1,500 per month, per client.

Health and Social Support

Each AFCNS client has a nurse and care manager who visit their home regularly. AFCNS staff is also on-call 24 hours a day, seven days a week.

Family Support

AFCNS helps clients and their families navigate the complexities of living with a disability or illness.

General Resource Support

AFCNS staff help identify resources that clients may need including adult day health programs, community support

programs, mental health counseling, transportation services and health care proxy information.

Passionate and Devoted Staff

The employees at AFCNS are dedicated to the health and happiness of all clients and caregivers. Together nurses, case managers, clients and caregivers build a bond that is like family, consisting of support, advice and guidance.

Cynthia is proud of the care and support the AFCNS staff gives to each client, “Our staff of over 30 people are a wonderful and dedicated team. They have built a close bond with each client, many times sharing their personal cell phone numbers with them so they can all any time if anything is needed.”

AFCNS celebrates the close relationship of staff, clients, and caregivers with an annual lobster party in Gloucester. It’s a day to gather together, enjoy delicious food and have fun. Each year a theme is chosen for the party and attendees dress up in fun costumes. This year’s theme is the World of Transportation.

The Future of AFCNS

The focus of AFCNS is to continue their support in Essex County and share and educate the community on the services and support that are offered. Cynthia shares, **“We will continue to do what we have been doing for the past 17 years, helping to maintain happy and engaged clients, and supporting families that want to keep loved ones at home.”**

For more information about Adult Foster Care give them a call at (978) 281-2612 or visit adultfostercarens.com. You can also follow them on Facebook at www.facebook.com/AFCNorthShore.

FAQ: “Should Children Attend Funerals?”

When a child is faced with the death of someone they know and love, our first impulse as an adult is to shield and protect them from the pain and heartache. **However, the most helpful and caring thing we can do for them is to talk them about death in an open, clear and compassionate manner.**

Depending upon the age of the child, a good place to start may be to ask what they think happens when someone dies and if they know what a funeral is. They may not be aware of all the different elements of a funeral. You may need to explain what occurs at a wake, what to expect when attending a memorial service or a funeral mass, or what to expect when attending a burial.

Then you can ask the child what they want to do when it comes to attending services. Do they want to attend the wake and funeral mass? Maybe they want to attend one and not the other, or maybe they are not ready to attend either. Whatever their choice is, be supportive of their choice, supportive of their feelings and be ready to answer any questions they may have.

“Just as honoring and remembering a loved one is important for adults to heal, it is just as important for a child,” explains Joel Solimine. “Being present during any part of a funeral may provide an opportunity for children to heal. **Even though they will see sadness, they often times see the love and care given to the deceased and the support shared between family members and friends.**”



There are many resources available that offer guidance and help when talking with a child about death. Some can be found online, there are printed resources your funeral director can share with you, and there are even coloring books that offer age-appropriate ways to talk about death to younger children. Also, your funeral director is a wonderful resource to ask questions and look for advice when it comes to helping children through this difficult time.