

## A Winning Combination for North County Residents

### *Adams Family Dental and Family Services Now Open*



*Pictured left to right: Dental Assistants Rebecca Clark and Anne Decker; Director of Dental Operations, Nicole Wilkinson; Lead Dental Assistant Jenn Drawec, and Dr. Dolores Porter.*

With Adams Family Dental now open, North County residents have access to a state-of-the-art dental practice that was designed with the patient's experience in mind.

**“We know it is common to experience anxiety and stress at the dentist’s office, so we created a space that is peaceful and supportive,” shares Nicole Wilkinson, CHP’s Director of Dental Operations. “We are extremely conscious of how the environment impacts the patient experience.”**

Spaces are private and calming, and our team is ready to welcome patients of all ages, including patients with disabilities. The new location has the capacity to see upwards of 950 patients.

Research shows that there is a deep connection between oral hygiene, physical health, and mental well-being. CHP patients have access to our medical, dental, and behavioral health services, which allows for a whole-person approach to health. Add in our Family Services programs, which extend a wide range of services from housing and fuel assistance to food and parenting support, and CHP patients find achieving good health and well-being that much easier.

When CHP launched its Family Services site in Northern

Berkshire, next door to Adams Family Dental, the staff encountered a surprise: “On the opening day of our food pantry, more than 60 people stopped by when we’d only anticipated 10,” said Mary Feuer, director of WIC and Family Services, which expanded northward to help underserved area residents.

Adams Family Services offers free bags of food to CHP patients twice per month through a funding partnership with Berkshire Grown and the MA Dept. of Agricultural Resources. CHP also offers other support services at the Adams office: WIC referrals, insurance assistance, free diapers for infants, and a kids’ clothing exchange.

Family Services is seeking more funding to fully staff the Adams office and is gradually building its services in the new location. In May, a new weekly mobile farmer’s market will begin with a tiered payment system, which includes a no-cost tier (thanks to a USDA grant and collaboration with Berkshire Bounty and Berkshire Grown.)

“There is a great need in this community,” says Mary Feuer. “And we are here to make a difference.”



### **Adams Food Assistance Schedule**

**Food Pantry Bags:** 1st and 3rd Tuesdays, 2 p.m. pick-up. CHP patients only.

**Mobile Famers Market:** Every Friday at noon, starting in May. All are welcome.

## CHP Leadership

### Bethany Kieley

Chief Executive Officer

### Thomas Walbridge

Executive VP & CFO

### Andrew Beckwith, MD

Chief Medical Officer

### Thomas Duchesne

Senior VP, Operations

### Mary Feuer

Director of WIC and  
Family Services

## Board of Directors

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President

### Allyson Holmes

Vice President

### Chuck Leach

Treasurer

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Katherine Westgate

## Our Mission

Our mission is to nurture and inspire healthy lives for people throughout the Berkshires by delivering exceptional and compassionate health care and family services.

## We're Here to Serve and Partner with Our Community



*CHP CEO, Bethany Kieley.*

For nearly 50 years, CHP has grown and deepened its reach throughout the Berkshires by paying attention to gaps in healthcare services. We listen to our patients, healthcare peers and community partners, and we ask: How can we help fill the cracks? Whenever possible, we step in with solutions.

The gaps in our healthcare system are often geographic: people in more rural corners of the county don't have healthcare services near home. Other cracks are created when the healthcare landscape changes—for instance, dentists or doctors retire

and their patients lose access to care. Or patients who rely on MassHealth have trouble finding providers that accept their coverage as payment.

**CHP's longstanding commitment to closing healthcare gaps led us to open our new Adams location. Through Adams Family Services, we're bringing food and nutrition services to our patients, and other assistance for area families who need it. With Adams Dental, we've brought dental care closer to home for Adams residents and our neighbors in the surrounding towns.**

This is how CHP is living its mission to reach as many Berkshire residents as possible with high quality, exceptional healthcare. Behind every expansion or new practice or new service, there's a need driving our growth.

Family Services has been based in Great Barrington for 50 years, and their work there has inspired generous financial support from the South County community of residents, businesses, and foundations. Some of these gifts help subsidize medical and dental care for patients who are uninsured or under-insured, but philanthropic support is essential to the work of Family Services, where all of our offerings are provided for free to anyone who needs them.

We have long hoped to bring more services to Northern Berkshire residents,

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# Addressing Weight Bias in Healthcare

Q&A with Size-Inclusive Care Coordinator Annie Schwartz



Annie Schwartz, MS, RD, LDN

Annie Schwartz, MS RDN LDN, is a clinical nutritionist and Size-Inclusive Care coordinator. Along with the CHP Size-Inclusive Care Committee, she is passionate about making healthcare inclusive and accessible for all bodies.

## What is Size-Inclusive Care?

Size-Inclusive Care is a holistic, judgment-free approach in which healthcare providers evaluate all indicators of a patient's health without over-focusing on weight and body size.

## How does weight bias show up in healthcare?

Weight bias can cause a clinician to make assumptions about a patient's health and lifestyle based on weight or body size. If a clinician focuses primarily on body weight, underlying medical issues can be overlooked. These kinds of interactions may cause patients to avoid medical care.

## What is CHP doing to address weight stigma and adopt a Size-Inclusive Care model of care?

CHP has offered Size-Inclusive Care training to our clinical staff to raise awareness of possible weight bias. These trainings offer new ways of approaching care and communication with larger-bodied patients. Providers are encouraged to empower patients in asking for the kind of care they want to receive.

With the support of grant partnerships and philanthropic supporters, we are working to increase the accessibility and comfort of our patient spaces and equipment across all practices.

## How can patients find a Size-Inclusive Care provider at CHP?

There is at least one provider at each CHP location who practices Size-Inclusive Care. If you are interested in receiving Size-Inclusive Care at CHP, please contact [sizeinclusivecare@chpberkshires.org](mailto:sizeinclusivecare@chpberkshires.org) or call us at 413.528.9311 x 1055.

## Any last thoughts, Annie?

We believe that all of our patients should receive the healthcare they want and deserve regardless of their body size or weight. It de-emphasizes weight and instead focuses on all indicators of health. Size-Inclusive Care is for all patients, not just those in larger bodies.



## During our recent webinar, attendees shared their past experiences of weight bias...

"I skipped my annual check-up because I am afraid of stepping on the scale and feeling like the doctor is judging me based on my weight."

"I feel like my provider automatically assumes that I have a sedentary lifestyle or eat poorly because of my body size."

"When I mentioned persistent joint pain, my doctor just told me to lose weight without exploring other possible causes."

"The provider tends to make my weight out to be the root of all of my health problems; I hate that my concerns are so easily dismissed."

"I was congratulated by my provider for my weight loss when I was deep in my eating disorder."

## Size-Inclusive Care Support Group

Led by Annie Schwartz, Clinical Nutritionist, and Kim Loring, Psychiatric Mental Health Nurse Practitioner

Wednesdays on Zoom from 5-6 pm  
(available only to CHP patients)

For more information, email  
[sizeinclusivecare@chpberkshires.org](mailto:sizeinclusivecare@chpberkshires.org)

# Preparing for the Kindergarten Transition

*School readiness programs visit Hancock Shaker Village and more*

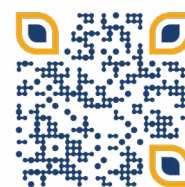


For the first time since Covid, CHP's school readiness programs returned to see the baby animals at Hancock Shaker Village. Experiences like these are part of the ParentChild+ and Play & Learn programs, which support children's physical, cognitive, social, and emotional development, preparing them for preschool and kindergarten.

**“Visiting Hancock Shaker Village gives children the opportunity to interact with animals, explore the farm, and learn more about where food comes from. It especially helps children prepare for school where new experiences, friends and environments are part of a typical day,”** says **Kim Waterman, program coordinator.**



Thirty-eight children between the ages of 16 months and three years participate in ParentChild+, and 14 children between the ages of 3 and 5 participate in the Play & Learn; all programs provide mentoring that supports the children and their caregivers. Both programs schedule field trips throughout the year, to places like Berkshire Botanical Garden, Normal Rockwell Museum, Pleasant Valley Nature Sanctuary and more. This year's trip to Hancock Shaker Village was made possible by the Jewish Women's Foundation of the Berkshires.



Scan for more information on all Family Services programs or visit us online at [chpberkshires.org/family](http://chpberkshires.org/family)

# Mobile Health: Meeting the Need for Same-Day Urgent Care

To meet a growing need for easy-to-access urgent care, CHP Mobile Health is now offering same-day care whenever our mobile teams are on the road. Mobile same-day care helps bridge the gap between traditional medical care and costly emergency room visits. Easy access is even more important in a rural region like ours, which is impacted by transportation challenges and a shortage of primary care providers (anyone can use same-day care—not just CHP patients).

**“Mobile Health is flexible, it’s all around the Berkshires, and it can pivot to meet the community’s needs” says Kathleen Floyd, Family Nurse Practitioner.**

During the pandemic, CHP deployed Mobile Health primarily for Covid. This shift emphasizes a wide range of non-emergency medical services for people who may not be able to get in to see a primary care provider quickly, for people visiting the area, and for people who may not have a primary care relationship. The mobile team can diagnose and treat many ailments, perform minor procedures, administer vaccines and help with well-visits.

## Need Same-Day Care?

### Visit a CHP Mobile Health Unit for:

**Minor Sick Visits:** Stomach bug, sore throat, respiratory illness, earaches, eye infection, rashes, and more

**Minor Injuries:** Wound care, sutures/removal; foreign body removal from ears/nose/eyes

**Testing:** Pregnancy, UTI, STI, strep, Covid, flu, and more

**Well Visits:** Annual physicals, monitoring chronic health issues, GYN care, birth control, smoking cessation, nutrition counseling, and primary care referrals

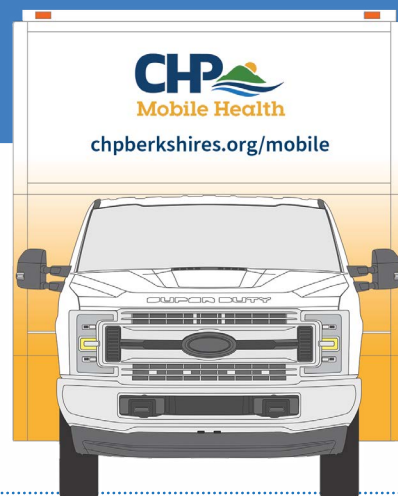
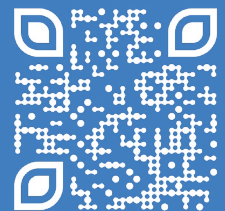
**Family Services:** WIC, nutrition assistance, fuel assistance, and more



*CHP Mobile Health welcomed Physician Assistant Michael Jefferson to the team during the past year. Michael has previously worked as an Emergency Medicine Physician Assistant and as a Firefighter Paramedic. Of his work, Michael says: “I am passionate not only about emergency medicine but community care. I hope to utilize my training both in the hospital and prehospital setting to better serve my community and patients.”*

CHP’s Mobile Health Units welcome all patients, regardless of age or insurance status, and care is open to CHP and non-CHP patients alike. Walk-up visits are welcome; appointments suggested by calling 413.528.0457. Sliding fees are available to eligible patients.

To see the MHU schedule, scan the code or visit [chpberkshires.org/mobile](http://chpberkshires.org/mobile).



## “Community” is a Vital Ingredient for Wellness



Lisa Nelson, MD

Is a group health visit right for you? For people living with certain chronic conditions, the support of fellow patients can be key to building healthy lifestyle habits.

Dr. Lisa Nelson, who has led the weekly Mindfulness and Meditation group for five years, says: “Some participants in my Tuesday group have known each other for more than five years, and we’ve been through a lot together—personal journeys as well as the pandemic. Being a part of a small, caring community has helped all of us

weather challenges and share in each other’s successes.”

**“As a physician dedicated to improving the lives of those with chronic health conditions, I’ve witnessed firsthand the transformative healing that happens in group health visits.”**

One of her patients says: “I always feel relaxed and recharged afterward, and I have learned helpful and practical techniques to help with anxiety, movement, and balance. And the people in this group are wonderful and kind.”

Group health visits are typically covered by insurance; co-pays and deductibles may apply. Sliding fees are available to eligible patients.

Dr. Nelson’s is one of three group health programs for CHP. **To learn more, visit [chpberkshires.org/group-health](https://chpberkshires.org/group-health).**



## We’re Making New Impact in Northern Berkshire. Join Us!

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and with our new location, we intend to be a hub of support for people in the Adams community.

My door is always open to residents, town officials, nonprofit partners, business leaders and others who would like to get to know CHP a little better as your partner in supporting the Adams community. I look forward to making an impact and meeting the people who know the Adams community best.

Thank you for your support!

Bethany Kieley, CEO

A handwritten signature in cursive script that reads "Bethany".

**“ It is comforting knowing that I have a doctor who cares, takes the time to listen, and will advocate for my health. I have been through many doctors and I am so pleased with my CHP Primary Care Provider.**

—CHP Patient

# Your Generosity at Work

Thank you to the 184 donors who responded to our 2023 Annual Appeal!

## Your gifts...

- Made 524 Mobile Health Clinics possible and served 5,800 patients
- Expanded Family Services into North County
- Helped renovate Lee Family Practice
- Provided rapid response to the urgent needs of refugees
- Fed hungry families
- Provided domestic violence services in partnership with the Elizabeth Freeman Center
- And so much more!

In March, CHP published its first Impact Report—a review of the many ways your contributions made a difference in our community. If you did not receive the 2023 Impact Report in the mail, you can download it from our website at [chpberkshires.org/impact](http://chpberkshires.org/impact).



## There's more to do... Want to Help?

1. Mail a check to 444 Stockbridge Road, Great Barrington | Attention: Grants & Philanthropy
2. Make your gift **ONLINE** at [chpberkshire.org/donate](http://chpberkshire.org/donate)—or scan the QR code to the left.
3. **CALL US** at 413.528.9311, ext. 1179

## Your Gifts Make Our Work Possible

*One sentence in your will can make a lifetime of difference!*

To leave a gift in your will, simply share this sentence with your attorney or financial planner:

“I bequeath \$ \_\_\_\_\_ or \_\_\_\_\_% of my estate to Community Health Programs, Inc., 444 Stockbridge Road, Great Barrington, MA 01230.”

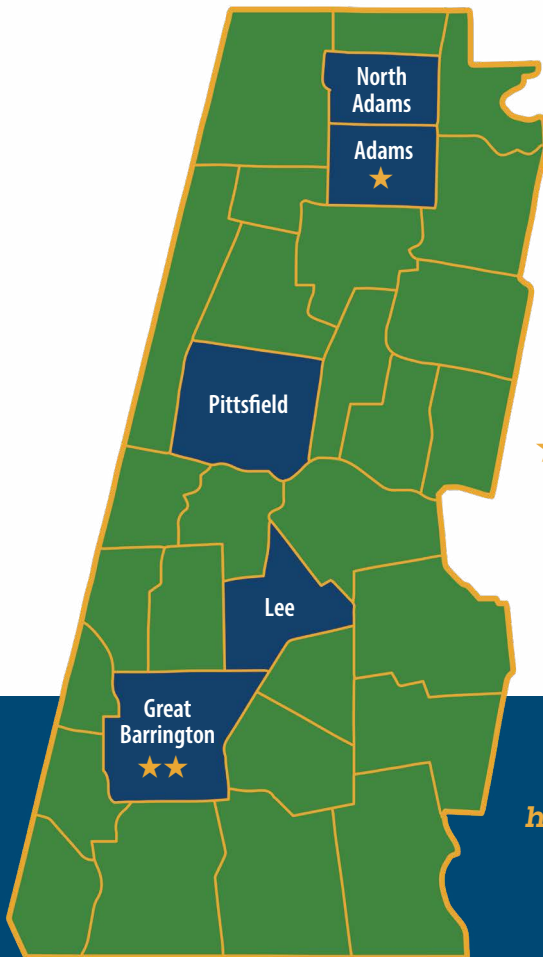
For further information, contact Carrie Barth, Senior Director of Grants and Philanthropy by calling (413) 528-9311 ext 1179 or by email at [cbarth@chpberkshires.org](mailto:cbarth@chpberkshires.org).

## Stay in Touch with CHP!

Have you recently moved? Have a new email address? Changed your phone number?

We want to make sure we have your most current contact information so we can send you our mailings and digital communications and let you know how you're making a difference.

You can update your address, telephone number, and/or email address by emailing [kmartin1@chpberkshires.org](mailto:kmartin1@chpberkshires.org).



## CHP Delivers Healthcare to All...

*with practices in Great Barrington, Pittsfield, Lee, Adams, and North Adams and extended reach with CHP Mobile Health!*

### Legend

- CHP practice locations
- ★ Adams Family Dental & Adams Family Services **NOW OPEN!**
- ★★ Great Barrington Community Health Center Dental **COMING SOON!**

*"For he who has health has hope; and he who has hope has everything."*

—Owen Arthur

### Of 26,179 CHP Patients Served in 2023...

