

A Prescription for Good Health

CHP partners with local farms to distribute nutritious food



Food for All Program Coordinator, Ambrose Clausen.

If nutrition is the doorway to better health, access to healthy food is the first step inside. Our Family Services and Nutrition teams are at the forefront of food security and healthy nutrition. Through CHP's Food for All program, they have designed a pipeline of fresh food to people who need it the most. And now we have a new means of making an impact.

In partnership with Berkshire Grown and the Mass. Department of Agricultural Resources (MDAR), CHP operates a mobile farm stand, which travels to CHP practice locations each week loaded with food grown by local farmers. Program Coordinator Ambrose Clausen collects, drives, and distributes food, setting up mini farm stands right in our practice lobbies.

"At first people were a little shy about taking free food, but now everyone is quite excited about it," says Ambrose. "If food is a prescription for health, then where better than the medical or dental office to give some good food away?"

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Reaching More People; Providing Great Care

Increased patient capacity at Lee Family Practice and continuing dental expansion

With a newly improved Lee Family Practice site and dental practice locations set to open in 2024, CHP is making strides to fill gaps in our region's health care.

Years of planning and a \$1 million federal grant have culminated in a thoughtful reconfiguration at our Lee practice, which has expanded patient rooms from 10 to 17. **This new design and a growing staff clears the way for the gradual addition of another 1,500 primary care patients.** The fresh space offers a more inclusive setting that also improves our staff workspace to facilitate a patient-centered approach to coordinating care.

For example, as part of CHP's growing commitment to size-inclusive care and accessibility, the

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Founding physicians Michael Kaplan and Melanie Levitan, Practice Manager Miriam Gluck and CEO Bethany Kieley celebrate the expansion of Lee Family Practice.

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Greeting and Meeting People Like You



CHP CEO, Bethany Kieley.

As summer turns to fall, and the air grows crisp, I'm grateful each day to be settling into my new home here in the Berkshires.

My early weeks at CHP have been spent meeting our team, community leaders and members, and learning about all that makes CHP special.

In addition to providing exceptional care to all who need it, regardless of insurance coverage or ability to pay, CHP also pays attention to patients' lives beyond the exam room. When pa-

tients experience housing or food stress, overdue utility bills, family or school stress, domestic violence or so much more, their health is impacted.

Much of our work outside of the exam room falls under the umbrella of our talented, energetic team at CHP Family Services. Unlike our medical and dental services, which are typically reimbursed by public and private insurers, Family Services relies on grant funding and gifts from community foundations and the generosity of friends and neighbors in the community just like you. From parent-child playgroups and school readiness programs to housing and food security programs, parent education, and emergency services for families, the work of Family Services embodies the phrase 'it takes a village.'

We are also now fortunate to have a new team of Community Health Workers (CHWs) who pick up the baton for patients who need support beyond the exam room. Each practice location has a dedicated CHW to help patients navigate the stressors that impact health and well-being: housing insecurity, food

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Creating Opportunities for Early Childhood Development

Meet Jeanne Bassis, CHP Playgroup Leader



CHP playgroup leader, Jeanne Bassis.

Jeanne Bassis has built a career helping children and adults experience play, an essential ingredient for a healthy life. Each week, Jeanne brings lightly structured and free play to two CHP playgroups: Mondays at TurnPark Art Space in West Stockbridge and Fridays at CHP Family Services in Great Barrington.

“Playgroups are for children, parents and caregivers—everyone,” says Jeanne, who notes how playtime for people of all ages can be overshadowed by increasingly structured and screen-oriented lives.

“Children especially need play very early on: to become social people, to learn language and sharing, to experience music, movement and storytelling.”

Very young children, whose development depends on play, lost out on critical social playtime during

the pandemic lockdown period. CHP playgroups can help children catch up, says Jeanne, who shifted her playgroups to the CHP YouTube channel during Covid.

Each month as many as 35 playgroups are offered throughout South County, serving over 100 children and their families.


There’s free play time, cleanup time, and circle time for stories, games, and music. It doesn’t take long to get lost in the fun, and even grown-ups who wind up on the floor to play find themselves benefiting from the levity of spontaneous and creative playtime. Playgroups also build communities of support among adults raising children in the Berkshires.

“The playgroups have allowed me to network with other care-

givers and build structure into our routine. We would be lost without all of the wonderful programming CHP offers” shares one parent who regularly attends CHP playgroups.

Don’t just take our word for it! Play is so important for child development that it’s even recognized by the United Nations Commission on the Rights of the Child.

So, find a CHP playgroup for your child (and your inner child) and join us!



CHP playgroups are only 75% funded by a state grant, so your gifts are invaluable in keeping them accessible to all.

Want to adopt a playgroup?
chpberkshires.org/donate



Scan the code or visit chpberkshires.org/events for our calendar of playgroups and events.

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OUR MISSION

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

To opt out of receiving mailings like this from CHP, please email kmeehan@chpberkshires.org or write to: Community Health Programs, Attn: Grants & Philanthropy, 444 Stockbridge Rd., Great Barrington, MA 01230

Together is Better!

Group Medical visits enhance patient support



CHP primary care clinicians, Lisa Nelson, MD, and Laura Gariepy, FNP.

CHP is growing its Group Medical programs! Led weekly by our primary care clinicians and community partners, Group Medical Visits gather together CHP patients (and others) with common health issues. With confidential camaraderie, patients receive medical education, lifestyle tools, stress-reducing skills, and group support. And most insurance plans cover Group Medical Visits!

Mindful Movement & Meditation

Tuesdays | 4:30-5:30 PM via Zoom

This support group offers nutrition education, movement, meditation, and social/peer support for physical and emotional well-being to patients of all ages with shared health challenges and goals. It is open to CHP patients of all ages and abilities.

Lisa Nelson, MD, of CHP Great Barrington Health Center, and **Mary Northey, Certified Yoga Therapist**

Beyond Delivery

Tuesdays | 10-11 AM via Zoom, or at Great Barrington Health Center

This support group is for anyone who is pregnant, post-partum mothers, anyone who identifies as a mother/parent, and their babies or children.

Laura Gariepy, FNP, of Great Barrington Health Center, and **Ilana Singer Siegal, Certified Yoga Therapist and Certified Personal Coach**, of Lifeworks Studio

Visit chpberkshires.org/group-medical to learn more.

Reaching More People; Providing Great Care

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CHP staff and guests mingle after the ribbon cutting at CHP Lee Family Practice.

practice now has exam tables to accommodate larger patients and more adjustable positions, ensuring patients' optimal comfort during their healthcare visits.

Construction and renovations are moving forward in Adams, where CHP will open a new dental practice in late fall 2024. **The 19 Depot Street location will create jobs for four dental professionals and will have the capacity to care for more than 900 Northern Berkshire adult and pediatric patients**, as well as patients with disabilities. The Adams practice will help address the growing shortage of dental providers in the Berkshires.

At the main CHP Berkshires campus in Great Barrington, work will

soon begin on a new, permanent home for the Great Barrington Family Dental Center. After the loss of a commercial lease in Great Barrington in 2022, South County patients have been traveling to Pittsfield for dental care.

The new dental practice will be located at our Great Barrington campus at 444 Stockbridge Road, with the reconfiguration of our administration space adjacent to CHP Great Barrington Health Center. A construction contract has been signed, and Great Barrington Family Dental expects to reopen in its new location in late spring 2024.

Until that permanent space is complete, CHP will soon locate a new Mobile Dental Unit at 444 Stockbridge Road in Great Barrington, which will enable us to bring dental patients back to South County. Once the Great Barrington Dental practice is up and running, the Mobile Dental Unit will be deployed across the county, bringing dental care services to rural communities, schools, and places that improve access to dental care for Berkshires residents.



CHP's Mobile Dental Clinic will be home to Great Barrington Family Dental during construction of its new office space.



Food for All By the Numbers

829

Households served
in 2023 to date

927

Gallons of local milk
distributed

961

Pounds of mixed
vegetables distributed

900

Dozen eggs distributed

310

Heads of lettuce
distributed

267

Bunches of herbs
distributed



Scan the code or visit chpberkshires.org/families/food-for-all for the Food for All schedule and more information.



A Prescription for Good Health


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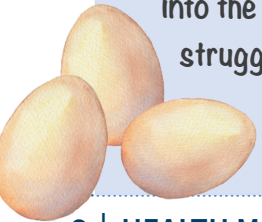
Ambrose Clausen sets up a mini farm stand outside a CHP practice.

Another unique feature of Food for All: the program creates a direct line between state government and Berkshire region farmers, who are paid to grow and set aside food for the program.

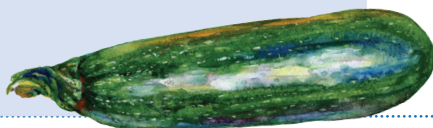
“It’s great that the state is supporting farmers in this way as part of a commitment to overall nutrition and food access,” said Mary Feuer, CHP director of WIC and Family Services. “Everyone benefits.”



Our community benefits from the bounty of local farms, but often those who need food the most do not enjoy the wholesome food that the Berkshires has to offer.



Your gift puts more nutritious food into the hands of neighbors who struggle with food insecurity.



Help Us Create a Community Where Everyone Has Access to Care

Discover reasons and ways to give

Please join us in our efforts to create greater access to exceptional, compassionate, and culturally competent medical care, dental care and family services in Berkshire County.

Community health centers evolved across the U.S. in the 1970s as an outgrowth of the civil rights movement, when doctors and nurses began to advocate and lobby for the rights of everyone to have health care. **At CHP Berkshires we believe everyone should have access to health care. No matter who, no matter what.**

CHP plays a special role in promoting health and well-being in the community by caring for patients beyond the exam room. Dozens of CHP programs are dedicated to addressing **food insecurity, housing stress, family and educational needs, sexual and domestic violence, and so much more.** These issues directly impact a person’s health, and that’s why CHP takes a holistic approach to community health.

You help us feed hundreds of families. **You help us support** parents who are working so hard to raise happy and healthy children who thrive in school. **You help us reach** patients in all corners of Berkshire County regardless of where they live, who they are, and if they can afford it. **Thank YOU.**

Ways to give:

- Scan the QR code below.
- Visit chpberkshires.org/donate
- Set up a recurring monthly contribution to CHP.
- Mail a check to: Community Health Programs, Attn: Grants & Philanthropy, 444 Stockbridge Rd, Great Barrington, MA 01230
- Arrange to donate stock. Call us first so we can walk you through the process.
- Arrange for an after-lifetime gift by naming CHP in your will or trust, or as a beneficiary of your retirement plan or life insurance.
- Call Carrie Barth, Senior Director of Grants & Philanthropy at 413-528-9311 x1179 to discuss these and other ways you can have an impact.



Scan here to donate today!

Healthcare on the Move

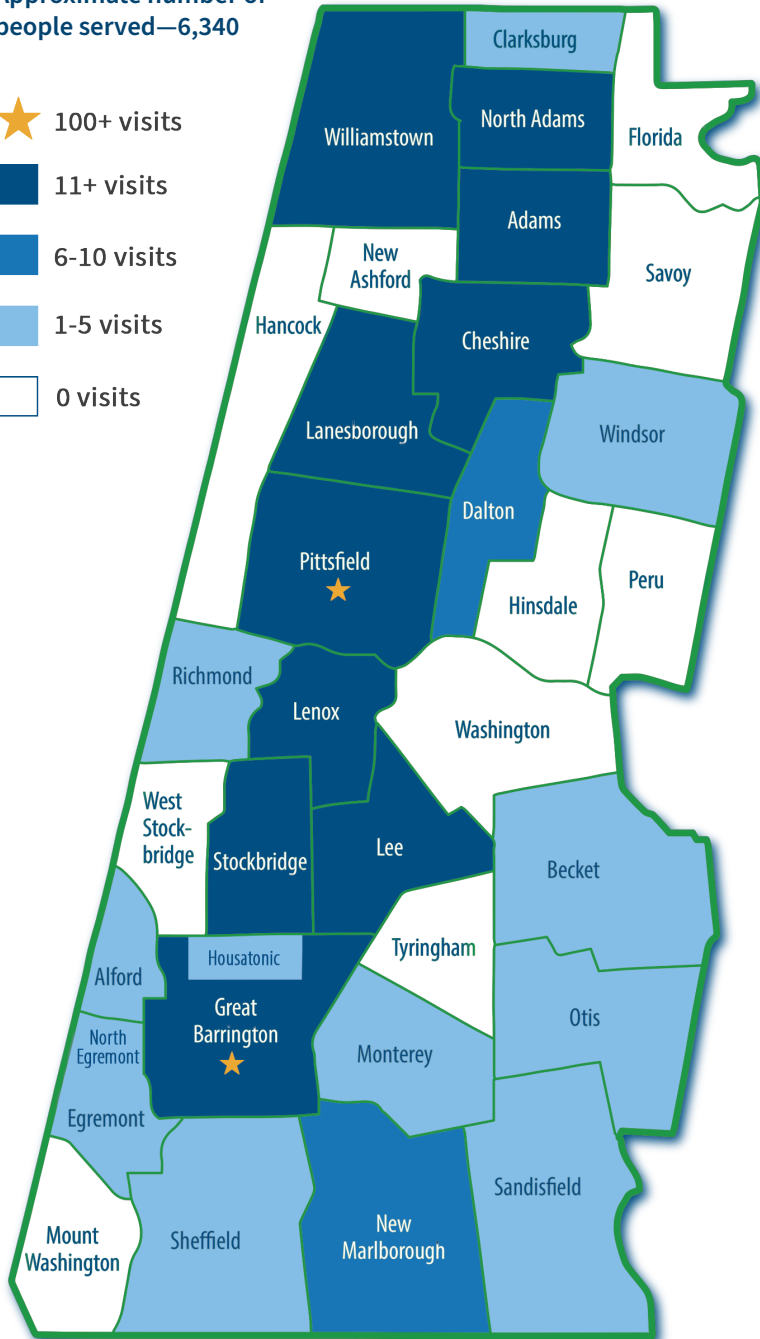
CHP Mobile Health delivers care (and vaccines!) to all corners of Berkshire County

Between July 2022 and July 2023, CHP’s Mobile Health team held **484** mobile health clinics at town halls, fire stations, libraries, senior housing, shelters, public events and at public parks.

Would you like us to visit your location? Call us! (413) 528-0457.

Approximate number of people served—6,340

- ★ 100+ visits
- 11+ visits
- 6-10 visits
- 1-5 visits
- 0 visits



Greeting and Meeting People Like You

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and nutrition issues, domestic violence, and other social determinants of health. This team has helped our patients find housing, clear up overdue utility bills and gather supplies for new moms with babies—among other work.

A few weeks into my tenure we celebrated National Health Center Week — a time each year for health centers across the country to remember and celebrate our beginnings, and to reflect on how far we have come. CHP’s founder, Dr. Thomas Whitfield, was a pioneer in the health center movement, and his vision for healthcare in the Berkshires set a course that has grown over almost 50 years into the CHP of today.

We are proud to live out the aspirations and ambitions of the community health center movement every day. As I continue to get to know my CHP colleagues and my new neighbors in the Berkshires, I look forward to sharing stories with you that demonstrate the impact we’re having on the lives and well-being of the people and communities we serve.

Scan the code or visit chpberkshires.org/mobile for our Mobile Health calendar.





Keeping our promise to provide compassionate, culturally competent care for all... CHP welcomes its newest providers!



Dr. Jonna Gaberman
Director of Adult Medicine
Neighborhood Health Center



Michelle Bedard, FNP
North Adams Family Medical



Sharon Bigler, FNP
Lee Family Practice



Dr. Dolores Porter
North Adams Family Dental



Dr. Miguel Ostos-Raybaudi
Neighborhood Dental Center



Elizabeth Varley, FNP
North Adams Family Medicine



Dr. Li-Yo Yu
Barrington OB/GYN

Behavioral Health Providers

- Erin D'Avella, PMHNP
- Jose Garcia, LICSW
- Anthony Hamling, LICSW
- Patrick Lynch, LICSW
- Judy Ferber, LICSW
- Linda Moro, LICSW

