

# THE DIMOCK difference

## MEET DIMOCK VACCINE STREET TEAM MEMBER, ANNIE RUSSELL

*Long-time patient Annie Russell is helping to share vaccine information with the community*



Annie Russell, Dimock patient, Health Services Board member, and Vaccine Street Team volunteer

Annie feels strongly that it's essential for everyone to get the vaccine: **"I realized that taking this vaccine was going to help save my life and others' around me."**

Annie is helping to educate her community about the vaccine as part of Dimock's Vaccine Street Team. She is very excited about the promise the vaccines offer and is **looking forward to "having a full life at my age with my husband and my children."**

Annie Russell first came to Dimock over 40 years ago when she moved to Boston. Since then, Dimock has been home base for all her medical needs.

Annie was very excited about one of her most recent visits—when she received her second dose of the Moderna COVID-19 vaccine.

## A GOOD NIGHT'S SLEEP

*Weighted blanket donation combats pandemic-related sleeplessness in children*

Karina Arias, LICSW, has been a full-time clinician in our Behavioral Health/Pediatric Integration Program since 2017.

"We've never seen a demand like this before," she says of the past year during the COVID-19 pandemic. "Almost all the referrals we've been getting are pandemic-related."

Karina recalls one patient, an eight-year-old boy, Miguel, who was having nightmares so frequently, he was afraid to



## COVID-19 VACCINES: EVERYTHING YOU NEED TO KNOW

*Dimock's new resource is your hub for vaccine info*

Visit our COVID-19 Vaccine Information Hub at **[dimock.org/vaccine](https://dimock.org/vaccine)**.

*Above photo by Faith Ninivaggi for Coverage, a news service of BCBSMA*



Karina Arias, Behavioral Health Clinician, Pediatric Integration Program, holding a weighted blanket donated for a child

fall asleep at night.

Karina and Miguel's mother started searching for solutions: "We wanted to make sure he was able to at least fall asleep, and stay asleep." **Karina found research that showed that weighted blankets can help with sleep disorders, but she wasn't sure how to get one donated. So, she turned to social media.**

Keyse Angelo, LICSW, a friend of Karina's, saw her post and thought, "I can help." She reached out to a couple of friends on

(A Good Night's Sleep, continued)

Instagram, and quickly raised \$400 to purchase seven weighted blankets.

"I just needed one blanket. And we got seven!" Karina laughs. "But I know Miguel is not the only one going through this. Many kids are having issues with sleep. **Sixty to seventy percent of my patients are having some type of sleep disorder from the pandemic.**"

Karina says each of her colleagues can identify at least two children who could benefit from a weighted blanket. "If we were to have an abundance of blankets, that would be beautiful. That way we can give everyone a blanket."

As for Miguel? "He's not afraid to go to bed now," Karina reports.

"It's such a small act, but it makes a huge impact," says Karina. "I've been telling my peers **you don't have to be perfect, you just have to be present.** And this is just one way of being present in our patients' lives and helping out in any way we can."

**If you would like to donate a weighted blanket for a child, please contact Carly Barnhardt at [cbarnhar@dimock.org](mailto:cbarnhar@dimock.org) or (617)442-8800 ext. 1224 for more info.**

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## A SPECIAL GIFT FROM CANADA 🇨🇦

*Sharing stimulus funds where they're needed most*



Dr. Margaret Shirley,  
Dimock supporter

In February, we received a surprise email from Dr. Margaret Shirley, a resident of Nova Scotia who wrote to say that she had received a \$600 U.S. government stimulus check and wished to donate half of it to The

Dimock Center. **She said she felt strongly that the money should go back to the U.S. to be used for medical care for Dimock patients.**

Why Dimock? Well, as it happens, Dr. Shirley was born at Dimock 78 years ago when it was the New England Hospital for Women and Children. She said she planned to donate the other half to Boston Health Care for the Homeless Program.

We are so grateful for this long-distance support from our former patient. Welcome to the Dimock Family, Dr. Shirley!



THE  
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CENTER**

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