

THE DIMOCK *difference*

"I know we have some future healthcare leaders in H3. Maybe even a surgeon general."

- DR. CHARLES ANDERSON,
DIMOCK PRESIDENT AND CEO

"HEART HEALTH FOR THE HOOD" EMPOWERS TEENS TO HELP NEIGHBORS LIVE HEALTHIER

Dimock trains local teens as community heart health ambassadors

The Dimock Center recently partnered with teens at **New Academy Estates**, a local housing community, to promote heart health in their neighborhood. The group, who call themselves "**Heart Health for the Hood**" or "H3" for short, spent several months training to become heart health ambassadors. **Their goal: empower their community to take charge of their heart health and reduce health disparities.**



Taylor Nunn, Dimock Heart Health Project Coordinator, teaches teens about cardiovascular health.

This program is the inaugural project in a new partnership with **Wellwithall**, an organization that works to fight health inequity within Black, Brown, and underserved communities. One of Wellwithall's founders, Demond Martin, reached out to Dimock CEO Dr. Charles Anderson about this idea last year and generously offered to support the effort. Demond describes what motivated him to get involved; **"Heart disease is the number one killer of Black and Brown folks. We're specifically engaging in programs that are addressing that massive need."**

Dr. Anderson also shares, **"This is a great way to give teens exposure to the medical field, and also help them empower the older adults in their lives to reduce their risk of heart disease."** Throughout the program, he watched the teens' confidence bloom. **"I know we have some future healthcare leaders in H3. Maybe even a surgeon general,"** he expressed at the teens' graduation.

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According to the CDC, Black adults ages 18-49 are 2 times as likely to die from heart disease than white adults.¹

The H3 trainings were led by Project Coordinator, Taiyor Nunn, an MIT and Boston University School of Public Health alum who will be attending medical school in the fall. **Teens learned how to take blood pressure readings, analyze data, and act as heart health educators in their community.**



Dimock CEO Dr. Charles Anderson and Demond Martin, co-founder and CEO of Wellwithall, at the inaugural H3 graduation.

RESTORING HOPE: A CAMPAIGN TO SAVE MORE LIVES

Dimock aims to open Boston's first post-detox CSS for men

Addressing the substance use crisis in our community is more critical now than ever before. Since 2018, opioid-related deaths are up by 37% in Boston.¹

One of the greatest barriers to recovery in Boston is the shortage of available post-detox clinical stabilization beds. Sadly, there are currently no post-detox treatment beds for men in Boston.

The Dimock Center has launched an \$18 million campaign to restore and renovate the **Dr. Marie E. Zakrzewska (Z) Building** to create a state-of-the-art clinical stabilization services (CSS) unit on our campus.

As of March 2023, \$12.8 million has been raised, including a generous lead private gift of \$2.5 million from the **Yawkey Foundation**, but we still have work to do.

You can support this effort and help fill a critical treatment gap in the Boston area. Your gift will allow over 1,000 men and women to receive CSS care without having to leave their community, increasing the likelihood of a successful recovery.

Learn more about the Restoring Hope campaign and make a gift today at **dimock.org/restoringhope**.

¹Massachusetts Department of Public Health, "Number of Opioid-Related Overdose Deaths, All Intents by City/Town 2015-2021," Mass.gov, December 2022, <https://www.mass.gov/doc/opioid-related-overdose-deaths-by-citytown-december-2022/download>



Eddie continues his road to recovery at Dimock's John Flowers Recovery Home.

***"Coming into these programs,
you feel broken, lost.
To be able to have detox and CSS
on one campus—with everybody working
together as a team to support you—
you can't beat that."***

**- EDDIE, DIMOCK RESIDENTIAL
RECOVERY PATIENT**

The Restoring Hope Campaign will allow over
1000
men & women to access CSS care
at Dimock each year



Left: The future home of the Dr. Marie Zakrzewska Center for Clinical Stabilization Services.

A FAMILY TRADITION - TRUSTING DIMOCK

Sha-Leah's story



Sha-Leah and her family in Dimock's health center with pediatrician Dr. Nandini Sengupta.

When Sha-Leah's oldest son Cinciere began having trouble in school, she didn't hesitate to turn to his pediatrician Dr. Nandini Sengupta, who immediately referred Cinciere for testing that helped discover a learning disability. With this diagnosis, Sha-Leah was able to secure the supports that would help him to learn and thrive at school.

Now at 17, Cinciere has worked very hard and is about to successfully graduate from high school. Sha-Leah is so proud of him and grateful for Dr. Sengupta who believes wholeheartedly in the Dimock mission of treating "the whole person," for helping to meet her son's non-medical needs, and set him up for success.

Thanks to generous support from donors and community partners, families are able to receive the highest quality care and respect, just as Sha-Leah's family has for decades. Sha-Leah shares, **"I'm grateful for all the people who support Dimock every year and make this care possible."**

Together, we can create a healthier and more equitable city.

Sha-Leah Israel has trusted The Dimock Center to provide her with quality care for as long as she can remember. Sha-Leah is a Roxbury native who works for the Boston Public Schools. When she became a mom, she only wanted to bring her children to Dimock because she knew they would also be treated with the kindness and respect that she had come to know. All four of Sha-Leah's children have been patients of Dimock's pediatrics clinic since they were born. She explains, **"because Dimock is a smaller health center, they're able to provide a more personal, comfortable experience. I don't believe we would find care this good anywhere else."**



Cinciere and his pediatrician of 17 years, Dr. Nandini Sengupta.

***"Because Dimock is a smaller health center, they're able to provide
a more personal, comfortable experience."***

SHA-LEAH, DIMOCK PATIENT AND MOM TO CINCIERE

"HEART HEALTH FOR THE HOOD"

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Some teens had more personal reasons to join H3. As one member, Diandre, shared **"My dad suffers from high blood pressure...Him being around longer is good heart health for me."**

We are so grateful for New Academy Estates and Wellwithall for working together with The Dimock Center to create a healthier and more empowered community! Thank you, all!

¹ "African American Health: Creating equal opportunities for health." 2017. CDC. July 3, 2017. <https://www.cdc.gov/vitalsigns/aahealth/index.html>.



Taylor Nunn and Harvard Medical School volunteers Hyae Won Redden and Serena Caitlin Yen Wang pose with the H3 sweatshirts that the teens designed.



At the H3 graduation, these Roxbury teens received a citation from Massachusetts State Senator Liz Miranda.



Dimock CEO shows a member of H3 how to take a blood pressure reading.



THE ROAD TO WELLNESS

SEPTEMBER 9, 2023

Trainings kick off Saturday, June 3rd!
Learn more and register at www.roadtowellness5k.com

We're so grateful for everyone who supports Dimock families.
Thank you so much. To learn more and get involved, visit www.dimock.org

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