



Connecting Communities all Spring!

June 2014

Feeding a Neighborhood

During April 2014, the afterschool meals program C.H.O.M.P. (Community Helping Others Meals Program) served an average of 70 meals per day between the three Community Schools! Bakersville: 15/day; Beech: 35/day; Gossler Park: 20/day. For the 2014-2015 school year, C.H.O.M.P. will expand to reach more students in need, which may include offering additional afterschool programming and meal opportunities.

Starting Strong

Also in April, a Resource Fair was held at each Community School's Kindergarten Registration Day. The MCSP (Manchester Community Schools Project) team was able to assist school staff and administration with outreach efforts through door-to-door canvassing, help parents through school-based care coordination activities, and assist in filling out school registration paperwork.

Summer Fun

The MCSP, Manchester School District's Innovation Zone, and Project LAUNCH are teaming up over the summer to offer an *Incredible Years* session at Beech Street School! *Incredible Years* uses evidence-based programs and materials that develop positive parent-teacher-child relationships and assist in preventing/treating behavior problems and promoting social, emotional, and academic competence before a child becomes an adult. Classes will be held each Tuesday for 14 weeks, beginning on July 8th. If you know anyone who may be interested or you have questions call Erin: 666-5982 ext. 16.

THANK YOU

A big thank you to all our partners who participated in events, projects, and activities this past March-May: 21st Century Learning, Bakersville School, Beech Street School, Child Health Services, City of Manchester, City Year, Easter Seals – West, FoodState, Inc., Gossler Park School, Granite United Way, Granite YMCA, Harvard Pilgrim, Healthy Families NH, NH Tobacco Prevention and Control Program, Local First Manchester, Love Your Neighbor – Manchester, Manchester Christian Church, Manchester City Library, Manchester Community Health Center, Manchester Community School Project, Manchester Community Television, Manchester Health Department, Manchester Office of Youth Services, Manchester Police Department, Manchester School District, NH Food Bank, NH Works, Planned Parenthood of Northern New England, Project LAUNCH, Rimmon Heights Watch Group, ServiceLink, Southern New Hampshire Services, Vive la Dance, WellSense, YWCA NH, and everyone who lent a helping hand!

In The News

Senate Passes Bill to Protect Pets from Domestic Violence

“The New Hampshire Senate has passed a bill to include household pets in orders protecting victims of domestic violence. The bill expands the orders to include pets in cases involving stalking and domestic violence. The bill would allow judges to grant custody of any domestic pets or farm animals to the victim and issue an order barring the abuser from harming or disposing of the animal.”

“Supporters argue abusers sometimes take their anger out on a pet or attempt to intimidate victims by targeting a pet. Opponents argue the bill isn’t needed because cruelty to animals is already a crime.”

Read more: <http://www.wmur.com/politics/senate-passes-bill-to-protect-pets-from-domestic-violence/26012870#!WDCUy>



Anthropologist: Gang Violence Caused By Mental Illness



“James Diego Vigil, a professor emeritus of social ecology at the University of California, Irvine, uses the term “locura,” from the Spanish word loca (crazy) to describe what he calls the “quasi-controlled insanity” of gang members.”

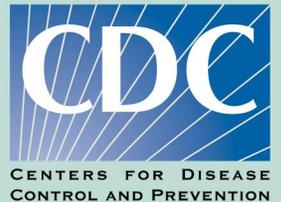
“We’ve had enough punishment, and we certainly haven’t seen results. So I would say that it’s a mental illness of social stigma and isolation to the point where they are, like, always feeling that the world is against them. So it creates a mental state of locura. . . And then a lot of other kids that join the streets, they have to learn how to act that way. That’s why I called it quasi-controlled insanity: they know how to play, turn it on and turn it off, and that becomes a kind of a function for the

gang, where you learn how to be loco.

Read more: <http://nhpr.org/post/sociologist-gang-violence-caused-mental-illness>

Spotlight Community Resource

The *Communities Putting Prevention to Work (CPPW) Online Resource Center* provides a host of tools to support environmental changes that address obesity and tobacco use. These resources describe why environmental changes are at the heart of making healthy living easier, and how to execute them. Tools include webinars, model policies, tool kits, databases, fact sheets, and other practical materials. Resources are organized by the following content areas:



- **Tobacco Use Prevention and Control** - Offers guidance for reducing tobacco use and exposure to secondhand smoke in a variety of environments such as schools, bars, restaurants, colleges, medical campuses, multiunit housing, parks, and other outdoor areas.
- **Obesity Prevention** - Focuses on how to communicate effectively about obesity as a public health issue. Included are approaches for describing the environmental conditions that contribute to, and the costs associated with, the obesity epidemic. Resources to support healthy eating and active living strategies also are available.
- **Nutrition and Food Systems** - Provides approaches for improving access to affordable, healthy foods through community gardens, farmers' markets, healthy food incentives, farm-to-table programs, work-site nutrition policies, zoning and licensing, and other initiatives. Additionally, this section offers resources about forming partnerships with food providers, school districts, and other stakeholders.
- **Physical Activity and Built Environment** - Focuses on how to foster environments that encourage physically active lifestyles. Included in this category is guidance on developing health impact assessments, zoning initiatives, master plans, Complete Streets, Safe Routes to School, and joint use agreements.
- **Schools and Child Care** - Offers guidance on how to address progressive wellness policies, joint use agreements, food procurement approaches, and guidelines for nutritional and physical activity standards in schools and child care settings.
- **Foundational Skills** - Discusses the overarching skills and competencies that are critical to implementing successful environmental changes, regardless of the strategy or setting. Content areas include understanding the fundamentals of public health law; promoting health equity; engaging stakeholders; developing multi-sector partnerships; leveraging resources; and sustaining efforts over the long term.

Learn more here: <http://www.cdc.gov/nccdphp/dch/programs/CommunitiesPuttingPreventiontoWork/resources/index.htm>

Community Policing Update - Staying Safe this Summer!

<http://www.manchesternh.gov/Departments/Police/Community-Police-Division>



Going on Vacation:

- Stop all deliveries - mail, newspapers.
- Don't discuss your absence in public.
- Use timers on indoor lights.
- Have your lawns mowed and move valuables away from windows.
- Arrange for your neighbor to inspect your property periodically.
- Leave a key with your neighbor, not in a hiding place.
- Call police to tell them when you are leaving and returning. Be sure to leave names and numbers of people to call in case of a problem.
- Check and double check all windows and doors and also basement windows and garage doors before leaving.

How to Discourage Aggressive Panhandlers:

- Walk with a purpose.
- Don't initiate conversation.
- If they talk to you, don't ignore them because they might think you didn't hear and they may persist.
- Say firmly, "No, I'm sorry, I can't help you."
- Walk away from the situation; do not give panhandlers any money.
- If you feel uncomfortable, call the Manchester Police Department @ 668-8711.

Summer Car Safety:

- Please remember to keep your car windows up, and doors locked. This is the easiest way to prevent a theft from your vehicle. Most thefts from vehicles occur when the car doors and windows are left unlocked and opened. This simple step will greatly reduce the chance that you become the victim of a theft. Also, do not store valuables in your vehicle. If you have to do so, store these items in the trunk, in the glove box or under a seat...out of sight, out of mind.

Child Safety Seat Inspections:

- The Manchester Police Department, in partnership with the Manchester Fire Department and the Children's Hospital at Dartmouth-Hitchcock, is hosting a free Child Safety Seat Inspection event at the Dartmouth-Hitchcock Clinic, 100 Hitchcock Way, Manchester, NH, on August 9, 2014 from 9:00 AM - 2:00 PM - Inspections are by appointment only. To schedule an appointment please contact Officer Mark Aquino @ 603-792-5447.
- Child fingerprinting will also be offered by the Community Policing Division - no appointment necessary.

Community Schools Updates

Bakersville School

Southern NH Services is providing free meals through their Summer Food Service Program for youth 18 & under at Bakersville Elementary & in Elmwood Gardens Monday through Friday from 9-10am and 12:15-1:15 in Elmwood Gardens, and 4-4:30pm at Bakersville through September 1st. MCSP is exploring ways to provide sports, arts, and literacy programs in Elmwood directly after these meals.



Beech Street School

May 15th was the Harvard Pilgrim Day of Service at Beech St. Elementary School. This event allowed neighborhood residents to work with Harvard Pilgrim employees, City Year members, and local volunteers to beautify the Beech neighborhood, which included painting a resident-designed mural.



Gossler Park School

On May 30th a Community Resource Fair was held. The event helped to facilitate and foster a sense of community, while offering a convenient way to share information in the community. The event was a huge success with over 20 organizations attending and 200+ residents enjoying the fun-filled evening.



What's Coming Up:

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

• 10th—**TD Bank Concert Series—Adam Hebert: The Sinatra Tribute.** 7-9:30pm, Veteran's Park.

• 17th—**TD Bank Concert Series—Manchuka.** 7-9:30pm, Veteran's Park.

• 24th—**TD Bank Concert Series—The Army Rock Band.** 7-9:30pm, Veteran's Park.

• 26th—**One Day of Community.** 10am-2pm, Sheridan-Emmett Park.

• 31st—**TD Bank Concert Series—Rock Spring.** 7-9:30pm, Veterans' Park.

The TD Bank summer concert series takes place in Veteran's Park, and is FREE to the public. Each night has an opener and headliner that correspond to the theme of that night.
Family-friendly, all ages.

• 5th—**National Night Out,** time and location TBD. Check our Facebook for more details soon!

• 5th—**WZID Block Party** at Brookside Congregational Church.

• 7th—**TD Bank Concert Series—The Jimmy Lehoux Band.** 7-9:30pm, Veteran's Park.

• 9th—**Free Child Safety Seat Inspections,** Dartmouth-Hitchcock Clinic, 9am-2pm by appointment only. Contact Officer Mark Aquino @ 603-792-5447.

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

• 3rd—**First Day of School** for the 2014-2015 school year.

• 19th—**Inspired Recovery** at the New Hampshire Institute of Art.

Inspired Recovery is an annual festival organized by a coalition consisting of persons in recovery from addiction to alcohol and other drugs, their family members, friends and allies.
Learn more here: <https://www.facebook.com/inspiredrecoverynh>

Weed & Seed Wants to Hear from You!



Facebook - <https://www.facebook.com/CityOfManchesterNHWeedAndSeed>



City Website - <http://www.manchesternh.gov/Departments/Health/Services/Neighborhood-Health>



Email - KTreacy@ManchesterNH.gov

