

Key Community Benefits Programs Outcomes for FY 2018

Mobile Food Market: The Mobile Food Market provided 4,789 family visits—an average of 399 families per month. The program distributed approximately 196,450 pounds of food, the equivalent of 163,708 meals. The Greater Boston Food Bank shared that during this time period their goal of “one meal a day” was surpassed and in five of the nine communities served by MelroseWakefield Healthcare, “two meals a day” was reached for food insecure individuals representing the work of MelroseWakefield Healthcare, local food banks, and other food distribution programs.

Breastfeeding Catalyst Program: In fiscal 2018, more than 6,000 clinicians around the world have completed an online education module developed by MelroseWakefield Healthcare’s breastfeeding services promoting best practices to support exclusive and long-term breastfeeding.

Aging in Balance-Senior Outreach Program: The Aging in Balance program continued to serve the North Suburban communities, providing educational programs, blood pressure monitoring and ask- a-nurse clinics at low-income elder housing sites and community-based venues. In FY 2018, the Senior Outreach Nurse provided 1,165 blood pressure screenings at 22 area locations. Over the year 76 elders attended community education programs on topics such as “Health and Wellness BINGO”, “Slips, Trips and Falls”, “Meditation for Health”, “De-stress for Heart Health”, “Sleepless in New England – Tips to getting a good night sleep”, and “Sunnyside Up” a positive thinking program. In addition, the Senior Outreach Nurse coordinated elder health fairs and several programs well-attended programs for caregivers facilitated by the Alzheimer’s Association.

Save a Life, Pass it On! CPR in Schools: In FY 2018, 230 high school students from Malden, Medford, Melrose and Wakefield were trained in American Heart Association’s “Family and Friends, CPR Any Time’ program model. Students were encouraged to train and document training of an additional 150 family/friends in the community, using their CPR kits.

Lifeline Testing Buddies: In FY 2018, the MelroseWakefield Healthcare Manager of Volunteer Services mentored and trained 7 Lifeline Testing Buddies. These high school students made between 90-100 calls weekly to remind Lifeline approximately 3,000 subscribers to test their home personal emergency response system. The program helps to ensure elders are safer at home and that young adults are comfortable making phone calls, in lieu of their usual texting with peers.

North Suburban Child and Family Resource Network: MelroseWakefield Healthcare continued to work closely with Wakefield Public Schools to develop new initiatives to support families. At the request of the MA Department of Early Education and Care, MelroseWakefield Healthcare’s Program Manager provided consultation and guidance to the Malden CFCE program around outreach strategies, program development, staff training, and engagement. In FY2018, The North Suburban Child and Family Resource Network added the Malden CFCE program to their services. During the year, more than 3,043 individuals utilized services through the North Suburban Child and Family Resource Network.

Mystic Valley Public Health Coalition: Massachusetts Opioid Addiction Prevention Collaborative (MOAPC): MelroseWakefield Healthcare continues to support the Coalition's community-based prevention strategies, including campaigns to reduce the stigma facing individuals with substance use disorders and their families.

Mothers Helping Mothers Closet: In FY 2018, 514 appointments were made to the store and families benefited by receiving lightly used clothing and baby care supplies for their children from birth through school age. The program averages 42 appointments monthly.