

## Documentary Screening: "If They Had Known" and Community Discussion

Duxbury FACTS, The Duxbury High School PTO and the Clay Soper Memorial Fund are presenting *"If They Had Known"* a documentary spoken by kids to kids about the risk of the current party culture on Tuesday, April 3, 2018, at 7:00 pm in the Duxbury Performing Arts Center. This is a **free** event open to Duxbury and all local communities. Clay's parents Geoff and Genny Soper will introduce the film and take questions after. Duxbury Police Chief Clancy and School Resource Officer Nick Jamali will make comments and take questions as well.

In addition, Hingham CARES will host a community showing of this film on April 11, 2018, at Hingham High School at 7:00 pm, all are welcome.

**To learn more** about the Clay Soper Foundation & this film visit: <http://bit.ly/2pqzbrB>

**To learn more about Duxbury FACTS:** <http://bit.ly/2G8PKCU>

**To learn more about Hingham CARES:** <http://bit.ly/2G58Vxl> ■

### Tip for Better Living:

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade"

**Charles Dickens**  
1812-1870, writer

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## Meetings and Events:

### South Shore FACTS Meeting:

May 22, 2018 from 2:30-4 PM

**Guest:** Sgt. James St. Croix, Weymouth Police Department, Community Outreach; presenting on a recent community education series held in Weymouth entitled "The Ladder of Addiction."

**All meetings** are held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. 02370. Please RSVP for meetings & events to:

[Jkelly2@southshorehealth.org](mailto:Jkelly2@southshorehealth.org) ■



**South Shore  
Health System**

### Work Ethics Scholarship Program

Do you know someone who is planning on attending a technical school or training in a field of skilled work such as plumbing, electrical, HVAC, auto-tech, welding, drafting, etc.? Are they looking for scholarship money to help cover the cost of their training? If so, please inform them about The Mike Rowe WORKS Foundation, Work Ethics Scholarship Program. Yes, that Mike Rowe from the TV Show “*Dirty Jobs*” and the current Facebook show “*Returning the Favor*.”

Applications can be submitted beginning April 2, 2018, and running through June 4, 2018. There are a few things applicants will need to complete to apply, among them are:

- Two References
- A short personal essay.
- A short video (can be done on a smart phone.)

Past recipients range in age (there is no age discrimination) and have attended trade schools, technical schools, and colleges to attain their goals.

**To learn more** about this scholarship, access the application and learn about past recipients of the scholarship visit: <http://bit.ly/2FOu2od>

**To learn more about *Returning the Favor*** and to view the videos visit:

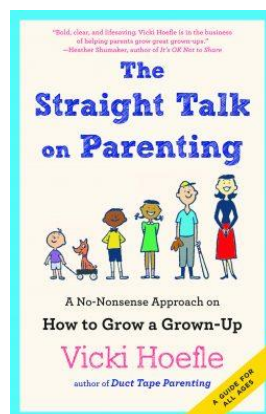
### Parent Education Event in Duxbury

Are you tired of reminding, lecturing, and nagging your children? The Parent Connection, in collaboration with Duxbury Public Schools PTA's and PTO's, is pleased to present Vicki Hoefle, author of best-selling book *The Straight Talk on Parenting*. Join us Wednesday, April 11, 2018, at 7:00 pm in the Performing Arts Center in Duxbury to hear Vicki identify five major parenting obstacles and provide solutions that will help your family for years to come. Tickets are \$7/pp in advance or \$10/pp at the door.

Parents today feel pressure to provide the perfect childhood for their children in order to raise happy, healthy, well-adjusted and high-achieving children. Middle schools, high schools, and colleges, however, report that many students are showing greater signs of anxiety and fewer signs of resiliency and self-sufficiency than ever before. Hoefle's talk will help guide parents in setting their children on the path to independence and adulthood.

Vicki Hoefle is the author of the best-selling books *Straight Talk on Parenting*, *Duct Tape Parenting* and *Parenting as Partners*. She combines her expertise in psychology with her experience as a certified parenting coach to provide time-tested tools that lead to a happy and peaceful family life. Her informative and highly engaging presentation style has kept her in demand as a speaker, facilitator, and educator for over 20 years. Ms. Hoefle is a mother of six and lives in Petaluma, California.

**To learn more about The Parent Connection** and to purchase tickets to this event visit: <http://bit.ly/2FNprCz> ■



**To visit the author's website** go to: <http://bit.ly/2DGmFt0>

## Are You Prepared?

If you become unresponsive for some reason, could others access your emergency contacts? If you found someone in a health crisis would you know how to access their emergency contacts?

If you own a smart phone it is a simple process that we should all make sure to fully activate on our phones.

To set up contacts and health information for an iPhone, open the Health app and tap Medical ID and enter your information.

Then if the iPhone is locked, others can access this information by:

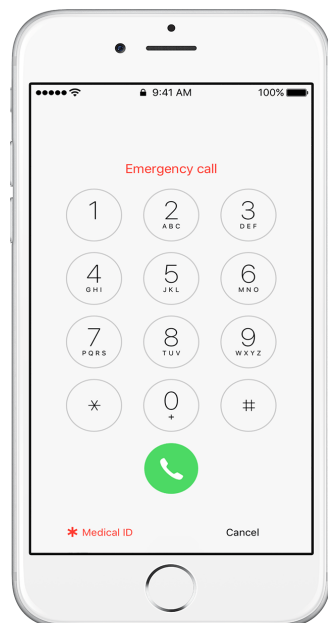
1. Pressing the Home button.
2. Tap Emergency in the lower left.
3. Tap Medical ID to see emergency medical information stored on the device or use keypad to make an emergency call.

**To learn more** about how to set up your Medical ID and view Emergency contact information:

iPhone visit: <https://apple.co/2oURvZI>

Android: <http://bit.ly/2tGbJFB>

To view a brief video on setting up emergency contacts on both iPhone and Android visit: <http://cnet.co/2G9abj2> ■



## Seeking Volunteer Readers!

Youth Health Connection publishes suggested reading lists three times a year. The current reading list, Winter/Spring 2018, is attached to this newsletter. Any book that is listed on one of our reading lists is previewed by someone within the YHC “Family.” Currently, we have two books in need of a volunteer reader, someone willing to read the book over the next 8-12 weeks and submit a very brief summary. Current books available are:

***“Attack of the Teenage Brain! Understanding and Supporting the Weird and Wonderful Adolescent Learner,”*** by John Medina, published by ASCD Publisher, 2018.

***“Becoming Brilliant: What Science Tells Us About Raising Successful Children,”*** by Roberta Michnick Golinkoff, Ph.D. and Kathy Hirsh-Pasek, Ph.D., published by The American Psychological Association, 2016.

**To request a book** please contact: [knoble@southshorehealth.org](mailto:knoble@southshorehealth.org) ■



## National Poison Prevention Week 2018-A Reminder to Store Medications Safely

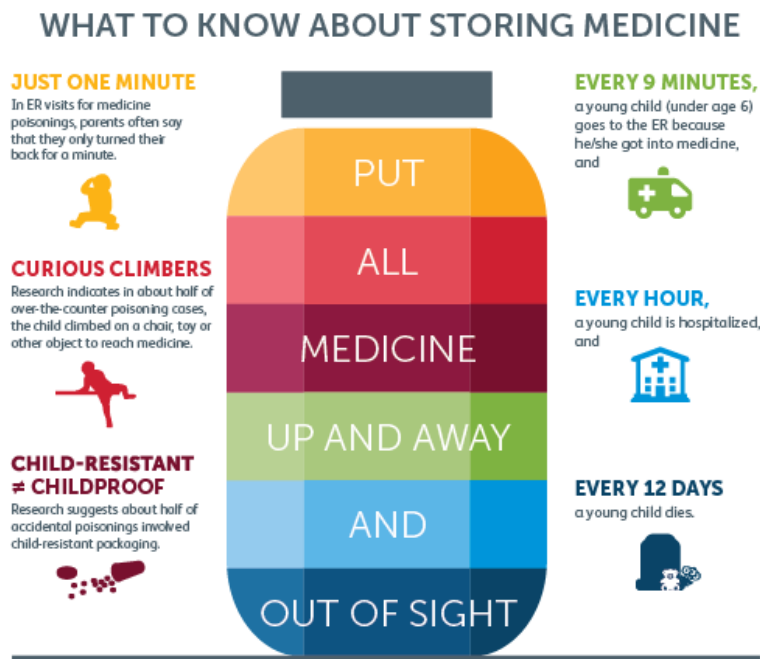
March 18-24, 2018; is poison prevention week, it is a great time to remember to safely store all medications in your home.

**To learn more about poison prevention** week visit:

<http://bit.ly/2kLUYdy>

**To access more safety information from Safe Kids** visit:

<http://bit.ly/2HNfDVO> ■



### THE RISK IS REAL: HOW FAMILIES CAN HELP PROTECT KIDS

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home so other caregivers can find it in an emergency.



Support provided by Johnson & Johnson Consumer Inc.

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*Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.*

To subscribe please visit:

[southshorehospital.org/yhcpublications](http://southshorehospital.org/yhcpublications)

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### Youth Health Connection:

**Builds and Sustains Community Connections through Healthy Dialogue and Sharing Knowledge to Keep Our Youth Safe Today and Moving Forward**