Youth Health CONNECTION

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Pediatric Allergy & Asthma Conference Update

On Thursday, March 29, 2018, The Medicine Patient Services and The Allergy & Immunology Program at Boston Children's Hospital will present the 17th Annual Pediatric Asthma and Allergy Conference.

Content to be covered includes Primary Immune Deficiency, Atopic Dermatitis, Epinephrine Auto-Injector Case Studies, Working with families to Improve Medication Adherence, What is that Cough, and What Should I do About it?, and A Parents Perspective on Severe Food Allergies.

The conference will be held at The Forefront Center for Meetings & Conferences, 404 Wyman St., Hobbs Brook Office Park, Waltham, MA and the event will run from 7:30 Am-3 PM. Cost is $70, for Boston Children's Hospital Staff, $125 for all others, this includes food, and contact hours, materials for the event will be sent electronically.

For more information contact: Judi.Naar@childrens.harvard.edu ■

Tip for Better Living:

""Solitude is such a potential thing. We hear voices in solitude, we never hear in the hurry and turmoil of life; we receive counsels and comforts, we get under no other condition…."

Amelia E. Barr
1831-1919
British novelist, teacher

South Shore Health System

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Youth Health Connection Meetings and Events:

Mental Health Advisory Meeting
March 7, 2018 from 8-9:30 AM. The NAN Project and Julie Love, Director The School Nurse Liaison Project, McLean Hospital.

Educational Program:
March 12, 2018 from 3:30-5:30 PM Lyme and PANS Awareness: A review of the lesser known triggers of Psychiatric Symptoms in Children and Teens

South Shore FACTS Meeting:
March 20, 2018 from 2:30-4 PM Guest: Traci Wojciechowski, Caron Treatment Centers presenting on Vaping.

2018 National Eating Disorders Awareness Week

This year the National Eating Disorders Awareness Week runs from February 26th – March 4th. The National Eating Disorders Association (NEDA) is promoting this week of awareness with the theme of Let's Get Real.

In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including **Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder (BED),** or an **Other Specified Feeding or Eating Disorder (OSFED)**.

According to NEDA's website, the scope and severity of eating disorders are often misunderstood. Eating disorders are serious illnesses, not lifestyle choices. In fact, anorexia has the highest mortality rate of any mental illness. In a national survey, four out of ten people reported that they either suffered or have known someone who has suffered from an eating disorder. Due to a lack of funding, many individuals and families are left feeling helpless, hopeless and frightened. To learn more about these prevalent disorders affecting so many of our youth, please visit the NEDA website to learn about NEDA's mission, screening tools, and their support services. Eating Disorder Awareness Week 2018, to learn more visit: http://bit.ly/2E2fjRp ■

The Purpose Challenge

By Jennifer Anastasiades MBA; SSHS Community Program Liaison

How many adults do you know still struggle with life's age-old questions – What is my purpose? What am I passionate about? How can I make a difference? It is a struggle almost every adult goes through at some point in their lives and these self-examining questions often start in the later high school years when well-intentioned adults ask high school juniors and seniors, "What do you want to do?"

Often this question is in relation to what do you want to study or what kind of job you want post high school but unfortunately, this line of questioning and thinking has led to many teens getting a degree but having no purpose. Only 1 in 5 high school students report having a sense of purpose in life and a sense of purpose is linked to wellbeing, mental health, and success.

My 17- year- old daughter has recently started getting this question. When she does, she will look at me with anxiety and stress in her eyes. She is a talkative, outgoing teen but this one short question can make her stop in her tracks, clam up and even stutter on occasion. Without fail, she will ask me later in the day, "Mom, am I supposed to know what I want to do?"

What if the focus was shifted and teens were given resources and tasks to help them discover what is important to them and what they really care about? Through the Purpose Challenge, students, educators, and teens can access online content and activities to help them start this discovery process and ultimately get closer to not what they want to be but rather *why*. Not only will these resources and activities provide food for thought, they can also lead to $25,000 in scholarships – What can be better than that, helping your teen discover purpose and the chance to win a scholarship!

To view the 1 minute and 23- second video with Mike Smith about The Purpose Challenge visit: http://bit.ly/2D7JDuv

To learn more about The Purpose Challenge visit: http://bit.ly/2AtmhRL ■

A Walk with a Purpose

South Shore Health System will host the **27th Annual Walk for Hospice** at South Shore Plaza in Braintree Saturday, March 24, 2018 ,from 7-10 AM. Over 2,000 community members will come together to support hospice patients and their families.

The day will feature toe-tapping entertainment, a Wall of Memories, vendors and much more! This year, we aim to raise over $200,000 to provide end-of-life care and bereavement services to more than 600 families on the South Shore. These funds allow no patient to be turned away regardless of his or her ability to pay.

WCVB-Channel 5 meteorologist Mike Wankum, a multi-award winning forecaster, will serve as master of ceremonies. Mike has been forecasting weather in Boston for over two decades and is a resident of the South Shore. ***(continued on next column)***



A Walk with a Purpose
(continued)

Hospice of the South Shore is a team of physicians, nurses, social workers, chaplains, and volunteers who help people live with dignity until the end of their life. Hospice of the South Shore shows families how to care for a dying loved one, and supports the family emotionally and socially.

WALK FOR HOSPICE

By participating in this event, you are helping your community in some of the most challenging times. Last year alone, Hospice of the South Shore helped over 600 patients from age 5-102 to receive care at home when they needed it most.

Go to www.SouthShoreHealth.org/walk to register as a team or as an individual, or to support our participants. Hope to see you there!

Then get social (media that is.)
#walkforhospice
#southshorehealthsystem

Guiding Word 2018

By Kim Noble BSN, MBA, RN; YHC Program Coordinator

Resolutions are a challenge for me, they are certainly well-intentioned, yet difficult to maintain; so for the past few years, I have utilized the concept of an annual "guiding word" to chart my course. This has been a very meaningful endeavor for me and so for 2018, it will continue.

For this year it was really "down to the wire," in choosing a guiding word. In retrospect, the difficulty that I had in choosing was probably a symptom of my overall situation and in fact, the reason that I ended up choosing the word balance.

At the end of 2017, I was sick with bronchitis and a sinus infection that would not go away, my daughter had a bout of norovirus (so I was called upon to help out with her children) and the year ended with my father being hospitalized after a fall. He was in three different facilities over 4 ½ weeks in total. This certainly disrupted any routine in both my home and work life, which in turn led me to my guiding word choice. 2017 ended so unbalanced that I felt I needed to gain a bit of control.

Each month I will be making my best effort to gain balance at home, work and physically by making some specific goal, process or action. For January, I started with a focus on bringing balance to my kitchen, it is the first room I step into and with all the hectic activity lately it was totally out-of-balance. Things were not put away "properly," items were left on the counter as they did not have a regular storage space and extra hats and gloves seemed to be everywhere!

I took it slowly, focusing on one cabinet each day and reorganizing them all so that items now fit inside cabinets or within baskets and not visible on the counter. This took time and effort, but the end result provides me with a sense of calm now when I enter my house.

Resources to help you choose a guiding word:
http://bit.ly/2mBUp4r or http://bit.ly/2D9Wc7I ■

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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

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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