

Happy Thanksgiving to all of our community members.  
Have a wonderful Holiday!



November 2015  
Issue 5

## Resiliency Center Newsletter



### Holiday Hours

#### Wednesday

November 25th  
9:00am-12:00pm

#### Thursday

November 26th  
Closed: Thanksgiving

#### Friday

November 27th  
Closed

The Resiliency Center Staff will be accepting calls on Friday from 9:00 am-5:00 pm

*So please do not hesitate to call 1-844-787-6441 with your questions or concerns*

### Upcoming Activities & Events

The Resiliency Center will host a Mindfulness retreat as the holidays approach, on **December 1st from 6:30-8:30 pm**. This retreat will be held at the Resiliency Center and facilitated by our collaborators, Barbara Hamm PsyD. and Janet Yassen LICSW of the Victims of Violence Program in Cambridge. We welcome you to join in, and spread the word to others who you think could benefit from it. Please follow the link to our flyer for all the details.

#### Mindfulness Forum



A Peer-Led Holiday Gathering is being offered Tuesday, December 8, 2015 to the survivor community at the Lincoln Tavern Restaurant in South Boston. To obtain more information and RSVP, click [here](#)

### Survivor Highlight

To read one survivor's reflection on support offered for those impacted by the events in Paris, please read below

#### Reflection

## Hearing Loss around the Holidays

For many people, the holiday season begins at Thanksgiving. As you begin to make your holiday plans, please take advantage of the following holiday tips for those with hearing loss or tinnitus.

### TIPS

*Provided by the Mass Commission for the Deaf and Hard of Hearing*

### **Purpose of Newsletter**

**The Resiliency Center Newsletter is committed to providing information that promotes recovery and resilience, monthly special features, and updates on a regular basis. Updates will be sent through the newsletter each month.**

### **Contact Information**

#### Location



Stars of Hope empowers individuals to transform communities impacted by disaster through inspiring and colorful art. (taken from the website <http://starsofhopeusa.org/> )

### **Paris Updates**

#### Media Coverage

Media Coverage of the attacks in Paris and subsequent police investigations can be triggering for those who have been impacted by similar events. It can be particularly challenging for children to process the information and repetition of images in the media. Please see the following tips for coping with traumatic events and speaking with children after a traumatic event:

#### **Coping with Stress Tip Sheet**

#### **Tips for Parents**

### **Service Projects**



Given the tragic events caused by the recent terrorist attacks in Paris, France many survivors of the Boston Marathon bombings have expressed a desire to help. Because survivors of events like these know

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Suite 201  
West Roxbury, MA  
02132**

**Telephone**

**1-844-STRONG1  
1-844-787-6641**

**Website**

**[maresiliencycenter.org](http://maresiliencycenter.org)**



all too well the initial and ongoing effects, two survivors in our community, Shannon Silvestri and Nicole O'Neil are currently organizing a service project called:

**"Letters of Hope: From survivor to survivor support"**

They will ask Boston Marathon survivors to write letters to those impacted in Paris. Further, they will seek ways to provide survivor to survivor support to those interested. If you would like to be involved or would like additional information, you can contact Shannon at [shannon.silvestri@massmail.state.ma.us](mailto:shannon.silvestri@massmail.state.ma.us). or Nicole at [bostontoparis@hotmail.com](mailto:bostontoparis@hotmail.com).

A more detailed flyer of information about this service project will be sent to the survivor community in the coming weeks. Stay tuned!

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***In Support of the Sandy Hook Community's 3rd Anniversary***

In the spirit of giving back, we would like to keep our friends in the Newtown community in our thoughts as their 3rd anniversary approaches on December 14, 2015. The Massachusetts Resiliency Center plans to send a large envelope with notes and letters of support for families and community members over to the Resiliency Center of Newtown. This showing of support will help to ensure that they do not feel forgotten as the years go on from the tragedy they endured and that members of the Boston community affected by the Marathon Bombings will continue to stand united with them. If you would like to contribute a note of support, please send it to the Massachusetts Resiliency Center by Monday, December 7th at the address below. It will be included in the packet sent with other cards from members of the survivor community. If you have any questions, please contact Alyssa Fuller at 1-844-STRONG1 (1-844-787-6641).

Massachusetts Resiliency Center

RE: Sandy Hook Support

1208 VFW Parkway, Suite 201

Boston, MA 02132

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## Community News

### **Boston Marathon Memorial Request**

The Resiliency Center has requested that Mayor Martin Walsh commit to erecting a permanent memorial on behalf of Survivors of the Boston Marathon Bombings in the City of Boston. Staff at the Resiliency Center met with cabinet members and asked that the memorial be dedicated to the resilience of those impacted by the bombings. We need the Survivor Community's help for this effort to gain traction!!! Please call the Mayor's hotline with the action alert found below. Also, please contact your neighborhood organizations, City Councilors, and others to push this through to the Mayor's desk. Thank you and please contact the Resiliency Center at 1-844-STRONG1 (1-844-787-6641) with any questions or concerns.

#### **ACTION ALERT**

**PLEASE CALL THE MAYOR'S HOT-LINE**

**617-635-4500**

For a sample script of what you might include in your message, click [here](#)