

## Community Health Education on Cable TV

A collaborative project among  
 MGH Chelsea HealthCare Center  
 MGH Center for Community Health Improvement  
 (Community Health Associates & Chelsea Community Health Improvement Team)  
 Chelsea Community Cable TV (CCTV)

These shows are continuously aired on Chelsea Community Cable TV Channel 3 and Channel 22. Some of them can be viewed at [www.chelseacabletv.com](http://www.chelseacabletv.com). For patient education purposes, we distribute DVD copies of the shows to patients by mail upon requests from MGH HealthCare Center clinicians and staff. Please email [arch@partners.org](mailto:arch@partners.org), call 781-485-6477 to request a DVD or for assistance. Thank you.

Topic	Description	Language	Length	Date
Health Center 101 – How to Use Your Community Health Center? (English)	A tour of MGH Chelsea HealthCare Center and all of its major departments, hosted by Jeannette McWilliams, Administrative Director, MGH Chelsea	English, with some Spanish	54 min	April 2009
Smart Food Shopping on a Budget (Spanish)	A shopping trip to Market Basket, hosted by hosted by Hong C. Chen, MD (MGH Chelsea Adult Medicine) and presented by Jennifer Vetree, MS, RD, LDN, with help of Juan, a community volunteer. The show addresses tips and skills for smart food shopping and making healthy food choices.	Spanish	34 min	June 30 2009
Smart Food Shopping on a Budget (English)	A shopping trip to Market Basket, hosted by Hong C. Chen, MD (MGH Chelsea Adult Medicine) and guided by Jennifer Vetree, MS, RD, LDN, MGH Chelsea Medical Specialties), with help of Mr. George Ostler, our community volunteer. The show includes tips and skills for smart food shopping and making healthy food choices	English	26 min	Sept 22 2009

<b>Topic</b>	<b>Description</b>	<b>Language</b>	<b>Length</b>	<b>Date</b>
Emergency Preparedness (English)	A panel discussion on what emergency preparedness is, why and how people in the communities can get prepared. Hosted by Duke Bradley, Director of CCTV, the show is presented by three experts from MGH and City of Chelsea: Patricia Simpson, RN, MGH Emergency Preparedness Specialist, Allan Alpert, Director of Chelsea Emergency Management, and Luis Prado, Director of Chelsea Health Department.	English	36 min	Sept 1 2009
Healthy Cooking Show (English)	Hosted by Jennifer Vetree, MS, RD, LDN, with help of our community volunteer Mr. George Ostler in his home kitchen, the show features two everyday recipes of a chicken salad and an avocado sandwich at low cost and with less time	English	20 min	July 8 2010
Healthy Cooking Show (Spanish)	Several everyday Spanish recipes are presented by Eileen Andrade, Jessica Cetina-Morales, and Niza Trancoso, all staff members from the Care Coordination Program at MGH Community Health Associates, with Jennifer Vetree's introduction and expert comments on how to make a recipe healthier and tastes just as delicious by changing to use healthier ingredients	Spanish	26 min	Mar 31 2011
Hypertension – Learn from the MGH Experts (English)	A panel discussion on what high blood pressure is and lifestyle prevention strategies, hosted by Duke Bradley, Director of CCTV, with three MGH panelists Hong C. Chen, MD Robert Schainfeld, MD (MGH Institute for Heart, Vascular & Stroke Care) and Jennifer Vetree, MS, RD, LDN	English	51.5 min	Feb 10 2011

<b>Topic</b>	<b>Description</b>	<b>Language</b>	<b>Length</b>	<b>Date</b>
Healthy Cooking Workshop (Spanish)	An interactive and hands-on healthy cooking experience for a group of 17 Spanish-speaking senior citizens at Chelsea Senior Center, the workshop was taught by Eileen Andrade, Jessica Cetina-Morales, Niza Trancoso from the Care Coordination Program and Kate Hobel (Nutrition Student Intern). The workshop ended with everyone enjoying the featured recipes and a watermelon.	Spanish	45 min	July 27 2011
Cancer – Risks and Screening Tests (English)	A panel discussion on breast, cervical, and colon cancer, screening tests, and other prevention strategies, hosted by Hong C. Chen, MD with three MGH panelists: Gloria Gamba, Diana Muldonado and Yasmine Hung, all staff members from MGH Chelsea Community Health Improvement Team	English	46.8 min	Nov 16 2011
Cancer – Risks and Screening Tests (Spanish)	A panel discussion on breast, cervical and colon cancer, screening tests and other prevention strategies, hosted by Hong C. Chen, MD, with three MGH panelists: Gloria Gamba, Diana Muldonado and Yasmine Hung	Spanish	44.45 min	Nov 16 2011
Be Smart & Read the Food Labels	A discussion in Question-Answer format about the topic, hosted by Hong C. Chen, MD. The show is presented by Jennifer Vetree, MS, RD, LDN with help from Josep (Pep) Vicente and Yasmine Hung, both staff members from Chelsea Community Health Improvement Team/CCHI	English	16 min	Oct 3 2012

<b>Topic</b>	<b>Description</b>	<b>Language</b>	<b>Length</b>	<b>Date</b>
Be Smart & Read the Food Labels (Spanish)	A discussion in Question-Answer format about the topic, hosted by Hong C. Chen, MD. The show is presented by Jennifer Vetree, MS, RD, LDN with help from Josep (Pep) Vicente, Yasmine Hung, both staff members from Chelsea Community Health Improvement Team/CCHI	Spanish	18 min	Oct 3 2012
Obesity Prevention in Chelsea	A public health announcement on the work of Healthy Chelsea Coalition and opportunities for patients to get involved. Hosted by Hong C. Chen, MD and presented by Melissa Dimond, and Ronald Fishmen, from Health Chelsea Coalition with Chelsea Community Health Improvement Team/CCHI	English Spanish	39 min	Nov 21 2012
Sugar Facts	A discussion in Question-Answer format about the topic, hosted by Hong C. Chen, MD. The show is presented by Jennifer Vetree, MS, RD, LDN with help from Benjamin Brennan and Yasmine Hung, both staff members from Chelsea Community Health Improvement Team	English	21:17 min	July 17 2013
Sugar Facts (Spanish)	A discussion in Question-Answer format about the topic, hosted by Hong C. Chen, MD. The show is presented by Jennifer Vetree, MS, RD, LDN with help from Josep (Pep) Vicente and Yasmine Hung, both staff members from Chelsea Community Health Improvement Team	Spanish	18:51 min	July 17 2013

<b>Topic</b>	<b>Description</b>	<b>Language</b>	<b>Length</b>	<b>Date</b>
Family Emergency Preparedness	A panel discussion on emergency preparedness with family members involved in the process. Hosted by Duke Bradley, Director of CCTV, the show is presented by three experts from MGH and City of Chelsea: Patricia Simpson, RN, MGH Emergency Preparedness Specialist; Allan Alpert, Director of Chelsea Emergency Management, and Luis Prado, Director of Chelsea Health Department	English	42:02 min	Aug 21 2013
You Are Not Alone – Overcoming Depression	A panel discussion on depression among older adults. Hosted by Dr. Hong C. Chen and presented by Dr. Chen, Jennifer Vetree, Ada Aroneanu, and Yasmine Hung, the panel addressed the topic by answering a list of specific questions collected from <i>Chelsea Senior Center</i> .	English	23:28 min	Mar 20 2015
You Are Not Alone – Overcoming Depression (Spanish)	A panel discussion on depression among older adults. Hosted by Dr. Hong C. Chen and presented by Dr. Chen, Jennifer Vetree, Ana Perez, and Josep (Pep) Vicente, the panel addressed the topic by answering a list of specific questions collected from <i>Chelsea Senior Center</i> .	Spanish	28:56 min	Mar 20 2015

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