

FITNESS. WELLNESS. COMMUNITY.

Summer 2025



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US Family Health Plan members choose from a network of over 2,000 civilian primary care providers and thousands of specialists, plus a large network of civilian hospitals.

Who We Are



US Family Health Plan of Southern New England is a Department of Defense TRICARE Prime option, and one of six regional US Family Health Plan programs across the nation. Our large network of civilian doctors, hospitals, and other health providers serves Plan members who live in Massachusetts, Rhode Island, and parts of southern New Hampshire and northern Connecticut.

We pride ourselves on friendly, personal service. If you have questions, call us at **1.800.818.8589**. You can also get to know us better at usfamilyhealth.org.

Spring and summer are a time of growth and serve as a reminder that new beginnings are always possible. The longer days, the fresh blooms, the smell of freshly cut grass, and the sense of renewal all around us feel especially meaningful this year as I reflect on the many moments of joy, growth, and gratitude within our US Family Health Plan (USFHP) at Brighton Marine community.

Maybe it's because I'm a mom. Maybe it's because of my time working in the service of our nation. But, I carry a particularly deep appreciation for the stories that make our community so special. And in this issue, I'm honored to share just a few that have warmed our hearts this season.

This spring marked a rare milestone for all of us in the Brighton Marine Community, as we honored our longest serving team member – a man who has given his life in service to Veterans and this community – Mr. Derrick Hassell. Derrick is the embodiment of our history, our values, and now our future. You see, as a young man of 14, Derrick entered our campus looking for honest work, and has been here as we have grown and evolved from a US Public Health Hospital, into a nonprofit, into the US Family Health Plan at Brighton Marine serving more than 13,000 Veterans, military family members, and their loved ones across New England. He

was here when former CEOs Kent Mathews and Board Chair Bill Perry envisioned our campus as a hub for transitioning military, and helped move buildings so we could make room for our beautiful affordable housing, Brighton Residences, and the transformation of one of our historic buildings into a beautiful, renovated permanent housing building for Veterans experiencing homelessness. Then, two years ago when I became the board chair of BMI, Derrick was the leader that gave me the detailed tour of the campus. It seemed like Derrick had a story for every brick on our campus, extolled meaning into every room and process, and advocated the value of every life to come through our gates and beyond. And so, because Derrick lived mission – to give our beneficiaries and residents a sense of hope and belonging – dovetailed with BMI's, it was right that we dedicated Brighton Marine Building #9 as the "Derrick Hassell Veterans Living Community".

Because we share Derrick's conviction, we will never stop caring, advocating, and taking action to care for our Veterans, because Veterans facing homelessness and housing insecurity today cannot wait; they should not wait. And as long as I can advocate and do the work, I will endeavor to ensure that they do not wait. That's why I was thrilled to officially announce Brighton Marine's intent to invest \$10 million over the

a letter from Rosye B. Cloud,
Chief Executive Officer
of Brighton Marine, Inc.



next five years to prevent and end Veteran homelessness as we know it. So, to help us accelerate meeting Veterans' immediate housing needs, we began a new venture with a new strategy - master leasing – allowing us to make affordable housing more accessible today, to more Veterans and their families who might not qualify for other housing programs.

Ray & Roxanne's New Beginning

As spring moved toward summer, we celebrated something special—Ray and Roxanne P. bought their very first home in Palmer, Massachusetts!

Ray, a proud veteran who served two tours in the U.S. Marines and the U.S. Army, and Roxanne, his steadfast partner, had been living at The Residences at Brighton Marine since 2022. With the support of our affordable housing program, which gives 100% preference to veterans and military families, they were able to save and plan for their dream: a single-family home with a big backyard.

Ray told us, with a smile, “I can’t wait to grill and BBQ!” Roxanne—equally joyful—shared her only complaint: “There was way too much paperwork!” Truth! But, we couldn’t be happier for them.

Celebrating the Next Generation

This next story really touches me. We’re incredibly proud of the children of our USFHP at Brighton Marine employees who are heading off to college or military service. One of those parents is Jennifer Rose, our Registered Nurse Care Coordinator, whose son graduated from Air Force boot camp this winter and has left for his first duty station, USAFB Elmendorf in Anchorage, Alaska. The pride we feel for these young people—and the families behind them—is immense, and we are cheering them on as they step into their next chapters with courage and purpose.

We were thrilled for one of our long-tenured pharmacy leaders, Alex Estrin, as he and his family welcomed a beautiful 8lb, 4oz. baby boy. Mom and Dad are doing great (but not getting much sleep). Congratulations to the Estrin family!

And, as a point of personal pride, my son, Ethan Cloud, graduated from high school this spring. Like the Estrins, we too are doing great (and sleeping better than we thought). We never knew our home could be so...quiet!

Our Heroes Behind the Scenes

And finally, I want to shine a light on the quiet strength of our Brighton Marine security team. This spring, we recognized Mike D. for expertly utilizing de-escalation techniques in tense situations—part of our “Therapeutic Campus Model”—to ensure a safe and supportive environment for our residents. Mike’s dedication reflects our commitment not just to physical safety, but psychological safety — including emotional and mental well-being for every Veteran and family member who calls our campus home.

These stories are more than just updates. They’re reminders of the resilience, kindness, and community that defines US Family Health Plan at Brighton Marine, where we deliver healthcare, housing, and hope to our nation’s Veterans and their families. It is a privilege to walk alongside you, to serve you, and to celebrate you. Thank you for being part of our family.

Warm regards,



Rosye B. Cloud
Chief Executive Officer
Brighton Marine, Inc.



Ethan and Rosye B. Cloud at graduation



Winner!

US Family Health Plan at Brighton Marine recently received three 2024 Press Ganey Human Experience Pinnacle of Excellence Awards®. These awards are part of Press Ganey’s annual ranking of the top health plans, hospitals, and health systems in the country, according to performance in a variety of member experience metrics for Measurement Year 2023.

Based on the Consumer Assessment of Healthcare Providers and Systems (CAHPS) member satisfaction survey, US Family Health Plan at Brighton Marine earned recognition for delivering exceptional performance in three areas:

- Highest Overall CAHPS Ratings
- Highest Plan and Plan Services CAHPS Ratings
- Highest Physician Care CAHPS Ratings

Deep thanks to those of you who responded to the survey, which was mailed to a randomly chosen sample of our membership. Your responses let us know what we do well and where we can improve. And that’s important to us. ■

Brighton Marine Awards
\$75,000 to Local Organizations

Brighton Marine administers the Allston Brighton Community Fund and facilitates these meaningful partnerships, supporting programs that enhance the health and well-being of Allston Brighton residents. The fund is made possible through a Community Development Agreement between the Brighton Allston Improvement Association (BAIA) and Clear Channel, which has provided more than \$300,000 in funding to local nonprofits since 2020.

In 2025, 24 recipients were awarded a total of \$75,000 in grant funding. Please see a list of the recipients below.

- | | |
|---|---|
| • AB Little League | • Faneuil Gardens |
| • Action for Boston Community Development, Inc. | • Franciscan Children's Kennedy School |
| • Allston Brighton Chamber of Commerce | • Friendship Works |
| • Allston Brighton Youth Hockey | • Gardner Pilot Academy Financial Aid Adult Ed |
| • Boston Green Academy | • GofiDog Therapy Pets/ Golden Opportunities for Independence |
| • Brighton Allston Congregational Church | • Italian Home for Children |
| • Brighton Branch Library | • Kosher Food Pantry/ Tifereth Raphael Inc |
| • Brighton High School Athletics | • Oak Square YMCA |
| • Brighton High School Program | • Presentation School Foundation |
| • Brighton Main Street | • The Fishing Academy |
| • Community Rowing, Inc. | • West End House Camp |
| • Family Nurturing Center of Massachusetts | • Winship School ■ |

FOCUS ON SERVING YOU



Measles, Do I Need a Booster?

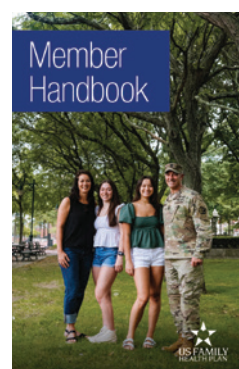
There has been much in the news lately about measles outbreaks in parts of the U.S. The area serviced by USFHP of Southern New England has not had an outbreak, but members traveling to other parts of the country or overseas may be concerned about their vaccination status. Vaccination continues to be the most effective way to prevent measles. Most children receive two doses of MMR (measles, mumps, rubella) vaccine, with the second dose usually given between 4 and 6 years of age.

For most adults, two doses of MMR vaccine are generally sufficient to provide lifelong immunity. Adults born after 1957 and vaccinated before 1968 may need a booster. That is because most people born before 1957 had a measles infection and should have lifelong immunity. Vaccines given before 1968 were not as effective as current vaccines, and a booster will provide added protection.

In general, if you've received two doses of the MMR vaccine, you likely do not need a booster. However, if you have any questions or concerns, it's always best to check with your healthcare provider. ■

An Up-to-Date Member Handbook Is at Your Finger-Click

Our Member Handbook helps keep you up to date about Plan details, from contact information, to copays, to coverage. Find it online at usfamilyhealth.org (click on "Members" at the top bar, then on Member Handbook). ■



Benefits Reminders



Urgent Care

If you find yourself in a situation that requires urgent (but not emergency) medical attention, Urgent Care Clinics are covered by US Family Health Plan. You do not need a referral before receiving urgent care. Care at any urgent-care clinic is allowed, but USFHP prefers that our members receive urgent care at Carewell® Urgent Care, American Family Care® (AFC), or CVS MinuteClinics®. Contact **1-800-818-8589** for more information.



Hearing Aids

A recent TRICARE policy update now includes coverage for hearing aids and hearing aid services with prior-authorization for child dependents of former uniformed services members enrolled in TRICARE Prime, provided they meet the profound hearing loss requirements. This coverage also extends to dependents of active-duty service members, including those covered under the Transitional Assistance Management Program (TAMP). There are also discounts available for those in need of hearing aids who do not meet criteria for coverage under this policy. Contact **1-800-818-8589** for more information. ■

Care Support Resources

**Call or text 988
or chat 988lifeline.org.**

Every American can call the **National Suicide and Crisis Lifeline** at **988** for help if you or someone you care about is experiencing a behavioral health crisis or is at risk of suicide. You can also chat at 988lifeline.org.

For military veterans and their families, specialized help is available from the **Veterans Crisis Line** at:

Veterans Crisis Line
Call: **988** (then press 1)
Chat online: VeteransCrisisLine.net
Text: **838255** ■

Brighton Marine Announces \$10 Million Investment to Prevent and End Veteran Homelessness

In May, Rosye B. Cloud, Brighton Marine's Chief Executive Officer, announced at a building renaming event honoring long-time Brighton Marine employee Derrick Hassell, our intent to expand our existing housing and programming services by investing \$10 million over the next five years in programs to prevent and end Veteran homelessness.

Ms. Cloud said the investment would span across the next five years and help prevent – and end – Veteran homelessness in Massachusetts, as well as the New England and Washington, D.C. regions, as part of our Vision 2030 initiative. The funding will support a master leasing program to expand access to affordable housing, provide emergency financial assistance through the Empowerment Fund, and the launch of a prevention hub in Washington, D.C.

"The resources we will invest over the next five years will help prevent housing insecurity and address the immediate needs of Veterans experiencing homelessness," said Ms. Cloud.

"No Veteran should ever be without a safe, stable place to call home or the services that they need," said Massachusetts Governor Maura Healey, who also spoke at the event. "That's why in Massachusetts, we have prioritized ending Veteran homelessness for good and expanding resources and services for our heroes. Organizations like Brighton Marine are critical partners in this work, and we thank them for their investment to create this beautiful campus that will provide essential housing, health care and other services for local Veterans."

According to the U.S. Department of Housing and Urban Development's Annual Homelessness Assessment Report, as of December 2024 there were 550 Veterans experiencing homelessness in Massachusetts. Homelessness can cause a myriad of health concerns, ranging from a lack of access to basic hygiene and increased risk of contracting infectious disease to more profound barriers to accessing vital health care and other services.

"Brighton Marine has long understood that housing is health care," said Massachusetts Veterans Services Secretary Jon Santiago. "This bold investment, made possible through the US Family Health Plan, reflects a deep commitment to meeting Veterans where they are—with flexible, innovative solutions that address both immediate needs and long-term stability. It's exactly the kind of partnership that aligns with our End Veteran Homelessness campaign and our broader goal of making Veteran homelessness rare, brief, and nonrecurring."

These efforts reflect Brighton Marine's belief that housing is healthcare and our continued commitment to ensuring that no Veteran is left without the resources they need to thrive. ■



Brighton Marine, Inc. CEO Rosye B. Cloud

What to Know About Seasonal Allergies

Warm weather often brings more than just sunshine-filled days, it also means many people are dealing with the effects of seasonal allergies. The typical window for seasonal allergies runs from March through October.

Understanding Seasonal Allergies

- **Common Triggers:** In spring, tree pollen is the main trigger, followed by grass pollen in the summer months, and ragweed pollen from late summer to fall.
- **Symptoms:** Typical symptoms include a stuffy or runny nose, sneezing, itchy eyes and nose, sore throat, cough, and dark circles under the eyes.

Preventive Measures

- **Limit Exposure:** Stay indoors on dry, windy days when pollen levels are high. The best time to go outside is after a good rain, which helps clear pollen from the air.
- **Home Environment:** Keep windows closed and use air conditioning to filter indoor air. Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- **Personal Care:** Wear a face mask if you do outdoor chores.

Managing Symptoms

- **Early Intervention:** It's important to address allergy symptoms at the first sign- whether it's a sniffle, scratchy throat, or itchy eyes. This allows early treatment to manage inflammation before it worsens.
- **Consult a Doctor for One-Sided Symptoms:** If symptoms affect only one side of your body (such as one nostril, eye, or ear), it's important to consult a doctor, as this could indicate an infection rather than allergies.

Seeing Your Primary Care Provider:

If your allergy symptoms are persistent, severe, or affecting your daily life, it's important to see your primary care provider. They can help determine the best treatment plan, recommend allergy testing, or refer you to a specialist if needed.

By understanding the causes and symptoms of seasonal allergies and implementing preventive strategies, individuals can better manage their condition and improve their quality of life during allergy season. ■

Source: Solan, M. (2024, April 1). *Get ready for allergy season: Here's how to manage the symptoms of pollen allergies.* Harvard Health. <https://www.health.harvard.edu/diseases-and-conditions/get-ready-for-allergy-season>





Charles Rollinger, MD, is our Vice President of Medical Management and Quality

USFHP Offers Innovative Program for Anxiety and PTSD

Last year USFHP began a pilot program using non-drug therapy for anxiety disorders and PTSD and enrollment in this innovative program was a success. The program is through a company known as Freespira.® It involves coaching and guided treatment sessions with computerized feedback to help people lessen their anxiety through controlled breathing. The program was free to USFHP members and did not require a referral from your primary care provider. The program took one month to complete, but the results of lessening anxiety can last much longer. USFHP members enrolled in this program have experienced success in managing their panic and anxiety.

The treatment goals of the program are to improve mental health by lessening the symptoms of anxiety and PTSD.

- Reduction in Anxiety and Panic Symptoms
- Enhanced Coping Strategies
- Adoption of Healthier Habits
- Increased Awareness of Mental Health

The National Institutes of Mental Health estimates that about one in three adults in the U.S. experience an anxiety disorder. In a population of uniformed services family members, the rates of anxiety and post-traumatic stress disorder (PTSD) can run higher. Anxiety disorder symptoms can interfere with activities, such as workplace performance, school, and family relationships. In severe cases, a person might feel intense fear for no apparent reason, then avoid social encounters, or even refuse to leave their home.

Common symptoms of anxiety disorders and PTSD include:

- Excessive worry and nervousness
- Difficulty concentrating and making decisions
- Restlessness and irritability
- Muscle tension and headaches
- Sleep disturbances
- Heart palpitations and sweating

There are both drug treatments and non-drug treatments that may help. Cognitive behavioral therapy is a non-drug treatment which focuses on changing negative thoughts and behaviors that contribute to anxiety. Medications such as antidepressants can be helpful. And anti-anxiety medications, like Xanax or Valium, can help reduce symptoms of anxiety, but can become habit-forming if used frequently.

PTSD is a mental health condition that's caused by an extremely stressful or terrifying event — either being part of it or witnessing it. Symptoms may overlap with anxiety disorders, and include flashbacks, nightmares, and uncontrollable thoughts about the event.

Currently 100 members have completed the program and are having improved functioning without medication. USFHP also offers other resources through our behavioral health program to help our members with Anxiety and PTSD. For information regarding the Plan's behavioral health programs, please go to www.usfamilyhealth.org/for-members/behavioral-health/ and click Connecting You to Whole-Person Care or contact Member Services at **1-800-818-8589**.



Pharmacy News You Can Use

Sign up for online refills!

Why?

- You can view your medications that are refillable and request them online.
- You can also manage and update your address and payment information.
- Online ordering also helps the pharmacy get your prescriptions filled and mailed to you faster.
- Finally, you can do this at your own convenience, anytime of day or night.

Our online refill tool is easy to use and available at www.usfamilyhealth.org/refill.

To set up an account, follow these steps:

1. Call the pharmacy at **1.877.880.7007** to provide a valid email address.
2. On the refill page, enter a valid refillable prescription number,

your date of birth, and the email address that you provided. Do not navigate away from this page.

3. A registration token will then be sent to your email address from the Brighton Marine Pharmacy. Please open your email in a separate tab/browser or application.
4. When you receive the registration token, enter that token exactly as it appears in the email from our pharmacy. You will be asked to create a username and password.
5. You will be taken to a login page where you will enter your username and the password. After logging in, you will be able to submit your prescriptions, modify your shipping address, and modify payment information.

For a smooth refill process, please send in your prescription requests 10 business days in advance. If you are running low on your medication(s) you can request rush shipment online.

Wondering if your medication has shipped?

We now send shipment notifications by text message! By signing up, you can:

- Know when your medication has shipped
- Track your expected delivery
- Know if there has been a delay

To get started, simply call the pharmacy at **1.877.880.7007** and give them your cell phone number. We'll send you a text message to confirm it's you and once you've confirmed, you're all set!

Have too many medications? Forgetting to refill your medications on time?

You can now sign up for automatic refill! Certain limitations apply. Contact the pharmacy at **1.877.880.7007** for more information. ■



Get Outside and Play: Playground Safety for Kids

The warmer weather is the perfect time to enjoy the outdoors! Playgrounds are the perfect place for your kids to play and explore but can also put them at risk of injuries. This advice from the Centers for Disease Control can help keep them safe.

For a safe and enjoyable playground experience, look for playgrounds that have the following:

- Age-appropriate equipment
- Soft surfaces like wood chips, sand, or mulch
- Guardrails to help prevent falls
- Clear, obstacle-free areas, to avoid tripping hazards like tree stumps or rocks

Make sure your child has a well-fitting helmet when riding bicycles, rollerblades, skateboards, or other wheeled equipment. By the way, it's also important for adults to wear helmets when riding.

Also, while playing outside, children may encounter stray or wild animals. It's important to keep them away from potential animal dangers. ■

Source: CDC (2024, May 16). *Outdoor Play and Safety for Children in ECE* <https://www.cdc.gov/early-care/communication-resources/outdoor-play-and-safety-for-children-in-ece.html>



Embrace the Outdoors for a Fresh Start

With warm weather already here, get outside, walk among the flowers, breathe in the fresh air, and let the trees remind you to stay grounded.

Research consistently shows that spending time outdoors can have a significant positive impact on mental well-being. Whether it's a walk in the park, a hike through the woods, or simply sitting in your backyard, being outdoors helps reduce stress, improve mood, and increase feelings of calm and relaxation. Nature has a calming effect on the mind, allowing you to disconnect from daily pressures and reset emotionally. ■

Source: (2020, April 1). *Nurtured by Nature*. American Psychological Association. <https://www.apa.org/monitor/2020/04/nurtured-nature>



Scenic Walks

Warm-weather walks in Southern New England offer a perfect opportunity to enjoy blooming landscapes, fresh air, and vibrant wildlife.

Rose Kennedy Greenway

Boston, MA

The Greenway is made up of 15 acres of vibrant, public parkland.

<https://www.rosekennedygreenway.org/>

Elm Park

Worcester, MA

The west side of the park contains wooded trails and the eastern side of the park has two iconic bridges spanning Lincoln Pond.

<https://www.worcesterma.gov/city-parks/elm-park>

India Point Park

Providence, RI

India Point boasts 18 acres of open space adorned with graceful trees and scenic walking paths and home to over 300 trees and bushes, and avian life.

<https://www.friendsofindiapointpark.org/>

Wilcox Park

Westerly, RI

A gorgeous 14-acre botanical garden. Take a stroll along the paths and enjoy the blossoms.

<https://www.westerlylibrary.org/about-history> ■

Brighton Marine: A Legacy of Service and Commitment to Veterans

With a focus on Healthcare, Housing, and Hope, Brighton Marine has long been a cornerstone of support for Veterans and their families.

We were founded in 1983 in Brighton, MA, when the federal government decided to close many of the hospitals within the former public hospital system, including the Brighton Marine hospital, which provided vital healthcare to local Veterans. However, the Veterans of the Allston-Brighton community were determined to preserve this critical institution. So, banding together under what was then known as the Allston-Brighton Aid and Health Group, they successfully petitioned the federal government to maintain control of the property and continue providing medical services for Veterans. The organization later became known as Brighton Marine, Inc.

Today, Brighton Marine remains deeply committed to Veteran care and serves as a regional hub for community-based healthcare and social services. Through the US Family Health Plan (USFHP), Brighton Marine supports thousands of beneficiaries, including families of active-duty military, National Guard, Reserves, and military retirees.

In May 2025, Brighton Marine reaffirmed its mission by renaming its first Veterans housing building in honor of longtime employee Derrick Hassell, who has dedicated more than 47 years to serving Veterans and the local community and who exemplifies the very spirit of a life's work dedicated to helping others. Mr. Hassell is our head of facility operations, and anyone who knows him will tell you, Mr. Hassell cares deeply for the Veterans and community members who visit the Brighton Marine campus daily. He takes great pride in ensuring our beneficiaries are met with individualized care and with a focus on their well-being. He is the embodiment of Brighton Marine's history, values, and future, and the

Derrick Hassell Veterans Living Community stands as a tribute to his enduring service and a testament to Brighton Marine's lasting impact on the Veteran community.

In fact, it is Mr. Hassell's empathy and personal investment in the social enterprise that is Brighton Marine that inspires the continued development of the therapeutic care model within our security department. This approach emphasizes a thoughtful and compassionate approach to supporting Veterans. And so, this means everyone at Brighton Marine — particularly our security personnel, who interface with our beneficiaries when they first enter the campus — is trained and expected to interact with Veterans and families in a way that is sensitive to their unique needs and potential vulnerabilities. The aim is to create a secure environment that also promotes the well-being and recovery of the Veterans we serve, and we do this through:

- **Compassionate Interactions:** Security personnel are expected to approach interactions with Veterans thoughtfully and with care.
- **Support for Veterans:** The security function contributes to the overall support services offered to veterans.
- **Focus on Well-being:** The security team incorporates elements that promote Veterans' unique recovery and overall wellness needs.

The therapeutic care approach aligns with our broader mission of providing healthcare, housing, and hope to Veterans and their families, as we continue to offer and develop a range of services, including wellness-focused mental and physical whole-health support, personalized case management, and – as Mr. Hassell reminds us – a human touch to emphasize our commitment to comprehensive care. ■



(Left to right): Brighton Marine, Inc. CEO Rosye B. Cloud, Governor Maura Healey, and Medal of Honor Recipient Ryan Pitts



Derrick Hassell



(Left to right): Massachusetts Executive Office of Veteran Services Secretary Jon Santiago, Derrick Hassell, and Brighton Marine, Inc. CEO Rosye B. Cloud



(Left to right): Brighton Marine, Inc. CEO Rosye B. Cloud, Representative Jeffrey Turco, Representative Joseph McGonagle, Executive Director of the U.S. Department of Veterans Affairs Homeless Programs Office, Monica Diaz, Massachusetts State House Majority Leader, Representative Michael Moran, Governor Maura Healey, Derrick Hassell, Former Governor Bill Weld, Medal of Honor Recipient Ryan Pitts, Representative Kevin Honan, Massachusetts Executive Office of Veteran Services Secretary Jon Santiago, Former Congressman Frank Guinta





National Coalition for Homeless Veterans (NCHV) 35th Annual Conference

In May, Brighton Marine demonstrated its leadership role in the Veteran homelessness space with broad participation in the National Coalition for Homeless Veterans (NCHV) 35th annual conference. CEO Rosye Cloud kicked off the conference with a plenary fireside chat on the importance of effective storytelling in advocating for programs and initiatives that support Veterans and their families.

Vice President for Community Outreach and Programs, Melissa Bryant, and Senior Director for Campus Operations, Ryan Campbell, also delivered an informative presentation on Brighton Marine's therapeutic campus model and overall therapeutic approach to support homeless Veterans in Boston by meeting them where they are, including a bit of Brighton Marine's history and evolution into the social network enterprise it is today. Bryant also delivered a brief in conjunction with U.S. VETS CEO Darryl Vincent detailing the creation and soft launch of our brand-new DC office, which serves as a homelessness prevention hub in a joint venture announced by the team at last year's NCHV conference. The DC office suite of programming is designed to meet veterans "upstream" where we can help them confront the social determinants of health that may be leading towards housing insecurity, and is critical work in a contracting philanthropic environment. Our message was simple: collaboration is key. Brighton Marine's venture with U.S. VETS stands to demonstrate that organizations can find alignment with others where we can balance our strengths and weaknesses for a combined effort towards solutions. Rosye, Ryan and Melissa left the attendees with a call to action: to seek out action-oriented alliances and think outside the box in order to truly End Veteran Homelessness. ■

(Top to bottom)
Presenting at the NCHV 35th Annual Conference: Brighton Marine, Inc. CEO Rosye B. Cloud; Melissa Bryant, Vice President of Community Outreach and Programs at Brighton Marine; Ryan Campbell, Director of Campus Security at Brighton Marine



Brighton Marine Welcomes New Board Member

Brighton Marine, Inc. appointed Dr. Rich Morales to serve as the newest member on the Board of Directors. Dr. Morales is a retired Brigadier General and Purple Heart recipient, having served in the U.S. Army for over 30 years. He also served at the White House, was an aide to the head of NASA, and led an engineering department at the U.S. Military Academy at West Point. Dr. Morales is currently a Professor of the Practice of Innovation Management & Design Engineering at Brown University. His leadership and experience will be a vital resource to Brighton Marine. ■



We want to thank you again for being a member of the US Family Health Plan and for trusting us with your care!

If you know someone who could benefit from the same care and service, we'd be honored if you referred them to us by providing them with our toll-free number (888-815-5510) to speak with a local representative. Your referrals help us grow and serve more families like yours.

“Absolutely wonderful! Every time I need an appointment, they see me in a quick turnaround which is a real benefit. I call Adult Medicine, and [I have] an appointment within a couple days.”

– Bob Gale, Retired Lt. Colonel of the MA Army National Guard



Lemon Garlic Roasted Asparagus

Asparagus is a staple with over 300 different species, though the most consumed variety is garden asparagus. This lasting vegetable boasts long stalks with pointy tips and woody bottoms, with tender young spears emerging once soil temperatures surpass 50 degrees Fahrenheit.

Rich in vitamins A, C, E, K, folic acid, antioxidants, and fiber, asparagus is considered superfood. This simple, fresh, and light dish uses just 6 ingredients, making it the perfect healthy side for your meals.



Ingredients:

- 1 bunch asparagus
- 1 tablespoon olive oil
- 2 garlic cloves (minced)
- Zest and juice of 1 lemon
- Salt and pepper (to taste)
- Fresh parsley (optional, for garnish)

Preheat the oven to 400°F (200°C). Gently bend or trim the tough ends off the asparagus and rinse. Place them on a baking sheet and let them rest for 5 minutes to hydrate the ends. Drizzle the olive oil over the asparagus, and sprinkle with minced garlic, lemon zest, salt, and pepper. Toss the asparagus to evenly coat. Roast in the oven for 15-20 minutes, or until the asparagus is tender and slightly crispy at the tips. Once roasted, squeeze fresh lemon juice over the asparagus and garnish with fresh parsley if desired. Serve immediately.

This easy, nutrient-dense dish adds brightness and flavor to any meal with minimal effort. Enjoy! ■

at ease



The earth laughs
in flowers.

— Ralph Waldo Emerson



77 Warren Street
Boston, MA 02135



Nature in Bloom!

Warmer days are here, bringing sunshine, fresh flowers, and the perfect excuse to step outside. Light layers, longer days, and nature's beauty await—embrace the season and all the energy it inspires.

We'd love to know what you thought of this issue and what you'd like to read about in the months ahead. Get in touch at feedback@brighton-marine.org.

**"Outstanding service, fast, safe, and low cost.
Thank you, Brighton Marine."**

—USFHP member



usfamilyhealth.org