

SUMMER 2019



COMMUNITY CONNECTIONS

Ashburnham . Ashby . Ayer . Berlin . Bolton . Boxborough . Devens
Dunstable . Groton . Harvard . Lancaster . Littleton . Lunenburg
Pepperell . Shirley . Stow . Townsened

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Nashoba Associated Boards of Health (NABH)

Nashoba Nursing Service & Hospice

This Issue is Designed by Laurynn M. Bedard

Hello Friends!

I know it doesn't seem possible, but many of you will be hearing from me soon as we begin planning our flu clinics for the fall. Please take special note of the clinic schedule on the last page as there are some changes for summertime.

We, at Nashoba Boards of Health, wish you a very happy, healthy and safe summer, and offer these reminders:

- Use bug repellents & do frequent tick checks
- Stay hydrated
- Use sunscreen, wear wide brimmed hats, umbrellas & find shady/cool spots
- Be food safe (keep cold foods cold, hot foods hot)
- Check with your doctor about vaccines needed for international travel

Warm regards,

Tamara Bedard, RN- Community Health Manager



Lyndsey Kilduff, BSN, RN



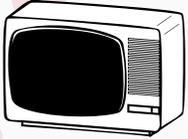
Here's Lyndsey on the left at the Bolton Children's Fair! (5.4.19)

Please welcome our DPH summer intern, Lyndsey! She is currently pursuing her Masters of Science in Nursing with a concentration in Public Health at Worcester State. Lyndsey looks forward to working with us to serve our communities by developing programs and learning about daily board of health responsibilities. With her background as a school nurse, she will be a great asset to the team.



Measles- What you Need to Know:

You might be hearing a lot about Measles in the news lately. The CDC has put together some important facts about what you should know to protect yourself and others.



Measles can be serious...

You may think of measles as just a little rash and fever that will go away in a few days, but measles can cause serious health complications.

Recent Trends

Some Facts from the CDC's National Measles

Summary: Jan 1– May 24th 2019

- 940 cases (26 states)
- This is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.
- 90% of all reported cases were unvaccinated or had unknown vaccination status
- 94% of all reported cases are outbreak related (75% related to outbreaks in NYC or NYS)
- The World Health Organization (WHO) notes there has been a 300 % increase in measles this year compared to last year

<https://www.cdc.gov/measles/cases-outbreaks.html>

MA/District Data:

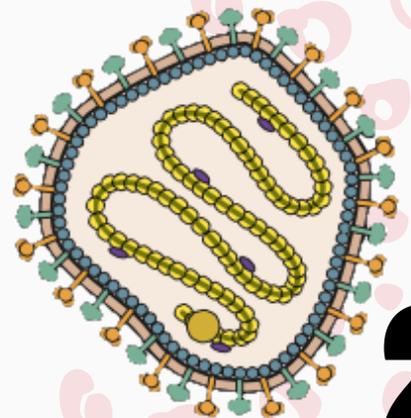
- MA investigated more than 60 cases from Jan-May compared to the 21 investigated last year during the same period
- 2 confirmed cases in MA
- 0 cases in the Nashoba district

<https://www.mass.gov/news/public-health-officials-urge-massachusetts-residents-to-get-vaccinated-against-measles-now>

CDC Resources

<https://www.cdc.gov/measles/about/index.html>

<https://www.mass.gov/service-details/measles>



Measles- The Break Down



Symptoms

Fever, rash, runny nose, red eyes



Spread

Measles is VERY contagious. It spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people that were around that person will also become infected if they are not protected. Someone can become sick just by being in a room where a person with measles has been, even up to 2 hours after the sick person has left. An infected person can spread measles to others even before they have symptoms. The infectious period begins 4 days before symptom onset and lasts through 4 days after the rash appears. The rash typically begins about 14 days after a person has been exposed. Anyone who is not protected against measles is at risk.



Protect

The best protection against measles is the measles-mumps- rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles.



MMR Vaccine Routine Recommendations

2013 ACIP recommendations: <http://www.cdc.gov/mmwr/pdf/rr/rr6204.pdf>

2019 Adult Immunization schedule: <http://www.cdc.gov/vaccines/schedules/hcp/adult.html>

-Children & Adolescents: 1 dose at 12-15 months of age and a 2nd dose at 4-6 years of age

-Adults without evidence of ***immunity:**

- Most adults need 1 dose
- 2 doses for high risk adults (at least 28 days apart)
 - Healthcare personnel
 - Post-high school students
 - International travelers



*Presumptive evidence of Immunity:

- Birth before 1957
- Lab evidence of immunity
- Lab confirmation of disease

Every year, unvaccinated people get measles while traveling abroad and bring it to the United States. Stay safe and healthy when traveling this summer!



Where can I get a MMR vaccine?

- Your doctor's office
- A local pharmacy
- A local travel clinic

Some Local Travel Clinics:

Nashoba Valley Medical Center:

978-784-9328

Acton Medical Travel Clinic

(978) 635-8904, or

Email travel@actonmedical.com.



Summer Hydration

Water makes up about 60% of your body!



Your body needs more water when you...

- Are in hot weather
- Are running a fever
- Are having diarrhea or vomiting
- Are physically active

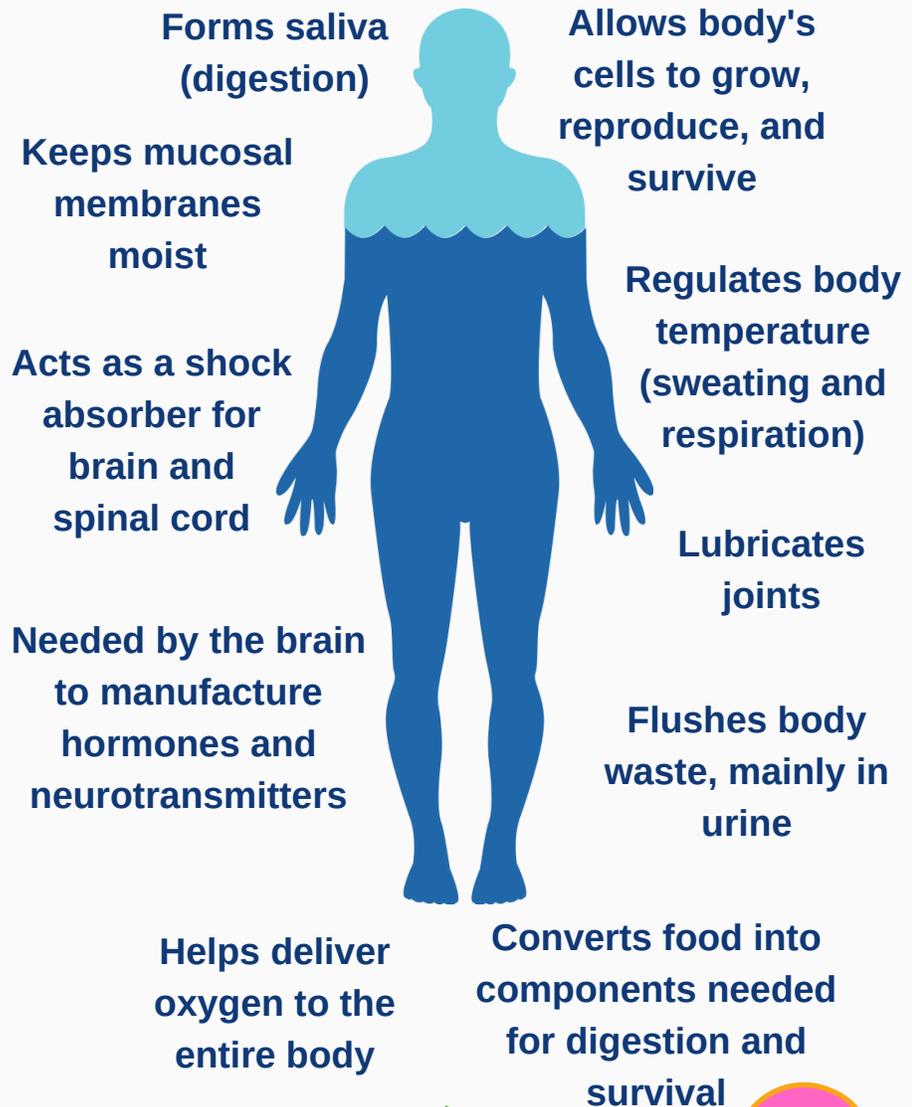
If you don't drink enough water on a daily basis the body fluids will be out of balance, causing dehydration.

Some people have fluid restrictions because of a health problem. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

Reference:

(cdc, nlm.nih.gov/ medlineplus)

What does water do for you?



Great sources for water:

- drinking water (tap or bottled)
- soup
- milk
- low sugar juices
- jello
- popsicles
- oranges, melons, tomatoes



Heat Exhaustion VS Heat Stroke



Symptoms

- Heavy sweating
- Cold, pale,
- Clammy skin
- Fast, weak pulse
- Nausea/vomiting
- Muscle cramps
- Tiredness or weakness
- Headache
- Dizziness
- Passing out

What to Do

- Move to a cool place
- Loosen clothing
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Symptoms

- High body temp (103 or higher)
- Hot, red, dry skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Passing out

What to Do

- Call 911 right away! This is an emergency
- Move the person to a cooler place
- Help lower the person's temp with cool cloths
- Do Not give the person anything to drink

Get Medical Help If...

- You are vomiting
- Symptoms are getting worse
- Symptoms last longer than 1 hour

Kathy Benson, LICSW

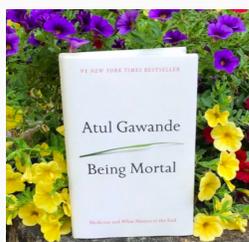
is currently the clinical social worker at Nashoba Nursing Service and Hospice. She has an extensive background in the field of self-development and has studied and practiced Reiki and End of Life/ Hospice Reiki for over ten years. She has also completed training at UMass Medical Center's Mindfulness-Based Stress Reduction and offers classes in mindfulness, self improvement and bereavement support.



"Being Mortal: Medicine and What Matters Most in the End" is a nonfiction book by Boston surgeon, Atul Gawande. It is an important book that explores aging, end-of-life care, hospital care, assisted living and nursing facilities, along with personal stories. Dr Gawande shares his own thoughts and experiences working with patients with terminal illness as well as the challenges of his own father's inoperable spinal cancer. He begins his book by sharing that his own medical training did not prepare him or other medical students to have end-of- life discussions with their patients. The focus in medical school was on saving lives and curing illness, which is only problematic when there is no other medical option to cure the patient. Gawande encourages doctors to ask their patients what they understand about their disease and what the priorities are for the patient. This brings in the im- portance of each of us planning for end of life decisions earlier rather than dur- ing a crisis. Asking ourselves what is most important to us in the end. It is help- ful to explore how we understand the difference between quality of life vs quantity of life and brings into question procedures that prolong life, such as nutrition/tube feeding, ventilators and CPR (cardio-pulmonary resuscitation).

NNSH regularly offers presentations on Dr Gawande's book as well as excerpts from the Frontline documentary, "Being Mortal." Thanks to The Friends of Nashoba Nursing Service and Hospice for donating copies of the book which have been distributed to our local Council on Aging lending libraries. Please join us for a lively discussion on mortality and what matters in the end.

- *Kathy Benson, LICSW*



- **Hazen Library, Shirley Thursday, 6/13 6PM**
- **Thayer Library, Lancaster Tuesday, 7/16 6PM**
- **Sawyer Public Library, Boxborough Wednesday, 9/11 11AM**
- **19 Carter, Berlin Tuesday, 9/24 6PM** (Co-sponsored by Berlin COA, Berlin Library and 19 Carter)

A Program Review

..."I just wanted to pass on a recommendation for a program presented last night at our library by Nashoba Nursing Service and Hospice. If I had to give them a rating based on five stars, I'd give them ten. They were that good...It is rare indeed to find presenters who can disseminate information and foster discussion on a difficult topic with such grace, humor and empathy. Our patrons raved about this program afterwards and many stayed to talk with the presenters, who were incredibly supportive and generous with their time."

- *Diane Sanabria*
Leominster Public Library

Tick Testing

A Note from the Director



Nashoba Associated Board of Health
Environmental Services
30 Central Ave. Ayer, MA 01432

5/13/19

Memorandum

To: Member Communities of the Nashoba Associated Board of Health

From: Jim Garreffi, Director of Public Health

Re: Discount tick testing

There are labs in Massachusetts that provide testing on ticks as a service to the public for a fee. The purpose for these tick tests is to learn what diseases ticks may be infected with and to track their location to better understand the risk of tick borne illness in our communities. The Laboratory of Medical Zoology (LMZ) is an academic research lab at the University of Massachusetts Amherst that offers this testing locally. Since LMZ's research focuses on infectious diseases, especially those transmitted via other animal species (ticks), they make a perfect community health collaborator.

In conjunction with your Board of Health, the Nashoba Associated Boards of Health is partnering with the LMZ to provide a reduced fee for the testing of ticks. This discount is made possible by a generous grant from The Friends of Nashoba Nursing Service and Hospice and the LMZ. The partnership will provide a \$25 reduction in the testing fee, lowering the cost for one of the test packages found at the LMZ's website: www.tickreport.com. Last year, our Nashoba Health District communities submitted 136 ticks for testing, so the partnership decided to provide discounted testing for 150 ticks to be submitted by Nashoba's citizens this season.

Tick testing should NEVER be considered a substitution for medical diagnosis; however, having these specific results may help you and your health care provider determine the best way to protect you from and/or treat tick borne illness. Only your health care provider can offer medical advice and/or prescribe treatment.

If you are interested in learning more about tick testing, please visit www.tickreport.com and follow the instructions for submission. The fee reduction will be applied at the time the payment is processed.

Any questions regarding the Nashoba Associated Boards of Health's partnership with LMZ should be referred to Jim Garreffi, at 978-772-3335 ext. 305.

978 772 3335

800 427 9762

(Fax) 978 772 4947

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Some Upcoming Programs

Nashoba Nursing Service & Hospice is proud to present **FREE community health programs.**

If you would like more information on our program offerings, please **contact Vanessa Perini at vperini@nashoba.org.**

June

- "Being Mortal" by Dr. Atul Gawande, Hazen Memorial Library, **6.13.19**, 6:00pm
- Vertigo: A Vestibular Presentation, Hudson COA, **6.18.19**, 10:30-11:30am
- Introduction to Reiki, Fitchburg COA, **6.19.19**, 10:30-11:30am
- Dementia 101, Bolton COA, **6.19.19**, 10:30-11:30am
- Spring Cleaning, Ashby COA, **6.26.19**, 2pm

July

- Happy Feet, Stow COA, **7.3.19**, 12:15pm
- Happy Feet, Townsend COA, **7.10.19**, 11am
- "Being Mortal" by Dr. Atul Gawande, Thayer Memorial Library, **7.16.19**, 6:00pm

August

- Honey as Medicine, Acton COA, **8.1.19**, 1-2 pm
- Healthy Heart: Cardiac Health Program, Lancaster, **8.6.19**, 9am
- Honey as Medicine, Maynard COA, **8.15.19**, 12:30-1:30pm
- Honey as Medicine, River Court Residences, **8.21.19**, 2-3pm

Ongoing

Healing Conversations: Adult Drop in Bereavement Support Group Series

Many thanks to the following towns for hosting our free adult drop-in bereavement support group series. Dates and times can be found on our website or under our events tab on our Facebook page. For the months of June, July, and August we will be running this series in the following towns: Hazen Memorial Library-Shirley, Eagle House- Lunenburg, Hildreth House-Harvard, Pepperell COA, Boxborough COA, Ashburnham COA, Berlin COA, and Acton CO A.



Check out our website for more information:

<http://www.nashoba.org/>



Check us out on Facebook to see all upcoming events/programs!

<https://www.facebook.com/NashobaNursingService/>



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2019 CLINIC SCHEDULE

****Please check our website for more information: www.nashoba.org
 DATES & TIMES SUBJECT TO CHANGE**

PLEASE NOTE SOME CHANGES FOR THE SUMMER SCHEDULE:

BERLIN-seniors break for the summer so there are **NO SCHEDULED CLINICS**. See you in September!

GROTON: Important Updates

- July 31st, 11:30-12:30, Central Fire Station

- August- **NO CLINIC**

See you in September!

*Please invite residents to attend ANY clinic nearby or give us a call to make other arrangements so we can be sure to continue care/services even if senior groups/ Ayer centers break for summer.

Nashoba Nursing Service & Hospice operates under Nashoba Associated Boards of Health. We are, in fact, one in the same. Not only do we offer both Home Health and Hospice Services, but we also serve as the Board of Health for the following communities: Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend. As the Board of Health for your community we offer a variety of Public Health Programs to promote good health for all ages. Included is a list of monthly clinics that may be helpful to you (**dates/times subject to change*). We invite you to drop by one of our clinics to meet with your town nurse for a follow up wellness check. Or, feel free to contact the public health department for more information about how we may further support you in your efforts to be as healthy as you can be!

**Nashoba Associated Boards of Health
 30 Central Ave.
 Ayer, MA 01432**

**Your Town Nurses are:
 Tamara Bedard, RN
 Community Health Manager
 978-772-3335 ext.340**

**Susan Hoag, LPN
 Community Health Nurse
 978-772-3335 ext.357**

Town	Clinic Location	Address	Day	Time
Ashburnham	Town Hall	32 Main St	4th Mon	11-12
Ayer	Cambridge St. Office	51 Cambridge St.	Every Fri By appt. only	9-12
Ayer	COA	18 Pond St.	3rd Fri	11-12
Bolton	Bolton COA	600 Main St.	3rd Thurs	9:30-11:30
Boxborough	Town Hall	29 Middle Rd.	4th Tues	10-11
Dunstable	Library	588 Main St	4th Wed	11-12
Harvard	Hildreth House (COA)	13 Ayer Rd	3rd Tues	12:30-1:30
Lancaster	Community Center	695 Main St.	1st Tues	8-10
Littleton	COA Room 230	33 Shattuck St.	2nd Tues	10-11
Lunenburg	Eagle House	25 Memorial Dr.	4th Thurs	9-11
Pepperell	Senior Center	37 Nashua Rd.	3rd Wed	10-12
Shirley	Senior Center	9 Parker Rd.	2nd Thurs	9:30-10:30
Stow	Senior Center	509 Great Rd	1st Wed	10-12
Townsend	Senior Center	16 Dudley Rd.	2nd Wed	12-2

