

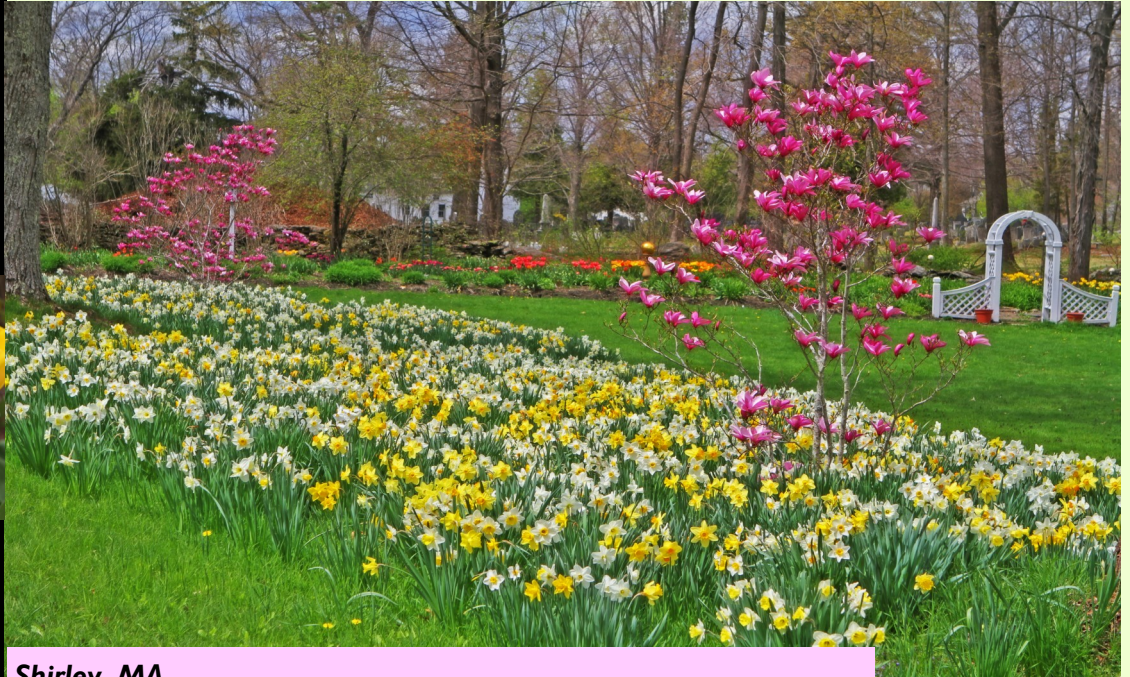
NASHOBA  
ASSOCIATED  
BOARDS OF  
HEALTH  
(NABH)

NASHOBA  
NURSING  
SERVICE &  
HOSPICE



# Community Connections

Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Devens, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend



## Inside this issue:

Pet Peace of Mind (PPOM)	2
PPOM in the Community	3
Community Partnership	4
Out & About	5
Upcoming Programs	6
Clinic Schedule	7

Shirley, MA

Photo Credit: NABH staff Bridgette Braley, RS-*Thank you!*

Hello friends,

Just a friendly reminder to take care of yourself as we are not quite out of flu & 'sick' season yet. The single, best, most effective way to keep yourselves healthy is STILL good old handwashing.

Got Spring Fever? Get OUTDOORS! With the warmer weather, make some time to get OUTDOORS and take advantage of nature's health benefits! Research says that being outside for as little as five minutes can lower your heart rate, blood pressure and cortisol (the stress hormone) production. Natural sunlight provides a free dose of Vitamin D which is essential for overall healthy body functioning. Taking a short walk OUTDOORS can improve your concentration, reduce stress and boost your mood. Remember to stop and smell the flowers as nature's 'aromatherapy' can help you feel calm and relaxed. Being out in the fresh air and sunshine can promote better sleep by reminding your body of its natural rhythms and sleep/wake cycles. So, find yourself a walking partner and establish a routine. Motivate each other to get OUTDOORS and keep building fit, active, healthy bodies!

<https://www.dec.ny.gov/lands/90720.html> (The NY Department of Environmental Conservation)

<https://www.nwf.org/en/Kids-and-Family/Connecting-Kids-and-Nature/Health-Benefits-and-Tips> (The National Wildlife Federation)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4204431/> (National Center for Biotechnology/National Libraries of Medicine/National Institute for Health)

Wishing you wellness,

Tamara Bedard, RN-Community Health Manager

## Pet Peace of Mind

Nashoba Nursing Service & Hospice is a proud program partner of Pet Peace of Mind (PPOM). The mission of Pet Peace of Mind is to enrich the quality of life and well-being for our palliative and hospice patients and their pets. Our hope is that our patients' pets will remain with them through their end of life journey. We know that pets offer unconditional love, acceptance, comfort and companionship at a time when it is needed most. Our PPOM volunteers provide pet care by doing things like bringing pet food and supplies, and taking pets to their vet appointments. Ultimately, the program helps find new homes for pets that cannot be taken by family which keeps our patients' beloved pets out of shelters. PPOM is funded by donations; the fund covers basic veterinary needs (for example: physical, exams vaccinations, etc. ) before a pet goes to their new forever home.



**Doc's Flower**



Most often we work with cats and dogs. Last April, however we found a new home for a very special 25 year old horse. This is Doc's Flower. She is a retired standard breed race horse. Her Mom Carol was on Hospice with us. After Carol passed, we were able to find a new home for Flower, and our fund was able to cover the costs for a veterinarian to give her a check-up and shots, and a farrier for her toes. Flower is now living with other retired horses in Barre, MA, and loves having a lot of new friends!



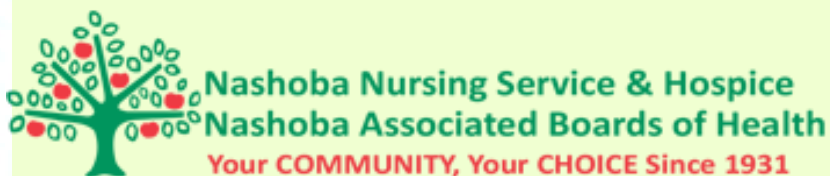
## Pet Peace of Mind in the Community

### Clear Path for Veteran's New England - Dogs to Vets, June 2<sup>nd</sup>, Devens

Please join Pet Peace of Mind- Nashoba Nursing Service & Hospice at the Clear Path for Veteran's New England - Dogs to Vets Festival in June. Clear Path for Veterans, based in Devens is a nonprofit organization. Their mission is to enable our local veteran's wellness in all dimensions and empower them to achieve their full potential. Working in partnership with the Rotary Clubs of Nashoba Valley and Ayer, Harvard, Shirley and Devens Rotary Clubs they are planning a fun and eventful fundraiser where we will celebrate the matching of Veterans with Service Dogs. The goal is to raise enough funds and sponsorships to support the Dogs2Vets program in acquiring and training puppies to be service dogs and deliver more Service Dogs to local Veterans. For more information, see their FB page or website. [www.facebook.com/clearpathne](https://www.facebook.com/clearpathne) or <https://www.clearpathne.org>



## Community Partnership



### May 18th 8-12 at NARA Park in Acton:

Your friends at Nashoba Associated Boards of Health/Nashoba Nursing Service & Hospice have formed a team and will be supporting our patients, partners and colleagues by participating in the Emerson Hospital 5k Run/Walk . Funds raised will benefit those persons treated at the MGH/Emerson Cancer Center. For more information, visit their website: [www.EmersonHospital.org/5k](http://www.EmersonHospital.org/5k)



### Cancer Bereavement Support Six Week Series - Harvard

Nashoba Nursing Service & Hospice is partnering with The Virginia Thurston Healing Garden Cancer Support Center in Harvard this Spring, to offer a free community cancer support series to those adult individuals that have lost a loved one to cancer. The mission of the Center is to optimize the quality of life for all those affected by cancer. Registration will be required. For more information and to register, please contact The Virginia Thurston Healing Garden Cancer Support Center at 978-456-3532, or visit their website [www.healinggardensupport.org](http://www.healinggardensupport.org)



## Your Team Out and About in the Community



### March 21st-Bolton 6-8pm- Tick Talk

#### Florence Sawyer School

In partnership with the Nashoba Community Partnership for Children/Nashoba Regional School District



### March 29th-Boxborough I I am

#### Coffee Hour Outreach

with COA director, Lauren Abraham at the Community Center. The goal is to get to know senior residents and get their feedback/input as we plan upcoming events/programs/services and activities

### March 30th 8:30-11-Ashburnham

#### Brigg's Elementary School

Young Children's Festival-providing family friendly information about tick borne illnesses



### April 8th-Groton Benefit Fair

We will offer blood pressure screenings & information about agency services

### April 10th-Harvard Benefit Fair

We will offer blood pressure screenings & information about agency services

### April 11th-Lancaster Benefit Fair

We will offer blood pressure screenings & information about agency services

### Teddy Bear Clinic



### April 25th 10:30-Ayer Library Story Hour-

#### "Teddy Bear Clinic"

In partnership with the Children's Librarian, we offer stories, songs, crafts and interactive play with the goal to familiarize children with medical care/tools



### May 5th 9-2-Bolton Children's Fair

#### Elementary School

In partnership with the Nashoba Regional School District, we will provide an informational table about ticks and tickborne illnesses including interactive displays/activities for families/children

## 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](mailto:vperini@nashoba.org). Follow us on Facebook for a full listing of all events. <https://www.facebook.com/NashobaNursingService>



### March 2019

- Healing Conversations – Adult Bereavement Support Series (Shirley, Westford, Clinton and Lunenburg)
- Fall Prevention – Townsend (Atwood Acres), **March 7th, 10-11**
- Being Mortal Book Discussion – Maynard, **March 12th, 1-2**
- Prediabetes & Diabetes Presentation – Townsend COA, **March 13th, 11-12**
- Prediabetes & Diabetes Presentation – Pepperell COA, **March 18th, 11-12**
- Home Safety Presentation – Acton COA, **March 19th, 1-2**
- Being Mortal Book Discussion - Groton COA, **March 27th, 12-1**

### April 2019

- Healing Conversations – Adult Bereavement Support Series, Shirley Hazen Library
- Integrative Therapies, Carlisle COA, **April 2nd, 1:30-2:30**
- Prediabetes & Diabetes Presentation, Bolton COA, **April 4th, 11-12**
- 5 Wishes Presentation, Ayer COA, **April 9th, 1-2**
- Reiki 101, Westford COA, **April 9th, 4-5**
- Dementia 101, Maynard COA, **April 12th, 12-1**
- Prediabetes & Diabetes Presentation, Groton COA, **April 18th, 1-2**
- Prediabetes & Diabetes Presentation, Shirley COA, **April 24th, 11-12**
- Reiki 101, Pepperell COA, **April 26th, 10-11**

### May 2019

- Evening of Remembrance – Harvard  
The Virginia Thurston Healing Garden Cancer Center, **May 9th 5:30-7**
- Being Mortal, Westford COA, **May 14th, 4-5**
- Reiki Introduction 101, Groton, **May 16th, 1-2**
- Being Mortal, Pepperell COA, **May 17th, 10-11**
- Being Mortal, Leominster Library, **May 21st, 7-8**
- Vestibular Presentation, Maynard COA, **May 23rd, 12-1**



## 2019 CLINIC SCHEDULE

*Dates & times subject to change*

**\*\*Please check our website for more information: [www.nashoba.org](http://www.nashoba.org)**



**Blood Sugar screenings  
& Diabetes information  
will be offered at ALL  
clinics in March!**

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
Berlin	First Parish Church	24 Central St.	1st Thurs	9:30-11:00
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
Groton	Groton Country Club *temporary location	94 Lovers Ln	3rd Wed	1:30-2:30
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