

**NASHOBA
ASSOCIATED
BOARDS OF
HEALTH**

**NASHOBA
NURSING
SERVICE &
HOSPICE**



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Community Connections

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



Happy Spring, everyone!

I'm hoping we are leaving this tough flu & 'sick' season behind to enjoy the sunshine and fresh air. A friendly reminder from your neighborhood nurses: Help us spread the word that we are entering peak tick season, and it is so important that everyone protect themselves with insect repellents and prompt tick checks after celebrating the great outdoors and the warmer weather of Spring.

Please stay tuned as we are planning our 2nd Annual COA / Outreach Luncheon; you'll be hearing from us soon with dates and times. We really enjoyed our time together last year and hope to see you again!

Warm regards,
Tamara Bedard, RN
Community Health Manager
978-772-3335 ext.340

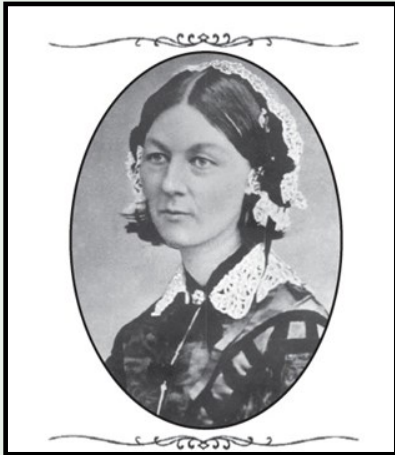


**May is Mental Health Awareness Month and has
been observed in the US since 1949**

<https://www.nimh.nih.gov/index.shtml>



NATIONAL NURSES WEEK 2018
AMERICAN NURSES ASSOCIATION



Professional Nurse

Florence Nightingale (1820-1910)

May 12, the final day of National Nurses Week, is the birthday of Florence Nightingale. Florence pioneered principals of infection control and wound care as she nursed soldiers during the Crimean War (1853-1856). She became known as the “Lady of the Lamp” because she had a habit of making rounds at night. The English nurse established the first school of nursing in 1860 and therefore is known as the founder of professional nursing.

We, at Nashoba Associated Boards of Health and Nashoba Nursing Service & Hospice, extend our gratitude to our Community, Home Health and Hospice Nurses!

The nurses at NABH and NNSH provide care in the home for those experiencing a change in their medical condition. Some examples of when someone may need home health care include: having recent surgery/medical procedure, medication changes or changes in mental and/or physical health.

If you know someone who may benefit from a nursing assessment, please feel free to call our intake department at:

1-800-698-3307

Nurses Through History



Public Health Nurse

Lillian Wald (1867-1940)

Considered the founder of public health nursing. Lillian Wald founded the Henry Street Settlement and Visiting Nurse Service (circa 1893) in NYC, which provided nursing and social services and organized educational and cultural activities. The Henry Street Settlement is still in operation today.



Mental Health Nurse

Dorothea Lynde Dix (1802-1887)

A champion for the mentally ill. Dorothea's tireless dedication brought about important changes in the treatment of the mentally ill.



Private Duty Nurse

Mary Eliza Mahoney (1845-1926)

Graduated from New England Hospital for Women and Children in 1879, Mary Mahoney was the first African American professional nurse. She is known for her Civil/Women's Rights Activism.



Hospice Nurse

Dame Cicely Saunders (1918-2005)

Founder of Hospice. Her work transformed our approach to the care of the dying. Dame Cicely Saunders dedicated the whole of her professional life to improving the care of the dying and bereaved people. Founding St Christopher's Hospice in London in 1967, Saunders introduced the idea of "total pain", which included physical, emotional, social, and spiritual distress.

What is Reiki?



What is Reiki? *Kathy Benson, LICSW*

Reiki is a gentle, hands-on, subtle energy healing therapy that is used for stress and pain reduction, relaxation, and also promotes healing. The Japanese word Reiki (pronounced RAY-key), is an ancient technique that dates back thousands of years and describes a system for accessing the universal life force. This universal life force flows around and through us energizing and nourishing our cells, organs, and glandular system. When a person is experiencing peace, relaxation, joy and love, the universal life force is flowing in harmony within the body. When a person experiences injury, illness, pain, trauma, or stress the universal life energy is impeded.

The benefits of Reiki include deep relaxation and a sense of well-being. It can promote a reduction in anxiety, muscle tension, pain, nausea, and increase healing. It is used in hospitals during illness, after injuries, pre- and post-operative procedures, for stress and pain management as well as for health promotion. Anyone can learn Reiki. The ability to tap into the universal life force energy is not dependent on intellect or spiritual belief. It is passed on to the student by a Reiki Master Teacher after taking a day long class of instruction. Reiki is a priceless gift that can be used and given by anyone.



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.

Are you interested in learning more about Reiki?

Contact: Kathy Benson @ Nashoba Nursing Service & Hospice, #978-425-6675

Mental Health Resources

Helpguide's 6 Keys to Mental Health



Some Helpful Resources

- The INTERFACE Referral Service provides personalized counseling referrals matched for location, specialty and insurance or fee requirements. They service: Groton, Dunstable, Ayer, Shirley, Pepperell, Townsend, Ashby, Littleton, Acton and Boxborough but welcome calls to help in any way they can.
To speak with a Resource and Referral Counselor call:
the: Referral Help Line: 1-888-244-6843 x1411 Mon –Fri 9am-5pm
<http://interface.williamjames.edu/>
- National Alliance on Mental Illness (NAMI) official website to help navigate through the mental health system in MA:
 - <http://namimass.org/resources/compass>
 - <http://namicentralmiddlesex.org/> (Peer support)
- Families for Depression Awareness:
<http://www.familyaware.org/>
- Depression Bipolar Support Alliance has some peer groups: www.dbsalliance.org
- Department of Mental Health:
<https://www.mass.gov/service-details/dmh-resource-guides>
- Community Health Link
www.communityhealthlink.org
- The ARCH National Respite Network and Resource Center : <https://archrespite.org/>

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.” — Elisabeth Kübler-Ross from “[Death: The Final Stage of Growth](#)”

HOARDING: IN THE COMMUNITY



May is Mental Health Awareness Month and it is important that we join the community to combat the stigma of mental illness, advocate for increased access to treatment, and reassure those who are struggling, that they are not alone. Hoarding falls under the mental health umbrella and is included in the DSM-V criteria. Hoarding can have a large impact in the community setting and may endanger the health of individuals and those around them.

What is hoarding behavior?

- ◇ Hoarding behaviors include the conscious, ongoing urge to accumulate possessions, with corresponding feelings of anxiety or mental anguish whenever those possessions get thrown away.
- ◇ The hoarding behaviors cause significant distress or impairment in social, occupational, or other areas of daily functioning. As the possessions continue to accumulate, they can congest and clutter living areas, rendering them uninhabitable.
- ◇ Severe clutter threatens the health and safety of those living in or near the home, such as: health problems, family conflict, structural damage, fire, evictions, and even death.

References from www.masshousing.com



Article by MCPHS nursing students-Jillian Cedrone and Olivia Rooney (Left)

Mass College of Pharmacy & Health Sciences (MCPHS) nursing student interns that completed their Community Health Clinical rotation under the preceptorship of the NABH public health nursing department

MCPHS student:s Evan McCabe, Glendalys Cordero (Right)

The Do's and Don'ts When Talking To Someone With Hoarding Behaviors



Don't use judgmental language or words that devalue the individual or their possessions.

Don't make suggestions about the person's belongings or try to persuade the person to part with them.

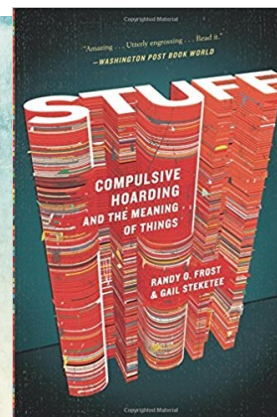
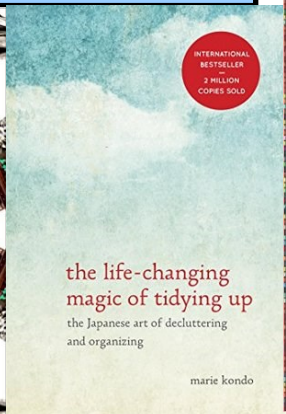
Don't touch the person's belongings without permission.

DO use encouraging language. For example, use language that intentionally attempts to reduce defensiveness and increase motivation to change.

DO highlight the person's strengths.

DO focus initial interventions on immediate safety before attempting to discard belongings.

The "Book Nook" Interesting Reads & Resources for Hoarding



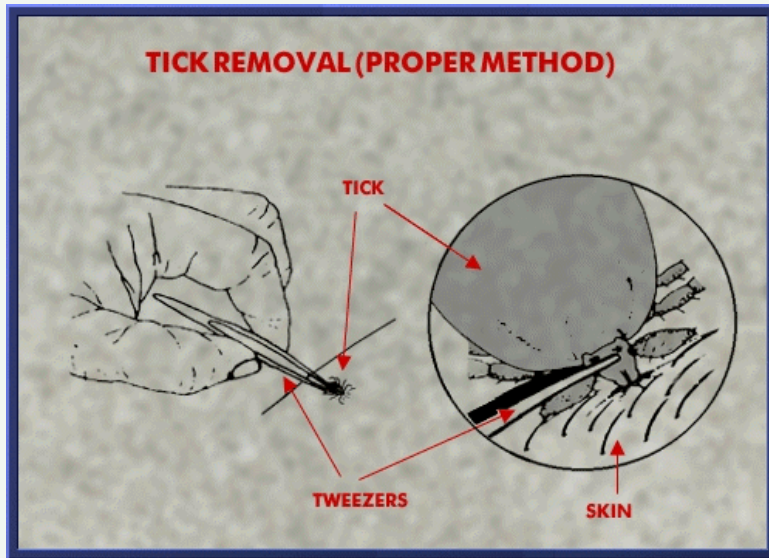
- ◆ *My Mother's Garden Documentary* directed by Cynthia Lester
- ◆ *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* by David F. Tolin, Randy O. Frost, and Gail Steketee
- ◆ *The Life-Changing Magic of Tidying Up* by Marie Kondo
- ◆ *Digging Out: Helping Your Loved One Manage Clutter, Hoarding & Compulsive Acquiring* by Michael A. Tompkins, PhD, Tamara L. Hartl, PhD
- ◆ *Stuff: Compulsive Hoarding and the Meaning of Things* by Randy O. Frost and Gail Steketee

ClearPath Peer Support Group – exclusively for those with hoarding behaviors or for people coping with family/friends who hoard. Nashoba Associated Boards of Health is collaborating with this community resource to bring increasing support close to home. Stay tuned as we are coordinating a NEW peer support group to be held in Ayer starting in March!

For more information: <http://strongcommunity.org/clearpath-hoarding/>

Tick Talk

How do I remove a tick?

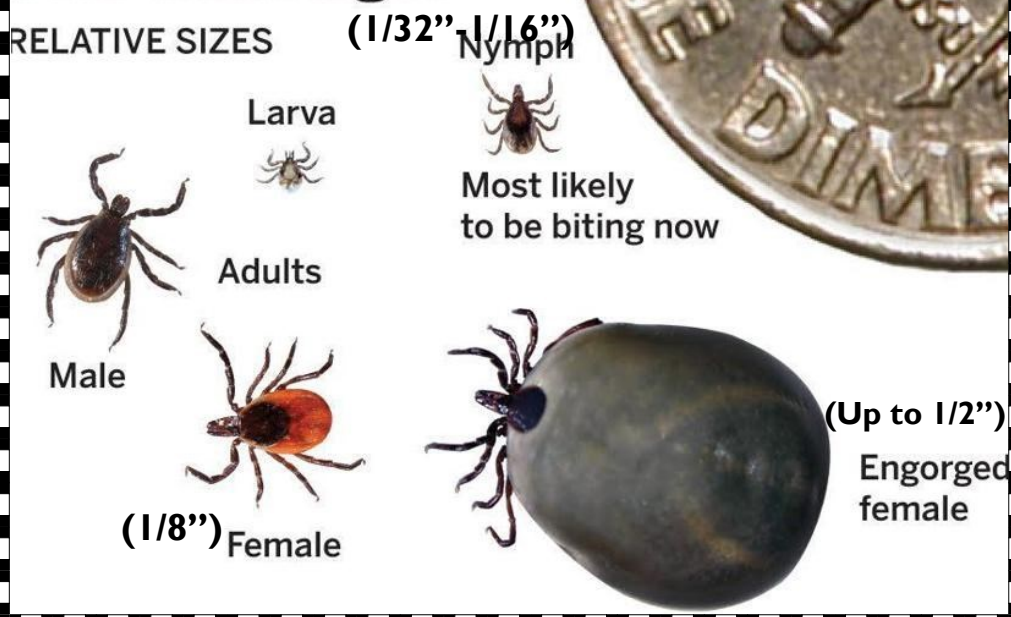


- Wash hands.
- Do not burn or use **ANY** substance on the tick.
- Do not grasp, squeeze or twist the body of the tick as this may spread infected body fluids.
- Using clean tweezers, grasp the tick mouthparts as close to the skin as possible.
- Pull tick straight out.
- Use antiseptic on skin.
- Wash hands thoroughly

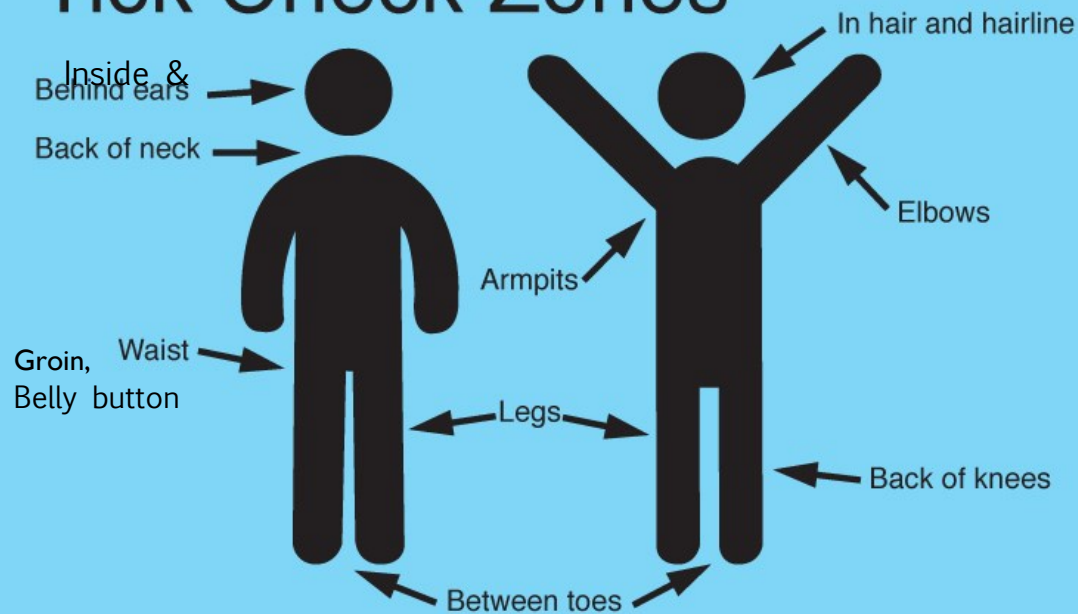
- ♦ Always talk to your doctor for possible diagnosis, testing and treatment after removal.
- ♦ Mark your calendar with date of tick bite/ removal & note where on body tick bite was found
- ♦ Monitor the site for signs of infection
- ♦ Report any unusual symptoms (fever, rash, pain) to your health care provider immediately



Deer tick stages



Tick Check Zones



***Ticks are tiny!! Look for new "freckles"**

www.tickreport.org -provides access to a searchable database of the tick their facility has tested and provides tick testing services.

<http://www.tickdiseases.org>— the website for the UMASS Laboratory of Medical Zoology (LMZ) that does research focused on infectious diseases, with particular attention to those diseases with transmission cycles that involve other animal species.

<http://tickencounter.org/>

<http://centralmasslyme.org/>

<https://www.epa.gov/insect-repellents>

www.aldf.com (American Lyme Disease)

www.lymediseaseassociation.org (Lyme disease association)

www.ILADS.org (International Lyme and associated diseases society)

www.mass.gov/dph/tick (Massachusetts Department of Public Health (DPH))

www.mass.gov/mosquitoesandticks (DPH)

As a public agency this office can't provide recommendations for goods and services but here are some websites you might find helpful.



Nashoba Associated Boards of Health, Nursing Service & Hospice

Your Community, Your Choice Since 1931

Regular Clinic Schedule

**Clinic dates/times are subject to change.
Please call ahead to confirm clinic date/time*

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, Devens, 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

We're on the Web:
www.nashoba.org

Town	Clinic Location	Address	Day	Time
Ashburnham	Town Hall	32 Main St	Last Wed	11:30-12:30
Ayer	Cambridge St. Office	51 Cambridge St.	Every Fri By appointment	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	Senior Center	163 W. Main St.	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	9-12
Townsend	Senior Center	16 Dudley Rd.	2nd Wed	12-2