

**NASHOBA
ASSOCIATED
BOARDS OF
HEALTH
(NABH)**

**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



Hello friends,

I know it doesn't seem possible, but many of you will be hearing from me soon as we begin our flu clinic schedule planning. 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

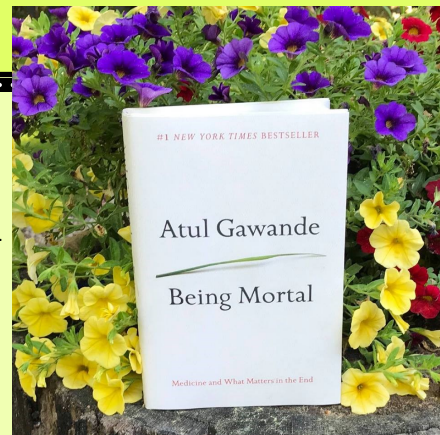
Warm regards,
Tamara Bedard, RN-Community Health Manager

Summer  Safety



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 non-fiction 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 importance of each of us planning for end of life decisions earlier rather than during a crisis. Asking ourselves what is most important to us in the end. It is helpful 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)

What people are saying about the program:

..."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

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.

- About 1 in 4 people in the US who get measles will be hospitalized
- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage
- 1 or 2 out of 1,000 people with measles will die, even with the best care

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 around him or her will also become infected if they are not protected. A person 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. Infectious period is 4 days prior to symptom onset through 4 days after rash onset. Rash typically begins about 14 days after exposure. 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

Some Facts from the CDC's National Measles Summary : Jan 1– May 17th 2019

- 880 cases (24 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)

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

- MA investigated more than 60 cases from Jan-May 1st compared to the 21 investigated last year during the same period

- The World Health Organization (WHO) notes there has been a 300 % increase in measles this year compared to last year.

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

*Please check with your health care provider if you are traveling this summer. You and your loved ones may need a MMR vaccine to be protected from measles. The recommendations for travel vaccines are different than the routine schedule.

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.

Every year, unvaccinated people get **measles** while abroad and bring it to the United States.

Stay safe & healthy when traveling this summer.



www.cdc.gov/features/measlesinternationaltravel/

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)

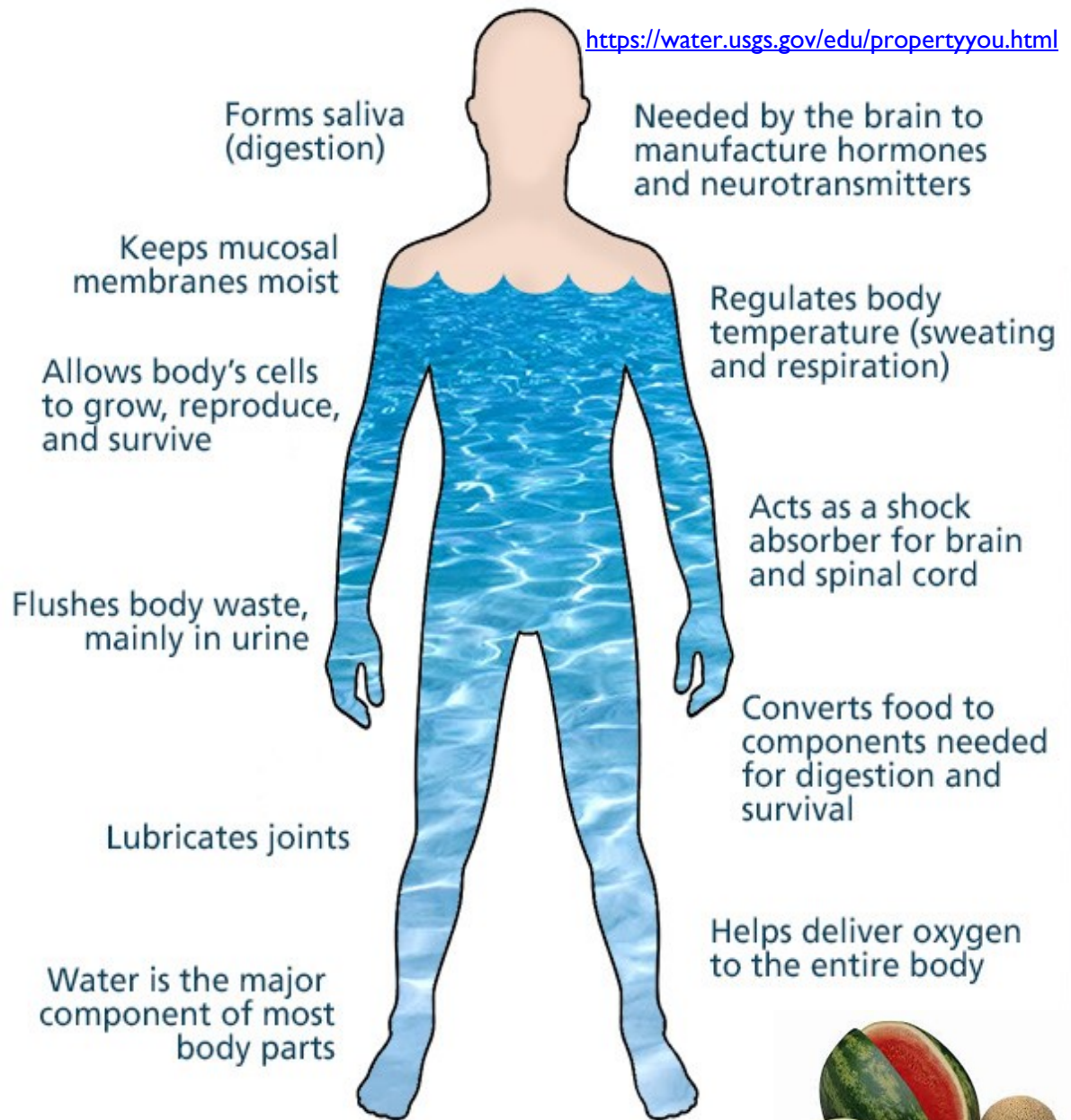


Water makes up about 60 percent of your body!

What Does Water do for You?

Credit: USGS

<https://water.usgs.gov/edu/propertyyou.html>



Great sources for water:

- *Drinking water (tap or bottled)
- *Soup
- *Milk
- *Low sugar juices
- *Jello
- *Popsicles
- *Oranges, melons, tomatoes





Heat Exhaustion

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
- GET MEDICAL HELP IMMEDIATELY IF:**
- You are throwing up
 - Symptoms are getting worse
 - Symptoms last longer than 1 hour



ARE YOU DEHYDRATED?

P-CHART

DARK YELLOW	SEVERELY DEHYDRATED Drink a large bottle of water immediately.
BRIGHT YELLOW	DEHYDRATED Drinking more water now will make you feel a lot better.
YELLOW	MODERATELY DEHYDRATED You lose fluid on a regular basis throughout the day. Drink more water to get hydrated.
LIGHT YELLOW	ALMOST FULLY HYDRATED Continue to drink water throughout the day.
CLEAR	HYDRATED Stay hydrated by drinking at least 8-12 large glasses of water.

CAFFEINATED, SUGARY DRINKS AND ALCOHOL DEHYDRATE

**Vitamins can change the color of your urine.*

Heat Stroke

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

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. Follow us on Facebook for a full listing of all events. <https://www.facebook.com/NashobaNursingService>



June

“Being Mortal” by Dr. Atul Gawande, Hazen Memorial Library, 6.13.19 – 6:00pm
Vertigo? Vestibular Presentation, Hudson COA, 10:30-11:30am
Introduction to Reiki, Fitchburg COA, 10:30-11:30am
Dementia 101, Bolton COA, 10:30-11:30am

July

“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 COA.

10 GREAT THINGS about growing older

1. The longer I live, the smarter I get.
2. I have good stories to tell
3. I’m still learning from my mistakes
4. I can travel off season
5. I have time for everything...like doing nothing
6. Asking for help doesn’t make me dependent
7. People hold doors open for me
8. I can spoil my grandchildren...then send them home
9. I’ve learned to forgive myself
10. I’m proving it’s never too late to learn



<https://www.facebook.com/NashobaNursingService/>
Check us out on Facebook to see all upcoming events/programs!

2019 CLINIC SCHEDULE

Dates & times subject to change

****Please check our website for more information: www.nashoba.org**



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: NO SCHEDULED CLINICS in the summer due to senior center renovations. Stay tuned for updates in the fall!

**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/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