

**NASHOBA
ASSOCIATED
BOARDS OF
HEALTH**

**NASHOBA
NURSING
SERVICE &
HOSPICE**



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



Greetings everyone,

Thank you all for a wonderfully successful flu clinic season! We truly could not do it without all your support. With your help, we were able to vaccinate 2400 residents throughout the community from mid September through Nov.1st.

This letter introduces our dental hygienists and explains their role in promoting health in our communities. Their primary focus is working in the schools with our children but, for the first time ever, they are branching out to meet and connect with the senior population in December at a couple of our clinics. We wish you a very Happy, Healthy, Holiday Season!

Warm regards,

Tamara Bedard, RN

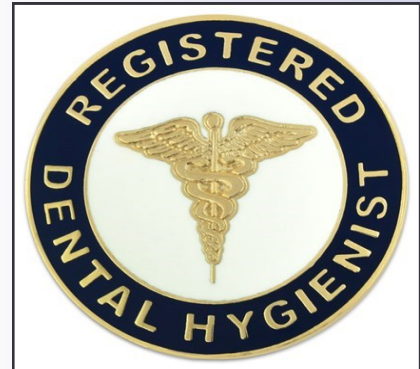
Community Health Manager

978-772-3335 ext.340

“Snowflakes are one of nature’s most fragile things, but just look what they do when they stick together”

-Verna Kelly

Meet the Hygienists...



Elise Mueller

Elise Mueller has been a practicing Registered Dental Hygienist for 29 years and joined the Nashoba Associated Boards of Health in 2012. She resides in Pepperell with her family and owns a fitness and yoga business, Yoga with Elise, since 2005. Elise co-developed and co-presents a continuing education course about ergonomics and yoga for the dental professional called, 'Your Body Is Talking Are You Listening?'. She was invited out to Denver, Colorado for the ergonomic exchange in June 2016. In her spare time Elise likes to garden, spend time with her family and share her passion for health and wellbeing.

"Laughter is the sun that drives winter from the human face"

Victor Hugo

Meet the Hygienists...



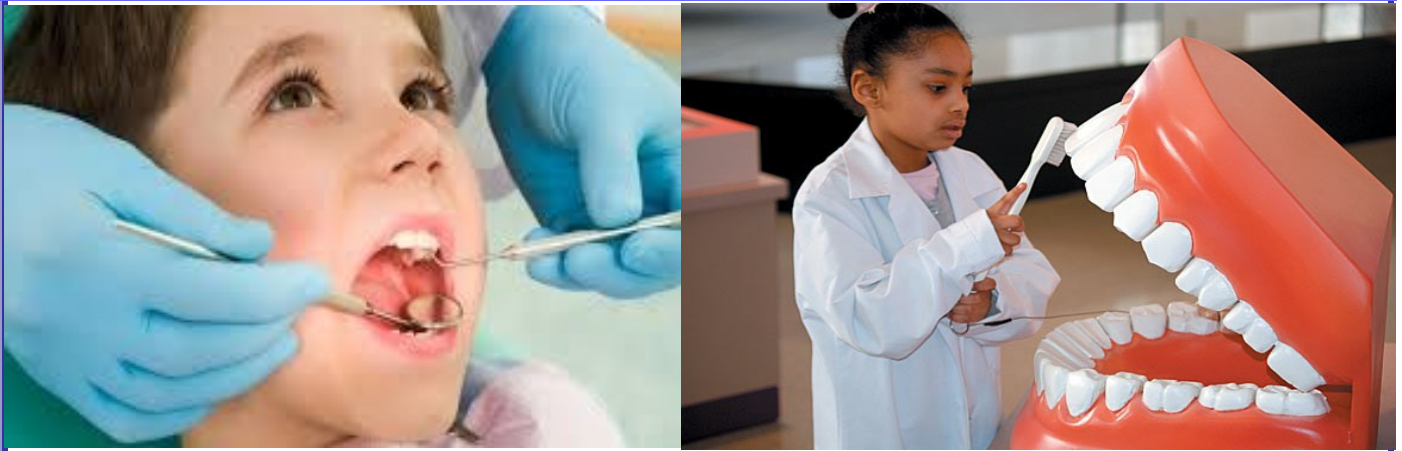
Suzanne Dunphy

Suzanne has been a practicing dental hygienist for 13 years. After working in private practices in Keene, NH and Fitchburg, she joined NABOH's School dental program in the fall of 2007. Suzanne currently visits the elementary schools in Ashby, Ashburnham, Berlin, Bolton, Boxborough, Harvard, Lunenburg, Shirley, and Townsend. She is passionate teaching oral health to NABOH's youngest community members to instill a lifetime of good overall health. In her free time, Suzanne enjoys gardening, hiking and snowshoeing. She lives in Hubbardston with her husband and 2 young daughters.

"One kind word can warm three winter months"

-Japanese Proverb

Did you know that dental decay is the number one childhood disease?



What do Nashoba Board of Health Dental Hygienists Do?

The Dental Program of the Nashoba Associated Boards of Health provides both preventative dental hygiene services and oral health education for the elementary school children in its member communities. We aim to prevent dental disease and protect the oral health of children by providing easy access to preventative dental care and informative educational programming. It is our mission to instill healthy habits and wise choices to ensure a life-time of good oral health.

Registered Dental Hygienists visit each school annually and offer:

- No cost dental screenings for kindergarten children.
- No cost dental exam, cleaning, fluoride and oral hygiene instruction for children in Grades 2 & 4.
- In classroom presentations covering a variety of oral health topics and demonstrating good oral hygiene techniques for Grades K, 1 & 5.

Permission slips for the screenings and cleanings are distributed in the school a few weeks prior to each visit by the dental hygienist. Referrals are sent home via mail to parents/guardians when additional treatment by a dentist is indicated.



Did you know that poor dental health impacts overall health and increases the risk for diabetes and heart disease?

ORAL HEALTH FOR SENIORS



- ◆ About 75 percent of people ages 60+ have only some of their natural teeth.
- ◆ Nearly 23 percent of adults ages 65-74 have severe gum disease.
- ◆ Many older adults suffer from dry mouth caused by prescription and over-the-counter medications. It contributes to significant tooth decay and gum disease.

For these reasons, it's important that we encourage our seniors to practice good oral health habits including regular dental check ups.

Interesting Web Links & Resources:

<http://seniorsoralhealth.org/>

https://www.cdc.gov/oralhealth/publications/factsheets/adult_oral_health/adult_older.htm

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

Oral Health = Overall Health



The American Heart Association released new guidelines for hypertension (elevated blood pressure) on November 13, 2017. This update should spark conversation between patients and their health care providers so, together, they can develop the best plan to manage concerns. This is a great time to encourage residents to have their blood pressure monitored regularly. We look forward to seeing folks at our well adult clinics and are also happy to make home visits for those who are homebound so we can create opportunity for people to continue the discussion about hypertension and the steps they can take to prevent/treat this condition. For more information, check out the American Heart Association's links below:

<http://professional.heart.org/hypertension>

THE NEW BLOOD PRESSURE GUIDELINES ACCORDING TO THE AMERICAN HEART ASSOCIATION:

- **NORMAL**= LESS THAN 120/80
- **ELEVATED**= 120-129/LESS THAN 80
- **HIGH BLOOD PRESSURE**= 130-139/80-89
(HYPERTENSION—STAGE 1)
- **HIGH BLOOD PRESSURE**= 140/90 OR HIGHER
(HYPERTENSION—STAGE 2)
- **HYPERTENSIVE CRISIS**=HIGHER THAN 180/120
*contact your doctor right away!



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, 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 Wed	11:30-12:30
Ayer	Cambridge St. Office	51 Cambridge St.	Every Fri By appoint-	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

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