

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

**NASHOBA  
NURSING  
SERVICE &  
HOSPICE**

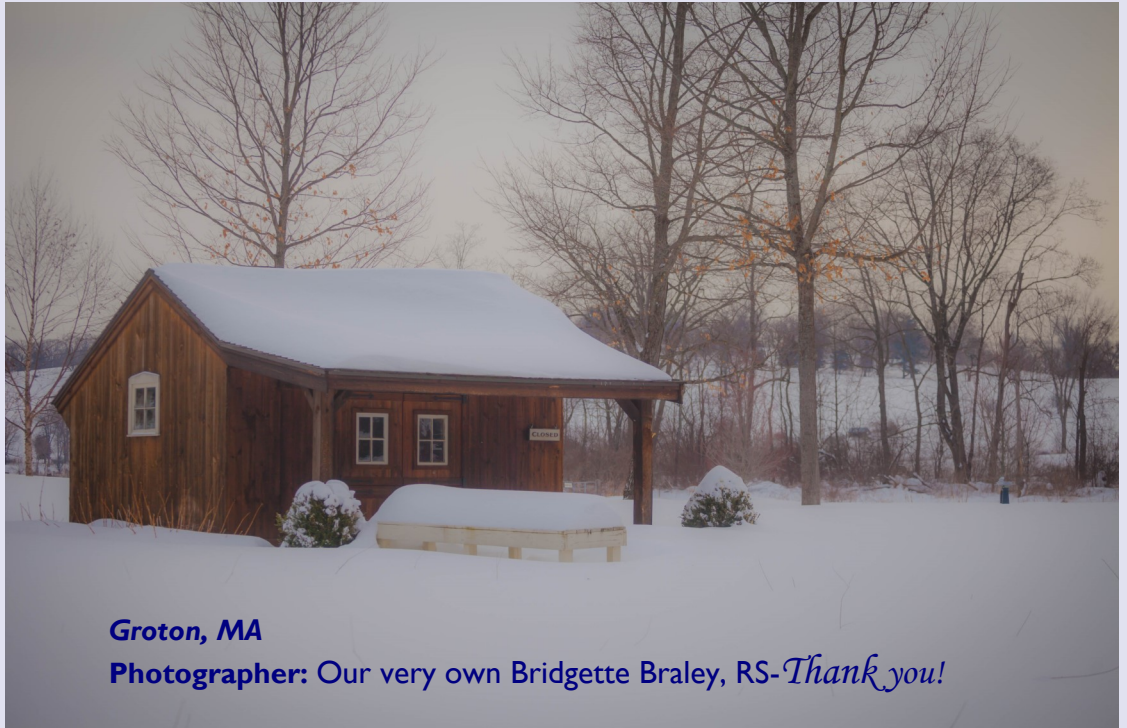


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# Community Connections

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



**Groton, MA**

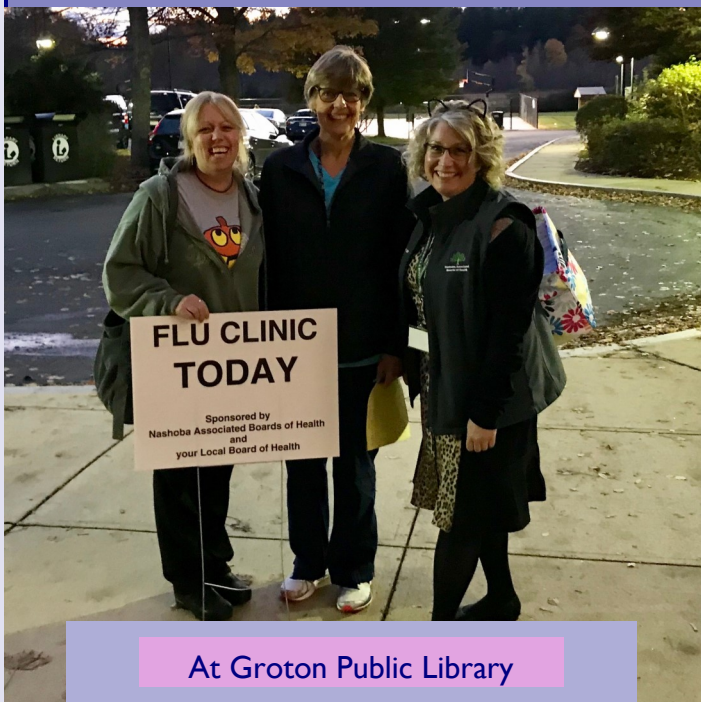
**Photographer:** Our very own Bridgette Braley, RS-*Thank you!*

Hello friends,

After the craziness of the holidays, we wish you all a peaceful , calm start to the new year and hope for all good things to come. We want to thank you for a wonderful year and let you know how much we appreciate your continued support as we serve our communities together.

Wishing you warmth & wellness,  
*Tamara Bedard, RN*  
Community Health Manager  
978-772-3335 ext.340

## Flu Updates



At Groton Public Library

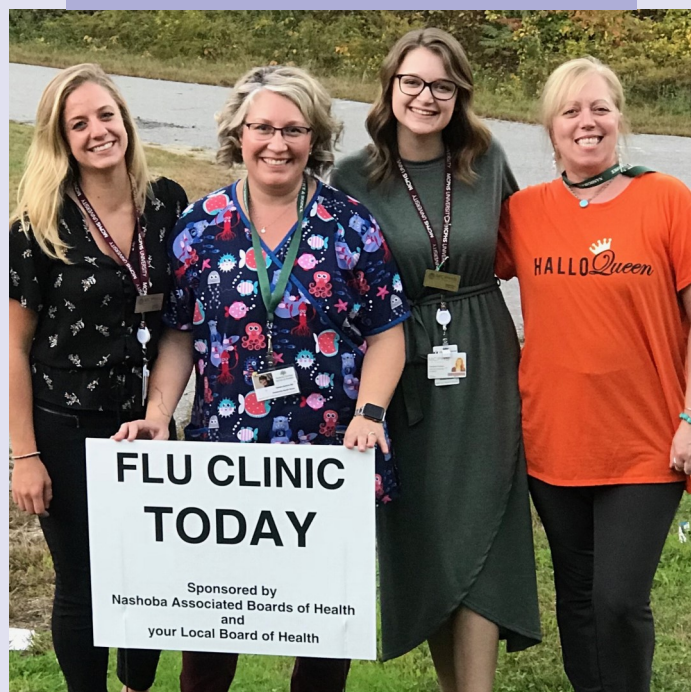
Left to Right:  
Susan Hoag, LPN,  
Cindy Jaksina, RN, Tamara Bedard, RN

Nashoba Associated Boards of Health  
**THANKS YOU** for the community support  
we received during our flu clinic season!

We vaccinated over **2,700** residents in our  
district throughout the month of October.  
Flu vaccination is a public health priority and  
we're happy that so many residents (*aged 6  
months-100!*) value the protection that im-  
munization can offer.

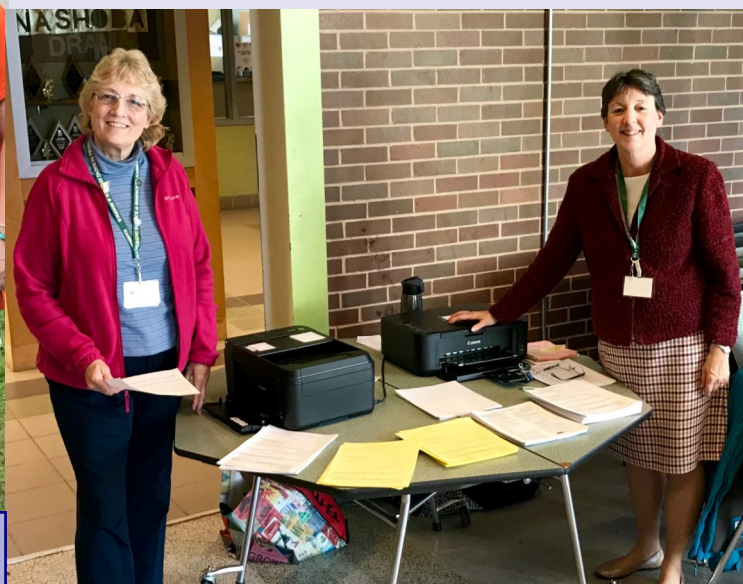
We couldn't have done it without the sup-  
port of our town managers, medical reserve  
corps, library staff, school administrators,  
nurses & staff, Councils on Aging, outreach  
and social workers, Police and Fire depart-  
ments, boards of health, MCPHS nursing stu-  
dents, Nashoba Nursing Service & Hospice  
staff and many volunteers.

*Thank you!*



At Nissitissit Middle School in Pepperell

Left to Right:  
**Jamie Mangiacotti** MCPHS nursing student,  
**Tamara Bedard, RN,**  
**Danielle Croteau, MCPHS nursing student,**  
**Susan Hoag, LPN**



At Nashoba Regional High School in Bolton

Left to Right:  
**Jane Crocker & Joan Goddard**  
**Nashoba Nursing Service & Hospice Volunteers**





## Did you know?

The CDC gathers, compiles and analyzes information on influenza activity in the U.S. year-round. The influenza surveillance system is a collaborative effort between CDC and its many partners including state, local, and regional health departments, public health and clinical laboratories, vital statistics offices, healthcare providers, clinics, and emergency departments. The CDC collects data from eight different sources in five categories so the CDC can:

- Find out when and where influenza activity is occurring
- Track influenza-related illness
- Determine what influenza viruses are circulating
- Detect changes in influenza viruses
- Measure the impact influenza is having on hospitalizations and deaths

**For details, visit :**

[FluView](https://www.cdc.gov/flu/weekly/index.htm) (<https://www.cdc.gov/flu/weekly/index.htm>) for a weekly influenza surveillance report

[FluView Interactive](https://www.cdc.gov/flu/weekly/fluviewinteractive.htm) (<https://www.cdc.gov/flu/weekly/fluviewinteractive.htm>) an in-depth exploration of influenza surveillance data.

## Is it a cold or flu?



Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

You can also visit the Massachusetts Department of Public Health's website for general flu information & highlights including weekly flu reports showing activity specific to Massachusetts.

**Visit:** <https://www.mass.gov/service-details/flu-information-for-the-general-public>

## Norovirus (AKA 'stomach bug' or 'stomach flu')

### What is it?

- ♦ A highly contagious virus that causes gastroenteritis (inflammation of the stomach/intestines) leading to nausea, vomiting, diarrhea and stomach pain. It's actually not related to the influenza virus at all.
- ♦ Norovirus is the most common cause of acute gastroenteritis and the leading cause of food-borne illness outbreaks in the US. Norovirus illness typically occurs during the months of November-April.
- ♦ There are many types of Norovirus and you can get it more than once.

### How it's spread:

- ♦ It only takes a tiny amount of virus particles to make you sick
- ♦ The virus spreads very fast in crowded settings (schools, nursing homes, hospitals, cruise ships, etc.)

### Norovirus is spread by:

- ♦ Person to Person via fecal-oral route-touching a contaminated surface or object then touching your mouth, close contact with an infected person, aerosolized vomit that can spray the virus
- ♦ Eating/drinking contaminated food  
(fruit, veggies and shellfish are most often associated with outbreaks)
- ♦ You are most contagious when you have symptoms (typically lasting 1-3 days) but can remain infectious up to 2 weeks
- ♦ Norovirus is hard to kill and resistant to many disinfectants so it can remain on surfaces for days/weeks.

**TIP:** use a chlorine bleach solution (mix 5 tablespoons to 1 & 1/2 cups of household bleach per 1 gallon of water) then let set for 5 minutes before wiping.

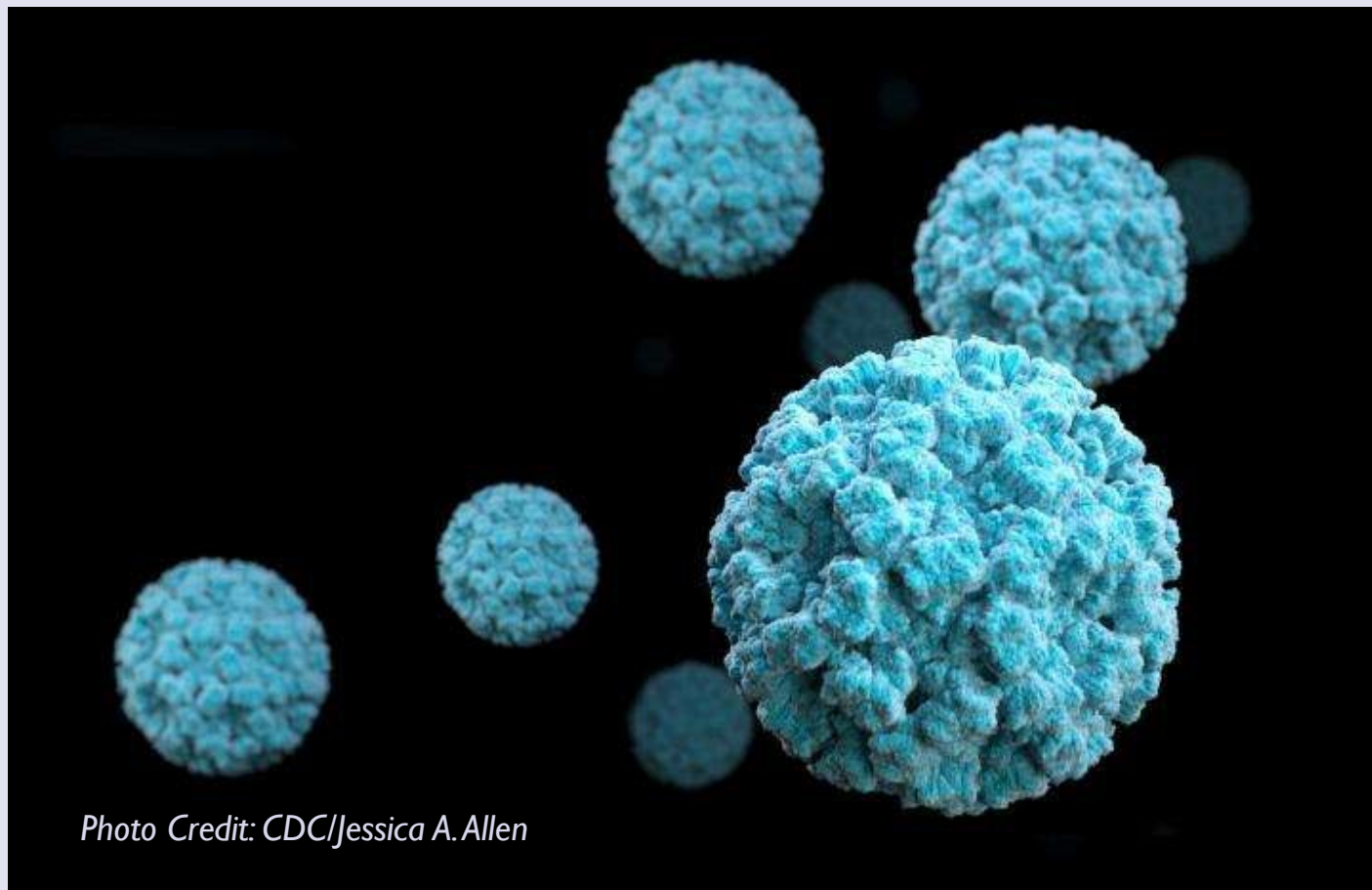
- ♦ **Alcohol based hand sanitizers are NOT effective.** Wash hands with soap and running water for at least 20 seconds for best protection/prevent spread from contaminated hands.
- ♦ Norovirus survives freezing; cooking is the only way to inactivate the virus.

### When you have illness:

There is no vaccine to prevent this illness and since it is a virus, antibiotics are ineffective. Treatment focuses on comfort and **staying hydrated!**

**DO NOT COOK** or assist others with feeding and/or administering oral medications if you are ill; wait until at least 72 hours after symptoms have resolved.

## Resources



*Photo Credit: CDC/Jessica A. Allen*

<https://www.cdc.gov/norovirus/index.html>  
Centers for Disease Control

<https://norocore.ncsu.edu/resources/factsheets-infographics/>  
The USDA-NIFA Food Virology Collaborative, NoroCORE™ (**N**orovirus **C**ollaborative  
for **O**utreach, **R**esearch, and **E**ducation)

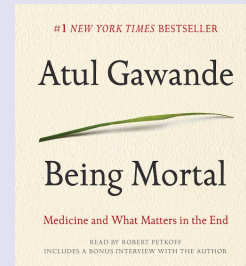
<http://emetophobiarecovery.com/norovirus-guide/>



## Some Upcoming Programs

### January 10th 10-11

Lunenburg Senior Center  
Being Mortal Book Discussion  
Kathy Benson, LICSW



### January 22nd 1-2

Clinton Senior Center  
Coping with Loneliness and Isolation  
Kathy Benson, LICSW



### January 23rd 12:30-1:30

Dunstable Library  
Introduction to Meditation  
Kathy Benson, LICSW



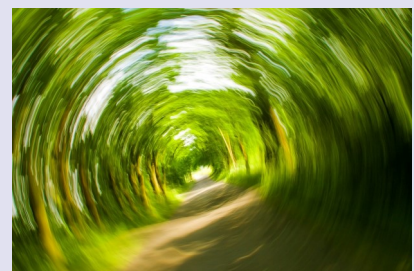
### January 30th 11-12

Littleton Senior Center  
Introduction/Curious about Reiki  
Kathy Benson, LICSW



### February 19th 10-11

Littleton Senior Center  
Dizzy? Vertigo? Vestibular Presentation  
Jenna Enrico, PT



### February 21st 10-11

Harvard Senior Center  
Healing Conversations-Adult Bereavement Series  
Kathy Benson, LICSW



<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](http://www.nashoba.org)**



### NASHOBA NURSING SERVICE & HOSPICE

### NASHOBA ASSOCIATED BOARDS OF HEALTH

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	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	10-12
Townsend	Senior Center	16 Dudley Rd.	2nd Wed	12-2