

STOUGHTON PUBLIC HEALTH ASSOCIATION & VISITING NURSES

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STOUGHTON PUBLIC HEALTH ASSOCIATION RECOGNIZED FOR AWARD WINNING CARE

HomeCare Elite® is an annual compilation of the most successful home care providers in the United States. This market-leading review from ABILITY® Network and DecisionHealth names the top 25 percent of agencies in home health performance measures. They also recognize the Top 100 and Top 500 agencies nationwide. We are excited and proud to announce that once again, Stoughton Public Health Assoc. & VNA has not only, been named in the top 25%, but one of the top 500 agencies in the US. We are proud of the service we provide and happy to provide this award winning service to the residents of Stoughton and the other surrounding communities that we serve!



NEWSLETTER:

Welcome to our winter ambassador program newsletter!

We welcome **2019** with the second volume of our newsletter. It is our hope that you are finding the quarterly newsletter informative and productive in keeping you up to date about what is going on at Stoughton Public Health Association and VNA. We encourage our ambassadors along with our patients and families that we have serviced, to be our voice in the community by sharing the news of the award winning care and public services Stoughton Public Health Association and VNA provide to our community.

Your Right To Choose

Did you know that you have the right to choose your provider? Many times when a patient is being discharged home with home care services, the hospital/facility will automatically assign an agency to provide services in the home that have been ordered by a physician. It is important to know your rights. If you have Medicare or Medicaid know you have a right to choose. Ask the hospital/agency for a list of providers that are an option in your area. The agency that provides the services in your home is YOUR choice.

According to Home Care Alliance of Massachusetts', article, *Respecting Patient Choice and the Rights of Medicare Patients* by Robert W. Markette, Jr., CHC – Of Counsel Benesch Friedlander Coplan & Aronoff LLP, A condition that a hospital is required to uphold in order to participate in Medicare requires the patient to be specifically informed of their right to choose a post-hospitalization provider. The hospital **must** provide the patient with a list from which the patient may choose that provider. The hospital must disclose any agency in which a hospital has a financial interest. ~See 42 C.F.R. § 482.43(c)(3), (7). If you or a loved one are being referred for homecare services, be sure to request a list of providers in your area from the hospital/agency, so that **you** can choose your homecare provider. The above named article states "Because patients in the Medicare and Medicaid programs have a guaranteed right to choose their provider of services, the patient's choice **must** be honored.

It's NOT too late to get your flu shot!

The CDC (Centers for Disease Control) recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January of later.

Flu shots are available in our Public Health Association office at Stoughton Town Hall (second floor), Thursdays, 3:00-5:00 pm or by appointment.

Please bring your insurance card. We will bill insurance, and there will be NO CO-PAY. Vaccines will be provided regardless of insurance coverage.

Winter Safety Tips for Seniors

Along with the cold weather and snow, winter brings with it some health risks for seniors. There are a number of things that can cause issues for the senior population, hypothermia, social isolation/depression, flu/colds and increased risk of injury just to name just a few. Here are some things to you can do in an effort stay healthy, safe and happy this winter.

- **Keep warm during these cold months:** Dress warm when both inside and outside. Consider wearing a hat, as we lose a lot of our body heat through our head. Use great caution when using space heaters as they can be a fire hazard. If you need fuel assistance check out this website: <https://www.mass.gov/service-details/low-income-home-energy-assistance-program-liheap>
- **Driving:** Because snow and ice can make travel by car hazardous, avoid driving when road conditions are poor. When you need to drive, do so slowly. Make sure your car is prepared for winter, with snow tires and keep gas and windshield washer fluid full. Additionally, be sure to keep a snowbrush/ice scraper, blanket and snacks in the car should the vehicle be stranded or disabled.
- **Avoid Slippery surfaces when walking:** Make arrangements for assistance with snow removal from driveway, walkways and stairs. Using an ice-melt product to keep walking surfaces from icing over can help prevent falls as well.
- **Flu/Colds:** With winter comes flu and colds. Get your flu shot, it's not too late (see first page of this newsletter), wash your hands frequently, when possible avoid being around people who are sick and if you are sick, try not to expose yourself to others.
- **Depression (“Winter Blues”)** Because we live in the northeast and our days are so short with decreased daytime light in winter, we are at an increased risk of “seasonal affective disorder” that can make us feel sad. Try to get exposed to more light. Open blinds and curtains and let the sun shine in or talk to your doctor about the use of a light box.
- **Social Isolation:** All of the items mentioned above can lead to becoming socially isolated. Try and do your best to keep in touch with family and friends. Perhaps more frequent phone calls to friends, trips to the senior center or invite friends/family to your home. The more connected we are with people we care about the better we feel.
- **Emergency Plan:** Severe winter weather can sometimes present emergency situations including power outages and the best way to handle this is to be prepared in advance. Have a list of emergency numbers and contact number of family and friends available. Know where your local shelter is and have a plan for your pets and service animals as well. Be sure to stay informed during the emergency and have an emergency kit ready.
 - **Ideas for your Emergency Kit:** Flashlight, batteries, battery operated radio, 3-day supply of nonperishable food and water, manual can opener, pet supplies, blanket, first-aid kit and cash (ATMs may not be accessible during power outages).

What's Happening at Stoughton Public Health Association & VNA?

- *We have been utilizing electronic medical records now for 5 months and we continue to learn and become more comfortable and efficient with it every day.*
- *We are making preparations for ongoing and upcoming Medicare changes in an effort to provide the best care possible for our patients.*

FYI

By this time, you should have received your new Medicare card. New Medicare cards do NOT have your social security number.

If you have not yet received your new Medicare card and need assistance in obtaining it, we can help. Please feel free to contact our office:

781-344-7011

February is American Heart Health Month

According to Hoveround.com, 7 Heart-healthy Tips for Seniors, 2/15/16. Heart disease is the leading cause of death in the United States. Despite this statistic, there are plenty of things you can start doing RIGHT NOW to help reduce your risk of heart disease. Follow these 7 Heart-Healthy Tips for Seniors:

- 1. Eat colorful fruits and veggies:** Not only are fruits and vegetables low in calories and high in vitamins, but the colorful array of choices means you're getting specific nutrients with each color designed to help you stay healthy in many ways.
- 2. Eat nuts and cold-water fish for Omega-3 fatty acids:** Walnuts, salmon, flaxseeds & anchovies are some foods that contain high levels of Omega-3 fatty acids. This is a good thing because, Omega-3 fatty acids protect against heart disease.
- 3. Cut out fried foods & limit animal products to lower cholesterol:** Fried foods & baked goods are full of trans fat, or partially hydrogenated oils. Animal products, butter and full-fat dairy products contain saturated fats. Choose skinless cuts of lean meat (like tenderloin or sirloin) when eating meat for the healthier option.
- 4. Cut sodium intake by limiting packaged foods:** Read the labels on any boxed, canned, processed and packaged foods (and dressings) you buy, as the sodium level tends to be very high in these products. Generally, foods that list sodium amounts as 140 mg or lower are considered low sodium. The CDC recommends that adults ages 51 and older should have a **daily sodium intake of 1,500 mg or less**. Why limit sodium? Because too much causes your body to retain water, making your heart work harder — which can lead to high blood pressure, making you more likely to suffer from a heart attack or stroke.
- 5. Exercise:** It's about getting your blood moving, so even if you have limited mobility because of health conditions, can still exercise safely. The most important thing is that you move your muscles and make your heart start pumping!
- 6. Minimize stress:** Journaling, yoga (if possible), meditating, mindful breathing, talking to a friend, watching a movie, reading a book, and other hobbies are great ways to work at lowering your stress levels. Excessive stress can contribute to high blood pressure, and high stress can mean being lax on following some of the heart-healthy tips such as limiting fried foods and exercising — because when we're stressed, we're not always thinking about yet "another" thing we have to do.
- 7. Get regular checkups:** At least annually, see your PCP for a checkup. Have your cholesterol & blood pressure checked, and be sure to talk to your doctor if you're finding your stress levels are through the roof.

Heart Health Seek & Find:

N	A	S	N	U	J	F	Q	E	B	H	N	J	N	O	N	Y	X
M	C	C	U	P	T	S	G	I	Y	O	S	E	M	U	G	E	L
P	T	I	T	H	E	A	R	T	G	L	I	A	U	M	V	O	X
T	I	B	S	L	M	S	A	L	M	O	N	U	L	V	X	M	E
H	V	O	A	Q	E	T	A	L	O	C	O	H	C	A	V	K	K
A	E	R	X	B	I	C	S	P	A	S	P	T	T	L	M	Q	Z
K	F	E	I	P	M	F	D	L	Z	E	E	R	T	E	N	H	D
A	B	A	T	U	G	C	M	G	Z	L	E	L	L	N	U	F	S
K	L	I	E	Q	M	O	W	N	H	B	L	A	S	T	T	H	I
E	C	O	I	F	N	X	T	I	F	A	S	U	N	I	R	U	R
J	X	T	W	D	W	J	U	K	T	T	Q	G	A	N	I	T	P
G	P	E	S	F	Z	M	S	L	L	E	L	H	E	E	T	B	F
W	Q	A	R	B	A	S	L	A	K	G	B	T	B	A	I	H	M
K	R	F	P	C	B	T	D	W	V	E	K	E	B	X	O	M	D
C	Z	E	R	P	I	D	Z	E	J	V	E	R	A	I	N	V	Q
E	T	N	B	U	L	S	W	Q	E	D	A	N	C	I	N	G	L
P	S	J	D	I	I	E	E	S	V	S	O	N	E	H	I	S	C
O	E	T	E	T	F	T	S	Y	H	T	L	A	E	H	Y	P	E

ACTIVE	FIBER	NUTS	VEGETABLES
AEROBICS	FRUIT	SALMON	NUTRITION
ALMONDS	HEALTHY	SEEDS	EXERCISE
APPLES	HEART	SLEEP	DANCING
BEANS	LAUGHTER	VALENTINE	LOWFAT
CHOCOLATE	LEGUMES	WALKING	

Heart Healthy Recipe

“So Easy” Crock Pot Recipe

Ingredients:

1 & 1/2 pounds frozen, boneless, skinless chicken tenders	3 stalks of celery cut into 1-inch pieces
1 16 oz. can of organic, low-sodium chicken broth.	1 small onion (diced)
15 baby red potatoes	1 packet of McCormick’s Gourmet Seasoning (any flavor you like)
2 carrots cut into 1-inch pieces	Olive Oil Spray

Method:

1. Spray Crock Pot with olive oil spray.
2. Add cut veggies, potatoes, broth, frozen chicken tenders, packet of seasoning. Mix all together.
3. Cook on low for 6-8 hours.

What Our Patients Are Saying About Us!

“I would definitely recommend the Stoughton VNA. I have had them twice and both times they have been excellent”

“Carolyn, the nurse was wonderful. Jean & Alyssa, the PT ladies couldn’t have been nicer. Very helpful and knowledgeable. They were excellent.”

“Never did I think I would ever need the Stoughton VNA, but I did. I cannot speak higher for the girls that came and the care I received. It was an amazing experience to have. Pleasant, qualified nurses to take care of me during my recovery. I would recommend the Stoughton VNA to anyone I know that needs their assistance.”

“The nurses, as well as Alan (P.T. person) were professional and courteous, as well as interested in my wellbeing and recovery.”



*“Come Home To Us”
Stoughton Public Health*

Contact Us:

**Stoughton Public Health
Association & VNA**

10 Pearl Street

Stoughton, MA 02072

(781)344-7011

Check us out on the Web:

<https://www.stoughton.org/stoughton-public-health-association>

Are you or someone you know in Need of Home Healthcare? WE can help! Many of today’s medical treatments can be offered right in the home. Stoughton Public Health Association & VNA offers everything from skilled nursing care & rehabilitation to wound care, all in the privacy & comfort of your home.

Discuss your needs with your doctor & family to determine if home-based care is right for you. Or, you can call Stoughton Public Health Assoc. & VNA to discuss your needs. We offer a variety of services including:

Nursing
Physical, Speech & Occupational Therapy
Home Health Aides
Medical Social Worker

We service the following towns: **Stoughton, Avon, Brockton, Canton, Easton, Randolph & Sharon.**

We accept the following insurers: Medicare/Medicaid, VA services, Tufts Health Care, Harvard Pilgrim Health Care & Workman’s Comp.

Stoughton Public Health Association complies with applicable Federal civil rights laws & does not discriminate on the basis of race, color, national origin, age, disability, or sex. Stoughton Public Health Association provides free language assistance services to people whose primary language is not English