

STOUGHTON PUBLIC HEALTH ASSOCIATION & VISITING NURSES

NEWSLETTER:

Volume 2 / Issue 2



"Come Home To Us"
Stoughton Public Health



**Meet The Director
Janiece Bruce, R.N.**

A LIFELONG RESIDENT OF STOUGHTON, JANIECE STARTED WITH STOUGHTON PUBLIC HEALTH ASSOCIATION IN 1989 AS A PART TIME VISITING NURSE WHILE RAISING HER FAMILY. "I IMMEDIATELY KNEW I HAD FOUND AN ORGANIZATION THAT I WANTED TO BE A PART OF. THE OPPORTUNITY TO CARE FOR PEOPLE IN MY COMMUNITY AND TO GET TO KNOW THEIR FAMILIES HAS BEEN A PRIVILEGE." AFTER TWENTY-TWO YEARS OF MAKING HOME NURSING VISITS AND ALSO SERVING IN AN ASSISTANT ADMINISTRATOR ROLE, JANIECE WAS APPOINTED TO THE ADMINISTRATOR'S POSITION IN 2012. "ALTHOUGH I KNEW I WOULD MISS PROVIDING 'HANDS-ON' CARE TO PATIENTS, KEEPING STOUGHTON'S HOMETOWN VNA MOVING IN A POSITIVE DIRECTION WHILE FACING THE CHALLENGES OF AN EVER CHANGING HEALTH CARE ENVIRONMENT WAS IMPORTANT TO ME. I THINK STOUGHTON IS FORTUNATE TO HAVE ITS OWN VNA WHEREAS MOST TOWNS DO NOT. TO ME, IT'S A REFLECTION OF THE VALUE WE PLACE ON TAKING CARE OF OUR FRIENDS, FAMILIES, AND NEIGHBORS."

WHEN JANIECE ISN'T FOUND IN THE PUBLIC HEALTH/VNA OFFICE LOCATED ON THE SECOND FLOOR OF TOWN HALL, SHE ENJOYS SPENDING TIME WITH HER FAMILY AND FRIENDS. HOBBIES INCLUDE CRAFTING, GARDENING AND ANY DAY THAT SHE CAN BE BY THE OCEAN!

Welcome to our spring
Ambassador Program Newsletter!

Happy Spring!

We are seeking individuals to join our team of ambassadors. Our ambassadors along with our patients and families that we have serviced are our voice in the community.

Ambassadors/patients/family members act as representatives of Stoughton Public Health and VNA, by sharing the news of the award winning care and public services Stoughton Public Health Association and VNA provide to our community. If you are interested in joining our team and becoming an ambassador, please contact us at 781-344-7011. We look forward to hearing from you.

YOU have the right to choose

All patients have the right to choose the provider who renders health care services to them. Ask your physician or the person coordinating your discharge home for a list of home care providers in your area. If you would like us to provide your home care services, please be sure to ask for us by name:

Stoughton Public Health Association and
Visiting Nurses

www.Stoughton.org/VNA

Follow us on Facebook:

Stoughton Public Health Association

Stress in Seniors

We all feel stress from time to time even when we can't identify the cause of tension and worry. Stress can be detrimental to your health. The National Institute of Mental Health notes that stress can "contribute to serious health problems, like heart disease, high blood pressure, diabetes and other illnesses, as well as mental disorders like depression and anxiety. Luckily there are ways to reduce and manage stress that can impact your health and well-being.

Physical ways to reduce stress:

- Exercise and physical activity produce endorphins (chemicals in the brain that help relieve pain, improve sleep and in turn reduce stress). So swimming, walking, taking a class at the gym, or dance are all great ways to increase those endorphins.
- Other physical ways of decreasing stress include, breathing exercises (try it for 10-20 minutes per day), staying hydrated (Amanda Carlson RD, Director of Performance Nutrition at Athletes' Performance shared that, "Studies have shown that being just half a liter dehydrated can increase your cortisol levels. Cortisol is one of those stress hormones. Staying in a good hydrated status can keep your stress levels down."), enjoy a cup of calming tea (avoid teas with caffeine in the evening), stretching, getting out into nature, enjoy a craft or hobby, sing (releases endorphins), or try adult coloring.

Mental ways to reduce stress: Mental exercises can help you attain a healthy, clearer state of mind and release tension, worry & anxiety.

- Meditation provides dedicated time to quiet stressful thoughts that occupy our mind.
- Reading allows us to step outside of our busy lives and gives us a break from our daily stress.
- Focus on the present (ruminating on the past or allowing your mind to drift to the futures sometimes causes us to think too heavily about things we can't control)
- Laugh! The old saying "laughter is the best medicine" has some truth to it. The [Mayo Clinic](#) finds that, "When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response."
- Other mental ways of decreasing stress include, doing a puzzle, spend time with animals and bring joy to someone else's day (takes the focus off ourselves), make a schedule, visit with a counselor and look for the silver lining in each stressful situation.

Lifestyle ways to reduce stress: Certain lifestyle choices and habits can help manage stress. (see below)

- Manage your finances
- Don't be afraid to say "NO" when you have too much on your plate and don't hesitate to ask for help when you need it.
- Get enough sleep.
- Plan for events in advance and arrive to events early.
- Declutter your living space.
- Visit with a friend or family member (According to The Mayo Clinic, "social contact is a good stress reliever because it can offer distraction, provide support and help you tolerate life's ups and downs.")
- Stay connected by phone, email or letters for those friends and family who live far away.
- Shop online: This can save time on your errands list. Look for delivery services in your area. Many pharmacies, dry cleaners and grocery stores offer delivery service.
- Add plants to your home. Texas A&M University's Agriculture and Life Sciences finds that having flower in the home greatly reduces stress levels.

Source: MobileHelp: Stress Management Guide for Seniors

Lemony Yogurt Pound Cake

Level: Easy - Total: 2 hrs. 5 min - Prep: 15 min - Cook: 50 min - Yield: 8 servings

Ingredients

Nonstick baking spray, for coating loaf pan
1 1/2 cups white whole wheat flour
2 teaspoons baking powder
1/4 teaspoon fine salt
3/4 cup sugar
Finely grated zest of 1 lemon
1/2 cup plain lowfat (2-percent) Greek yogurt
1/4 cup lowfat (1-percent) milk
1/4 cup extra-virgin olive oil
1/2 teaspoon pure vanilla extract
2 large egg whites
1 large egg

Directions

1. Preheat the oven to 350 degrees F. Coat an 8 1/2-by 4 1/2-inch loaf pan with baking spray.
2. Whisk together the flour, baking powder and salt in a medium bowl.
3. Put the sugar and lemon zest in another bowl and rub the lemon zest into the sugar with your fingers.
4. Add the yogurt, milk, olive oil, vanilla, egg whites and whole egg to the sugar mixture and vigorously whisk until well blended.
5. Add the flour mixture into the egg mixture and fold until just incorporated.
6. Transfer to the prepared pan. Bake until a cake tester inserted in the center comes out clean, about 50 minutes.
7. Cool in the pan on a wire rack for 5 minutes, and then unmold and cool to room temperature.

Nutritional Information:

Calories: 254 cal. * Total Fat: 8grams * Saturated Fat: 1 gram * Cholesterol: 25mg * Sodium: 195 milligrams * Fiber: 3 grams
Protein: 6 grams * Sugar: 20 grams

ELECTRONIC MEDICAL RECORDS UPDATE

*OUR ELECTRONIC MEDICAL RECORDS
HAVE BEEN UP AND RUNNING FOR 9
MONTHS. OUR EFFICIENCY
IMPROVES WITH OUR ONGOING
LEARNING OF THE SYSTEM.
ELECTRONIC MEDICAL RECORDS
PROVIDE ACCURATE, UP TO DATE AND
COMPLETE INFORMATION ABOUT
OUR PATIENTS, AS WELL AS ENSURES
PRIVACY AND SECURITY OF PATIENT
DATA.*

PRESCRIPTION DRUG TAKEBACK DAY

Prescription drug takeback day by (OASIS) Organization
Against Substance Abuse in Stoughton is
Saturday, May 4th, 2019 8:00 AM – Noon
@ O'Donnell Middle School, 211 Cushing Street.

If you are unable to attend the above mentioned event,
Visit the drug disposal kiosk at the Stoughton Police Station on
Rose Street 24/7, no questions asked.

If you have any questions about this event,
please call:

781-341-1300
Ext. 9262, 9273, 9412





“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



“Come Home To Us”
Stoughton Public Health

What Our Patients Are Saying About Us!

“Everyone was kind, considerate and very helpful in my care. I would recommend Stoughton VNA to anyone who needs homecare.”

“Stoughton should be very proud of the work the VNA provides and hold them in high regard!”

“The very best agency in the state.”

“Excellent therapy, compassion and encouragement from friendly and helpful group of people.”