It's Men's Health Week!

The top health threats to Men are, Cardiovascular Disease, Lung Cancer, Prostate Cancer, Depression and Diabetes. There are things you can do to lessen your threat of these diseases.

- Check your cholesterol regularly.
- Control your blood pressure & cholesterol if they are high.
- If you smoke, ask your doctor about a smoking cessation program.
- Get exercise! Aim for at least 30 minutes of increased activity per day.
- Eat a healthy diet that includes more fruits and vegetables. (See a nutritionist if necessary.)
- Be sure to have prostate cancer screening done per your doctor’s recommendation.
- If you think you may be depressed, talk to your doctor or someone you are close to and seek help.
- If overweight, try to lose a few extra pounds. (Weight loss combined with exercise may reduce the risk of diabetes up to 50% in men at high risk.)

Most importantly, see your doctor regularly. Overall, men go to the doctor less than women and are more apt to go when their condition has become more serious. Many times, illness if caught early has a much better chance of effective treatment.

Welcome Summer!

It is our hope that you are enjoying the warmer weather and our quarterly newsletter. It is our goal that this newsletter keeps you up to date with what’s happening at Stoughton Public Health Association & VNA.

We continue to seek 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. Join our team of ambassadors and be a representative of Stoughton Public Health and VNA, by sharing the news of the award winning care and public health services with provide to our community. If you are interested in joining our team of ambassadors, please contact us at 781-344-7011.

July is UV Safety Month

Be sure to wear sunscreen anytime you will be exposed to the sun’s rays. Sunscreen is important to protect you from getting a sunburn, but most importantly, sunscreen protects you from the harmful rays that can cause skin cancer. Always use a sunscreen with at least 30 SPF and be sure to reapply every 2 hours. Don’t forget to protect your eyes and the delicate skin around them by wearing sunglasses when you are exposed to the sun’s rays.

We are here if you need us! If you or someone you know is in need of nursing or therapy services in the home, please contact us:
781-344-7011
In the event of a serious heat wave, the Town of Stoughton’s Emergency Planning Committee may set up a cooling center. The best way to stay abreast of information such as cooling centers, shelters, evacuations or other crucial notifications in town is to sign up for “Alert Stoughton” (Emergency Notification System). You may register by going to the emergency management section of the Stoughton Fire Department website and following the directions:

https://www.stoughton.org/emergency-management

**Buggy Over Summer!**

With the arrival of warmer weather, we look forward to spending more time outside with family and friends. As we head out the door, it is important to protect ourselves from tick and mosquito bites, because bites from those pests can make us sick.

**Ways to protect yourself from mosquito bites include the following:**

- Apply insect repellent when outdoors.
- Avoid being outside during peak mosquito hours (night, dusk & dawn).
- Wear long sleeves, long pants and socks when outdoors.

**Ways to protect yourself from tick bites include the following:**

- Wear bug repellent that contains DEET and wear light-colored long sleeved shirt and long pants, with pants tucked into socks.
- Avoid walking in heavy brush areas, instead stick to main pathways and trails when hiking.
- Check yourself for ticks daily.

If you get a tick bite, note the date you were bitten along with where on your body the tick was removed. You may want to save the tick for identification purposes. If you were bitten by a deer tick, your doctor may choose to treat you. Let your doctor know if you develop rash where you were bitten or develop a fever, headache, fatigue or sore and aching muscles.

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**INDEPENDENCE DAY**

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Play this puzzle online at: https://thewordsearch.com/puzzle/664777/
**Patriotic Berry Trifle**

**INGREDIENTS**

- 2 cups sugar-free (or fat-free) vanilla pudding
- 1 whole angel food cake or pound cake
- 3 Tbsp. raspberry jam
- 5 cups blueberries
- 4 cups raspberries
- Lite Cool Whip, if desired

**INSTRUCTIONS**

1. Slice your angel food cake or pound cake in thin slices and stamp out 16 stars using a star-shaped cookie cutter. Spread raspberry jam on 8 of the stars and make sandwiches out of them. Place 4 of the stars around the edges on the bottom of your trifle dish. Fill in with a layer of blueberries.
2. Place the leftover scraps of your cake on top of the blueberries directly in the center and spread 1 cup of vanilla pudding as your second layer. Top the pudding with a layer of raspberries and then another cup of pudding.
3. Place 4 more stars around the edges of the trifle on top of the pudding and fill in with an additional layer of blueberries. Feel free to place any other scraps of cake in between the section of blueberries and top the middle off with the rest of your raspberries. Serve with cool whip and enjoy!

Recipe obtained from: [https://www.eatyourselfskinny.com/patriotic-berry-trifle/](https://www.eatyourselfskinny.com/patriotic-berry-trifle/)

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**The Right to Choose Providers**

All patients have the right to choose the provider who renders health care services to them. Physicians and hospitals often refer patients to specialists, home health care, long-term facilities or other health care professionals for further care outside of their expertise or ability to provide continuity of care.

Many times physician or hospital relationships violate a patient’s right to choose the provider of their choice. Physicians often issue referrals to a specific physician based on a partnership or other relationship. Hospitals often issue referrals to providers that they own or are affiliated with. All providers must take caution not to imply or infer that a patient does not have a choice.

- **The Balanced Budget Act of 1997** (hospitals are required to provide a list of home health agencies to patients that are in their geographic area.
- **The Courts:** Precedence has been set that patients have control of their treatment, including who provides their care regardless to whom is paying for treatment.
- **Federal Statutes:** The Centers of Medicare and Medicaid programs have determined thru federal statutes that patients have the right to choose the provider of their care regardless of the treatment setting.

Above information taken from the article: [The Right to Choose Providers by Joy Hicks](https://www.verywellhealth.com/right-to-choose-providers)

Updated June 26, 2017. Published in www.verywellhealth.com/right-to-choose-providers
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.

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**Contact Us:**
**Stoughton Public Health Association & VNA**  
10 Pearl Street  
Stoughton, MA 02072  
(781)344-7011  
Check us out on the Web:  

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**What Our Patients Are Saying About Us!**

“The staff from Stoughton VNA were terrific. Every nurse was a good listener. My physical therapist really helped me get on track.”

“Excellent health care professionals. Nurse was on top of things and she was informative as well as helpful. Physical therapist had me moving quickly and even surprised me on my progress. He was also knowledgeable in his fields and worked me progressively and quickly to our goal.”

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*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.*