

Greater Nashua Public Health Network, Quarterly Update

September 2016 Issue

June 2016– August 2016



This newsletter is a publication of the Greater Nashua Public Health Network. There are five programs that serve this area that will be highlighted each quarter, including, the Public Health Advisory Council (PHAC), Emergency Preparedness (EP), Substance Misuse, the Community Health Department, and Healthy Homes.

NH DHHS Statewide Full-Scale Exercise

On August 5th and August 6th the Greater Nashua Public Health Region participated in a statewide full-scale exercise sponsored by the New Hampshire Department of Health and Human Services. The purpose of this exercise was to demonstrate the ability of Federal, State, and local response agencies and partners to communicate and coordinate response activities with each other, and to activate appropriate countermeasures to a public health incident impacting multiple regions across the State of New Hampshire.

Participating organizations included the New Hampshire State Police, NH National Guard, 13 Regional Public Health Networks, the Division of Public Health Services, local police and fire personnel, multiple agencies, and community volunteers.

At the local level, the Greater Nashua Public Health Region (GNPHR) was able to simulate the

activation of the Multiagency Coordination Entity (MACE), a Public Health Emergency Operations Center, in response to a scenario involving a widespread outbreak of Tularemia. Through the MACE, members were able to effectively exercise emergency response plans and simulate activities related to Public Information and Warning and Information Sharing capabilities.

On Saturday, local public health, emergency management, law enforcement and municipal officials, as well as Community Emergency Response Team (CERT) members from throughout the region, set-up a Point of Dispensing (POD) at Souhegan High School for the purpose of providing medications to prevent illness caused by the simulated Tularemia outbreak. The exercise also provided an opportunity to practice receiving, inventorying, and managing resources deployed from the federally-managed Strategic National Stockpile that would be deployed during a mass prophylaxis campaign.

Based on the exercise activities and feedback, the NH DHHS as well as the local Public Health Regions are reviewing existing emergency plans and updating them to be able to better serve the needs of our citizens and increase overall preparedness throughout all areas of the state. This exercise was a great undertaking for all of those involved, and the GNPHR will continue to make changes to emergency plans to be able to better prepare for and protect citizens from public health emergencies.

In this issue

Emergency Preparedness	Pg.1
Healthy Homes	2
Community Health Assessment	2
Substance Misuse	3
Employee News	4
Flu Season	5
DPHCS Clinic	6
Local Events & News	7
Events Calendar	8

Lead Free Kids for a Healthy Future Leave the Lead out of Life

Today at least 4 million households have children living in them that are being exposed to high levels of lead. There are approximately half a million U.S. children ages 1-5 with blood lead levels above 5 micrograms per deciliter ($\mu\text{g}/\text{dL}$). In 2015, the Environmental Protection Agency (EPA) published an article stating that "Nashua has been identified as a high risk community for lead poisoning because of the high percentage of homes built before 1978, when the federal government banned lead paint".

Young children are particularly vulnerable because they absorb 4–5 times as much ingested lead as adults from a given source. Moreover, children's innate curiosity and their age-appropriate hand-to-mouth behavior result in their mouthing and swallowing lead-containing or lead-coated objects.

Because lead exposure often occurs with no obvious symptoms, it frequently goes unrecognized. Even low levels of lead in blood have been shown to affect growth and development, academic achievement, and create behavior issues. The effects of lead exposure cannot be corrected.

A lead test is the only way to know if your child has lead poisoning. All children should be tested for lead poisoning at ages one and two. Talk to your child's primary care physician or visit the Nashua Division of Public Health and Community Services (DPHCS).

Lead poisoning is entirely preventable. With knowledge, lead testing is in everyone's reach.
Inform someone you love about the importance of lead screening.

**The Nashua DPHCS, located at 18 Mulberry St., offers free testing for children under six years of age.
Lead screenings are offered Friday mornings from 8:30 to 10:30.**

Trainings & Presentations

The Division of Public Health and Community Services has the ability to provide trainings, presentations, and webinars. Trainings can be conducted at the Division of Public Health and Community Services, at your organization, conference, or online. Our trainings and presentations can be adaptable to most audiences and if you don't see a training that fits your needs, we are happy to work with you.

To schedule a presentation or for more information, contact:

**Courtney Marrs at
marrsc@nashuanh.gov**

or by phone 603.589.4552

**For a full listing of our trainings visit:
<http://bit.ly/28KWBy0>**

2017 Community Health Assessment Planning

A Community Health Assessment (CHA) is a process by which community members gain an understanding of the health concerns and needs of the community by identifying, collecting, analyzing and disseminating information on the community's assets, strengths, resources and needs. The overarching goals of the CHA are to engage community partners, identify emerging health issues, provide information to community members and set the foundation for future programs and grant opportunities for the GNPHR.

Following the publication of the September 2017 CHA, the City of Nashua, Division of Public Health and Community Services will work with community partners and stakeholders to develop the 2019-2022 Community Health Improvement Plan (CHIP), which takes identified health weaknesses and emerging issues from the CHA and tries to improve the health of the community over a three year period by following a work plan. This is the third Community Health Assessment (CHA) for the City of Nashua and Greater Nashua Public Health Region (GNPHR) and we are excited that the planning process has begun.

Stay tuned!

Substance Misuse Prevention & Recovery Efforts

Recovery Coach Academy

During the month of July, the Division of Public Health & Community Services offered the first Recovery Coach Academy training held in Nashua, New Hampshire. The Division of Public Health & Community Services partnered with New Futures to present this week-long training at Rivier University and was completed by 33 participants. Recovery Coaching is a peer-based recovery support service that is non-clinical and designed to engage others beyond recovery initiation through stabilization and into recovery maintenance. Recovery Coach Academy teaches its participants about the roles and functions of a recovery coach and explains the stages of recovery. Participants learned skills to enhance relationships, discovered attitudes about self-disclosure and sharing person experiences and increased their awareness of culture, power and privilege.

The Recovery Coach Academy allows its participants to practice newly acquired skills, experience recovery wellness planning and explore the many dimensions of recovery and recovery coaching. This Recovery Coach Academy provides 30 contact hours of the 46 hours that are required to become a Certified Recovery Support Worker. Certification requires training in substance abuse counseling ethics, suicide prevention and AIDS/HIV.

The Division of Public Health & Community Services will continue to work with the participants as they work their way to becoming Certified Recovery Support Workers.



Recovery Coach Academy

Nashua Photo Voice Project

Photo Voice is a program in which participants take photos as a means of telling a story. Photo Voice is used around the world to give people without a voice an opportunity to tell their story. The program has been used in Nashua for several years by the Nashua Police Athletic League and its youth members. This year, with the support of the City of Nashua Division of Public Health and Community Services, the program has expanded to include the Boys and Girls Club of Greater Nashua. The Division hopes to continue expanding the program within the Greater Nashua Region in the coming years. This summer, 20 of Nashua's youth participated in the program. The theme of their project is "Public Health Prevention in the Community".

As part of the program, participants attended a public health presentation where they were able to get more information about what public health is. The goals of this project were to increase the participants' understanding of public health in the community, to give the participants increased opportunities for positive community interactions, and to increase positive peer relations of the participants.



The community had an opportunity to see the final artwork at a photo gallery on August 26, 2016 at Nashua Division of Public Health and Community Services

The New Faces of Nashua

Courtney Marrs Health Promotion Specialist



Courtney received her BS in Community Health Principles from Daemen College and her Master of Public Health Degree from the University of New Hampshire. She was previously working with at DPHCS in Environmental Health. Her hope is that in her new role she can improve health information that is put out to the public and the way it is conveyed, distributed, and accessed. She resides in Manchester with her fiancé Sean and cat Leila. In her free time, you can find her buried in wedding crafts or binging a good HBO series. Look for her department updates on the DPHCS social media accounts!

Gwen Williams Environmental Health Specialist



Gwen received her BS in Biological Sciences from the University of Vermont and her Master of Public Health Degree from University of New Hampshire. She is in the process of relocating from VT to NH. Gwen is looking forward to being a part of the Environmental team and ensuring food safety and the overall health of the public. She is an avid reader and she is a huge fan of science fiction and fantasy novels. When relaxing, Gwen likes to exercise or work in the garden. She recently adopted a bonsai tree. Her favorite overindulgence - Tea. We are hoping she shares a cup on those cold, winter days here at 18 Mulberry Street.

Chelsea Guill Public Health Emergency Preparedness Coordinator



Chelsea received both her BS in Pre-Med and Master of Public Health degrees from MCPHS. She will be responsible for the coordination and planning of training, exercises, and drills to test plans and train our partners to respond to and recover from public health emergencies. She and her fiancé are building a home in Londonderry. In her free time, she loves to be at Pleasant Lake with family. She has always considered herself a lake baby, an avid water-skier. Her secret (or maybe his!) - She loves to get pedicures with her dad!

Looking forward to building partnerships in the Greater Nashua Region

Employee Spotlight

Ren Beaudoin, Deputy Health Officer and Laboratory Director of Environmental Health, received his Spore Analyst Certification from the Pan-American Aerobiology Certification Board in June, 2016. This certification helps to aid the Environmental Health Department while conducting Indoor Air Quality investigations for mold and other air-borne contaminants. Although there are no regulations on acceptable levels of mold, Ren's background, along with the certification, enables the Environmental Health Department to assist the City of Nashua with indoor air quality complaints and develop an indoor air quality program.

April Torhan, Environmental Health Specialist, was awarded a scholarship by Accela and the National Environmental Health Association (NEHA) to attend the NEHA Annual Educational Conference in San Antonio, Texas in June, 2016. This scholarship also presented the opportunity to take the Registered Environmental Health Specialist (REHS) course and exam. The Nashua Division of Public Health and Community Services is proud to announce April Torhan passed and received her REHS credential. The REHS is a prominent NEHA credential, and individuals holding the credential have demonstrated competency in a variety of environmental health issues which enable them to better serve the people in their communities.

Flu Season is Upon Us...



What is the flu?

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses.

When will flu activity begin and when will it peak?

Flu activity most commonly peaks in the United States between December and March.

Who should be vaccinated?

The best way to prevent the flu is by getting vaccinated each year. The Center for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone 6 months and older by the end of October. Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from flu is especially important. If you live with or care for an infant younger than 6 months of age, you should get a flu vaccine to help protect them from the flu.

6 Flu Myths Busted

1. You can catch the flu from going out in cold weather without a jacket

The only way to catch the flu is by being exposed to the influenza virus. Flu season just coincides with the cold weather.

2. The Flu is just a bad cold

Influenza may cause bad cold symptoms, like sore throat, runny nose, sneezing, hoarseness, and cough.

3. You don't need to get a flu vaccine every year

The influenza virus changes (mutates) each year. So, getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.

4. You can catch the flu from the flu vaccine

No. The vaccine is made from an inactivated virus that can't transmit infection.

5. Healthy people don't need to be vaccinated

It's true that the flu vaccination is routinely recommended for peo-

ple who have a chronic illness. But we all can get sick! Plus, the flu shot is recommended for healthy people who might spread the virus to others who are particularly susceptible.

6. Chicken soup will speed your recovery from the flu.

Hot liquids can soothe a sore throat and provide much needed fluids. But chicken soup has no other specific qualities that can help fight the flu.

6 Ways to Reduce the Spread of Flu

1. Stay home when you are sick, except to get medical care.
2. Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away. If you do not have a tissue, cough or sneeze into your elbow or shoulder not your bare hands.
3. Wash your hands often.
4. Avoid touching your eyes, nose, or mouth (germs are spread that way).
5. Clean and disinfect frequently touched surfaces at home, work, or school - Especially when someone is ill.
6. Get vaccinated and encourage loved ones too!



The Community Health Department has the 2016-2017 influenza vaccine available now!

FLU vs. COLD Signs and Symptoms

Illness	Flu	Cold
Overall Symptom Onset	Abrupt	Gradual
Fever	Usually last 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly Common	Uncommon
Fatigue, Weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy Nose	Sometimes	Common
Sore Throat	Sometimes	Common
Headache	Common	Rare

Division of Public Health and Community Services Community Health Department

DPHCS Clinic Schedule

Tuesdays:

Blood Pressure: 1:30-3:30 pm
 Immunization: 4:00-7:00pm
 TB Testing: 4:00-7:00pm

Thursdays:

STD/HIV/HCV; 3:00-6:00pm
 Blood Pressure: 3:00-6:00pm

Friday:

Blood Pressure: 8:30-10:30am
 Immunization: 8:30-10:30am
 TB Testing: 8:30-10:30am
 Lead Testing 8:30—10:30am

Regional Clinic Services Outreach

Milford SHARE

Third Tuesday of every month
 4:30-6:30 pm

**Nashua Soup Kitchen
and Shelter**

Last Monday of every month
 11:00am-1:00pm

Hudson Library

Third Friday of every month 12:30-
 2:30pm

Pelham Library

Fourth Friday of every month
 9:00-11:00am

Nashua Library

First Monday of every month
 9:30-11:30am

Clinic Services Available

Always private and confidential

**Immunizations
(\$10 per person)**

Pneumonia
 Hepatitis A
 Hepatitis B
 Shingles *call to check availability
 Td (Tetanus, Diphtheria)
 Tdap (Tetanus, Pertussis, Diphtheria)

**Influenza (flu) \$15 for adults
(Free for children &
uninsured adults)**

Although a fee is requested, no one will be denied immunization treatment due to inability to pay.
 Please bring in past immunization records if available.

**Free Blood Pressure
Screening**

**HIV/HCV Screening,
Testing, and Counseling**

For more information: 603.589.4500

NH RESPONDS

NHResponds is the system used pre-register health and general volunteers who have indicated their interest in responding in an emergency. The New Hampshire Emergency System for the Advance Registration of Volunteer Health Professionals (ESAR-VHP) is an electronic database of emergency volunteer health professionals using a common national credentialing system so volunteers can be easily identified to assist in an emergency response.

For more information:

<https://www.nhresponds.org/nhhome.aspx>



NEW HAMPSHIRE
**PUBLIC HEALTH
ASSOCIATION**

Improving Health, Preventing Disease, Reducing Costs for All

The New Hampshire Public Health Association (NHPHA) supports science based public health policy and has a goal of informing citizenry of changes needed in the laws and government in order to improve public health. They track bills and attend hearings on public health issues. To check the status of NHPHA's position on current NH bills or to subscribe to the "Health in All Policies" E-News, check out their website:

<http://nhpha.org/advocacy/current-activities/bill-tracking>

Fresh Finds at the Nashua Farmers Market

If you have recently visited downtown Nashua on Sunday between the hours of 11 and 2, you might have come across the Great American Downtown Farmers Market. This year, along with an expansion of a healthy new crop of vendors on Water Street, the market is also accepting payment with Electronic Benefit Transfer (EBT) cards. This means market patrons who participate in the Supplemental Nutrition Assistance Program (SNAP) have the ability to spend their food stamp dollars on farm fresh fruits and vegetables. They can also choose to “match” the dollar amount they spend at the market through participation in the Granite State Market Match (GSMM) program.

Established in 2013, the New Hampshire Incentives



Network set out to increase access to affordable, locally grown food. Farmers markets, that are a part of their network, work to achieve that goal by boosting the purchasing power of SNAP beneficiaries. For example, if a shopper decides to spend \$10 of their SNAP benefits at their local farmers market, the GSMM program gives an additional \$10 to spend. That patron now has \$20 for garden-fresh produce purchases.

The GSMM Network is supported by the New Hampshire Food Bank and Wholesome Wave, a national non-profit dedicated to making healthy food available to all. While a small amount of funding is provided by the Food Bank, Great American Downtown has done a great job fundraising to ensure there are funds to provide the match all market-season long.

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Currency for EBT/GSMM users comes in the form of wooden tokens that vendors exchange for a check at the end of the market. Tokens only expire at the end

of the market season, which for Nashua means October. Interested shoppers simply have to find the Great American Downtown tent on Water Street to get the process started.

The Granite State Market Match program is a selected strategy for the Community Health Improvement Plan in that it can help to reduce the rates of obesity in the Greater Nashua Public Health Region. Research has shown that if healthier foods, such as fruits and vegetables, are regularly available at a decreased cost, people are more likely to purchase and consume them. Through the implementation of the program, Great American Downtown's farmers market is giving more families with financial need access to fresh, wholesome and local options which will have an impact on not only their health, but the health of our community.

For more information contact: Kimberly Adie
Director of Healthy Living
YMCA of Greater Nashua
24 Stadium Drive Nashua, NH
kadie@nymymca.org

Heart Healthy Smoothie Recipe

- 1 medium banana, peeled
- 1 orange, peeled
- 1 cup berries (I like to use 1/2 cup blueberries, 1/4 cup raspberries and 1/4 cup strawberries)
- 1/4 avocado, pitted
- 2 to 3 cups or large handfuls of fresh, baby spinach (or other leafy green)
- 1 tablespoon of ground flax seed
- 8 ounces of water

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

Calories: 334

Fat: 8g

Protein: 6g

Carbohydrates: 66g



Upcoming Events

September

National Recovery Month
National Preparedness Month
Childhood Obesity Awareness Month
National Food Safety Education Month

15 - **Free Refills: A Doctor Confronts His Addiction** 7pm
Nashua Library Theater 7pm

23 - **United Way's United We Sleep** Nashua Community College

24 - **NH Public Health Association Get Your Rear in Gear 5K**

30 - **National PrepareAthon Day** Visit www.ready.gov/prepare for details

Sept 31 + Oct 1&2 - **FREE Community Emergency Response Team (CERT) Training** Dartmouth Hitchcock 2300 Southwood Drive 6pm-9pm
www.nashuanh.gov/cert

October

National Substance Abuse Prevention Month
Breast Cancer Awareness Month 

7-9 **Milford Pumpkin Festival**

17 - **Gate City Fall Festival** Parade begins at 10am

20 & 21 - **2016 Resource Expo** Adult Learning Center 4 Lake St
20 - 6:30pm—8:30pm
21 - 10:30am—12:30pm

23 - 31 **Red Ribbon Week** 

25 - 31 **Lead Prevention Week**

November

American Diabetes Month

4 - **Responding to Human Trafficking in NH: Beyond 101** 8:00am - 4:00pm

14 - **Senior Wellness Presentation 1pm** Nashua Senior Center 70 Temple St.

15 - **Team Up, Take Action** Hosted by the NHPHA and Dartmouth Hitchcock.
Event Center of Nashua.

join us

Care for  a Cause

Evening to Benefit
A NEW MOBILE HEALTH CLINIC
and the GREATER NASHUA PUBLIC HEALTH REGION

SEPT 24 2016

CHAMPAGNE WELCOME 6PM
DINNER & PROGRAM 7PM

Sky Meadow Country Club • 6 Mountain Laurels Drive • Nashua, NH

Cocktail attire • Black Tie Optional • SEATING LIMITED • TICKETS - \$125

For tickets please call
(603) 882-3000 ext. 63104 or visit www.stjosephhospital.com

 **ST. JOSEPH HOSPITAL**
& CITY OF NASHUA

Got Drugs?

Turn in your unused or expired medication for safe disposal
Oct. 22, 2016



We're Social ~ Lets Connect!



@Greater Nashua Public Health
@ Nashua DPHCS

Help Spread the Word!

If you like this newsletter,
please share with your friends,
family, and colleagues!



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