President’s Message

Public Health is becoming as predictably unpredictable as the weather these days. We have gone late into the fall with Medium to High risks of EEE due to the lack of a hard frost; to Seasonal Flu being higher than the last two years; and the 2019 Novel Coronavirus becoming a United States Public Health Emergency. We as Public Health Nurses are in the midst of all these health-related issues and are able to bring a comprehensive scope with whatever challenges are communities face.

Our Board continues to be hard at work at work on a number of aspects that directly affects our membership and all public health nurses within our Commonwealth. I know that we have a number of members who are recent and soon-to-be retirees from the PHN workforce. We value the knowledge and interest that they have and hopefully will continue sharing with us. We want to be sure to acknowledge our nurses who will be retiring as well as welcoming our nurses who are new to public health nursing at our upcoming conference this May. We as Public Health Nurses have a very high job satisfaction rate and often remain in our specialty until retirement due to the autonomy and broad scope of practice we can offer to the populations we serve.

Please do not forget to sign up for our Annual Meeting and Conference “The Many Hats of the Public Health Nurse”, Wednesday May 6th afternoon-evening, and Thursday May 7th on our MAPHN Website www.MAPHN.org!

Please feel free to reach out and take care!

Sincerely,

Ruth

Ruth Mori MSN, RN
President@MAPHN.org
508-358-3617

Please welcome Gail Johnson, BSN, RN, a member of the Northeast Chapter, as your Interim Vice President! Gail graciously accepted the Board of Directors appointment in October 2019 when the VP position became vacant. Gail will serve until the April election, when a new Vice President will be voted in.

Thank you Gail!
**Emergency Preparedness Training for People with Disabilities**

*By Amanda Stone, Southeast Chapter*

Amanda Stone, the PHN in Mattapoisett and past president of MAPHN (2015-2017) is pictured here with Evan George who is the Emergency Preparedness Training Coordinator for the Massachusetts Office on Disability (MOD). Amanda collaborated with the MOD and the Mattapoisett COA to bring emergency preparedness training specifically for people with disabilities, their families and caregivers, to the Mattapoisett community. Mattapoisett’s first responders were also invited to attend. Evan presented the training in lecture format with questions throughout and covered topics on communication in emergencies, sheltering, and individual preparedness. All pre-registered attendees received a "Go-Pack" full of items that may be needed in an emergency. First responders received *Tips for First Responders, 5th Edition*.

The training was very well attended and Evan’s presentation style and delivery of the information fully engaged the audience. He received excellent reviews! Amanda highly recommends reaching out to Evan to bring this 1.5 hour training to your community. The training and all handouts, including the "Go-Packs" and *Tips for First Responders* are offered free of charge thanks to a HHS grant received by the MOD. Click on the link for more information and to request this training: [https://www.mass.gov/how-to/request-emergency-preparedness-training-for-your-community](https://www.mass.gov/how-to/request-emergency-preparedness-training-for-your-community)
Welcome to our New Members

Northeast
Nicole Chauncey, Lowell HD
Deborah Murphy, Nahant BOH

Southeast
Patricia Fisher, Walpole HD
Nicole Flood, Canton BOH
Tom Kenvin, Foxborough Fire and Public Health
Jeanine Murphy, Wrentham BOH

Metrowest/Central
Emily Amico, Sudbury BOH
Kara Bandstra, Upton
Emily Delligllo, Millis BOH
Kasey Mauro, Hopkinton BOH
Agnieszka Podstawka, Douglas BOH

Western
Marge Bernard, South Hadley BOH
Lisa White, Franklin Regional Council of Governments

Cape & Islands
Sandy Galvin, Retired
Without Borders received the Annual Frieze Award.
I participated in the Racism Pre-Conference session hosted by Public Health Section that included ways to embed yourself in your communities to make change. Also I went to the Public Health Nurse Section business meeting which was also informative of the large reach we have within APHA. It was great to see what other Public Health Nurses are doing around the country and all of the research behind what we do every day. Reoccurring themes of Social Justice, Social Determinants of Health and Climate Change were some of the many topics offered. I was proud that MAPHN had the foresight to cover these topics over the past few years at our own Annual Conferences. One of the highlights of the conference was watching Kitty Mahoney, Chief Public Health Nurse for the City of Framingham and Stand Down Coordinator, present on “Ten Years in the Tent.” If you don’t know what Stand Down is, please go to our website (maphn.org) and find out more. The work that Kitty, MAPHN Members, MRC volunteers, and many other community partners have grown this small two-person program into a full-scale foot clinic serving hundreds of veterans each year. At the end of the program there was not a dry eye in the house when the Stand Down Video was played.

Please congratulate Kitty on a job well done presenting at the APHN Conference and continuing her passion to serve veterans each year at Stand Down.
Ten Ways Public Health Nurses (PHNs) Improve Health

Optimal health is largely the result of a person’s social and physical environments. As the largest segment of the health care workforce and the most trusted profession, nurses are leading the way to transform health and health care by focusing on the social determinants of health and the places where people live, learn, work, worship and play.

PHNs advance the health of individuals, families and communities using a distinct skill set. This skill set includes consistent utilization of the nursing process; application of critical thinking skills; and decision-making informed by science and evidence. These unique skills overlay all of the “Ten Ways” that PHNs improve health as described below.

1. Prevent
   PHNs work inside and outside clinic walls to prevent conditions such as obesity, diabetes, injuries, school absenteeism, infant mortality, and spread of communicable diseases.

2. Educate
   PHNs educate individuals, families, communities and stakeholders about healthy behaviors, environments, and policies that make the healthy choice the easy choice.

3. Coordinate
   PHNs coordinate and integrate care and services across the lifespan to improve individual and population health outcomes, improve health equity and reduce costs.

4. Protect
   PHNs protect people by educating about environmental hazards, preparing for emergencies and mobilizing during disasters.

5. Lead
   PHNs lead evidence-based quality practice and policy changes. They lead cross-sector and interdisciplinary collaborations that impact communities.

6. Promote
   PHNs promote health equity and health as a shared value through individual and community engagement and inclusion.

7. Advocate
   PHNs advocate for community assets that lead to healthier people such as safe and affordable housing, healthy school meals, tobacco prevention policies, safe places to walk and bike, access to healthy food, appropriate behavioral health treatment services, violence prevention and trauma informed care.

8. Care
   PHNs care for people, families, and communities. They understand the importance of culture, language, literacy, and how these shape health, well-being and equity.

9. Integrate
   PHNs recognize that health is a function of physical, mental, emotional and spiritual well-being. They assist individuals and communities in integrating a variety of needed services through collaborating, mobilizing and leading interdisciplinary teams, partners and consumers.

10. Research
    PHNs use research to inform their practice and do research to improve health of the individual, family and community.

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CALL FOR NOMINATIONS!

In April, we will elect our **Vice President** and **Treasurer**, and one **Director At-Large** for the 2020-2022 term

**But we need candidates to step up!!!**

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**WE NEED YOU**

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Contact Leila ([lmercer@natickma.org](mailto:lmercer@natickma.org)) or Maria ([mtamagna728@gmail.com](mailto:mtamagna728@gmail.com)) to get **Consent to Serve Form** or for questions!

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**OFFICER DESCRIPTIONS:** All elected officers are expected to attend meetings of the Board of Directors quarterly, and other additional meetings that are deemed necessary by the Board. Officers shall serve a term of two (2) years, with a maximum of two (2) consecutive terms.

**Vice President**

The Vice President shall assist the President, accept assignments, and, upon the absence or disability of the President, shall perform the duties and exercise the powers of the President.

**Treasurer**

The treasurer shall make an accounting of receipts and disbursements at each Annual and Board of Directors meetings.

**Director At-Large I**

The Director At-Large votes on behalf of the MAPHN membership as a member of the Board of Directors. Director At-Large I is elected in the even-numbered year, and Director At-Large II is elected in the odd-numbered year, for a two (2) year term.
This year the MetroWest/Central Chapter collaborated with MetroWest Free Medical Program on two dates in November to hold Flu Clinics plus a coat drive for patients at the Stand-Up Clinic. With the help of 7 Chapter members and one Nursing Intern we were able to give away 10 large bags of coats and over 50 Flu Shots.

The MetroWest Free Medical Program offers free medical care to those who are uninsured and underinsured in the MetroWest communities. Volunteer physicians, nurses, social workers, health educators, interpreters and other volunteers come together to offer evening clinic sessions at sites in Sudbury and Framingham, making health care services accessible to all who need them. The Metro West Free Medical program is held on Tuesday Evenings in Sudbury at Temple Beth El on Hudson Road. For more information on their program please visit https://metrowestfreemedicalprogram.org/
Members of the **Northeast Chapter** got to tour the MA State Laboratory Institute in Jamaica Plain. The tour was organized by Glynnis LaRosa, MDPH Public Health Nursing Advisor and Western Chapter member.
Daily Times Chronicle

Many medical volunteers and student nurses staffed the 2nd of two flu clinics put on by the Woburn Board of Health. They included (front row, 1-r) nursing students Azza Elsheikh and Kristina Rossi; (second row, 1-r) Barbara Johnson MRC Nurse, Cathy D’Amico WPS Nurse, Muriel Kerigan MRC Nurse, Karen DaCampo BOH Nurse, Steven Morris, Chairman MRC/EMT, and (back row 1-r) Janet Spellman MRC Nurse, Karen Doherty WPS Nurse, Mary Heater WPS Nurse, and Sheila Newman MRC Volunteer. The MRC represents the Woburn Medical Reserve Corp.

What vaccines are available from MDPH other than flu?

Childhood Vaccine Availability from MDPH

Adult Vaccine Availability from MDPH
Train-the-Trainer Program

Submitted by Jessica Tracy, Southeast Chapter President

On November 21, 2019, the Southeast Chapter hosted a Stop the Bleed Train-the-Trainer Program taught by our fellow PHNs from the Northeast Chapter: Kerry Sorrentino, Gail Johnson, Judith Ryan and Karen DaCampo, as well as 3 Nursing School Students. As a result, our local PHNs can now train by-stander Stop the Bleed trainings in their local communities, MRCs and more.

The "Stop the Bleed" campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public.

Studies have shown that the help given by an immediate responder can often make the difference between life and death, even before professional rescuers arrive. The Bleeding Control Basic Course gives participants the necessary tools to become an empowered initial responder.

Members of the Southeast Chapter were recently recertified in CPR-AED!
Congratulations to Mary Allen, BSN, RN!

The Massachusetts Health Officers Association Public Health Nursing Award is presented annually to a Public Health Nurse who has demonstrated exceptional dedication in carrying out the public health mandates of a regional or local municipal agency.

This past year, the MHOA Public Health Nursing Award was presented at the Massachusetts Health Officers Association 52nd Annual Educational Conference in November to Mary Allen BSN, RN. A member of the Western Chapter of MAPHN, Mary has been the Public Health Nurse in West Springfield for many years, and was the recipient of MAPHN’s Annual Public Health Nursing Award in 2009. She has also actively participated on MAPHN’s Board of Directors until 2019.

According to the MHOA, “(Mary) is a key team member when working with citizens ... is a strong advocate for her clients, and a leader among public health nurses in Western Massachusetts... (Mary) has earned the respect of those she works with, as well as those she serves.

Mary, we are proud to acknowledge your achievements to advance the role of PHN!
Important Request
from the Outreach, Visibility & Membership (OVM) Committee

The MAPHN Outreach, Visibility & Membership (OVM) Committee is initiating the MAPHN Strategic Plan and requests MAPHN members to share their job descriptions so that we can initiate Goal 1 objective 3 of the MAPHN Strategic Plan. (please see below)

The OVM Committee will be creating a generic job description to share with municipalities as part of an educational campaign to increase knowledge and understanding of the public health nursing role by municipal leaders and Board of Health members. The final job description will be shared with all MAPHN members for final comment once finished.

Your town administration, human resource department or health department may have a copy of your job description. We would also like to know if you do not have an official job description.

Job descriptions can sent to jetracy@dedham-ma.gov or faxed to Jessica Tracy, Dedham Public Health Nurse at 781-751-9229.

If you are interested in participating in the OVM Committee to initiate the MAPHN Strategic Plan please contact Jessica Tracy, MAPHN OVM Committee Chair.

Thank you kindly in advance,

MAPHN OVM Committee

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MAPHN Strategic Plan

GOAL #1

Increase the public’s knowledge and understanding of the role and value of public health nursing.

Objective #3

Create educational campaign to increase municipalities’ and Boards of Health’s knowledge and understanding of the public health nursing role.
MAPHN celebrates the opening of the first Local Office of Public Health Nursing in Framingham, Massachusetts

By Kitty Mahoney, MetroWest/Central Chapter

On August 20th, a banner day for Public Health Nurses in Massachusetts, the City of Framingham held a ribbon cutting ceremony for the first Local Office of Public Health Nursing in the State.

It was rewarding to hear Mayor Yvonne Spicer describe the valuable work that PHNs do. This was echoed by Board of Health member Dr. David Moore and Health Department Director, Dr. Sam Wong.

It was wonderful to see that Ruth Mori, President of MAPHN, and our Immediate Past President Caroline Kinsella were in attendance at this event with other MAPHN members (and former Framingham PHNs Charlotte Trubiani and Annette Alderman), district school nurse leader Judy Styer, school nurses, local providers, MRC volunteers, and residents. It was such a happy occasion for all Public Health Nurses!

Since I started in Framingham over 16 years ago, I’ve ministered to many in my community who needed the support, the services and the intervention that Public Health Nurses provide. I speak from experience when I say that these interventions, I provide would never have been possible without the support of my professional nursing organization, MAPHN. Since joining in 2004, membership in MAPHN has provided me so many learning opportunities, a network of colleagues across the state on whom I have had the need to call and who provided answers, incalculable support on every front and validation on several of my responses.

I urge you, dear reader, to throw yourself into our nursing organization! Do this now. Make it a priority to become involved with MAPHN. You, your practice, your community will benefit!

I hope that this is only the first of more local offices of public health nursing to come. More importantly, MAPHN, I hope I make you proud.
FRAMINGHAM – The City of Framingham celebrated the grand reopening of its public health office and clinic today, August 20.

Health Director Sam Wong said it is the first division of public health office in the state of Massachusetts.

Originally, the clinic was located at Fuller Middle School but was moved to Concord Street because of the school's reconstruction project.

The ceremony began with a few words from Wong. He thanked everyone that helped the clinic with the process of moving.

Next, Mayor Yvonne Spicer made a few brief remarks. She thanked everybody that helped with the project and also emphasized how this new location could help those in Framingham that are disadvantaged. "Having this facility right here brings us closer to the people that we want to serve, and continue to work for," she said.

Mayor Spicer also took a moment to recognize the Framingham Medical Reserve Corps and the City's Public Health Nurse Kitty Mahoney, thanking all of them for their service with the clinic.

Before the ribbon was cut, Dr. David Moore, a member of the board of health, explained what services the clinic provided, and thanked the mayor and the city council. At the end of his remarks, Dr. Moore asked more people to volunteer for the Medical Reserve Corps.
Special Commission on
Local and Regional Public Health Update

Front Row, 3rd from Left: Terri Khoury DNP, former MAPHN Vice President and CLPH Representative to the Special Commission

The Special Commission on Local and Regional Public Health (SCLRPH) recently completed its two-year study of the Massachusetts local public health system with the release of its final report - *Blueprint for Public Health Excellence: Recommendations for Improved Effectiveness and Efficiency of Local Public Health Protections*. The report documents the Commission’s findings and makes recommendations for strengthening local public health services and protections across the Commonwealth. [Click here](#) to view the report and executive summary on the Commission's web page.
Benefit for all MAPHN Members!

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Instructions for setting up a webinar, on-line meeting or sharing slides with callers on a conference call.
If you need any help using or hosting a conference call, please contact us to help you set up your meeting at least 48 hours in advance.

The MAPHN Board Officers and their contact information:

President:
Ruth Mori, president@maphn.org

Vice President:
Gail Johnson gjohnson@westfordma.gov

Treasurer:
Vacancy/Served by Caroline Kinsella, Ruth Mori pending 2020 Election

Secretary:
Ann Marie McCauley secretary@maphn.org

Directors At-Large:
Traci Mello: tmello@comcast.net
Angela Kramer akramer@ludlow.ma.us

Watch for our next issue in the SPRING/SUMMER 2020!
Submissions accepted anytime to newsletter@maphn.org