

Foods To Encourage Programs

Falmouth Service Center There are 158 registered clients. Current clients who come at least once a month for the past 3 months are 64. New clients are 12. Only a few have had problems with increased blood pressure and/or increased blood sugar. They are currently seeing their PCP for treatment. One woman had extremely high blood sugar but had an appointment with an Endocrinologist. She also recently lost her husband due to complications from being noncompliant with his Diabetes.

Harwich Food Pantry We have 18-24 people weekly. Those clients are monitored closely for many health concerns. Clients are very appreciative of the fresh fruits and vegetables. All the nutrition educators are knowledgeable regarding all aspects of healthy eating.

Wellfleet Food Pantry We will be resuming on Nov 7 for the year at the Wellfleet Community Dinner. We set up upstairs at the Methodist Church and the dinner is downstairs. They feed anywhere from 60-90 people every Tuesday 5:30-7. The manager has 5 separate crews who plan meals as healthy as possible with fresh ingredients, some from the Wellfleet food pantry. Last year the F2E program saw 15-25 people before and after the dinners. We had a total of 96 people who signed up and probably about 15-20 regulars from those. Because we see people both before and after dinners the blood pressures and glucose readings varied more than you would usually find, but our participants really were into the program.

Bourne Food Pantry Currently there are 27 active participants in the Bourne Foods to Encourage program. We have had four new participants in the month of October. The weekly participants have ranged between four and twelve with the average being 8 - 9 on a given day. There are elevate blood pressures and/or blood sugars with every session, some requiring a medical referral.

Orleans Food Pantry The program has been ongoing since May, 2016 with an average of 27 clients each 1st and 3rd Monday of the month. One to three new participants sign up each session. There are approximately 10 participants who rely on me to answer other health questions, in addition to taking blood pressure and blood glucose for recording. The participants and I discuss positive actions (foods, exercise, sleep, etc) that benefit their individual health needs. The nutritionist, Barbara, brings a different item for the group to taste and provides the recipe as well. She has a book of recipes and helpful hints for people to refer to or take copies of.

Provincetown COA Twice a Month. This new program began October 6th with 5 clients registering and two who needed guidance on blood pressure.

Provincetown Soup Kitchen and **The Children's Place** will start new programs in November

Ask A Public Health Nurse Program

Barnstable County Public Health Nursing also has blood pressure and blood sugar screenings as well as general health information and guidance in multiple places including Sandwich Food Pantry, Salvation Army, YMCA, WIC, A Baby Center, Cape & Islands Veterans Outreach Center, Cormwell Court, Yarmouth Food Pantry, Christ The King Food Pantry, and lower Cape public libraries.



Health Imperatives

Hyannis October 3rd 2017

Barnstable County Commissioners

Dear Sirs,

With this letter Cape Cod WIC a program of Health Imperatives Inc. state our support to the "Ask A Public Health Nurse" program provided by the Barnstable county nurses in our community.

WIC is a federal nutrition program that serves low income eligible Cape individuals,(women and children from 0 to 5 years old), and provides Nutrition education, breastfeeding support, healthy foods and referrals.

WIC families had benefit from this program for many years as we have monthly visits from the County Nurse to our main site, where she educates parents or caregivers about fundamental disease prevention such as sun safety, tick borne disease and many other wellness topics. The program also gives our clients access to blood pressure and blood sugar monitoring and flu immunizations.

The Nurses visits to our office constitute an important addition to our core Nutrition services and she has become a very important resource both for WIC participants and WIC staff.

Please feel free to contact us for additional information or questions.

Magolia Novoa

Magolia Novoa

Health Imperatives INC.

Cape Cod WIC Program Director

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mnovoa@healthimperatives.org

Phone 508-771-7896

Fax 508-771-7920

A Baby Center
320 Main Street
Hyannis, MA 0201
508-771-8157

October 5, 2017

Deidre Arvidson RN, BSN, SANE
Barnstable County Public Health Nurse
3195 Main Street/Old Jail Building
Barnstable, MA 02630

Dear Deidre Arvidson,

It has been my great pleasure to work along side Barnstable County Public Nurse, Linda Iafrates for the last year and 10 months. Linda's service to our fragile community of impoverished new parents is invaluable. Nurse Linda has developed a rapport with our families based on trust, kindness and honesty. A Baby Center has become a resource center for services and a place where our clients feel safe, cared for, and respected. Nurse Linda helps us to promote those same values at every visit.

The majority of our clients are living in poverty or below. Most of our infants and babies and parents would not have the opportunity to receive the care that Nurse Linda provides at our center or anywhere for that matter. Many of our clients are ESL clients and Linda makes them feel welcome and treats them with caring and respect. Many of our clients would not know about the importance of the "Flu Shot" or have access to it if we did not have the service of the Barnstable County Public Health Nursing Division. There have also been times at A Baby Center when a client has had their blood pressure or a wellness check up with our Nurse Linda and the client has been advised to seek immediate health care. I remember our nurse Linda even checking up and following through with a client who had serious glucose levels that made her concerned. Parents at A Baby Center also receive information on TIC illnesses and Hygiene. These opportunities for client education are invaluable and impact our clients who may have no one else to trust/afford medically.

Our clients are a fragile community not only because of poverty but also because many are immigrants, refugees, foster families or the homeless.

Thank you on their behalf for providing this service to our community. Each baby and their parents deserve a healthy start and the Barnstable County Public Health Nursing Program assures that our families are being cared for.

With Sincerity,



Robin Hayward
Director - A Baby Center
320 Main Street
Hyannis, MA 02601



FALMOUTH SERVICE CENTER

more than a food pantry

PO Box 208 Falmouth, MA 02541 FAX (508) 548-3592 PHONE (508) 548-2794 www.falmouthservicecenter.org

October 30, 2017

To Whom It May Concern:

This letter of support and partnership comes to you on behalf of the Falmouth Service Center, Inc. (FSC) of which I am Executive Director. For the past 15 years I have been in my role at FSC and for more than a decade we have enjoyed a relationship with the Barnstable County Ask a Nurse Program. I am poised to offer a strong letter of support for the importance of this model of integrated health services in a non-clinical setting:

Specifically we are enthused that through this collaboration we are able to receive services in our pantry that help clients with the importance of disease prevention and screenings, blood pressure and blood sugar monitoring, flu immunizations, client education and support and the providing of health and wellness education.

Another program we are especially pleased with has been the Foods to Encourage Model which initially received funding from Cape Cod Healthcare's Community Benefits Program. This program provided in the pantry currently impacts households served once a week here at FSC. All clients have access to the Nutrition Educator, with priority given to those with diabetes and HTN. Nurses who are either part of the Barnstable County "Ask a Public Health Nurse" Program, or Medical Reserve Corps Nurses or potentially Volunteer Nurses conduct weekly monitoring for participants of blood glucose and blood pressure. A bag of fresh veggies along with food demonstrations and recipes are given to support the improvements clients are seeking. We are seeing healthier selections chosen during pantry visits resulting in improved nutritional management of HTN and Diabetes.

It is my pleasure to write a strong letter of support on behalf of the Falmouth Service Center, Inc. for the Barnstable County Public Health Nurse Program. Barnstable County, in particular the County Health Nurse has played a key role in organizing and ensuring the model we created is client centered, medically sound, nutritionally valid and consistently supported. Please contact me if I can address any further questions about the models success or outcomes.

Sincere Regards,

Brenda Swain
Executive Director, Falmouth Service Center

September 8, 2017

Deirdre Arvidson RN, BSN, SANE
Barnstable County Public Health Nurse
3195 Main Street/Old Jail Building
Barnstable, MA 02630

Dear Ms. Arvidson,

The Ask A Public Health Nurse Program at the YMCA Cape Cod has been a great resource to our members and visitors. Linda Iafrate provides the blood pressure and blood sugar screenings at the YMCA twice a month on Tuesday. The program aligns well with the YMCA's mission. Both organizations work to emphasize the importance of disease prevention. Blood pressure and blood sugar monitoring, client education, and health resources are all resources that this program provides. Giving community members more accessibility to health resources is always something the YMCA will support and we appreciate this free resource that is able to be here at the YMCA.

Please let me know if I can answer any questions or provide any more information or support to this program.

Sincerely,

A handwritten signature in cursive script that reads "Meredith Ingram". The signature is written in black ink and is positioned above the typed name.

Meridith Ingram
Senior Program Director of Membership & Healthy Living
2245 Iyannough Road, Barnstable MA
508-362-6500 X 130
mingram@ymcacapecod.org

Massachusetts Association of Public Health Nurses

Cape Cod Chapter

Meeting Topics 2017

January – Cholera: Haitian Outbreak Response

February – Antibiotic Resistance in Massachusetts

March – Cape & Islands Samaritans: Elder Suicide Training

April - Ticks & Tickborne Illness on Cape Cod

May – Marijuana Health Effects & Implications for Public Health Policy

June – Vector-borne Diseases and Climate Change

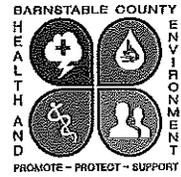
August – Domestic & Sexual Violence Update

September – Viral Hepatitis Update

October – Human Papilloma Virus (HPV)

December – Holiday meeting & dinner

All meetings are held in the Harborview Conference room on the 4th Wednesday evening of the month. Light dinner and nursing continuing education units always available.



*Your vaccine protects me.
My vaccine protects you.*

Are You Protected?

Barnstable County Public Immunization Program

Adult & Adolescent Immunizations

- Hepatitis A
- Hepatitis B
- HPV
- Influenza (Flu)
- Meningococcal
- MMR
- Pneumonia
- Rabies (pre-exposure)
- Tdap
- Tetanus
- Varicella
- Zoster (Shingles)

Travel Vaccines \$30 admin fee

- Japanese encephalitis
- Typhoid
- Yellow Fever



**By Appointment Only
Tuesdays and Thursdays
Call 508-375-6617**

*A Service of the Public Health Nursing Division
Barnstable County Dept. of Health and Environment
3195 Main Street/Old Jail Building, Barnstable MA 02630
www.barnstablecountyhealth.org*

facebook.com/bchdcapecod

Payment Options

- Covered by most insurance providers including MassHealth and Medicare
- State-supplied vaccines available at no cost to uninsured adults
- Federal Vaccine for Children (VFC) Program provides immunizations at no cost to children 18 and under who have no insurance, MassHealth, or Medicaid

Directions: Barnstable County Public Health Nursing Division

The Nursing Division is located in the Barnstable County Department of Health and Environment in the *Old Jail building* in the *Barnstable County Complex* on *Route 6A* in *Barnstable Village*. The *Old Jail* is the *middle building on the hill*. The entrance is under the *red awning*.

Immunizations are for everyone!
Barnstable County Public Immunization Program