



Nashoba Associated Boards of Health

Serving the towns of Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow, Townsend, and the community of Devens.

The Public Health Nurse (AKA 'Town Nurse') is available for consultation, home visits for assessments and coordination of care, health programs, clinics and disease investigations.

CONTACT:

◆ **Maureen Scott, LPN**
(978) 772-3335 x 309

mScott@nashoba.org

Town Nurse for Ashby, Ashburnham, Ayer, Dunstable, Groton, Townsend, Lunenburg, and Pepperell

◆ **Megan Talarico, RN**

(781) 661-8360

mtalarico@nashoba.org

◆ **Susan Hoag, LPN**

(978) 772-3335 x 357

shoag@nashoba.org

Town Nurse for Bolton, Stow, Berlin, Boxborough, Harvard, Lancaster, Shirley, and Littleton

◆ **Tamara Bedard, RN**

Community Health Manager

(978) 772-3335 x 340

tamarabedard@nashoba.org

HOURS: Monday-Friday 8-4:30

WHAT SERVICES ARE AVAILABLE?

- **HOME VISITS (by referral/request)**- The nurse is available for home visits by referral/request to make general assessments, assist with coordinating care and services, provide teaching, and make referrals to other local community resources.
- **CLINICS** – monthly clinics are offered throughout the district. Residents are invited to drop-in, no appointment is necessary, to meet with the nurse for blood pressure checks, blood sugar screening, general health counselling and resource information and referrals as needed. Districtwide flu clinics are held in the fall. (See our website, www.nashoba.org/calendar, for clinic dates/times.)
- **DISEASE INVESTIGATIONS**- Your Public Health Nurse is responsible for conducting investigations and following up on infectious diseases in your community. To do this, the nursing team works closely with epidemiologists from the Massachusetts Department of Public Health and other local health officials as needed.
- **PROGRAMS**-the nurse can offer an educational program on a health topic of interest at a local venue

WHEN TO CALL THE TOWN NURSE?

- For at risk or underserved resident of any age
(After reports have been filed with DCF or elder/disabled protective services, etc. as needed.)
- Concern about a frail elder who may need additional services
(We will work in partnership with COA)
- Support and assistance with coordinating care and services for those in need
- For possible hoarding and clutter issues
- Communicable disease investigation and follow-up
- Don't forget- you can always refer people to our monthly drop-in clinics in our towns!

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Community Health · Environmental Health · (978) 772-3335 · 1-800-427-9762

30 Central Avenue, Ayer, MA 01432-1497

Community Health Fax: (978) 772-3194

Environmental Health Fax: (978) 772-4947