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Quabbin Health District Public Health Nurse Newsletter



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Did you know?

President Lincoln issued the Emancipation Proclamation, which abolished slavery and declared that all slaves were to be set free. The news, however, was slow to make its way to the southern states. It wasn't until June 19, 1865, that federal troops arrived in Galveston, Texas, to deliver the news. Because June 19th was the date that the Emancipation Proclamation reached the entire US, it became a day of celebration – named “Juneteenth” a year later.

In 1980, Texas became the first state to make Juneteenth a state holiday, with other states doing so afterward. Congress passed legislation in 1997 to commemorate June 19, 1865, as “Juneteenth Independence Day”. It was not recognized as a federal holiday until June 17, 2021.

Holidays/Observances for June:

June 6, D-Day: Commemorates the invasion of
Normandy during World War II

June 16, Father's Day

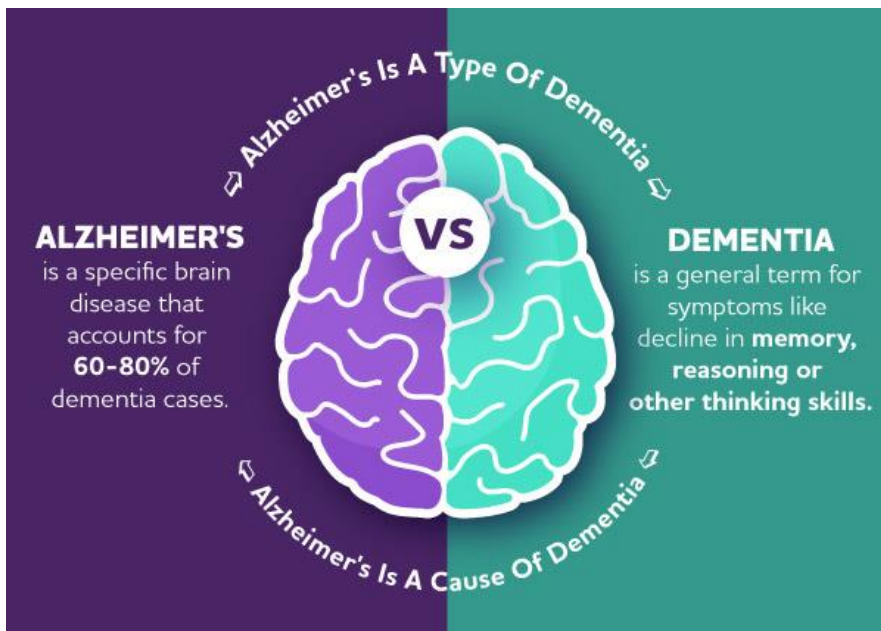
June 19, Juneteenth Independence Day



It's never too early to adopt good, healthy habits to promote a healthy brain and prevent or limit the effects of chronic disease.

Healthy Habits to Promote Brain Health:

- 1. Challenge your mind:** Try something new – learn a new skill or try a new hobby. Think outside of the box – take a cooking or photography class.
 - 2. Move your body:** This includes exercise programs, walking, dancing, gardening, or any type of movement that gets your heart rate up and increases blood flow to the brain and body. Find an activity that you enjoy, that makes it easier!
 - 3. Protect your head:** Repeated or severe head injuries may increase your risk of dementia. Wear a helmet to ride a bicycle or motorcycle, wear your seatbelt, protect yourself while playing sports. Take safety precautions to prevent falls, especially for older adults.
 - 4. Don't start or quit smoking:** Smoking increases the risk of cognitive decline – quitting can lower your risk to be similar to those who never smoked.
 - 5. Manage your blood pressure:** Work with your medical provider to maintain a healthy blood pressure through lifestyle changes like diet and exercise or medications. Have your blood pressure checked regularly and report significant changes (higher or lower) to your medical provider.
 - 6. Manage your diabetes:** Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.
 - 7. Eat healthier foods:** Limit processed foods, choose lean proteins and add vegetable protein sources to your diet, eat lots of vegetables, fruits, and whole grains.
 - 8. Try to get good, quality sleep:** Sleep is important for brain health. Minimize disruptions when trying to sleep – avoid screens before bed and make your sleep space as comfortable as possible. If you have sleep-related problems, such as sleep apnea, talk to your medical provider.
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For more information and resources, please visit:
<https://www.alz.org/manh>

	Normal Aging	Possible Dementia Indicator
Memory Loss	Forgetting names or misplacing items	Trouble remembering familiar names & places, putting things in odd places
Disorientation	Forgetting why you entered a room or what day it is.	Forgetting where you are, how to get home, or time of the year.
Challenged by Mental Tasks	Missed a monthly payment.	Struggle to handle monthly finances and pay bills.
Trouble Using Words	Sometimes struggle for the right word to use	Difficulty following conversations or completing sentences.
Poor Judgement	Making an occasional bad decision.	Having poor judgment, making frequent poor decisions.
Mood or Behavior Changes	Feeling a bit low or anxious.	Being unusually sad, frightened, or anxious.

Dementia is not a normal part of aging – and it can be a symptom of a medical problem. It is important to seek medical care if you notice the above signs and symptoms of dementia, especially if there is a sudden onset.

Symptoms of dementia can also be caused by infections, drug or alcohol use, medication side effects, head injuries, thyroid issues, some vitamin/mineral deficiencies, and more. Seeing a medical provider quickly can help treat or rule out these conditions. If it is diagnosed as dementia, there may be testing and treatment that can slow disease progression and improve quality of life.

National HIV TESTING Day

June 27



June 27, 2024, is National HIV Testing Day

Getting tested is very important! Regardless of your test result, it is an opportunity to engage in sexual health care and stay healthy!

Tested negative? Take advantage of HIV prevention tools including condoms and pre-exposure prophylaxis (PrEP).

Tested positive? Begin HIV treatment (antiretroviral therapy) to stay healthy right away.

Knowing your test result is an opportunity to obtain other sexual health services such as vaccines and testing for other sexually transmitted infections.

Resources for Getting Tested:

1. Together TakeMeHome: <https://together.takemehome.org/>

FREE at-home HIV self-test that uses an oral swab, gives a result in 20 minutes, and you can order 1-2 self-tests every 90 days! You will receive the kit(s) you order in a plain envelope for privacy.

2. Tapestry Health (Sexual Health and STI testing services)

- a. 76 Carlon Dr., Northampton, MA 01060
- b. Call: 413-586-2539
- c. Schedule Online: <https://healow.com/apps/practice/tapestry-health-springfield-ma-21579?v=2&t=1>

3. Planned Parenthood (Sexual Health and STI testing services)

- a. 3550 Main Street, Suite 201, Springfield, MA 01107
- b. Call: 413-732-1620
- c. Schedule Online: <https://docasap.com/provider-profile/center/241479/-1/0/0/0/PPFA/1004683664/0/0/0/0/1>