

“Nurses Notes” from the Tamworth Community Nurse Association

Healthy Foods/Healthy Eating Programs



Harvard Pilgrim
HealthCare Foundation

It's time for the Farmer's Market to break out their tents and set up shop at the four corners. Thanks to the generous grant we received from the Harvard Pilgrim Healthcare Foundation you will see some new changes. The market has hired an Outreach Coordinator, Mikayla Cerney! You will find her set up near the SNAP tent making smoothies or handing out recipes with ingredients you can purchase right at the Market. There are also programs to stretch you \$\$\$\$'s such as coupons and the Double Your SNAP subsidy. Healthy eating and healthy cooking does not have to break your budget. This winter at the Community Food Center we sponsored classes in crock pot cooking with lessons from some of the best cooks in the valley. Even the younger generation has gotten cooking fever during after-school programs sponsored by our HP grant. This year's garden at the Brett School will have the added boost of a farm coordinator who will maximize the garden's potential and yield, teaching the children along the way. Yes, good things are happening in Tamworth thanks to the generosity of the HP Foundation.



What's Goin' On?

TCNA has been busy running some great programs with more to come! In March we said “Yes to Life” and sponsored a day-long Gatekeeper program for suicide prevention. Elaine DeMillo from NAMI NH led the program which had 14 attendees. We all walked away with more knowledge and hope in our hearts. In March, we collaborated with Memorial Hospital to run an 8 week course entitled “A Matter of Balance”. This program teaches participants to deal with the fear of falls, how to increase activity, reduce fall risk factors and promotes exercise to increase strength and balance. Are you interested? We will be repeating this program in the autumn. April brought us a program called “Laughing Matters” Jason

Jedrusik, a protégé of Patch Adams taught us all the healthful benefits of laughter. And back by popular demand we will once again sponsor the Mindfulness Meditation program with Dianne Johnson LMHC in the Fall, date TBA.

Come One Come All – The TCNA Annual Meeting is just around the bend so mark your calendars for 12 Noon on August 17th. We will have a light lunch – including blueberry ice cream, an entertaining speaker and get a chance to mingle with neighbors and friends. Give us a call at 323-8511 to RSVP so we can plan accordingly.



TCNA May 2016 News Letter

The change of seasons has a big effect on allergies.

- **Spring.** In cooler states, plants start to release pollens in February or March. Tree pollens are also a common spring allergy cause.
- **Summer.** Early in summer, grass pollen can trigger reactions. Later in the summer, ragweed and other weeds can become a problem. Mold can hit its peak in July in the warmer states.
- **Fall.** Ragweed season usually ends with the first frost in October. In colder states, mold tends to be worst in October.
- **Winter.** Indoor allergens — like pet dander and dust mites — can become more of a problem in winter.

Why? When it's cold out, you spend more time indoors.

What Can You Do?

- Pay attention to the weather. Check local pollen and mold counts. Watch for Ozone Action Days. Spend less time outside when you're likely to have problems.
- Prepare for allergies. If you have the same allergy at the same time every year -- ragweed in the fall or tree pollen in the spring -- get ahead of it. Ask your doctor if you can start taking allergy drugs about 2 weeks before you usually start sneezing, coughing, or itching. That way, you can stop them before they start.
- Control your environment. You can't change what's happening outside, but you do have some control over conditions in your house. Use air conditioning to filter out mold and pollen. Use a dehumidifier to ward off mold growth and dust mites.
- Get the right diagnosis. Don't just guess what's causing your allergies. See your doctor to have an allergy skin test, which can show you exactly what triggers your symptoms. When you get the results, you might consider asking about immunotherapy, such as allergy shots or tablets that go under your tongue. They can help keep your allergies under control no matter what the weather or the season.

