

“Nurses Notes”

from the Tamworth Community Nurse Association



You're invited to the TCNA Holiday Gala! Please join us to kick off this Holiday Season. The Gala will be held at Chequers Villa on Friday, Dec. 5th at 6:00 pm. There will be appetizers, a cash bar, dinner buffet including roast beef, Chequers haddock, and their award winning lasagna blanca not to mention a scrumptious dessert. Becky Ver Plank will tickle the keys entertaining us with holiday music. We'll join her in a sing-a-long of favorite tunes. It's an evening guaranteed to be festive and fun! This year's Gala is dedicated to the memory of our late friend and supporter Marion Cleveland Cohen. Marion loved the Gala and attended it every year. We will miss her presence but carry her in our hearts. The cost for the Gala is only \$55.00 per person. Seating is limited. Call us, 323-8511, to reserve your seat.

A Look Back at 2014

This has been a very busy year for TCNA. In addition to direct patient care we offered two cholesterol screening clinics as well as diabetic & blood pressure screening clinics. We held 4 forums on a variety of nutrition topics & started a weight loss group with Marie Veselsky RD. Jim Cubeddu PA of Tamworth Family Medicine spoke on Skin Cancer and Protecting Your Skin, and Diane Johnson LCMHC taught us about Mindfulness Based Stress Reduction. Dr. Alan Eaton of UNH Coop. Ext. gave a presentation about ticks in our What's Bugging You program in July. Just in time for the harvest, Anne Hamilton, from UNH Coop. Ext., told us all the latest & safest ways to preserve our food. In October we held a free flu shot clinic; and in November, just in time for the holidays, Chris Gill taught us a variety of stress management techniques. A big thank you to all of our presenters and to the Tamworth Foundation for their support of these forums.

What's Happening in 2015? Save these dates!

Our Get Healthy Tamworth initiative continues to roll into 2015.

- 1/24 *Seeing Things Clearly* by Dr. David Korroch of the Lions Eye Bank
- 2/7 *Understanding Addictions* by Dr. Brian Sponseller of Primary Care in N. Conway
- 3/7 *My Aching Bones & Arthritis* by Dr. Brian Irwin of Tamworth Family Medicine
- 4/7 *Obesity in Children* by Deborah Hornor of the American Heart Association
- 5/6 *Healthy Foods* by Ann Hamilton of the UNH Coop. Ext.
- 6/6 *Staying Alive with CPR* by Steve Gray certified CPR instructor and life guard.
- 7/7 *Personal Relationships in the Digital Age* by Dr. W. Kiernan Cunningham
- 8/15 *What Someone Needs to Know About You* by Jo Anne Rainville RN
- 8/20 The TCNA Annual Meeting
- 9/19 *Fire & Home Safety* by Chiefs Dan Poirier and Richard Colcord
- 10/17 *Slips, Trips & Falling Down* by Betsy Donovan PT of Mountain Center Physical Therapy
- 11/14 *Spirituality & Mental Health* by Dr. Melissa Myers of Northern Human Services
- 12/4 *TCNA Holiday Gala*
- 3/24 to 4/28 *Mindfulness Meditation* Workshop led by Diane Johnson LCMHC at the Cook Library on Tuesdays from 5:30 PM - 7:30 PM. This workshop is underwritten by TCNA and registration is required. A commitment to the six weeks is important.

Did You Know.....

- Our nurses make over 6900 patient contacts in each year?
- Parents can save expensive, unnecessary trips to the doctor by bringing sick children to our nurses for a preliminary exam?
- If you can't come to us – call us we'll come to you? 603-323-8511
- You don't need a referral or appointment to receive our care?
- We coordinate with other community organizations as well as various health care providers to meet your needs?

Our Services Include

Home visits for treatments, safety checks, emotional support, hospice and more –
New baby visits – Child height, weight & scoliosis checks – Blood pressure and vital sign checks – Blood draws – Wound evaluation & treatment – Suture removal –
Nutrition & exercise consults – Flu clinics – Nail care - Educational workshops –
Living Wills - Healthcare Proxy's – Meals on Wheels - Help for the uninsured,
Case Management, referrals and more

All with no fee for service

TAMWORTH



COMMUNITY NURSE
ASSOCIATION

Caring for Tamworth since 1921

Tamworth Community Nurse Assoc.

PO Box 352

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You're Invited.....