

Monterey Board of Health Meeting

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How we can support your community!



- When you collaborate with BVNA
→ You have the whole system of supportive services behind you.
- Health Promotion → Includes all types of education and community awareness. Does not have to be just BP's.
- Community Outreach can be enhanced support to the already great BVNA services (i.g. van, staff, specialty programs, etc.)

*Ideas / Thoughts

Aging Issues

- Basic Balance Screenings
- Hearing Tests
- Fall Prevention Program (1x wk/ 6 wks)
 - Lead by: BVNA Physical Therapist
 - Different focus each week
 - Through Tufts Medical Center
- Presentations
 - Young @ Heart (Eating healthy and exercising for seniors)
 - Senior health (regular check ups, prevention, early detection, etc.)
 - Fall Prevention (Basics)
 - Pump it Up (staying active, moving safely in chairs, wheelchairs, scooters, etc.)
 - Home safety (food, emergency preparation, etc.)
 - Healthy feet and skin (Wound Center)
 - Arthritis, Osteoporosis and others

Ideas / Thoughts

Heart Disease & Stroke

- *over 18* Heart Strong Group Class
- 1.5 hour biometric screening with results and education
- Cholesterol, Blood Sugar, BP, BMI
- Presentations
 - Heart Attack & Stroke
 - Framingham Risk Score (Risk for having a heart attack and stroke)

Ideas / Thoughts

High Blood Pressure

- Get Cuffed Program
 - Individual one-on-one with Nurse
 - Home blood pressure monitoring program
 - Nurse telephonic follow up
- Blood Pressure Screenings (different times/locations)
- Heart Strong Group Class
 - 1.5 hour biometric screening with results and education
 - Cholesterol, Blood Sugar, BP, BMI
- Presentations
 - Hypertension



Ideas / Thoughts

Diabetes, Dental Problems, Other

- Monthly Health Topics
- Heart Strong Class
- Wellness Screening (one on one biometric screening)
 - Diabetes, dental, BMI, Insurance, Referrals, etc.
- Early Detection
 - Direct access mammogram screening appointments
 - Sun Damage Machine
 - Early Detection Education (Colon Cancer, Prostate, Cervix, Lung, HPV)
- Presentations
 - ABC's Nutrition
 - Summer Smarts (Lyme Disease, EEE, West Nile, sun burn, heat exhaustion, hydration, etc.)
 - Winter Hazards (Falls, hypothermia, heat, hand hygiene, fires, carbon monoxide, etc.
 - Flu, Hand Hygiene

Additional Opportunities

- Attend large-scale community events
 - Annual Town Election
 - MontereyFest
 - Senior Wii Bowling
 - Fire Department Steak Roast
 - Others?
- Bring the mobile health van if warranted
- Spreading the word about the services and community health opportunities:
 - Town of Monterey website ✓
 - Monterey Newsletter ✓
 - Community Outreach Calendar Ad ✓
 - Posting flyers about new programs, presentations at Town Hall and other valued locations

** Draft ideas/thoughts – We value your comments and suggestions!*