



VISITING NURSE SERVICES  
WAYSIDE HOSPICE  
COMMUNITY SERVICES

# PARMENTER perspectives

Spring/Summer 2009

Community Health Leaders Since 1954

A MESSAGE FROM CYNTHIA MAYHER, CHIEF EXECUTIVE OFFICER

ANNOUNCING...

## PARMENTER'S HEALTH WALK

Parmenter nurses and physical therapists have teamed up with the Sudbury Valley Trustees to adapt the Wolbach Farm Interpretive Trail as a Health Walk.



The three-quarter mile Main Loop takes walkers along the

Winter Brook stream corridor, across wetlands and through woodlands. At each of the 8 trail markers, walkers pause to read about and observe the vegetation and land.

Now, trailblazers can transform their walk into a Health Walk by pausing to do simple exercises at each marker as outlined in the new Health Walk insert.

The Health Walk insert is available at [www.parmenter.org](http://www.parmenter.org). It can also be found tucked inside the Wolbach Farm Interpretive Trail brochures located at the trail head or at the Sudbury Valley Trustees offices at 18 Wolbach Road off Route 27 in Sudbury. To learn more visit [www.svtweb.org](http://www.svtweb.org).



Wolbach Farm – Sudbury, MA

## Challenging Times: Making Choices, Choosing Health

I am frequently asked these days, "How is the recession affecting Parmenter?"

Regardless of the economy, people still face illness and need help in recovery at home. And families still walk the final journey with loved ones. While the demand for our homecare and hospice services continues to increase, reimbursements from senior managed care plans continue to fall short of the actual costs of services. Many people are without jobs and insurance to reimburse needed care. This climate creates a fiscal challenge for us as a local, independent, non-profit agency. But, with broad community support, Parmenter's commitment to meeting the needs of neighbors and friends has not changed, and the Agency remains strong and secure.

Healthcare in the United States is complex. As our country moves forward with health care reform measures, we welcome the close examination of programs and practices which actually help improve people's health and those which do not. The Office of the Inspector General has found that some homecare and hospice providers are abusing the Medicare system; there is little or no evidence of this practice in the Northeast. We hope that cures for abuse will be targeted to the offending providers and that best practices of high-quality providers will serve as models across the nation. Moving forward, we hope that health care reform will support homecare and hospice as essential and cost-effective components in a larger health care system.

We are all making choices about how we spend our resources – economic and

human. If there is one good thing that comes from so much suffering, it is perhaps that people are re-examining their priorities.

At Parmenter we are working hard and working smart to use our resources wisely to continue to provide high-quality, compassionate care.

There are ways that each of us can take increased responsibility for our own health - whether that is weight management, improved nutrition, regular activity, stress management, better sleep habits, or an act of kindness. Simple, inexpensive changes will help us feel better and improve our health. Please find helpful information in our falls prevention, Lyme Disease, and health walk articles.

In these challenging times, we realize supporters must prioritize their giving and are most appreciative of annual gifts of all sizes. Through personal generosity, individuals, families, and local merchants and organizations are supporting food pantries, volunteering their time to meet local needs, and making financial contributions to ensure that help continues to be available to neighbors and friends in need.

If you or someone you know or love needs homecare or hospice services, we hope you will choose Parmenter – your partner in caring.

*Cynthia Mayher*

Cynthia Mayher, CEO



Photo: Jessamyn Mayher

Please visit our website [parmenter.org](http://parmenter.org) for information about how to write your legislators in support of homecare and hospice.

# Our Sincere Thanks...

To all who supported the 2008 Gala – Help, Healing and Hope!

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## FOOD PANTRY SUPPORT BUILDS COMMUNITY

Parmenter's Neighbor to Neighbor Workshops series is creating quite a buzz...and supporting the Wayland Food Pantry at the same time! Whether it's Taming your Calendar with Caren McVicker, or learning about Time-Effective Family Cooking with Shelby Morss, or Sprucing Up for the Season with Cindi Jacobs of Simply Done, neighbors are gathering in the Parmenter Auditorium to learn from one another as they bring a donation for the Wayland Food Pantry.

## Upcoming Neighbor to Neighbor Workshops:

**Thursday, May 21 • 6:30 – 8:00 pm**  
**Floral Arranging with Cindy of Whole Foods Market.** Learn all that you need to know to make a beautiful centerpiece for your next event! Take a lovely centerpiece home with you! Flowers, vase and refreshments provided by Whole Foods Market. **Admission:** \$15 for Wayland Food Pantry. RSVP required to 508-358-3000 x200.

**Each Tuesday in May • 7:00 – 8:00 pm**  
**Yoga with Lindsay of Whole Foods Market.** Learn the art of true relaxation through breathing and stretching exercises. The sessions are open to all levels. Bring mat or towel. **Admission:** Canned goods or \$5 for Wayland Food Pantry.

**Tuesday, September 22**  
9:30 – 11:00 am  
**Tips for Greener Living with Claire Sehringer.** Join your neighbors and get involved in a discussion about how to introduce change into your everyday habits to live greener. **Admission:** Canned goods or \$5 for Wayland food Pantry.

*All Workshops take place in the Parmenter Auditorium located at 266 Cochituate Road (Route 27) in Wayland.*

## WAYLAND FOOD PANTRY DONATION SITES:



### JOIN US IN THANKING...

Cindi Jacobs (below center) of Simply Done for her professional organizational services used in



redesign of the Food Pantry storage! Cindi worked closely with

Laurie Hojlo, RN, Food Pantry coordinator (left), and Maureen Tillet, Food Pantry volunteer.



Thank you to Rodney Pole (below left) and the team leaders at Wayland Whole Foods Market for their support of the Food pantry.



# Falling Is Not Inevitable

The United States Center for Disease Control states that every 18 seconds, an older adult is treated in an emergency department for a fall. One in three adults 65 and older falls each year. Of those who fall, 20% to 30% suffer moderate to severe injuries that make it hard for them to move about or live independently and increase their chances of early death.

Older adults are hospitalized for fall-related injuries five times more often than injuries sustained from other causes. **But, falling is not inevitable.** Older adults can take several steps in order to protect their independence and reduce their risk of falling such as:

- Exercise regularly! Exercise programs like Tai Chi can increase strength and improve balance.
- Reduce prescription side effects and interactions by asking doctors or pharmacists to review medications – both prescription and over-the-counter.
- Have eyes checked by an eye doctor at least once a year.
- Improve the lighting in the home.
- Reduce hazards in the home that can lead to falls such as scatter rugs and obstacles in walking areas.

## Are you or your loved one at risk for falls?

- Is it easy for you to move your ankles, knees, hips, arms and neck?
- If you use a cane or walker did a physical therapist show you how to use it?
- Are you able to change your position and still keep your balance?
- Is it easy for you to walk on a sidewalk, grassy area or step over obstacles?
- Can you keep your balance while getting dressed or undressed, carrying objects or getting in and out of a chair or bed?

If you answered NO to any of these questions, you could be at risk for falls. **Please contact your doctor.** Sometimes doctors may recommend either outpatient or in-home physical/occupational therapy to assist with these concerns.

## Benefits of physical therapy:

- Helps increase/maintain strength, balance, independent living and control.
- Teaches use of equipment and support devices safely and effectively.
- Offers helpful tips to make everyday life easier and less painful.

Parmenter Community Health Care offers home safety evaluations and in-home rehabilitation programs that may include physical therapist, occupational therapist and/or speech therapist. Call us at 508-358-3000 for more information.

# Talking About Ticks

Tick season is here! If you enjoy being outdoors you are at risk for tick bites which can spread Lyme disease and other infections. Ticks do not fly or jump, but attach themselves to animals or people that come into direct contact with them. Your pets can also carry ticks inside the house.

It is important to distinguish between deer ticks, which are very tiny, (about the size of a poppy seed), and dog ticks which are considerably larger. The deer tick is the culprit in spreading Lyme disease. The deer tick nymphs are most active in spring and summer. They hide in leaf litter and on low growing vegetation and in grassy areas.

If you find a tick on your body, remove it carefully with tweezers, making sure to grasp it by the head and pull it straight out. If you have been bitten by a tick, or if you develop a red, circular bulls eye type rash, consult your doctor immediately. Prevention is the best defense!

Wear light colored clothing when outdoors, tuck your pants into your socks, use repellents that contain DEET, and stick to pathways when walking in the woods. Treat your pets using a tick preventive medicine. Enjoy this lovely weather!

New Look,  
New Website,  
SAME GREAT CARE!

## 2009 Classes & Workshops

### BABYSITTING CLASS

Ages 11 and up

Fee \$35 (includes pizza snack)

Wednesday, May 20 • 4 - 7 pm  
Thursday, August 27 • 4 - 7 pm  
Thursday, October 1 • 4 - 7 pm  
Wednesday, November 18 • 4 - 7 pm

### HOME ALONE CLASS

Ages 9 - 11

Fee \$35 (includes pizza snack)

Thursday, May 28 • 4 - 7 pm  
Tuesday, August 25 • 4 - 7 pm  
Tuesday, September 29 • 4 - 7 pm  
Tuesday, November 17 • 4 - 7 pm

All classes held at Parmenter Community Health unless otherwise noted. For more information or to register for a class please call 508-358-3000.

## HEART play<sup>sm</sup>: Helping Children Choose Healing and Hope

*There are no magic words to soften the blows that so many children experience: the anxiety of a family member dealing with a life-threatening illness or the profound loss of a parent or sibling. When the unthinkable happens in a family where there are children, the adults are thrown into unfamiliar territory and often feel ill-equipped to provide the needed assurance and support to their children. The children can feel frightened, anxious and isolated.*

HEART play<sup>sm</sup> is a program provided by Parmenter that uses the expressive arts to help children through the profound loss of a parent or family member. Deborah Marshall, a licensed Expressive Therapist and Mental Health Counselor provides direct services to children and teens. With guidance and support, children have the opportunity to document their fears and losses through visual expression, music, writing or storytelling. The creative process, the sharing among children and the artwork all invite new understandings about life and death and open the door to healing.

The program is designed to meet the needs of children between the ages of 3 and 12 through home visits or through group workshops. HEART play<sup>sm</sup> also has a Teen Mentoring program. All HEART play<sup>sm</sup> services are offered at no charge. This is made possible because of special funding through grants and donations so that these services are available to everyone who needs them. To learn how you can help or for more information, visit our website at [www.parmenter.org](http://www.parmenter.org) or call Deborah Marshall at 508-358-3000 x244.

### HEARTSAVER/CPR FRIENDS & FAMILY CLASS

Adults - Fee \$35

Especially appropriate for Scout Leaders, new and prospective parents, grandparents, and babysitters.

Tuesday, June 9 • 6 am - 9 pm

*Class does not meet certification criteria for preschools.*

### HEART play<sup>sm</sup> WORKSHOP

Father's Day Workshop • Saturday, June 13

For children after the death of a father. All workshops meet on Saturday at the times listed below.

Preschool - Kindergarten • 9 - 10 am

Grades 1 - 3 • 10:30 am - 12:30 pm

Grades 4 - 6 • 2 - 4 pm



### HEART play<sup>sm</sup> WORKSHOP

Children's Summer Workshop • August 1

For children grieving the death of a relative or friend.

Preschool - Kindergarten • 9 - 10 am

Grades 1 - 3 • 10:30 am - 12:30 pm

Grades 4 - 6 • 2 - 4 pm

Pre-registration is required for HEART play<sup>sm</sup> workshops. Please call 508-358-000 x244.

## Parmenter services and programs:

### VISITING NURSE SERVICES

- Nursing Care
- Therapy - Occupational, Physical, Speech
- Medical Social Workers
- Certified Home Health Aides
- Personal Emergency Response System
- Nutrition

### WAYSIDE HOSPICE CARE

- Hospice at Home
- Miriam Boyd Parlin Hospice House
- Bereavement Support
- HEART play<sup>sm</sup> - a children's bereavement program
- Dora Efthim Healing Garden

### COMMUNITY SERVICES

- Classes - Screenings - Clinics
- Wayland Food Pantry

Patient Referrals: 508-358-3000

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