



# MAPHN Spring/Summer 2017 Newsletter

***“Making a difference to improve and protect the health of our communities.”***

Volume 2 Issue 1

[www.maphn.org](http://www.maphn.org)

Spring/Summer 2017

## From The President of MAPHN

Thank you for giving me the opportunity to serve as President of MAPHN. I look forward to a new chapter and know I can count on my Board of Directors and Executive Committee to help me navigate and forge ahead keeping our positive momentum going forward.

In my term as President I hope to increase the visibility of our organization, not only locally but statewide. We need to celebrate our successes and I will start by recognizing our Presidential and Public Health Nurse Awardee's in their local papers and sending a letter to their Health Boards. I believe we need to celebrate accomplishments and successes in our organization, and use media and social platforms to elevate our organization.

Secondly, I would like to start updating our Public Health Nursing Leadership Guide and Resource Manual. This Manual circa 2002 needs to be revised or reinvented to reflect updated modules, model standing orders, new guidelines and current contact information and resources.



Thirdly, I would like to arrange a Strategic Planning meeting to prepare a roadmap for our PHN future.

I will also assist in creating a Standard Operating Procedure for future MAPHN annual conferences. Information can be stored and passed on so that each chapter will be able to look back at past conference materials.

Best,

*Caroline*



Caroline Kinsella

MAPHN Presidents: Amanda Stone, outgoing MAPHN President, performs the ceremonial "Passing the Gavel" to our new MAPHN President, Caroline Kinsella, on May 4, 2017.

# HIGHLIGHTS FROM THE MAPHN CONFERENCE! MAY 3-4, 2017 NANTASKET BEACH RESORT, HULL MA



(L-R) Mary Beechinor, Southeast Chapter President; Cathleen Colleran, Immediate Past President ANA-MA; and Amanda Stone, outgoing MAPHN President, at the conclusion of the Evening Program on May 3 in Hull, MA. Cathleen spoke on the ANA's "Health Nurse Healthy Nation Initiative"

Amanda Stone, outgoing MAPHN President, performs the ceremonial "Passing the Gavel" to our new MAPHN President, Caroline Kinsella, on May 4, 2017.





Dr. Marisa Silveri presented on “Brain Science and Addiction”



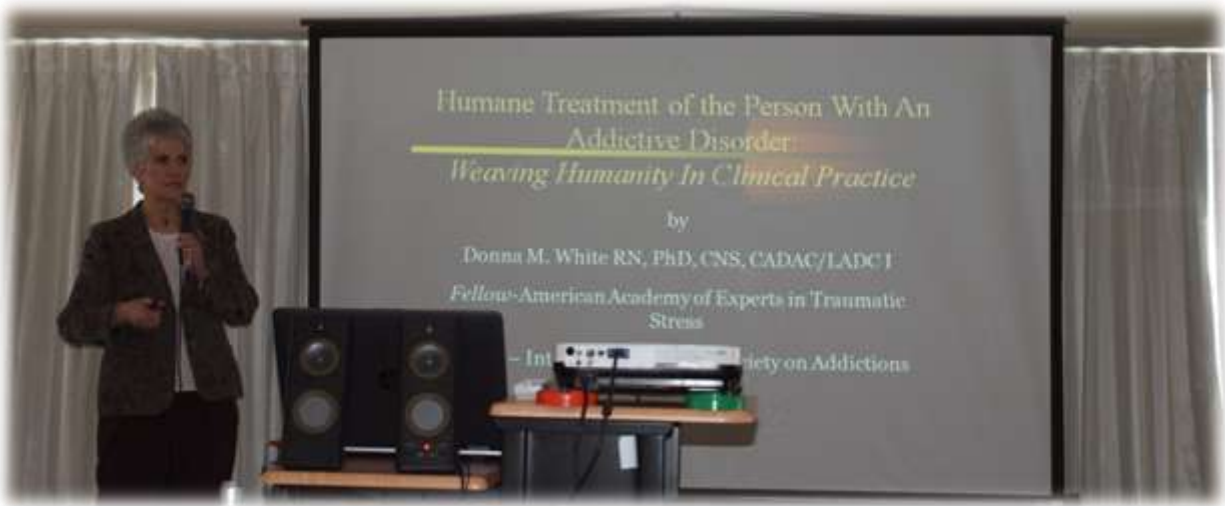
Colleen LaBelle spoke on “Medications and Treatment Recovery; Prescription Monitoring Program; and the Nurse Care Manager Model”



Dr. Dan Muse, Brockton Hospital ER Physician on  
“Local Response Efforts”



Powerful testimony from Joanne Peterson, Director of  
Learn to Cope



Donna McCarten White

Jennifer Rowe, Assistant District Attorney, Norfolk County

Spoke on Community Programs



(L-R) Joan Taverna, Hull BOH PHN and Joyce Sullivan, Hull Health Director, both SE Chapter members; Joan Meschino, State Representative, 3<sup>rd</sup> Plymouth District ; and Mary Beechinor, Conference Chair, SE Chapter.

*Rep. Meschino: "Thank you to the Massachusetts Association of Public Health Nurses for coming out to Nantasket... for a conference on the opioid addiction crisis. This is a serious issue that urgently demands our attention. I thank you again for all the great work you have done and will continue to do in ensuring prevention and wellness in our communities."*

You probably registered with one of these smiling faces! Anne Marie Fleming, Dov Yoffe, Jessica Gardner.







**Thank You Southeast Chapter,  
for an **Awesome Conference!!!****

(L-R) Terri Khoury, Caroline Kinsella, Amanda Stone, Kathy Whittaker, Maria Tamagna, Glynnis LaRosa, Kathy Downey

# WOBURN NARCAN TRAINING

By Karen DaCampo, Northeast Chapter

Figure 1 Photo Courtesy of Woburn MRC



Several Members of the Woburn Medical Reserve Corps (MRC) and the public were among the 30 or so participants in Narcan administration and overdose training held at the Woburn Senior Center in February 2017.



Figure 2 Photo Courtesy of Woburn MRC

1. Liisa Jackson, MRC Coordinator for Topsfield, Bristol County, and Greater Fall River; David Hunt, Woburn MRC Vice Chair; and Karen DaCampo, Woburn Board of Health Nurse presented the lifesaving Narcan training to both MRC members and the public. Opioid overdose training took place at the Woburn Senior Center. This 2 hour class was presented by the Medical Reserve Corps in conjunction with the Woburn Board of Health. The training consisted of Identifying an overdose, steps you can take during an overdose and the administration of Nasal Narcan. The class also included clues to identify if a loved one may have a substance issue. Along with presenter Liisa Jackson, Woburn MRC Vice Chair and Director of Training David Hunt spoke to the crowd about the seriousness of the issue. David pointed out that in Middlesex County alone that 251

people died of Opioid overdoses in 2016 and so far this year we lost 32 so far. David stated that with education and training he hopes we can bring this number down. Woburn Board of Health Nurse Karen DaCampo was pleased that there was such an interest in this training. For more information on Opioid or any substance issues you are experiencing you can contact the Woburn Board of Health at 781-897-5920. Woburn offers many programs and can help put you in contact with treatment centers and provide you with information to spot substance abuse in your family. Woburn is here to help you if you are ready. All you have to do is take the first step and ask.



*Vaccination Champion! Karen DaCampo RN, Woburn BOH and Northeast Chapter Member of MAPHN has been vaccinating Foreign Exchange Students from Thailand for 3 years in a row!*



# Western Mass Chapter's Very Own "Rising Star"

*By Sherry Petrucci, Western Chapter President*



## **Ruth Amador MSN RN, Rising Star Recipient**

On June 6, 2016 at The Log Cabin Restaurant in Holyoke, Massachusetts, Ruth Amador, MSN, RN was the 1<sup>st</sup> recipient of Holyoke Community College (HCC) **Rising Star Award**, for the 39<sup>th</sup> Distinguished Alumni Awards Celebration.

Ruth was a 2005 graduate of the Associate Degree program at HCC. In 2012, Ruth completed her RN- BSN- MSN at Elms College, Chicopee, Massachusetts. Ruth also holds a Mortuary Science Degree from New England Institute at Mt. Ida College (1995) and a BA in Psychology from Boston College (1989). In addition, Ruth is the Founder and President of the Western Mass Chapter of the National Association of Hispanic Nurses, soon to be in their fourth year as an organization in October.

Ruth is the Public Health Nurse for Town of Belchertown, employed through Baystate Wing Hospital in Palmer, Massachusetts as well as practicing Medical-Infectious Disease Nurse at Hartford Hospital in Connecticut.



Ruth is married to her husband Carlos and they have 5 children, Alycia, Ana, Flavia, Victoria and Harry. Ruth not only is a dedicated public health nurse, wife and mother, but she also found the time to become a live organ donor! The Western Mass Chapter of MAPHN is very proud and happy to have her on our team. Please give her your congratulations at [ramador@belchertown.org](mailto:ramador@belchertown.org) or [ramador.rn@gmail.com](mailto:ramador.rn@gmail.com)!



Leila Mercer, Metrowest/Central Chapter and Natick BOH Public Health Nurse, met with guests of Family Promise Metrowest (FPM) in April to present coaching on “Time to Call the Doctor” and “Tips for a Successful Doctor Visit”. First Aid Kits were presented to each family at the conclusion of the presentation.

Family Promise Metrowest is a community response to family homelessness. It is the first referral for families who have been denied shelter by local or state agencies.

Area faith-based congregations and volunteers provide safe temporary shelter and meals on a rotating basis, while professional staff assist families in “breaking the cycle,” not only with assisting with their immediate needs, such as temporary housing, but with longer-term goals, such as job training and saving money toward more permanent housing.

Leila has partnered with FPM case managers to empower these families through interactive health teaching, as well as offering clinical services to families who are in need of immunizations, lead and TB screenings, and infectious disease counseling.

In Recognition of National Public Health Week  
**Future of Local Public Health**

**April 7, 2017**  
 9:00 a.m.– 12:00 p.m.

**Public Health Museum**  
 365 East Street, Tewksbury, MA 01876

**Program**  
 9:00 a.m., Registration, Networking, Open Museum  
 10:00 a.m., Welcome, Opening Remarks  
 12:00 p.m., Concluding Remarks, Museum Tours

**Keynote Speaker**  
 Monica Bharel, MD, MPH, Commissioner, Massachusetts Department of Public Health

**Moderator**  
 Al DeMaria, MD, Medical Director for Infectious Diseases, Massachusetts Department of Public Health

**Roundtable Discussions**

**Marcia Testa, MPH, PhD, President of Massachusetts Association of Health Boards, Harvard T. H. Chan School of Public Health**

**Derek Fullerton, ABHS/IS, CHC, CEHT, President, Massachusetts Health Officers Association**

**Kathy Whittaker, RN, Northeast Director, Massachusetts Association of Public Health Nurses**

**Claude-Alix Jacob, President, National Association of County and City Health Officials**

**Alan Perry, Immediate Past President, Massachusetts Environmental Health Association**

There is no fee to attend this event, and free parking is available. Complimentary lunch will be served.

**Register now!**  
 Visit [www.publichealthmuseum.org](http://www.publichealthmuseum.org) - 978.851.7321

Supported by Massachusetts Medical Society Committee on Public Health  
 Co-sponsored by Massachusetts Association of Health Boards, Massachusetts Health Officers Association, Massachusetts Coalition for Local Public Health, Massachusetts Environmental Health Association



(L-R) Claude Alix Jacob, NACCHO; Dr. Monica Bharel, MDPH Commissioner; Dr. Al DeMaria, MDPH Medical Director; Alan Perry, MEHA; Kathy Whittaker, MAPHN; Derek Fullerton, MHOA; Marcia Testa, MAHB

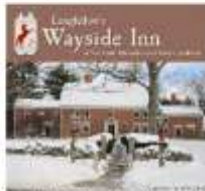
On April 7, 2017 Kathy Whittaker, Northeast Chapter President, participated in a Roundtable Discussion on the “Future of Local Public Health,” in recognition of National Public Health Week at the Public Health Museum in Tewksbury.

# METROWEST/CENTRAL CHAPTER NEWS



**MAPHN MetroWest/Central Chapter  
Annual Post Holiday Luncheon**

Friday, January 20, 2017  
11:45am



72 Wayside Inn Road - Sudbury, MA 01776

Come, relax, and enjoy a meal  
with your fellow PHNs!

We are asking for \$5 donation to help with the cost.

Reply needed by **Wednesday, January 11**  
Leila at [lemercer@hatickma.org](mailto:lemercer@hatickma.org) or 508-647-6463

Directions: <http://www.wayside.com/assp-directions>

After the hectic flu clinic season, members of the Metrowest/Central Chapter enjoyed a time of sharing and camaraderie at the Wayside Inn in Sudbury on January 20. We learned about the history of this celebrated 300 year old Inn , including the story of the resident ghost Jerusha Howe! From L-R: Nancy Cleary, Kitty Mahoney, Ruth Mori, Wil VanDinter, Jane Brown, Phyllis Schilp, Leslie Chamberlin, Pat Gallier, Leila Mercer, Charlotte Trubiani, AnnMarie McCauley, Karen D'Angelo.



Kitty Mahoney from the Metrowest Central Chapter and Chief Public Health Nurse for Town of Framingham received an Official Citation from the Massachusetts Senate for her work with the Latino Health Insurance Program on October 14<sup>th</sup>, 2016.

**SAVE THE DATE**  
**Operation Stand Down with MAPHN**  
**Friday September 8<sup>th</sup>, 2017**  
**Boston City Plaza (New Location!)**  
**Registration open to volunteer at**

[www.maphn.org](http://www.maphn.org)

**TEN YEARS OF PROVIDING FOOT CARE TO  
AT RISK AND HOMELESS VETERANS**



# NORTHEAST CHAPTER NEWS

## **Northeast Chapter Environmental Day!**

The Northeast Chapter took their annual summer “Environmental Day” public health field trip to the Lowell National Historical Park in Lowell, MA. It included an insider’s look at life in an 1800-1900 textile mill, a canal boat ride through several locks and an adventure on a train! This was followed by a delicious lunch at Cobblestones Restaurant.



**Northeast Chapter Holiday Party!** L-R, Maryellen McCarthy, Colleen DaSilva, Sue Rosa, Mary McKenzie, Traci Mello, Gail Johnson, Dina McCarron, Donna Pierce, Kathy Whittaker, Maria Tamagna, Roberta Gullage, Sarah Kinghorn, Karen DaCampo, Marlene Bartlett.



## **Scope & Standards of Practice for Public Health Nursing 2013 Version**

**Charlotte Stepanian, MSN, RN-BC, Chair MAPHN EPRI**

With all the discussion recently about the core competencies of practice in nursing and its specialties, I thought it would be appropriate to share the most recent version of our Public Health Scope & Standards in advance of the upcoming updating of our Leadership Guide.

I must assume that you do know that the scope of public health nursing represents the Art and Science of Public Health Nursing and is the synergy of several elements: the Scope & Standards as well as the Core Competencies; the Essential Public Health Services; the Core Functions of Public Health Nursing (Assessment, Policy Development & Assurance); and Synergy of Systems. Its focus is on **population health**.

There are 17 Standards of Practice and/or Professional Performance with the first six known as Nursing Process. They are **Assessment, Population Diagnosis and Priorities, Outcomes Identification & Planning**. The fifth, **Implementation** has **5 subsections; Coordination of Care, Health Teaching and Health Promotion, Consultation and Regulatory Activities**. (*The fifth standard; 5E Prescriptive Authority does not apply to public health practice.*) **Evaluation** is the sixth and final Standard of Practice.

The remaining Standards are for Professional Performance: **Ethics, Education, Evidence-Based Practice and Research, Quality of Practice, Communication, Leadership, Collaboration, Professional Practice Evaluation, Resource Utilization, Environmental Health and Advocacy**. Environmental Health is the newest addition to public health nursing areas of interest and concern.

The Scope & Standards can be purchased from Nurses Books .org which is the publishing program of the American Nurses Association (ANA).



*On May 6, 2017, Terri Khoury, MAPHN Vice President and Southeast Chapter member, received her DNP degree at Regis College, Weston MA.*

*Well done, Dr. Khoury!!*



*Congratulations*



*2017 Public Health Nurse  
of the Year Award:*

Amanda Stone, RN

*Southeast Chapter*

*2017 Presidential Award:*

Charlotte Stepanian, MSN, RN-BC

*Northeast Chapter*

## Congratulations to Sue Rosa, LPHI Fellow!

We are thrilled to announce that **Sue Rosa BSN RN**, Healthcare Services Manager, Chelmsford Board of Health, has been selected to be a Fellow of Local Public Health Institute of MA! Fellows of the Local Public Health Institute of MA



LOCAL PUBLIC HEALTH  
INSTITUTE OF MASSACHUSETTS



(LPHI) are selected for their demonstrated mastery of public health practice concepts, commitment to professional development, and willingness to act as stewards for public health practice in MA. They have shown immense commitment and dedication to their own professional development as well as to the public.

This year's Fellows were inducted on March 28, 2017 in Devens MA. Sue joins past recipient MAPHN members Sheryl Knutsen, Kitty Mahoney, Leila Mercer, Mary McKenzie, Ruth Mori, and Charlotte Stepanian. Sue is a Northeast Chapter member.

Congratulations to **Amelia DiDomenico-Houghton**, MS in Nursing (Community/Public Health Nursing) student for her recent practicum with the Massachusetts Department of Public Health (MDPH). She presented her poster entitled "Proposal of Town Regulations Regarding the Keeping of Farm Animals and Fowl in West Boylston, MA" IN August 2016 at the MDPH in Boston. Amelia is a student member in the Northeast Chapter.





Members (L-R) Amelia DiDominico-Houghton, Ruth Mori, and Melissa Silverman achieved their Masters of Science Degrees in Nursing from Worcester State University on May 12, 2017.



*Loving Public Health Nursing,  
One course at a time*

Long-time MAPHN Member Ruth Mori, Town of Wayland PHN and MAPHN Treasurer, received her Masters of Science Degree in Nursing from Worcester State University. She was hooded by member Dr. Stephanie Chalupka, Associate Dean for Nursing, Dr.

Lillian R. Goodman Department of Nursing in the Public Health/Community Health Nursing Track.

Public Health Nurses Leaders in population focused, community based health promotion and disease prevention. Making a difference in the communities we serve to ensure the conditions in which all residents can achieve optimal health and well-being.

***“Over broken asphalt, over dirty mattresses and heaps of refuse we went. There were two rooms and a family of seven not only lived here, but shared their quarters with boarders [I felt] ashamed of being part of a society that permitted such conditions to exist. What I had seen had shown me where my path lay.” ...Lillian Wald***



Congratulations to Southeast Chapter Student Member **Melissa Silverman**, MS in Nursing (Community/Public Health Nursing) student, who has been named a 2017 Paul Ambrose Scholar!

Melissa was selected for this one-year fellowship from an extremely competitive pool of hundreds of students in health professions with interests in prevention and public health who applied from all 50 states and US territories.

This unique experience brings 40 students together under the guidance of Association for Prevention Teaching and Research (APTR) and the Office of Disease Prevention and Health Promotion (ODPHP) of the U.S. Department of Health and Human Services (DHHS) to attend a three-day public health leadership symposium which serves to guide them in their own implementation of a micro-grant funded, community-based health education project.

Melissa has also received a grant from the Student Research, Scholarship and Creative Activity Fund, which was approved by The Worcester State Foundation Board of Directors in October 2016. Melissa will present at WSU's annual Celebration of Scholarship & Creativity on April 12th.



**Dr. Stephanie Chalupka**, Associate Dean and Professor of Nursing at Worcester State University, has co-authored the chapter, "Climate and Health," in the textbook **Environment & Health in the 21<sup>st</sup> Century** with Laura Anderko of Georgetown University. Stephanie is a member of the Metrowest/Central Chapter.



## **MaAOHN FAME Conference**

Kathy Downey, Southeast Chapter, spoke about Opioids & the use of Narcan at the Ma Association of Occupational Health Nurses (MaAOHN) FAME conference last fall.





*Jennifer Brown, Western*

*Stephanie Bozigian-Merrick, Western*

*Heidi Harper, Metrowest/Central*

*Jessica Kerr, Metrowest/Central*

*Jaclyn Johnson, Southeast*

*Urvi Agarwalla, Northeast*

*Caroline Ibbitson, Northeast*

*Kerry Sorrentino, Northeast*

*Donna Vaillancourt, Boston*

**Sandra Zieminski 2015**

**Mary McKenzie 2016**

**Carolyn Merriam 2016**

**Sandy Collins 2017**

**Mary Mulready 2017**

**Francine Rusieki 2017**

**Debra Rillahan 2017**



# Meet the Board of Directors for MAPHN!

We decided that it was time to show you the faces of those who serve on your Board of Directors!

**So here we are:** Your elected Officers, your At-Large and Chapter Directors, and those non-voting members who represent our leadership, providing the Board Members with invaluable support and input! The Board meets quarterly, in June, October, December and March. We welcome all members who would like to attend!



## **PRESIDENT**

Caroline Kinsella, Southeast Chapter

*Our new president wears many hats in the Milton BOH: Director, Public Health Nurse, and Animal Inspector!*



## **VICE PRESIDENT**

Terri Khoury, Southeast Chapter

*Terri is now **Dr. Khoury**, acquiring her DNP in May!*



## **TREASURER**

Ruth Mori, Metrowest/Central Chapter

*As Treasurer, I encourage you to provide input as to how we can further support our members through organizational funding.*



## **SECRETARY**

Leila Mercer, Metrowest/Central Chapter

*I know most of our members by name from my continual combing through the membership files!*

## **DIRECTORS AT-LARGE**

Traci Mello, Northeast Chapter

Sarah Kinghorn, Northeast Chapter

## **CHAPTER DIRECTORS**

Southeast Chapter: Mary Goodwin

Northeast Chapter: Kathy Whittaker

Western Chapter: Mary Allen

Cape & Islands Chapter: Deirdre Arvidson

Metrowest/Central Chapter: Leila Mercer

### Our Logo History

The Florence Nightingale Lamp upon the Commonwealth of Massachusetts Map significance to MAPHN: The Florence Nightingale olive-oil lamp is an international symbol of nursing, accompanying the most important ceremonies. It symbolizes a lit lamp used by Florence Nightingale while caring for injured soldiers during the Crimean war. It's stylized sign is the International Council of Nurses logo, often found also on nursing school badges or pins, on national or international journals covers.



## Other MAPHN Contacts to the Board IMMEDIATE PAST PRESIDENT



Amanda Stone, Southeast Chapter

WATCH FOR OUR NEXT ISSUE IN THE  
FALL OF 2017!

SUBMISSIONS ACCEPTED ANYTIME  
AT [newsletter@maphn.org](mailto:newsletter@maphn.org)

## COMMITTEE CHAIRS

Nominations & Elections: Maria Tamagna, Northeast Chapter

*I am a huge Bruce Springsteen Fan, this year I met him and sent a Christmas card with a picture and of him and me instead of my children!!!*



Education, Practice, Research & Informatics (EPRI): Charlotte Stepanian, Northeast Chapter



By-Laws: Kitty Mahoney, Metrowest/Central Chapter

Service: Kitty Mahoney, Metrowest/Central Chapter

And serves as MAPHN Communications and Website Manager (non-committee)



Awards: Sherry Petrucci, Western Chapter



Outreach, Visibility & Membership (OVM): Ruth Mori & Leila Mercer, Metrowest/Central Chapter

# Membership Benefits



Hosting a Conference Call is easy with MAPHN Conference Calling! It is Free!

Callers and Host dial in **(641) 715-3580** and enter the meeting code **270-723**.

**THE HOST** also enters a PIN Number **7329**

Yes. It is **THAT** easy.

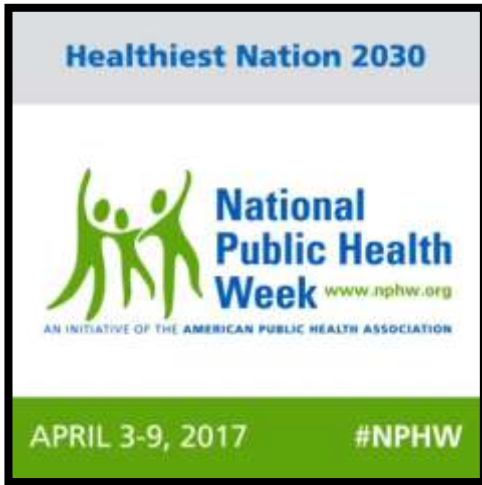
**Hosting an online meeting? Want to upload slides for a webinar? You can do that too!**

[Instructions for setting up a conference call.](#)

[Instructions for setting up a webinar, on-line meeting or sharing slides with callers on a conference call.](#)

If you need any help using or hosting a conference call, please [contact us](#) to help you set up your meeting at least 48 hours in advance.

Conference Calling and more benefits of MAPHN Membership on our website [www.maphn.org](http://www.maphn.org)



## Public Health Week with Public Health Nurses:

A successful Public Health Museum program with our partners MAOHN, who presented "Maintain your Brain" during Public Health Week in April.



### PHNs with our Public Health Commissioner Dr. Monica Bharel at the Public Health Museum

L-R: Terri Khoury, Gail Johnson, Debbie Mulvenna, Kathy Whittaker, Glynnis LaRosa, Sarah Kinghorn, MDPH Commissioner Monica Bharel, Joanne Belanger, Phyllis Schilp

MAPHN will celebrate National **Public Health Week** April 2-8, **2018**.  
APHA creates new NPHW materials each year that can be used during and after NPHW to raise awareness about **public health** and prevention.

## 2016 APHA Conference

By Kathy Whittaker, Northeast Chapter President



**Creating the Healthiest Nation: Ensuring the Right to Health** was the theme of the 144th Annual Public Health Association and Expo, which emphasized health as a fundamental human right. On October 29 to November 2, 2016, MAPHN helped to send **Amanda Stone, Terri Khoury, Kathy Whittaker, Maria Tamagna**



**and Caroline Kinsella** to Denver, Colorado to attend the largest public health gathering in the world. More researchers, network, learn **and Kathy**



than 12,000 public health professionals –advocates, practitioners, students & others - gathered to and motivate! MAPHN members **Glynnis LaRosa Downey** also joined them.

After attending governor, John Parenthood, on sessions legalization of to legalize

the opening ceremony where Colorado's Wright Hickenlooper, and President of Planned Cecile Richards, spoke, our group focused mostly dealing with opioid addiction and the impact of marijuana on public health. Knowing that the vote recreational marijuana in Massachusetts was

looming in a few days, we tried to gather as much information about it as we could by attending different sessions. We learned about the pros/cons of legalization, effect on health, increased trips to emergency rooms, financial impact to the state, etc. Because recreational marijuana is legal in Colorado, we were able to visit a local marijuana/cannabis dispensary, which sold multiple marijuana plant varieties, marijuana infused edibles & drinks, and smoking accessories. We "country bumpkins" saw first-hand what a dispensary looks like, how it operates, the cost of the different products, and the strict regulations it must follow. We were amazed!

Another highlight of the conference was attending a standing room only session at the Global Public Health Film Festival. We watched the emotional documentary, **Chasing the Dragon: An Up-Close and Intimate Look at the Opioid Epidemic**. This is the same documentary that you received as a gift at this year's Annual MAPHN conference in May!

Thank you MAPHN for sponsoring this fabulous 2016 APHA conference. It truly was impressive! Save the date for APHA 2017, to be held in Atlanta on November 4-8.

**(Note from the MAPHN Board:** Scholarships to attend the 2017 APHA Conference in Atlanta are available to eligible members. For more details on how to apply, contact President Caroline Kinsella at [president@maphn.org](mailto:president@maphn.org))



**SAVE THE DATE: 2017 APHA  
November 4-8 in Atlanta!**