

# TO YOUR HEALTH

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## Embracing Change

By Susan Cusson, NP

Change is coming, what do we need to imagine to be prepared?

Change is part of life and this community is no exception. Whether we seek it out or it arrives unexpectedly, change is inevitable. While it can be daunting, embracing change can lead to growth, resilience, and new opportunities. Let's explore some strategies for adapting to change in a healthy and positive way.

Change can stir up a mix of emotions, from sadness to excitement or anxiety. Recognizing that it's normal to feel this way is the first step toward healthy adaptation. Give yourself permission to feel and acknowledge whatever emotions arise.

Adaptability is key when navigating change. Connect with others in the community to share your experiences and feelings and seek advice. Sometimes, just knowing you're not alone in facing change can provide immense comfort.

When facing significant change, setting small, achievable goals can help you regain a sense of control. Break down larger tasks into manageable steps, and celebrate your progress along the way. This can create a sense of accomplishment and motivate you to keep moving forward.

Mindfulness techniques, such as meditation, deep breathing, or yoga, can help center your thoughts and reduce anxiety during times of

change. These practices encourage you to focus on the present moment, allowing you to respond to change with greater clarity and calm.

Change often brings challenges, but it also offers valuable learning experiences. Approach new situations with curiosity and a willingness to learn. Each obstacle you overcome can build your confidence and resilience for future transitions.

Amidst change, it's crucial to prioritize self-care. Ensure you're getting enough rest, eating nutritious foods, and engaging in physical activity. Taking care of your physical health can enhance your mental well-being, making it easier to cope with change.

Think back to previous changes you've navigated successfully. What strategies worked for you? What did you learn? Reflecting on past experiences can provide insights and encouragement as you face new transitions.

Over the past ten years as Clinic Director, I have witnessed many changes at CWV. There have been new faces, new construction, and, of course, many changes that were forced upon us during the pandemic. Through all of this, one thing has remained constant: our sense of community and the relationships we share with one another. While it may look different from year to year, this underlying connection is strong and continues to weave our lives together as the world changes around us. Let's embrace change together as we continue to strengthen our community!



**Health Education Lecture:  
The 5Ms of Geriatrics**

On Friday November 1, Dr. Ashmeet Bhatia will give a talk on "Geriatrics- patient focused care."



Geriatrics is a branch of medicine that focuses on the health and care of older adults, aiming to improve the quality of life and functional ability. Health needs become more complex as we get older and it's important to focus on The "5Ms include Mind, Mobility, Medications, Multicomplexity, and what Matters Most".

Dr. Bhatia is a board certified geriatrician who is passionate about the care of older adults. She is currently in the process of credentialing with CWV to join our medical team.



**Please join us in the Auditorium on Friday 11/1 from 10:30-11:30am** to learn more about this important topic and for an opportunity to meet and greet Dr. Bhatia.

**Meet Jessica DeProfio, MS, APRN, FNP-C  
New Director of Clinical Services**

Jessica received her Master of Science in Nursing degree from the University of Massachusetts Lowell. Prior to her most recent position as a full time NP at Atrius Health in Chelmsford she worked as an RN in Critical Care and the Emergency Department.

Jessica will assume the role of Director of Clinical Services on Wednesday, November 6. Please join us in welcoming her to CWV!

**Meet Tracey King, MSW, LICSW  
New Clinic Social Worker**

Tracey received her Master of Science degree at Springfield College and has over 20 years of experience working with older adults in multiple settings including Independent Living, Rest Home, Nursing Home and Adult Day Health.

Tracey will assume the role of Clinic Social Worker on Monday, November 4. Please join us in welcoming her to CWV!

**Speaking of changes....**

If you start or stop a medication, if a dose changes or if you have a new medical diagnosis, please update the clinic to keep your medical records current. In the event of a medical emergency, it's vital that the CWV medical team has the latest information to provide the best possible care. Likewise, if you are hospitalized or receiving care from an external agency at home, please inform the clinic.

**Reminder to Change the Clocks!**

On Saturday, November 2nd we change the clocks before going to bed. Don't forget to fall behind 1 hour, starting Sunday, November 3rd.