

News & Updates

AUGUST 2026

Public Health Nursing Spotlight

Stop the Bleed training for Farmworkers

Reflecting on an August 2025 accident on a local farm that involved a farmer trapped under a rolled tractor, Megan Tudryn and the team at Valley Health Regional Collaborative identified the need for advanced training for farmworkers in the event that there was an incident that resulted in a life threatening injury.

On June 4th, Public Health Nurses Megan Tudryn and Anne Mastrototaro conducted a "Stop the Bleed" training for approximately 25 Spanish-speaking farm workers in Sunderland. They were joined by Jim Albert, an inspector from the Valley Health Regional Collaborative (VHRC), who provided Spanish translation. Given the safety risks associated with food processing and harvesting equipment, they felt this session was essential for the protection of this workforce.

The class was highly engaging; students used IV poles and water bags attached to artificial limbs to simulate bleeding, practicing rapid tourniquet application in a supportive, high-energy environment. Each participant received a first aid kit equipped with dressing supplies and a tourniquet to keep at their workstation or on their tractor. Anne Mastrototaro also delivered the training to staff at a local Fruit Farm.

Public Health Nurses can provide life-saving training to protect workforces across their communities including farm, landscape, tree, and construction workers.



Please welcome our new Eastern Region Local Public Health Nurse Consultant!

We are pleased to announce Jessica Tracy will be joining the LPHNC team at the end of August. Many of you will know Jessica from her work with the Office of Local and Regional Health at MDPH or her Public Health Nursing leadership in Dedham.

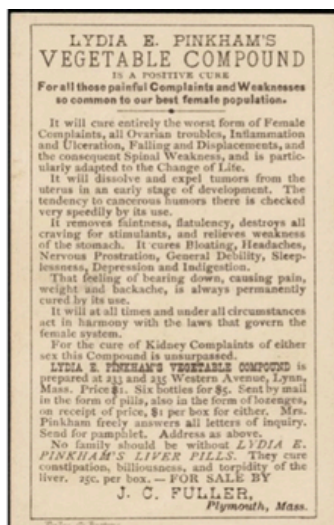
Look for updated contact information in our September Newsletter.

A look back in time ...

Lydia E. Pinkham of Lynn, Massachusetts was America's most recognizable woman in the late 1880s. This businesswoman turned a homemade herbal remedy into a bestselling patent medicine through early mastery of personal branding. When financial hardship struck her family, they transformed her herbal gift into a business venture. Within years, her iconic face appeared on bottles nationwide. She was, essentially, one of America's first influencers.

Her formula, which contained black cohosh, unicorn root, and fenugreek in alcohol, promised to cure "female complaints": menstrual cramps, irregular periods, and menopausal symptoms. Some advertisements even claimed it dissolved uterine tumors. By current standards, these claims wouldn't pass scrutiny, yet this pattern persists: people still trust influencers over evidence.

But here's what makes Lydia relevant: she genuinely listened to women. In an era when most doctors were men and women's health concerns were dismissed, she invited women to write for medical advice and personally answered thousands of letters. She created something uncommon: trust and validation for women's concerns.



For public health nurses in Massachusetts, Lydia Pinkham's story offers two lessons. First, it reminds us why evidence-based medicine and product regulation exist: to protect people from exploitation and false hope. The Pure Food and Drug Act of 1906 emerged partly from scrutiny of medicines like hers.

Second, Lydia's secret wasn't in her compound; it was recognizing that women's voices matter. Her willingness to listen created connection. That remains central to public health nursing today: truly listening to our communities, validating their experiences, and building the trust that enables healing.

Learn more: The Drug Story Podcast episode [On Patent Medicines with Tim Harford](#) explores Lydia Pinkham's remarkable business success and the broader history of patent medicines

Massachusetts Public Health Nurse Resource Library (Padlet)

The PHN Resource Library is a dynamic compilation of resources to support Public Health Nurses and their colleagues. Content is organized by topic and updated on a regular basis. Please reach out with feedback or content suggestions.

To explore the Library double click [HERE](#)

Save the dates! Upcoming Webinars and Meetings

Join us for a Grand Rounds Presentation: Hoarding: A Case Study and the Role of the Public Health Nurse.

Tuesday, August 18th, 3:00 - 4:00 pm

Sophie Carnes Jannen, Public Health Nurse Educator, Berkshire Public Health Alliance
Anne Mistivar, Western Region Public Health Nurse Consultant

[Click here for the Grand Rounds Registration](#)



One nursing contact hour will be provided.

Communities of Practice & Networking Meetings

Monthly Maternal Child Health Workgroup

The workgroup meeting is open to all local Public Health partners!

Next meeting: **Tuesday September 1st 9:00 - 11:00 am**

- [Chassea Robinson](#), Northeast Region PHN Consultant
- [Anne Mistivar](#), Western Region PHN Consultant

New Nurse Network Quarterly Meeting

This virtual meeting is open to all new public health nurses in Massachusetts

Next meeting: **Tuesday August 18th 10:00 - 11:00 am**

- [Alyssa Kaiser](#), Southeast Region PHN Consultant

Regional SSA PHN Connection Group

A virtual gathering space for Regional SSA nurses to network and share resources.

Next meeting: **Monday, August 10th 1:00 - 2:00 pm**

- [Tamara Bedard](#), Central Region PHN Consultant

Save the Date! **Operation Stand Down** is in Boston on **Friday, September, 11th**

Please consider volunteering to support operations in the foot care tent for homeless and at-risk veterans. There are multiple work stations so foot care experience is not essential. Go to [MAPHN Operation Stand Down 2026](#) for information and resources on foot care and the MAPHN tent.
[Click here to register to volunteer in Boston on September 11th](#)

Interested in learning more about foot care? Join us for a special 1 hour training, [Foot Care: A Nurse Led Model](#), on **Wednesday, September 2nd at 12:00 pm.**

Click [HERE](#) to for the Foot Care Webinar Registration

Resources and Training Opportunities

Boston Medical Center (BMC) Grayken Center for Addiction Training and Technical Assistance (TTA) provides education, support and capacity building to community health centers and other health care and social service providers on best practices caring for patients with substance use disorders. Offerings include live and pre-recorded events.

For more information go to [Grayken Center \(TTA\)](#).

Registration is open:

MHOA 2026 Annual Conference: Sharing Insight. Celebrating Impact

The MHOA 2026 Keynote speaker will be Dr. Katelyn Jetelina, founder and CEO of 0.05 Findings, which publishes the widely read public health newsletter [Your Local Epidemiologist](#).

October 28 - 30, 2026 / MassMutual Center - Springfield, MA

For more information about the LPHNC Program visit our webpage

If you are not on our email list and would like to be added please fill out this [FORM](#)

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