

# UPTON'S TOWN NURSE

The more the community knows, the more the immunity grows!

## *Patricia (trish) Pighetti-Parent*



Let us introduce you to our public health nurse, Trish Parent. The town nurse is available to all Upton residents at no charge. Trish has been a registered nurse for over 30 years and has been our town nurse for over 20 of those. She graduated from the University of New Hampshire with a BSN. Services include: blood pressure checks, vaccinations, medication administration and review, well being checks, new baby visits, dressing changes, and many other options. Trish is active in Emergency Preparedness locally and in our region. She also reviews and follows-up on infectious diseases affecting Upton. Simply contact Trish at the Board of Health office during her office hours or stop in and see her with any questions or concerns you may have. We are located in the Town Hall, ground floor.

### OFFICE HOURS:

Monday - Thursday  
8:00 a.m. to 2:00 p.m.

TELEPHONE #: 508-529-3110

FAX: 508-529-0010

EMAIL ADDRESS: [pparent@uptonma.gov](mailto:pparent@uptonma.gov)

### *News and Current Events*

- **FLU SHOTS** – Flu clinics are scheduled during the fall of every year. Watch our website for dates and times.
- **Pneumonia Shots** – Available any time by contacting the office. Call ahead to receive the shot the same day as the flu shot (508-529-3110). It is perfectly safe to do so.
- **Blood Pressure Clinics** are held on the last Wednesday of every month. 10 – 10:45 at Coach Road Apts., and 12:45 – 1:30 at the Senior Center.
- **Volunteers Needed!** Medical and non-medical volunteers needed to help out in the event of a townwide public health emergency. Contact us for more information, or register through the following link: <http://worcesterregionalmrc.org/>
- **Education** – Public Health is your health. There is information galore at the Board of Health office about all kinds of emerging public health topics. Come and get it!