



**Valley Health Regional Collaborative**  
Greenfield, Montague, Deerfield, Sunderland, Shutesbury and Leverett

**Together We Can Be Better**

*Shutesbury has a NEW Nurse! Come in and say “Hi!” to Sarah!  
While you’re there you can have your blood pressure checked too!*

Our nurse will provide a range of FREE services for Shutesbury residents, including:

- Screenings (blood pressure, blood glucose)
- Provide basic advice on medications and management
- Consultation on wound care and assistance in bandaging
- Foot care consultation and referrals
- Mobility issues advice (use of walker, cane)
- Risk reduction and injury prevention tips (fall avoidance, etc.)
- Prenatal and postnatal care and general parent health education
- Diabetes care and management advice
- Nutrition and exercise consultation
- Tobacco, alcohol, and substance use referrals
- Referrals and help with navigating medical and social services for physical and mental health needs
- As needed, home visits will be provided for homebound older adults and people with disabilities
- Educational programs: The Collaborative will also offer occasional events, workshops, and other activities as well.

**Sarah Fiske, RN, PhD,  
CNL, is available  
Mondays 9 am – 1 pm in  
the senior lounge at  
Town Hall or by appoint-  
ment.**

Shutesbury’s nurse is being provided by the Valley Health Regional Collaborative (VHRC) as part of a “Shared Services” staffing arrangement. The VHRC is formed with funding from a Public Health Excellence for Shared Services grant, funded by the Commonwealth of Massachusetts. It is designed to create cross-jurisdictional public health services sharing programs consistent with the recommendations of the Special Commission on Local and Regional Public Health. We are excited for this opportunity to work together and promote public health awareness in all of our communities. Working together, each town’s Board of Health increases their capacity to strengthen and advance the effectiveness, efficiency, and equity of the delivery of public health services.

You can contact Sarah at (413) 531-0657 or by email at [sarah.fiske@greenfield-ma.gov](mailto:sarah.fiske@greenfield-ma.gov).