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Nashua Senior Activity Center presented Presidents' Community Partner Award

NASHUA – At the recent Campus Compact for New Hampshire Presidents Luncheon, the Nashua Senior Activity Center was awarded the Presidents' Community Partner Award for partnering with Rivier University to hold monthly wellness clinics at the center.

The award is given to a nonprofit organization that has enhanced the quality of life in the community in meaningful and measurable ways and engaged in the development of a sustained reciprocal partnership with a college or university.

The Senior Wellness Initiative is designed in conjunction with Rivier University, which is the only nursing school in New Hampshire to have its AS, BS and MS programs accredited by the Accreditation Commission for Education in Nursing. The MS in nursing program has reported a 100 percent certification rate in its family nurse practitioner and psychiatric/mental health programs.

Their goal in participating in this project is to better educate students in a real-world atmosphere about the health care and psychological needs of older adults.

Two \$5,000 grants, one from the Ann DeNicola Trust and one from the Endowment for Health, have funded the supplies and equipment needed to outfit the center's health room as a clinical site. Grants are being written to secure funding for the 2015-16 school year for the supplies, such as test kits that are needed on an ongoing basis for this clinical site.

Medication reconciliation is also part of the initiative. According to data from the Robert Wood Johnson Foundation, as many as 1 in 5 seniors are readmitted within 30 days of discharge from the hospital, and many of these readmissions are a direct result of poor medication management. Quite simply, the seniors don't know when and how to take the medication.

Nurse practitioner students provide a review of the medication list of a senior to ensure an understanding of proper uses of the medications they're taking. In addition, students help seniors in generating a list of questions for their physicians regarding the medications.

Students also review lab results with seniors. This gives seniors an opportunity to ask questions that they may have forgotten to ask their doctor.

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