

November 2024



Quabbin Health District

Public Health Nurse Newsletter

Kirsten L Krieger RN, BSN,
Public Health Nurse

Andrea Crete MPH, RS,
Director of Public Health

Email:

kkrieger@towofware.com

Visit us Online:

www.quabbinhealthdistrict.com



*Serving the towns of
Belchertown, Pelham, and Ware*

126 Main Street Suite D, Ware,
MA 01082

(413) 967-9615

Events and Happenings in the Quabbin Health District Region:

QUABBIN HEALTH DISTRICT
IS PROVIDING OPIOIDS AND OPIOID RESCUE
TRAINING AT NO COST! PARTICIPANTS
RECEIVE FREE NALOXONE!
NOVEMBER 18, 2024, AT 5:30 PM AT: WARE E2E
OFFICE, 79 MAIN STREET, WARE, MA. PLEASE
RSVP TO KKRIEGER@TOWNOFWARE.COM

COVID-19 and Flu Vaccine Clinic

Sponsored by Healthy Quaboag

November 5, 2024, 9:00 am to 12:00pm

At: Belchertown Senior Center, 60 State Street,
Belchertown, MA.

Moderna COVID-19 vaccine and flu vaccines
available! Please see attached flyer for registration
information!

The Knights of Columbus #4044 (Chicopee) will
be delivering Thanksgiving Dinners to
homebound elders on Thanksgiving Day,
November 28, 2024, between 8:30 am and 12:00
pm.

The form to sign up is included with this
newsletter. You must complete and return it by
November 15, 2024. If you need assistance,
please contact your local senior center.

Did you know?

President Calvin Coolidge was given a raccoon to
eat for Thanksgiving dinner!
November 1926, Vinnie Joyce from Mississippi sent
President Coolidge a live raccoon to serve for
Thanksgiving dinner. Instead of eating it, he
adopted it as a family pet and named it Rebecca!



November is Diabetes Awareness Month!

This year's theme is Take Charge of Tomorrow!

What is diabetes?

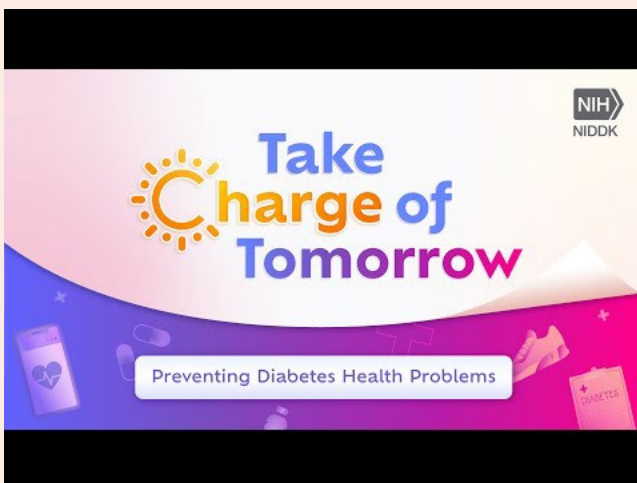
- Diabetes is a chronic disease that occurs when blood glucose (aka blood sugar) is high because the body can't produce enough insulin or use it effectively. If not managed properly, diabetes can lead to heart and kidney disease, eye and nerve damage, is linked to some types of cancer, and can damage blood vessels and wound healing leading to amputations.

How can I prevent diabetes?

- Take steps to have a healthy diet, increase your physical activity, get enough sleep, and see your medical provider at least yearly. If you are pre-diabetic, it is vital to make the lifestyle changes that will prevent it from becoming diabetes to stay healthy and avoid complications.

I've been diagnosed with diabetes – what can I do to manage the disease and try to avoid complications?

- Manage A1C blood glucose, blood pressure, and cholesterol levels. A1C gives an average of the glucose in your bloodstream over the previous 2-3 months. You can do this by checking your blood sugar regularly, eating a diabetes healthy diet, increase your activity, and get enough sleep.
- Take any prescribed medications on time, even if you feel okay. If you are having difficulty obtaining or managing your medications, talk to your medical provider and/or diabetes specialist for assistance.
- Take care of your mental health. It's important to manage stress and the mental health impacts of chronic diseases.



To learn more about diabetes, nutrition, and lifestyle changes, visit:

<https://www.cdc.gov/diabetes-prevention/index.html>



Look Out for Your Lungs:

5 Steps to Keep Your Lungs Healthy

DON'T SMOKE

Quit smoking to reduce:

- The risk of COPD and other conditions
- Lung infections
- Asthma symptoms
- Breathing problems



Avoid secondhand smoke

Steer clear of areas where smoking is allowed.

AVOID AIR POLLUTION

- Use protective gear if you're exposed to pollutants at work
- Ventilate indoor spaces and clean often
- Don't use products with strong odors
- Check outdoor air quality at airnow.gov

You may be exposed to more pollutants indoors than outdoors.

BE PHYSICALLY ACTIVE

Exercise to help your lungs and heart work more efficiently:

- Aim for at least 2 ½ hours each week
- Combine moderate and vigorous exercise



AIM FOR A HEALTHY WEIGHT

Maintain a healthy weight and follow a healthy eating plan:

- Set specific, realistic goals
- Exercise with a friend
- Track your progress
- Celebrate when you meet your goals



GET REGULAR CHECK-UPS & STAY UP TO DATE ON VACCINES

Talk to your healthcare provider about:

- Breathing problems
- Tips for quitting smoking
- Any symptoms you notice
- Vaccines for flu, pneumonia, and COVID-19



Learn more at nhlbi.nih.gov/breathebetter



National Heart, Lung, and Blood Institute

LEARN MORE BREATHE BETTER



NOVEMBER IS

COPD
Awareness Month

COPD is a group of chronic lung diseases including emphysema and chronic bronchitis.

Chronic - Lasts a long time and is always present. Symptoms may take years to develop.

Obstructive - The ability to move air in and out of your lungs is blocked or obstructed, caused by swelling and extra mucus in the tubes of the lungs (airways) which carry air in and out.

Pulmonary - This means that the disease is in your lungs.

Disease - Your lungs have some damage, and without quitting smoking, making healthy changes, and treatment the damage may progress sooner.

For help quitting smoking go to

mass.gov/quitting
or call

1-800-QUIT-NOW
(1-800-784-8669)



Massachusetts Department of Public Health

BH2673 | 2021



Local Support Groups for Grandparents Raising Grandchildren

WARE Location: (And surrounding region)

BNH Family Resource Center
82 Main Street, Ware, MA 01082

In-Person Meetings:

This support group meets every Thursday from 10:30AM-11:30AM in person, last Thursday of the month the meeting is hybrid. Please register for the zoom link.

Join us weekly to have adult conversation and connect to others experiencing similar situations trying to be both parent and grandparent.

For more information, or to register, contact the Family Resource Center at (413) 277-6601, or you can email Lynn Guertin at: Lynn.guertin@bhninc.org

Virtual Option:

The Commission on Grandparents Raising grandchildren is running a VIRTUAL support group. Meetings:

One Monday night/month at 7:30 pm and

One Tuesday Morning/month at 9:30 am

For more information or to join the group, contact colleen.pritoni@Mass.gov or Kristen.s.cipullo@mass.gov

On July 8, 2008, the Child Advocate bill was signed into law which established the Commission on the Status of Grandparents Raising Grandchildren (Section 1 of Chapter 176, the Acts of 2008 M.G.L. Chapter 3, section 69).

Visit their website for resources:

https://www.massgrg.com/massgrg_2019/index.html

Local Caregiver Support Program for Grandparents Raising Grandchildren:

WestMass Eldercare

Who they help:

- Adults aged 60 years or older.
- An adult of any age with Alzheimer's Disease or related dementia.
- A grandparent or relative caregiver (not a parent) aged 55 years or older who is caring for a grandchild or grandchildren under 18 years old.
- An adult child with disabilities between the ages of 19 and 59.

How they help:

- Assistance and training for caregivers.
- Deliver or provide grants for Respite Care.
- Offer Supplemental Services and/or Financial Assistance for caregivers or care recipients to purchase needed care items like grab bars, emergency response systems, etc.
- Provide Information/Outreach to the public or individual caregivers that outlines resources and services within their own communities.

Opioids and Opioid Rescue Training



- Understand what opioids are and how people become addicted.
- Address the stigma of addiction.
- How to recognize and respond to an overdose
- How to use Narcan (naloxone) safely and effectively
- Resources for help
- Narcan kit (free!)

Join Us for This Training at:

Education to Employment (E2E)

79 Main Street, Ware, MA 01082

On: November 13, 2024, at 5:30 pm

Presented By:

Kirsten L. Krieger RN, BSN; Public Health Nurse

(413) 967-9648 ext. 112

Email: kkrieger@townofware.com

Website: www.quabbinhealthdistrict.com

Please RSVP via email or phone

**Training provided in
partnership with the
following organizations:**





The Knights of Columbus Council #4044 in Fairview (Chicopee) will be delivering Thanksgiving dinners to elders who are not able to leave their homes on Thanksgiving Day, Thursday, November 28, 2024.

WestMass ElderCare's Nutrition Program is assisting the Knights of Columbus by providing them the names and addresses of elders who are in need of a hot Thanksgiving Day meal consisting of:

- Roast Turkey with Stuffing and Gravy
- Cranberry Sauce
- Mashed Potatoes
- Butternut Squash
- Rolls & Butter
- Cookies

This meal will be delivered Thanksgiving Day between 8:30 a.m. and 12:00 p.m.

By completing and signing the attached form, you are requesting a Thanksgiving meal and consenting to have a Knights of Columbus volunteer deliver it to your home.

Please return your Thanksgiving dinner request form by **Friday, November 15, 2024** to your home delivered meal driver or mail to:

WestMass ElderCare Nutrition Program
4 Valley Mill Rd
Holyoke, MA 01040

**This meal is provided complements of the Knights of Columbus Council #4044.
No donations will be accepted.**



2024 THANKSGIVING DINNER REQUEST FORM

(Please PRINT clearly)

Name: _____

Address: _____ Town: _____

Phone: _____

Number of individuals requesting meals (max 2): ___ one ___ two

Delivery Instructions: _____

Do you currently receive Home Delivered Meals? Yes ___ No ___

I am requesting a Thanksgiving dinner to be delivered to my home on Thanksgiving Day – Thursday, 11/28/24 – between 8:30 a.m. and 12:00 p.m. by a Knights of Columbus volunteer. I understand that I must be present to receive this meal.

Signature _____

Date _____

Verbal consent received by _____ (Staff Name) on _____ (date)

Office use only

Route # Assigned: _____

QUABBIN HEALTH DISTRICT

HARM REDUCTION PROGRAM



Harm Reduction
Saves Lives

WE PROVIDE (AT NO COST)

- Syringe Exchange Services
- Naloxone Distribution
- Opioids & Overdose Response Training
- Community Resources Connection



Quabbin
Health District

CONTACT:

Kirsten L Krieger RN, BSN

Public Health Nurse

413-387-3122 (Call or text)

kkrieger@townofware.com

www.quabbinhealthdistrict.com

Mobile Methadone Program

Located in Ware, MA



Help is Here. Recovery is Possible.



Location

75 Main St. Ware, MA 01082
The parking lot is located behind the building on Bank St.



Dosing Hours

Monday - Friday
7:00 am to 10:00 am



Intake Hours

Each Tuesday & Thursday
7:00 am to 10:00 am



Contact

For more information,
call 413-272-1333.



BHN has launched the Mobile Methadone Program to help those struggling with opioid use disorder. The program is the first of its kind in Western Massachusetts, providing access to methadone from a mobile treatment unit. The treatment program provides methadone individuals 18 and older in a supervised setting along with counseling services available.

Most insurance plans accepted, inquire for details





COVID-19 Vaccine Clinic

Flu shot available!

Tuesday, November 5, 2024

9 am - 12 pm

Located:

**Belchertown Senior Center
60 State St.**

Belchertown, MA 01007

Moderna available.

**Bring your ID, insurance card, and
vaccination card (if you do not
have an insurance card, you can
still get the vaccine).**

**All vaccinations are no cost to you,
walk-ins and families welcome!**

**Supported by Healthy Quaboag and
The Rural Vaccine Equity Initiative**

Please use QR Code or the link to pre-register:

<https://tinyurl.com/nkyh zr5y>

**Please direct any questions to Nisha Humayun at
nhumayun@townofware.com, (413) 207-7698.**

