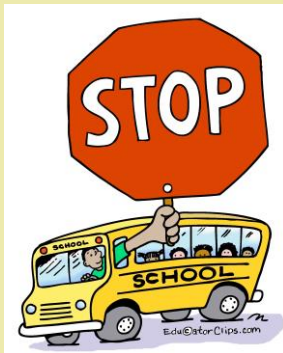


September 2024



# Quabbin Health District Public Health Nurse Newsletter

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

126 Main Street D  
Ware, MA 01082  
(413) 967-9615

## Quabbin Health District News and Happenings:

### **School is back in session!**

\*\*Remember, yellow flashing lights indicate the bus is getting ready to stop - please slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off.

**The Quabbin Health District and Ware Family Resource Center are hosting an educational program -- "Respiratory Health: Love your Lungs!"** at the Ware Family Resource Center, 82 Main Street, Ware, on September 20, 2024 at 2:00 pm. This program is free and open to the community! Please RSVP to 413-277-6601 to attend.

Behavioral Health Network, Inc. (BHN) has launched a **Mobile Methadone Program** to help those struggling with opioid use disorder. The mobile treatment unit will be parked at 75 Main Street, Ware, MA, 01082 with dosing hours Monday to Friday, 7:00 a.m. to 10:00 a.m. Call 413-272-1333 for more information.

### **First Annual Recovery Fair!**

The Recovery Center of Hope is hosting it's First Recovery Fair on September 24, 2024 from 2pm to 6pm at Recovery on Main, 78 Main Street, Ware, MA. This is free to all in the community and there will be family activities including face-painting, photo booth, refreshments, games, and more! For more information, please call (413) 277-6290

The next **QHCHIP (Quaboag Hills Community Health Improvement Plan) Access to Healthcare Providers Working Group** meeting will be on Tuesday, September 10, 2024, from 3:00-4:00 pm via Zoom at:  
<https://us02web.zoom.us/j/85815854962?pwd=dmVkN2MrSDlKOXMwbWZDRU1NjBZUT09>

**DID YOU KNOW:** The final draft of the US Constitution was approved on September 17, 1787!



SEPTEMBER IS

# NATIONAL PREPAREDNESS MONTH



## 2024 Theme: “Start a Conversation”

Talking about bad things that could happen like a disaster or emergency isn’t always easy. We may think we’re protecting the people we love by avoiding these conversations, but they are important to start taking steps to get ready and stay safe.

Starting a conversation today can help you and your family to take more actions to prepare. By taking simple steps, you can build your preparedness at your own pace:

- Set aside a time when everyone is calm and relaxed.
- It may help to hold the discussions over a set time period, so decisions aren’t rushed, and people feel more comfortable talking about the topic.
- Talk about steps you’ve taken to prepare and encourage others to ask questions about preparedness actions that might work for them.

## What are the ABC’s of Personal Emergency Preparedness?

**A**

- Assemble an emergency kit.

**B**

- Build a family/personal emergency plan

**C**

- Continue to listen to updates throughout an emergency

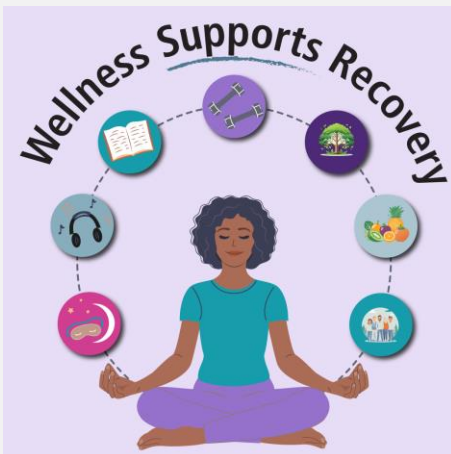
# NATIONAL RECOVERY MONTH

RECOVERY. HOPE. HEALING.

## September is National Recovery Month

The Substance Abuse and Mental Health Services Administration (SAMHSA) started National Recovery Month in 1989 to raise awareness about mental health and recovery.

*“There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments.” (NAADAC.org)*



No matter where you are on your recovery journey 🦶 remember to care for your overall health and #wellness. Spend time with people who accept you ❤️ engage in physical activity 🏃 and explore nature 🌳 . Learn about other ways to cope: [samhsa.gov/find-support/how-to-cope](https://www.samhsa.gov/find-support/how-to-cope) #RecoveryIsPossible

SAMHSA focuses on Four Dimensions of Recovery:

1. **Health:** Overcoming or managing disease and living in a physically and emotionally healthy way: make informed, healthy choices, and ask for help / support when you need it
2. **Home:** a stable and safe place to live.
3. **Purpose:** Meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
4. **Community:** Relationships and social networks that provide support, friendship, love and hope.

\*\*\*For local mental health, substance use, and recovery resources, see the listing on the following page, or you can visit [413cares.org](https://www.413cares.org) for other western MA resources.\*\*\*

## **Belchertown and Ware Area Resources for Narcan (naloxone) and Training:**

**Quabbin Health District**  
(413) 967-9615 or email  
[kkrieger@townofware.com](mailto:kkrieger@townofware.com)

**Ware Police Department**  
(413) 967-3571  
Officer Cacela, DART

**Belchertown Police Department**  
(413) 323-6685  
Sargeant Lozier, DART

**Recovery Center of Hope, Ware**  
(413) 277-6290

**Quaboag Hills Substance Use Alliance**  
(413) 387-3026

**Hampshire Hope/DART**  
(413) 588-2335

**Tapestry**  
(413) 586-2539

## **Community Resources:**

### **Ware Recovery Center of Hope**

**Phone: 413-277-6290**  
**Address: 52 Main Street, Ware, MA**  
**Online: [recoverycenterofhope.org](http://recoverycenterofhope.org)**

Community and peer run recovery center offering recovery coaching, guiding rides transportation, activities, and much more!

### **Ware Family Resource Center (FRC)**

**Phone: 413-277-2601**  
**Address: 82 Main Street, Ware, MA**  
**Online: <https://www.bhninc.org/frc>**

Helps families and individuals resolve challenges, strengthen their bonds, connect to others, and engage in their communities.

### **Quaboag Connector**

**Phone: 413-544-3401**  
**Online: [Rideconnector.org](http://Rideconnector.org)**

Transportation services in the towns of:

Belchertown, Bondsville, Brookfield, East Brookfield, Gilbertville, Hardwick, Monson, North Brookfield, Palmer, Thorndike, Three Rivers, Ware, Warren, West Brookfield, and West Warren

## **Helpline Resources:**

**BHN Crisis Services**  
**Phone: (413) 733-6661**

24/7 response to individuals and families regardless of insurance. Call or go directly to 417 Liberty St. Entrance B, Springfield, MA.

**Massachusetts Overdose Prevention Helpline  
– Safe Spot**  
**800-972-0590**  
**Online: <https://safe-spot.me/>**

24/7 confidential helpline offering a safety plan when a person is using alone.

**988 Suicide & Crisis Lifeline**

**Call or text: 988.**  
**Visit: [988lifeline.org](http://988lifeline.org)**

Free, confidential support to people in suicidal crisis or emotional distress 24/7 in the United States

**Massachusetts Substance Use Hotline**

**Phone: 1.800.327.5050**  
**Text: 800327**  
**Visit: [helplineMA.org](http://helplineMA.org)**

Free, confidential, 24/7 MA helpline for substance use, harm reduction, treatment, recovery, problem gambling

## The Eight Dimensions of Wellness

*What wellness means and what we focus on varies from person to person. Yet it is useful to think about practical ways we can improve our wellness in each dimension. Here are several examples:*

**EMOTIONAL:** *Coping effectively with life and creating satisfying relationships*

- Be aware of and listen to your feelings.
- Express your feelings to people you trust.

**FINANCIAL:** *Satisfaction with current and future financial situations*

- Be thoughtful and creative about your budgeting and spending.
- As needed, meet with financial professionals who provide free or low-cost services for guidance.

**SOCIAL:** *Developing a sense of connection, belonging, a well-developed support system*

- Make at least one social connection per day by calling, e-mailing, or visiting someone.
- Participate in a support group or local community center.

**SPIRITUAL:** *Expanding our sense of purpose and meaning in life*

- Make time for practices that enhance your sense of connection to self, nature, and others.
- Take time to discover what values, principles, and beliefs are most important to you.

**OCCUPATIONAL:** *Personal satisfaction and enrichment derived through one's work*

- Work toward a career in a field you are passionate about or a volunteer activity that has meaning for you.
- Communicate with your supervisor regularly and get support when needed.

**PHYSICAL:** *Recognizing the need for physical activity, diet, sleep, and nutrition*

- Take the stairs instead of the elevator; replace driving with walking or bicycling when possible.
- Get enough sleep—your body needs it to rejuvenate and stay well!

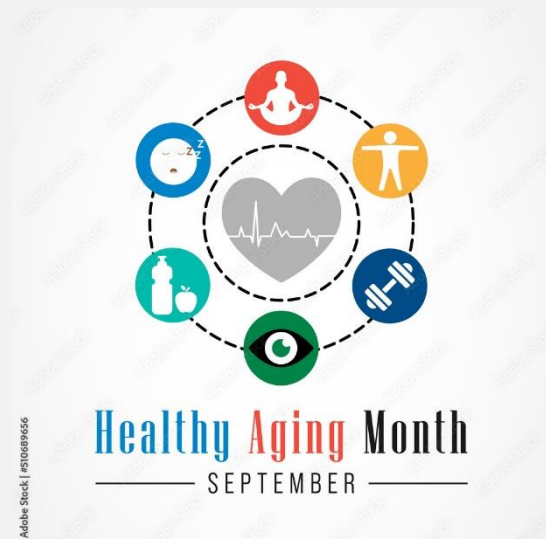
**INTELLECTUAL:** *Recognizing creative abilities and finding ways to expand knowledge and skills*

- Research a topic that interests you and share what you learned with others.
- Find creative outlets that stimulate your mind and sense of curiosity.

**ENVIRONMENTAL:** *Good health by occupying pleasant, stimulating environments that support well-being*

- Appreciate nature and the beauty that surrounds you.
- Seek out music and other experiences that have a calming effect on your well-being.

**Healthy Aging Month** is observed during the month of September. As we age, our bodies and minds change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.



**You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below:**

- **Eat and Drink Healthy.** A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. Drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- **Move More, Sit Less.** Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.
- **Get Regular Checkups.** It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels.
- **Be Aware of Changes in Brain Health.** Everyone’s brain changes as they age, but [dementia](#) is not a normal part of aging. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

For additional resources and information on healthy aging, visit the [National Institute on Aging, Healthy Aging website](#).

*(Source: dhs.gov, 2022)*