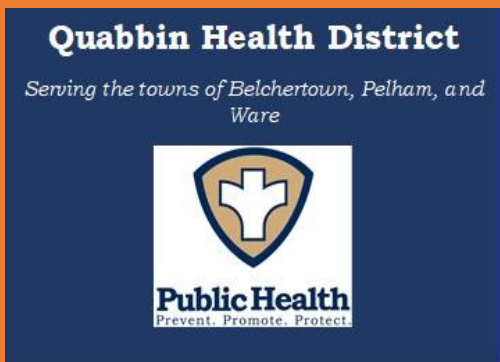




September 2023
Quabbin Health
District
Public Health Nurse
Newsletter

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Did you know?
42% of cell phone owners do not know all of their immediate family members' phone numbers!

You may not be able to use your cellphone when an emergency or disaster occurs - the battery may need charging or cell towers go down. You should have a list of family members' phone numbers and other emergency contact numbers including fire and police departments, poison control, your family medical provider, a trusted neighbor, and an out of town friend or relative. Keep a copy in your emergency kit and have a copy on your refrigerator.

Disasters don't plan ahead, so it's important that you do!

Have a happy, healthy September!

Kirsten L Krieger RN, BSN
Public Health Nurse
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Emergency Preparedness Month



Did you know? September was chosen as National Preparedness Month following the events of 9/11/2001 highlighted the importance of being prepared for emergencies

1. **Make a plan** – Put together a communication and safety plan for yourself, your family, and your pets. For information and tools visit: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html> or <https://www.ready.gov/plan>
2. **Build a kit** -- Put together an emergency kit that will help your family in the case of emergencies or disasters. For a recommended list visit: <https://www.ready.gov/kit>
3. **Be informed** – Learn about the types of disasters or emergencies that are common for your area. Monitor weather reports and follow instructions during watches and warnings. Download the FEMA mobile app from your app store and to receive emergency alerts visit: <https://www.ready.gov/alerts>

A great video to help you get started:

<https://www.youtube.com/watch?v=MzaGbHkndts>

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

NATIONAL RECOVERY MONTH

HOPE IS REAL. RECOVERY IS REAL.



SAMHSA
Substance Abuse and Mental Health
Services Administration

The recovery journey isn't just for the person with the substance use or mental health issue—it includes everyone who cares about them.

- Families and caregivers can play an important role in supporting their loved one's journey of recovery.
- Staying connected with supportive loved ones and trusted friends can help young people balance school and recovery.
- Families and caregivers face unique challenges when helping a loved one who is in recovery and working to overcome mental health or substance use challenges.
- When people are equipped with evidence-based treatment and recovery supports, they can regain their lives and contribute to their families and communities.
- **Learn about pathways to recovery at: samhsa.gov/find-support**

(SAMHSA, 2023)

If you are in recovery, a family member, caregiver, or ally of someone who is in recovery, visit the Recovery Center of Hope at 52 Main Street in Ware.

The Recovery Center of Hope is a peer-run organization where people with lived experience in recovery work together to offer activities that will support their recovery.

Recovery coaches are offered – they are people with recovery experience who have also completed intensive training to offer non-clinical, strength-based support informed by their own lived experience. Visit them online at: <https://www.recoverycenterofhope.org/>



Current hours are:

Wednesdays 10 am – 7 pm and Fridays 10 am – 2 pm

****Days & hours are expected to increase as additional staff are hired.**



Obesity is the most common chronic disease globally. There is a wide range of contributing factors such as genetics, eating patterns, physical activity, and sleep. Childhood obesity is of global concern due to its drastic impact on health, cognitive development, and psychosocial function across the lifetime.

About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease.

There are four ways that families can prevent childhood obesity together:

1. Model healthy eating habits
 - a. Try to have $\frac{1}{2}$ of children's plates be fruits & vegetables
 - b. Limit sugary drinks and offer more water, 100% fruit juice, or plain, low-fat milk.
2. Move more as a family
 - a. Walk the dog as a family, take a walk around the neighborhood, find activities that are fun for everyone – it doesn't have to be expensive!
3. Set consistent sleep routines
 - a. Keep sleep routines even on weekends – interruptions in sleep patterns affect physical and mental health
4. Replace screen time with family time
 - a. Play card or board games, prepare and cook healthy meals together, volunteer together at a local animal shelter or other organization – be creative!
 - b. Develop a family media plan here: [AAP Media Plan \(healthychildren.org\)](https://www.aapmedia.org/healthychildren.org)