

Events and Happenings in the Quabbin Health District Region:

Quabbin Health District announces its Harm Reduction Program! We are offering Opioids and Opioid Rescue with Narcan training, Narcan Distribution, Syringe Services, and Community Resource Connection. The flyer is included with this newsletter!

The Ware Senior Center and Quabbin Health District: Vaccine clinic October 25, 2024, 10:00 am to 1:00 pm, at the Ware Senior Center on 1 Robbins Road, Ware, MA 01082. Covid-19 and Flu vaccines for fall 2024 season will be available. Please call (413) 967-9645 to be added to the list! Flyer is included with this newsletter!

The Ware River Valley Domestic Violence Task Force: 9th Annual Domestic Violence Awareness Walk Sunday, October 20th, 1pm, Veteran's Park in Ware, or Ware Town Hall if it rains. The community is welcome! There will be speakers, raffles, music, exhibitors, and a walk to show support to those who have experienced domestic violence. They encourage you to wear purple to show your support!

Healthy Quaboag: FREE Youth Mental Health First Aid Training course! The course will be held **on ZOOM** on **Tuesday October 8th AND October 15th from 8:00 am-10:30 am. It is free to those who sign up! However, space is limited! Registration required:**

<https://forms.gle/JJwFK3RVxpiJazUd8>

This training is divided over **2 days (October 8th and October 15th) from 8:00 AM to 10:30 AM!** Please be sure you can attend **BOTH** meetings.

There are **2 hours of prework** that are **REQUIRED** to be completed before **October 8th!**

Ware TRIAD/S.A.L.T. Council Fundraiser: Baked Potato Bar! October 16th, 2024, at 5:00 pm. Ware Senior Center, 1 Robbins Road, Ware, MA. **\$7 per ticket** The S.A.L.T Council works to improve the safety and quality of life of seniors living in the Ware community. There will be raffles and prizes! See the flyer attached to this newsletter!

October 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@townofware.com

Online:

www.quabbinhealthdistrict.com

(413) 967-9615

126 Main Street Suite D, Ware,
MA 01082

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





The Office of Disease Prevention and Health Promotion (ODPHP) has a tool to guide that is a resource for individuals and families to help improve their health literacy while exploring and learning about health conditions, healthy living, doctor visits, pregnancy, and more! It can be found online at: [MyHealthfinder | health.gov](https://myhealthfinder.health.gov).

Personal health literacy: The degree to which individuals can find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Here are some tips on how you can improve your personal health literacy:

1. Have a plan for every provider visit.
2. Ask questions if anything is unclear.
3. Request information in plain language.
4. Bring a friend or family member to your visit, if possible, to help take notes.
5. Tap into others' expertise.
6. Look for multilingual providers, if needed.
7. Use technology to your advantage.
8. Be a careful media consumer.
9. Attend health education lectures.
10. Provide feedback.



1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2024, an estimated **310,720 women and 2,800 men will be diagnosed with invasive breast cancer.**

There is hope! When caught in its earliest, localized stages, **the 5-year relative survival rate is 99%**. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

(National Breast Cancer Foundation, Inc., 2024)

To learn about early detection visit: <https://www.nationalbreastcancer.org/early-detection-of-breast-cancer/>

To learn about treatment visit: <https://www.nationalbreastcancer.org/breast-cancer-treatment/>

DV-associated stigma can multiply the risk by preventing victims from help-seeking.

People who stay in DV relationships do so for varied reasons – fear, shame, lack of resources, immigration status, culture, children, and others. It is a complex situation that deserves support, not shame or stigma.

Leaving is often the most dangerous time for a domestic violence survivor.

Regardless of the circumstances, survivors deserve to be empowered to reclaim control over their lives, be safe and valued, and be supported in their decision-making.



Local Resources:

BHN DV Program: 413-967-6241 or 413-262-7103

Hablamos Espanol? Alianza DV Services
24/7 – 877-536-1628

Statewide Safelink: 24/7 (hotline/shelter)
877-785-2020

Ware River Valley Domestic Violence

Task Force: 413-758-0605,
www.waredvtaskforce.com,
wrdvtaskforce@gmail.com

What is relationship violence?

One or both people in a relationship or past relationship may be abusive, controlling, or aggressive toward the other person. It can happen in a serious or casual relationship, in person or online. Sometimes, both partners act in abusive or controlling ways. Anyone, no matter their gender, age, or identity, can experience relationship violence.

It is also called domestic abuse, dating violence, domestic violence, or intimate partner violence. It can include:

- Physical violence — like pushing, hitting, or throwing things.
- Sexual violence — like forcing or trying to force someone to do something sexual.
- Threats of physical or sexual violence — including threatening to hurt another person or a pet
- Emotional abuse — like embarrassing a partner, keeping them away from family and friends, or speaking or yelling in a way that frightens them or puts them down.
- Financial abuse — like taking a partner’s money, controlling how they spend money, or not giving them money for necessary expenses.
- Stalking — like watching or following a partner, or repeatedly calling or texting even when you do not respond.

Abuse in a relationship may not start right away, or it may worsen with time. Know about warning signs. Get help if your partner is making you feel controlled or afraid — even if they have not hurt you physically. There are resources available to help you figure out if your relationship is unhealthy — and what to do next. For more information, visit: <https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/watch-warning-signs-relationship-violence>

9th Annual!!!

Domestic Violence

AWARENESS



Sunday, October 20th, 1pm

Veterans Park, Ware, Massachusetts

(If it rains we'll be across the street, in the Town Hall)

Join the community for a short walk in downtown Ware to **show support** for survivors of domestic and sexual violence.

There will be speakers, a raffle, music, activities and exhibits for all ages.

Come show your support and meet up with family and friends!!!

Wear purple to show your support!



Sponsored by the
Ware River Valley Domestic Violence Task Force

www.waredvtaskforce.org



Ware Council on Aging and Quabbin Health District are partnering to offer flu and COVID-19 vaccines at the Ware Senior Center!

Big Y will be providing the vaccinations! Please sign up at the Front Desk or RSVP to the Ware Senior Center at 413-967-9645. Transportation is available through the Quabog Connector for this clinic. Please let us know if you need transportation to the senior center and we will help arrange it for you.

When:

10/25/2024 from 10:00 am to 1:00 pm

Where:

Ware Senior Center, 1 Robbins Rd, Ware,
MA



Questions or concerns please contact:

Kirsten L Krieger RN, BSN, Public Health Nurse for Quabbin Health District

Email: kkrieger@townofware.com Phone: 413-967-9648 ext. 112

Don't let the flu catch you! Schedule your flu shot today!

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

Ware TRIAD/S.A.L.T. Council

Fundraiser

Baked Potato Bar

RAFFLES!



PRIZES!

**Wednesday, October 16, 20124
5:00PM**

Ware Senior Center, 1 Robbins Road

\$7 per ticket

The S.A.L.T Council works to improve the safety and quality of life of seniors living in the Ware community.