

Events and Opportunities in the Quabbin Health District Region:

Jump Start at Holyoke Community College is offering a 13-week Pharmacy Technician Program, starting in Mid-December. It will run from 9 am to 2 pm, Monday through Friday at the Ware E2E office on 79 Main Street! It will be no cost to those receiving SNAP or TAFDC Benefits. For more information or to register, please see the attached flyer or email: jumpstart@hcc.edu.

Healthy Quaboag and the MA Department of Public Health are sponsoring a COVID-19 and flu shot clinic at the Ware E2E office, 79 Main Street, on 12/4/24 from 3pm – 6 pm. Please see the attached flyer – there is a QR code to pre-register. You can also walk in – no one will be turned away. They are offering a \$75 gift card for the first 100 people receiving shots.

Country Bank presents *Stuff the Cruiser* with the **Ware Police Department** at 55 West Street, Ware, MA, on December 7th, 2024, from 9 am to 12 pm (noon). Help bring joy to a child this Christmas by donating a new, unwrapped toy!

Belchertown Police Department is hosting a *Stuff the Cruiser Toy Drive* on December 7th, from 10 am to 2 pm, at 70 State Street, Belchertown. Help make the holidays brighter for a child by donating a new, unwrapped toy for children ages 6-14!

Did you know?

The most snow to fall in one day was 75.8 inches! In 1921, over six feet of snow fell between April 14 at 2:30 p.m. and April 15 at 2:30 p.m. in Silver Lake, Colorado.

December 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

Online:
www.quabbinhealthdistrict.com

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

126 Main Street Suite D, Ware,
MA 01082

(413) 967-9615



Handwashing with soap and warm water is the best way to prevent the spread of viruses and bacteria!

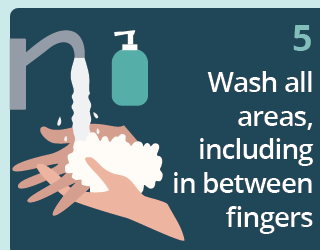
- **80% of communicable diseases can be transferred by touch (person-to-person contact).**
- **Washing your hands a few times a day can reduce diarrhea rates by 40%.**
- **Touching your face with dirty hands spreads illnesses like pneumonia, colds, and the flu.**

December 1-7 is National Handwashing Week!

In 1847, Ignaz Semmelweis in a Vienna, Austria hospital noticed that women were developing fevers and dying at high rates after childbirth. After trying different methods to reduce deaths, he found that if the doctors delivering babies washed their hands first, less mothers died after childbirth. When he tried to make it mandatory for doctors and healthcare workers to wash their hands before a delivery or surgery, his colleagues did not agree and refused. It wasn't until the 1870's that surgeons began washing their hands before performing surgery!

Handwashing wasn't officially incorporated into American healthcare until the 1980's when the first national handwashing guidelines were released!

Hand washing tips



December 1-7th is National Crohn's and Colitis Awareness Week!

It takes guts to talk about IBD –
Let's go there!



Crohn's disease and ulcerative colitis, collectively known as inflammatory bowel disease (IBD), come with pain, inflammation, fatigue, and other symptoms that often go unspoken due to stigma.

What are the symptoms?

- Abdominal pain and stomach cramps that can be described as intense, crampy, and doesn't go away in a day or two, and is present for two weeks or longer
- Significant change of bowel movement frequency
- Chronic diarrhea, or chronic constipation alternating with diarrhea
- Urgent bowel movements
- Bowel movements accompanied by blood or mucus
- Feeling of incomplete bowel emptying
- Any concerning symptoms including fatigue, unexplained weight loss

If you are experiencing these symptoms, please see a healthcare provider!

IBS (Irritable Bowel Syndrome) vs. IBD:

IBD	IBS
Classified as a disease	Classified as a syndrome (group of symptoms)
Can cause destructive inflammation and permanent harm to the intestines	Does not cause inflammation; rarely requires hospitalization or surgery
The disease can be seen during diagnostic imaging	There is no sign of disease or abnormality during an exam of the colon
Increased risk for colon cancer	No increased risk for colon cancer or IBD

If you would like to learn more, or for support, please visit the National Crohn's and Colitis Foundation at:

<https://www.crohnscolitisfoundation.org/>



December 1, 2024, is World AIDS Day! Collectively, we can all do our part to help honor those who have lost their lives to HIV/AIDS, get tested, and help raise awareness of testing, treatment, and prevention!


For more information, please visit:
<https://www.hiv.gov/events/awareness-days/world-aids-day>

If you are at risk of acquiring HIV, or know someone who is, there are several ways to get tested, obtain prevention methods such as condoms and PrEP, and more sexual and reproductive health services!

1. Contact your primary care doctor's office
2. Contact your local community health center
 - a. JOHN P. MUSANTE HEALTH CENTER
The Bangs Community Center, 70 Boltwood Walk, Amherst, MA 01002
Phone: 413-835-4980
3. Tapestry Health 413-586-2016
 - a. Online to find location nearest you: www.tapestryhealth.org/sexual-reproductive-health
 - b. Locations in Northampton, Holyoke, Springfield, Greenfield, Pittsfield, and North Adams

Centers for Disease Control and Prevention
MMWR | **Get Tested for HIV!**

1 in 7 People with HIV Don't Know They Have It



Early diagnosis and treatment
Keep people healthy
Stop HIV spread

More Screening is Needed

~60% of U.S. adults have never had an HIV test


~70% of people with higher HIV risk were not tested in past year

Many Ways to Test, Find One that Works for You

Everyone should be tested at least once

People with higher risk, test each year

Go online to find a test location or order an HIV self-test



CLINIC

Mobile Clinic
Free HIV Tests

Footnote: Data from 2016-2017 Behavioral Risk Factor Surveillance System as published in Pitasi et. al. *MMWR* 2019.
bit.ly/CDCVA28

WWW.CDC.GOV

CS 292376-X

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



CONTACT:

Kirsten L Krieger RN, BSN

Public Health Nurse

413-387-3122 (Call or text)

kkrieger@townofware.com

www.quabbinhealthdistrict.com



Belchertown Police Department will be hosting a



Stuff a Cruiser TOY DRIVE

**ONE DAY EVENT
SATURDAY, DEC. 7
10am to 2pm**

DROP-OFF LOCATION:
Belchertown Police Dept.
70 State Street



HELP MAKE THE HOLIDAYS BRIGHTER FOR A CHILD

Donate new, unwrapped toys for childrens ages 6-14. Suggested items included Legos, board games, arts and crafts supplies, sports equipment, sleds and educational toys. Toys will be donated to local children.



Country Bank Presents **STUFF THE CRUISER** With The Ware Police Department

SATURDAY

**DECEMBER 7TH
9:00 AM - NOON**

**Country Bank
Made To Make
A Difference**

**55 West Street
Ware MA**

**Please Help Bring Joy
To A Child This Christmas**



Free Pharmacy Technician Program

Become a licensed Pharmacy Technician by successfully completing our Pharmacy Technician program offered at E2E (Education to Employment)*.

**a collaboration between HCC and Quaboag Valley Community Development Corporation*

Program Requirements

1. CURRENTLY RECEIVE SNAP OR TAFDC BENEFITS
2. HIGH SCHOOL DIPLOMA/ GED COMPLETION
3. CLEAN BACKGROUND CHECK (CORI/SORI)
4. COVID-19 VACCINATION
5. PASSING SCORE ON MATH ASSESSMENTS
6. PASSIONATE TO WORK AS A PHARMACY TECHNICIAN

Program Details

- Jump Start at Holyoke Community College is offering a 13 week Pharmacy Technician program starting in mid-December 2024.
- This program will be offered in-person at E2E in Ware, Massachusetts.
- Program Length: 13 weeks
- Schedule: Monday through Friday in-person at Ware, 9AM-2PM
- Free books and materials provided
- Employment search provided
- Interested? Please complete inquiry form, link [here](#) or scan QR code and complete the inquiry form.



Contact Information

- Scan QR code & complete Google inquiry form
- Complete Google form link [here](#)
- Email: jumpstart@hcc.edu



Free COVID and Flu Vaccine Clinic

\$75 gift card with vaccination!*

DATE/TIME

12/4 (Wednesday)

3-6PM

LOCATION

E2E Building

79 Main St., Ware

ELIGIBLE PARTIES

-*Patients aged 12 and older will receive a \$75 gift card after vaccination! Only 100 gift cards are available per clinic.

-Ages 6 months and up. Indoors. Accessible doors and drop off/pick up location for persons with disabilities.



SCAN TO REGISTER

Registration recommended. Walk-ins welcome. If you have ID and insurance, please bring your cards, but ID and insurance are not required. There is no charge to you.



Massachusetts Department of Public Health

