

***Upcoming Events and happenings in and around
the Quabbin Health District!***

A heartfelt thank you to all who donated to the blood drives held in Ware and Belchertown! These drives provide needed blood to those in our communities!

We will host another blood drive at the Pelham Public Library in Pelham, MA on April 14, 2025, the flyer is attached to this newsletter!

Check out our new Ask the Nurse sessions at the following locations in Quabbin Health District:

- ** Pelham Public Library: 1st Friday of each month starting March 7, 2025, from 10:30 am to 12:00 pm
- ** Clapp Memorial Library: 3rd Friday of each month starting April 18, 2025, from 2 pm to 3:30 pm
- ** Ware Public Library YMLA: 1st Tuesday of each month starting April 2025. March only on the 20th from 2pm - 3:30 pm. For more information, see the attached flyer!

March 20, 2025, 2:00 pm to 3:30 pm, at the Ask the Nurse session at the Ware Public Library, please also come to meet our special guest and learn about this valuable community resource!

Lillian Rodzen, Director of Holyoke Family Support Programs, supporting individuals with intellectual and developmental disabilities and their families!

The Voice of Recovery Matters: March 11, 2025, from 4:30 pm – 6:30 pm at the Belchertown Senior Center. FREE catered dinner and conversation around substance use disorder and recovery! Email khoag@belchertownps.org to RSVP and choose either chicken or vegetarian dinner option. Every registration receives 10 raffle tickets for great prizes! Flyer is attached with more details!

Did you know?

The lungs are the only organ that can float on water – but please don't try this at home!

March 2025

**Quabbin Health District
Public Health Nurse
Newsletter**



Kirsten L Krieger RN, BSN,
Public Health Nurse

Andrea Crete MPH, RS,
Director of Public Health

Phone: 413-967-9648 xt 112

Email:
kkrieger@towofware.com

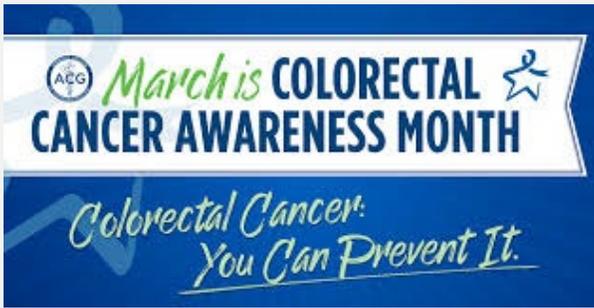
Visit us Online:

www.quabbinhealthdistrict.com

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

126 Main Street Suite D, Ware,
MA 01082





Colorectal cancer is the 2nd leading cause of cancer death in the US, behind only lung cancer. The National Cancer Institute estimates that 152,810 people in the United States received a diagnosis of colon or rectal cancer in 2024, and approximately 53,010 died of it.

(Source: American Association for Cancer Research)

The 5-year relative survival rate for cancer localized to the colon or rectum is 91.1%, according to the National Cancer Institute's [Surveillance, Epidemiology, and End Results \(SEER\) Program](#). The survival rate drops as cancer spreads beyond those organs. Considering all cases, the 5-year survival rate is 65%. It is crucial to have a screening colonoscopy EVERY 10 years between ages 45-75, or as recommended by your GI (gastrointestinal) specialist or PCP. Early detection is vital!

(Source: American Association for Cancer Research)

Who should get screened earlier than age 45?

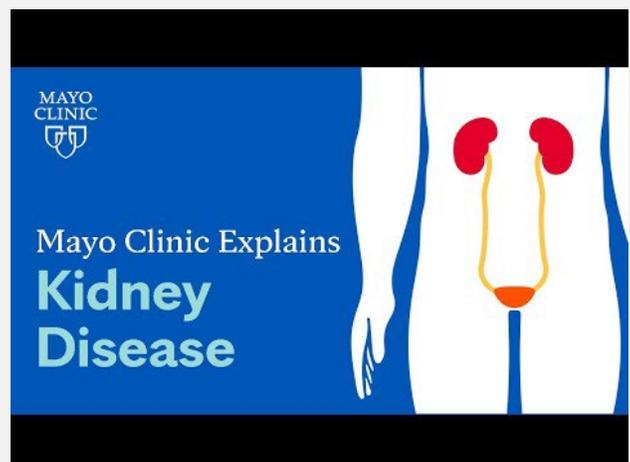
- People with a first-degree relative with a history of colorectal cancer
- People with inflammatory bowel disease
- People with inherited genetic changes, such as Lynch syndrome and familial adenomatous polyposis (FAP)

March is National Kidney Month! This year's focus is on taking charge of your health and the many factors that go into managing your kidney disease. If you have kidney disease, please consult your PCP or kidney specialist to manage kidney disease and limit complications!

[Chronic kidney disease \(CKD\)](#) affects about 35.5 million people. Often overlooked until symptoms appear, CKD is progressive and puts you at risk for serious health complications including heart attack, stroke, and kidney failure. Adopting a healthy lifestyle can help you manage CKD and its complications from progressing.



For more information, check out this video!





There are so many scams out there, and it's increasingly difficult to keep up with all of them! **Be suspicious!** Here are some tips for avoiding scams. Thank you to the Northwestern District Attorney's Consumer Protection Unit for this information!

AVOIDING PHONE SCAMS

- **Don't rely on caller ID:** "Spoofing" technology allows scammers to display a fake, sometimes local phone number.
 - **Screen your calls:** If you don't recognize a phone number, send all calls to voicemail or to the answering machine. Hang up quickly & quietly if you accidentally pick up a call and don't know the person.
 - **Report suspicious activity:** Always check out a company before you sign up – especially if you've never heard of them, they are offering something that seems too good to be true, or they are pressuring you. Hang up quietly and report it.
-

AVOID COMPUTER, EMAIL, AND TEXT MESSAGING SCAMS

- Don't trust unsolicited (not asked for or done voluntarily) emails or text messages
 - Never click on attachments or links in emails if you do not recognize the sender
 - Install antivirus software on your computer and keep it up to date
 - Block scam callers and send suspicious messages to your junk or spam folder
 - Strange email addresses and/or spelling mistakes in emails or texts are signs of scams
 - Never call a number they give you, look up the company's number and call them directly.
 - Do not give control of your computer to anyone that has called, emailed, or texted you
 - Never share passwords, log ins, or pin numbers with anyone.
-
- **Keep personal information private:** NEVER share your Social Security number, Medicare info, birthday, credit card, or bank account numbers with anyone, no matter who they claim to be!
 - **Criminals play on your emotions:** If they insist you keep the call or requests secret, rush, pressure, or try to scare or intimidate you, it is almost certainly a scam. Hang up quietly!
 - **Payment demands:** Criminals want fast, easy money by wiring money, gift cards, bank transfers, or cryptocurrency. They may ask for cash or gold bars through a delivery service, courier, or mail. This is likely a scam, disconnect the call and report it right away!
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Where to Report Scams and Fraud:

Federal Trade Commission: www.ReportFraud.FTC.gov

FBI www.ic3.gov

National Elder Fraud Hotline (833) 372-8311

Your City or Town's Police Department

Northwest District Attorney's Consumer

Protection Unit (413-586-9225 Hampshire Cty.

Bank/Credit Union/Credit Card Company

Meet Lillian, Director of Holyoke Family Support Programs



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

**During the Ask the Nurse program at the
Ware Public Library on March 20, 2025, from
2:00 pm to 3:30 pm!**

Address: Ware Public Library (YMLA), 37 Main Street, Ware, MA 01082

Lillian Rodzen

Director, Holyoke Family Support Programs

Office: (413) 534-3299 ext. 4021 Fax: (413) 534-6834

Email: lillianrodzen@mcsnet.org

Multicultural Community Services of the Pioneer Valley, Inc.

260 Westfield Road, Holyoke , MA 01040



VACCINES FOR CHILDREN OFFERED BY QUABBIN HEALTH DISTRICT!



If your child needs vaccines for school entry, sports, or summer programs and is unable to get into their Primary Care Provider's office, contact Quabbin Health District to arrange for obtaining needed vaccines. They are free of charge to those who are VFC eligible (**see below).

Contact the Public Health Nurse, Kirsten L Krieger RN, BSN, to arrange for vaccines at:

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

Office: (413) 967-9615 Work Cell: (413) 387-3122

Email: kkrieger@townofware.com

Online at: <https://quabbinhealthdistrict.com/public-health-initiatives/>



**VFC Eligible children are those with Medicaid/MassHealth, are Uninsured or Underinsured (vaccines not covered by insurance), American Indian or Alaskan Native.

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

The Voice of Recovery Matters

Friends/Family

Grandparents

People in Recovery

Parents/Caregivers

Siblings

Join us for a FREE catered dinner and conversation about the challenges and opportunities for building connections and resilience in our community.

Who: Those affected by Substance Use Disorder!

When: March 11, 2025

Time: 4:30 PM - 6:30PM

Place: Belchertown Senior Center/Council on Aging

Register

NOW

Email Khoag@belchertownps.org with your choice of a chicken dinner or vegetarian option.



Every registration receives 10 raffle tickets for prizes - \$25 Stop & Shop gift cards, gift baskets!





Effective May 1, 2024

OUR CURRENT SCHEDULE AT RCH

Recovery Center of HOPE

52 Main Street, Ware

MONDAY

Open 9am-3:30pm

11:30a All Recovery Meeting

1:00p Coffee Hour

(1st & 3rd Monday)

2:00p Book Club

TUESDAY

Open 11am-7pm

11:30a All Recovery Meeting

1:00p Wellness Hour

4:00p All Recovery Meeting

(1st Tuesday) **2:00p** Trader Joe's

(2nd Tuesday) **5:30p** Snack n' Spruce

(3rd Tuesday) **5:00p** Game Night

(4th Tuesday) **5:30p** Community
Growth

WEDNESDAY

Open 11am-7pm

11:30a All Recovery Meeting

12:30p Lunch

12:45p Community Meeting

1:30 Art Hour

3:00p Community Resource
Support

THURSDAY

Open 9am-3:30pm

11:30a All Recovery Meeting

1:00p Wellness Hour

FRIDAY

Open 9am-2pm; 4-7pm

10:30a Pancake Breakfast

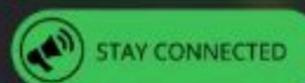
11:30a All Recovery Meeting

6:00p All Recovery Meeting

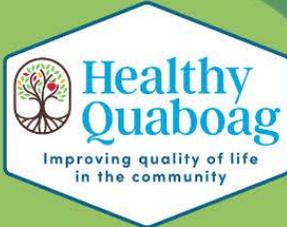
SATURDAY

Open 12:00am-2pm

12:30p All Recovery Meeting



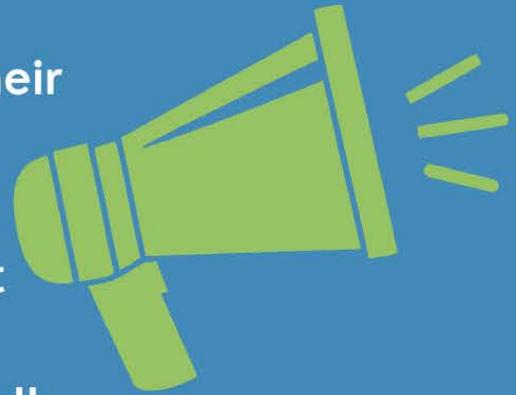
Students needed!



Join a coalition that provides positive change to their school and community! Have fun creating activities/events and being involved with other students. Get compensated \$25 an hour paid in e-gift card for your involvement.

We need help with:

- Promoting health initiatives within their schools and community.
- Promoting on social medias.
- Creating activities/events to support current health programs.
- Students who want their voices heard!



For more information, please contact the Youth Engagement Coordinator or scan the QR code to join now! Make a copy of the agreement form and email it when you're done filling out.

Jillian Routhier
Jrouthier@townofware.com



All Saints & St Mary's Church



FOOD PANTRY

Open On The Second & Fourth Saturday
Each Month From 9:00 AM To NOON

**A Charitable Food Pantry
Of Both Catholic
Parishes of Ware**

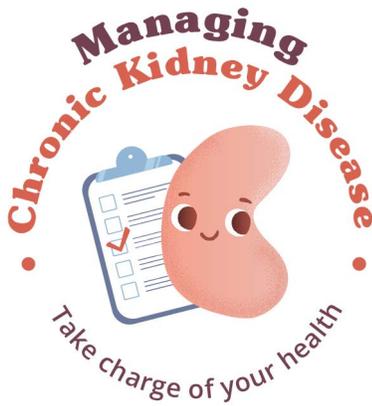
We Are Located At 17 North Street Ware

DONATIONS NEEDED

We Are Looking For Dry Goods
For Our Church Food Pantry.
If You Can Help, Please Leave
These Donations In The Baskets
Located On Both Church Alters

Please & Thank You

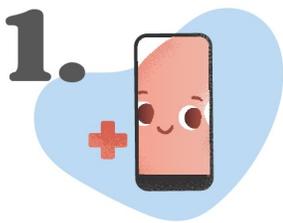




Helpful Tips for Managing Your Kidney Disease

Chronic kidney disease (CKD) is a serious condition affecting around 35.5 million people. CKD is often overlooked until symptoms appear, but the earlier you start taking charge of your health, the better. Adopting a healthy lifestyle can help you manage CKD and its complications. It may seem difficult, but small changes can mean a lot. Regardless of whether you're experiencing symptoms, help to keep your kidneys, and yourself, healthier for longer.

Follow these healthy lifestyle habits to take charge of your kidney health.



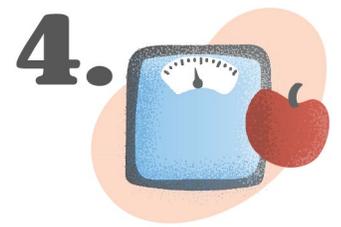
1. Stay connected with your **doctor** — in-person or using your computer, tablet, or smartphone.



2. Learn to manage your **blood pressure**, and if you have diabetes, monitor **blood glucose** levels.



3. **Avoid NSAIDs** like ibuprofen and naproxen and take **medicines** as prescribed.



4. Work with your doctor to develop a **healthy meal plan** and aim for a **healthy weight**.



5. **Reduce stress** and make **physical activity** a part of your daily routine.



6. Aim for 7 to 8 hours of **sleep** each night.



7. Take steps to **quit smoking**.

Take charge of your kidney health.

Visit niddk.nih.gov for more information on managing chronic kidney disease.



Follow Us @NIDDKgov