

June 2025

**Quabbin Health District
Public Health Nurse
Newsletter**



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<https://quabbinhealthdistrict.com>

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

126 Main Street Suite D, Ware,
MA 01820



Andrea Crete MPH, RS
Director of Public Health

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

A heartfelt thank you to all who donated, or were willing to donate, in blood drives held in Pelham, Ware and Belchertown! These drives provide needed blood to people in our communities! I look forward to planning additional drives in the late fall or early spring! If you would like to add your name to the list of those who would like to donate in future drives, please reach out to kkrieger@townofware.com with your name and telephone number.

Come visit the Public Health Nurse health and wellness sessions at the following locations:

- *Pelham Public Library*: 1st Friday of each month from 10:30 am to 12:00 pm
- *Clapp Memorial Library*: 3rd Friday each month from 2 pm to 3:30 pm.
- *Ware Public Library YMLA*: 1st Thursday of each month from 2 pm - 3:30 pm

For more information, see the attached flyer!

Naloxone Pop-up Event! National Naloxone Awareness Day is June 6, 2025, and the Quabbin Health District will be joining BOAT (Belchertown Overcoming Adversity Together) at the Belchertown Town Common parking lot from 4 pm to 6 pm. Free naloxone and fentanyl test strips will be available, and BOAT is providing free medication storage bags for keeping medication secure!! Quabbin Health District will also have our FREE syringe exchange kits and hygiene kits for unsheltered individuals. Hope to see you there!! Feel free to share the attached flyer with others in the community!

Did You Know?

In the 1830's, tomato ketchup was marketed as a medicinal cure for ailments like diarrhea, indigestion, and jaundice!

Worldwide, more than 55 million people are living with Alzheimer's or another dementia, and two-thirds of Americans have at least one major potential risk factor for dementia.

JUNE IS
**ALZHEIMER'S
AND BRAIN**
AWARENESS MONTH



Ways to help keep your brain healthy – it's not too early or too late!

✓ **Challenge your mind**

Be curious! Try a new activity. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

✓ **Stay in school**

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.

✓ **Get moving**

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

✓ **Protect your head**

Help prevent an injury to your head. Wear a helmet for activities like biking and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

✓ **Be smoke-free**

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

✓ **Manage your blood pressure**

Medications can help lower high blood pressure. A nutritious diet and physical activity can help, too. Work with a health care provider to control your blood pressure.

✓ **Manage diabetes**

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

✓ **Eat right**

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

✓ **Maintain a healthy weight**

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.

✓ **Sleep well**

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Alzheimer's Association 24/7 Helpline
800.272.3900

Virtual Programs

June is Alzheimer's and Brain Awareness Month! Join us for a special series of virtual programs all month long.

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Join us for this three-week series presented by dietitians at Senior Resources with brain-healthy cooking demonstrations. Cooking demonstrations will include tips for shopping, keeping a budget, and adapting for dietary restrictions.

June 11 at 12 PM ► [Brain Healthy Living For Everyone: Meal Preparation](#)

Co-hosted by AARP Massachusetts

This week's session will focus on preparing balanced, brain-healthy meals and introducing techniques for incorporating more vegetables and lean proteins into your daily meals.

June 18 at 12 PM ☞ [Brain Healthy Living For Everyone: Snacks](#)

Co-hosted by AARP Massachusetts

Discover how to make brain-healthy snacks that are both delicious and nutritious. This session will include tips for reducing processed foods and unhealthy fats in your snacks.

June 25 at 12 PM ☞ [Brain Healthy Living For Everyone: On-The-Go and Eating Out](#)

Co-hosted by AARP Massachusetts

Learn how to prepare brain-healthy foods that can be taken on the go and make smart choices when eating in restaurants. This session will provide practical tips for maintaining a brain-healthy diet even when you're busy or dining out.



#WorldEnvironmentDay

Plastic pollution permeates every corner of the planet—even in our bodies in the form of microplastics. World Environment Day 2025 calls for collective action to tackle plastic pollution.

- Every year, 500 billion plastic bottles are produced worldwide.*
- [Plastic in the ocean](#) is already more than 150 million tons of waste.
- By 2050, they could contain more plastics than fish.
- Each year around eight million tons of plastic ends up in our seas and oceans.

Tips for reducing your plastics consumption

Reduce and Reuse

- Set your table with cloth napkins and reusable dishes, glasses, and silverware as often as possible.
- Bring your own reusable bag and try to buy items with minimal packaging.
- Pack your lunch in reuseable containers (such as glass) instead of disposable ones.
- Use a water bottle or thermos instead of disposable bottles or cartons.
- Consider putting a filter on your water tap to refill water bottles instead of buying bottled water.
- Buy drink mixes in bulk and fill your reusable bottles.
- Maintain and repair plastics products.
- Try selling or donating plastic items.
- Package baked goods in recyclable containers or reusable Ziploc-style bags.
- Reuse or repurpose items such as toys, clam shell containers, water bottles, and containers.

Recycle

- Recycle all of the plastic you can; encourage your household and community to recycle.
- Check with [your local recycling program](#) to find out which types of plastic they accept.
- Look into how to recycle plastic bags, wrap, and film in your area. Ask your local stores or visit the [Earth911](#) to find a location nearest you.
- If you do not need plastic utensils with your take-out, ask the restaurant to leave it out of your order.
- Compostable plastics can contaminate and disrupt the recycling stream if mixed with non-compostable plastics. Contact your garbage and recycling company or local government to find out if there are any drop-off locations for your compostable plastic items.
- Organize a recycling drive in your neighborhood or at school.
- When possible, purchase products made from recycled plastic materials.
- Use bubble wrap containing recycled plastic or wrap breakable items in with towels, clothing, or blankets. Recycle packaging materials after your move.

National HIV Testing Day was established as an annual observance to promote HIV testing.

National HIV Testing Day (NHTD) was first observed on June 27, 1995. NHTD is a day to encourage people to [get tested for HIV](#), know their status, and get linked to care and treatment. The 2025 theme is level up your self-love: check your status.



Why HIV Testing Matters

Testing is a crucial first step in HIV prevention and care. Knowing your status gives you the power to make informed decisions about your health and relationships. Today, people with HIV who start treatment early can lead long, healthy lives—and with undetectable viral loads, they cannot transmit the virus to others. National HIV Testing Day helps reduce stigma, normalize testing, and ensure more people get connected to the care they need.

Resources for Getting Tested

1. *Together TakeMeHome*: <https://together.takemehome.org/>

FREE at-home HIV self-test that uses an oral swab, gives a result in 20 minutes, and you can order 1-2 self-tests every 90 days! You will receive the kit(s) you order in a plain envelope for privacy.

2. *Tapestry Health (Sexual Health and STI testing services)*

76 Carlon Dr., Northampton, MA 01060

Call: 413-586-2539

Schedule Online: <https://healow.com/apps/practice/tapestry-health-springfield-ma-21579?v=2&t=1>

3. *Planned Parenthood (Sexual Health and STI testing services)*

3550 Main Street, Suite 201, Springfield, MA 01107

Call: 413-732-1620

Schedule Online: <https://www.plannedparenthood.org/health-center/massachusetts/springfield/01107/centro-de-salud-western-massachusetts-2662-90610/std-testing-treatment>

National Naloxone Awareness Day



June 6



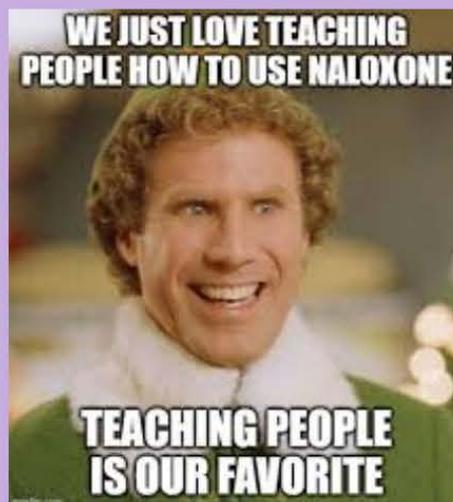
FREE NALOXONE POP-UP

Where: Belchertown

Common Parking Lot

When: 4:00pm - 6:00pm

**FREE
Medication
Locke Boxes**



**FREE
Fentanyl
test strips**

BOAT

Belchertown Overcoming Adversity Together

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



Opioids and Opioid Rescue Training



[For more information, or to request a free group or individual training, please contact:](#)

Kirsten L. Krieger RN, BSN

Public Health Nurse, Quabbin Health District

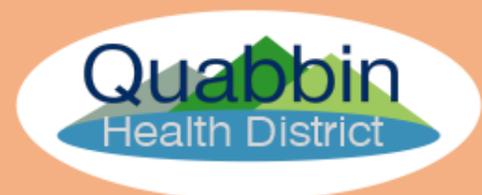
(413) 967-9615

Email: kkrieger@townofware.com

Website: www.quabbinhealthdistrict.com

Objectives:

- Understand what opioids are
- Increase understanding of how addiction affects the brain
- Discuss the stigma of addiction
- Additives in the drug supply
- How to recognize and respond to an overdose with Narcan (naloxone)
- Resources for help
- Participants receive a free Narcan kit!



ADULT & PEDIATRIC CPR/AED TRAINING



What does this course teach?

- When and how to help a choking adult, child, or infant
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult, child, and infant
- Give effective breaths using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult and child
- First Aid is also available!

For more information or to request a class, please contact:

Kirsten L Krieger RN, BSN

Quabbin Health District Public Health Nurse

CPR Instructor for AHA and American Red Cross

Email: kkrieger@townofware.com

Phone: 413-967-9615 Cell: 413-387-3122

Email: kkrieger@townofware.com

Online: www.quabbinhealthdistrict.com



Fee: Class cost is \$45 per person plus the American Red Cross per person fee based on which class is taken – between \$75 - \$90 per person

BELCHERTOWN SUMMER EVENT CALENDAR

☀️ **June 2025** ☀️

Sunday, 6/1
Belchertown Pride

Friday 6/6
Critter Sampling

Saturday 6/7
**Echoes in Nature:
Hampshire County**

Sunday 6/8
Farmers Market Opening Day

Friday 6/13
Trash Gala

Wednesday 6/18
**Walking with Wonder:
Nature, Story, and Community**

Friday 6/20
Food Truck Friday

Saturday 6/21
Free Brass Band Concert

Sunday 6/22
**Echoes by the Water: Where
Art Meets the Outdoors**

Saturday 6/28
**Belchertown Cemeteries:
By Robert Comeau**

Monday 6/30
**“West African Drumming
Workshop - Come Out to
Play”**

For the most up-to-date information,
visit FB Event pages

Dates and location are
subject to change.

BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

FEMA V-1004/June 2018

In most of the U.S.,
extreme heat is a long period
(2 to 3 days) of high heat and
humidity with temperatures
above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases
the feeling of heat as
measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members
and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat
exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets
in a closed car.

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize + RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

Take an Active Role in Your Safety

Go to Ready.gov/heat.
Download the **FEMA app** to get more information about preparing for **extreme heat**.



FEMA

FEMA V-1004

Sun Safety Tips



1. Try to Avoid Sunburns

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



2. Avoid Sun Tanning and Tanning Beds

UV radiation from tanning beds and the sun causes skin cancer and wrinkling.



3. Generously Apply Sunscreen (and reapply!)

Generously apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



4. Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.



5. Seek Shade

Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



6. Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



7. Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA.



8. Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

QUABOAG HILLS COMMUNITY HEALTH IMPROVEMENT PLAN WORKING GROUPS!



Join the Fun!

WHO?
We're looking for interested community members to serve on the following CHIP working groups: **transportation, mental health, housing, & access to healthcare providers**

WHAT?
A CHIP is an action-oriented strategic plan to improve the health of the community! You'll be able to attend monthly meetings, attend CHIP general body meetings, attend various trainings, volunteer at community outreach and educational events, and liaison for the **Quaboag Hills Region**

WHY?
Opportunities for partnership, leverage, & focus to enhance impact. **Join us** around the table to help in the decision-making process and the actions to be taken in the Quaboag Hills Region

JOIN THE CHIP NOW!

Contact **Arianna Palano** to learn more
apalano@townofware.com




Community Health Improvement Plan (CHIP)



Virtual Working Group Information

<p>Transportation:</p>  <p>1st Monday of Each Month Time: 1:00 – 2:00 pm</p> 	<p>Housing:</p>  <p>2nd Tuesday of Each Month 11:00 am – 12:00 pm</p> 
<p>Access to Health Care Providers:</p>  <p>3rd Wednesday of Each Month 11:00 am – 12:00 pm</p> 	<p>Mental Health:</p>  <p>3rd Monday of Each Month 12:00 – 1:00 pm</p> 

For more information & questions please reach out to Arianna Palano, CHIP Coordinator, at (413) 807-0635 or at apalano@townofware.com.

www.HealthyQuaboag.org



HEALTHY QUABOAG & THE TOWN OF WARE

QUABOAG VALLEY Food Policy Council

<p>COMMUNITY GARDEN TASK FORCE</p> <p>1st Tuesday of the Month 12-1pm</p> <p>The Community Garden Task Force is responsible for the planning, implementation, and upkeep of a community garden(s) in our region. Initial steps for this are: researching potential sites, determining upfront costs, and gauging interest within our communities. Long-term work on this task force would include creating garden regulations and creating a system for longevity including garden maintenance and member support.</p>  <p>Click Here to Join Zoom Meeting</p>	<p>GLEANING & FARMER SUPPORT GROUP TASK FORCE</p> <p>2nd Monday of the Month 1-2pm</p> <p>The Gleaning & Farmer Support Group is responsible for coordinating gleaning events including outreach to farmers, managing distribution to pantries and food distributions, and being liaisons for farmers. Other projects include finding ways to support the farmers in our region through assistance with the HIP Program and connecting farmers to financial assistance resources.</p>  <p>Click Here to Join Zoom Meeting</p>	<p>NUTRITION EDUCATION TASK FORCE</p> <p>3rd Monday of the Month 2-3pm</p> <p>The Nutrition Education Task Force is responsible for managing and distributing nutrition resources, coordinating cooking demonstrations and classes, and providing support to our local food pantries. Additional projects include providing support and education to participants of benefit programs such as SNAP and WIC.</p>  <p>Click Here to Join Zoom Meeting</p>
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Serving the towns of: Barre, Belchertown, Brimfield, Brookfield, East Brookfield, Hardwick, Holland, Ludlow, Monson, North Brookfield, New Braintree, Palmer, Spencer, Wales, Ware, Warren, West Brookfield & Wilbraham

For more information, email Sawyer, at sblake@townofware.com