

## Quabbin Health District News and Happenings:

### Harm Reduction Services!

- Naloxone & Overdose Response Training
- FREE Naloxone and Fentanyl Test Strips
- Syringe Exchange
- Hygiene Kits for Unsheltered Individuals
- Connection to resources for treatment and recovery

Call or text Kirsten (Public Health Nurse) at: 413-387-3122 (cell) or email: [kkrieger@townofware.com](mailto:kkrieger@townofware.com).

### Quaboag Valley Food Policy Council Presents:

*Ware Community Garden Forum* – Join us July 31, 2025, from 5–7pm, at Ware Senior Center, 1 Robbins Road, Ware, to learn about Ware’s plans for a community garden and how to participate! Dinner will be provided! All from the community are welcome, but please register in advance using the QR code on the attached flyer to ensure there is enough food!

**The Quabbin Health District, in partnership with Belchertown Overcoming Adversity Together (BOAT) and Clapp Memorial Library (19 S Main Street, Belchertown, MA)** welcome those in the community that need access to healthcare, community resources, and mental health / substance use resources to the library on the 3rd Friday of every month from 3:00 pm to 5:00 pm! Starting on August 15<sup>th</sup>, 2025! See Attached Flyer!

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

- *Pelham Public Library*: 1st Friday every month, 10:30 am to 12:00 pm
- *Ware Public Library YMLA*: 1st Thursday every month from 2 pm - 3:30 pm

### Ware and Belchertown are hosting National Night Out for their communities on August 5, 2025!

- Ware is hosting at Grenville Park from 5:30 pm-7:30 pm
- Belchertown is hosting at the Chestnut Hill Community School from 4:30-7:30 pm

This is a free event for those who live and work in each town to meet and connect with their police, fire, and DPW departments, community programs and partners. Family fun for all!

August 2025



## Quabbin Health District Public Health Nurse Newsletter

Kirsten Krieger RN, BSN, Public Health Nurse

Andrea Crete MPH, RS, Director of Public Health

Email:

[kkrieger@townofware.com](mailto:kkrieger@townofware.com)

Online:

[www.quabbinhealthdistrict.com](http://www.quabbinhealthdistrict.com)

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

126 Main Street D

Ware, MA 01082

(413) 967-9615





Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation



Each August, Kids Eat Right Month highlights an important joint initiative of the Academy of Nutrition and Dietetics and the Academy Foundation aimed at ending childhood obesity and teaching kids healthy eating habits for life. This initiative, Kids Eat Right, was launched in 2010 to encourage members to participate in childhood obesity-prevention projects in schools and communities and to help educate families about the importance of quality nutrition.

### Serve a rainbow of color at each meal:

Include a variety of fruits and vegetables to make a rainbow of different colored foods on your child's plate. Examples include:

- **Fruits:** bananas, strawberries, pears, oranges, melons, or avocados.
- **Vegetables:** cooked spinach, carrots, peas, sweet potatoes, or beets.
- **Whole grains:** whole grain breads, crackers, or pastas.
- **Protein foods:** lean beef, lamb, chicken, deboned fish, or turkey (soft, small pieces for children 6 to 12 months); beans, peas, and lentils; nuts, seeds, and soy products.
- **Dairy:** pasteurized yogurts or cheeses (or lactose-free versions and fortified soy milk and yogurt alternatives).

### Active Play & Games for Exercise:

- **Obstacle Courses:** Use household items to create an indoor or outdoor obstacle course. Think crawling under tables, jumping over cushions, or navigating a tunnel.
- **Treasure Hunts:** Organize a scavenger hunt with clues leading to a "treasure" (a small prize or healthy snack).
- **Dance Parties:** Put on some upbeat music and have a dance-off. It's a great way to burn energy and have fun.
- **Tag & Hide-and-Seek:** These classic games require no equipment and can be played anywhere.
- **Animal Races:** Have kids hop like frogs, slither like snakes, or waddle like ducks.
- **Sports:** Introduce your child to different sports like soccer, basketball, or baseball. Even a simple game of catch can be enjoyable.
- **Nature Walks:** Explore parks, forests, or nature reserves, identifying plants and animals along the way.
- **Bubble Blowing:** Blowing and chasing bubbles is a fun, active activity.
- **Jump Rope:** A classic activity that improves coordination and cardiovascular health.

## Food Pantry Resources

### Ware:

Jubilee Food Cupboard, 80 Pleasant St, Ware, MA, (413) 967-3274

Open: Every Thursday 9 am – 12 pm

All Saints Church, 17 North Street, Ware, MA

Open: 2<sup>nd</sup> Friday every month 9 am to 12 pm

Grenville Park Mobile Food Distribution, 73 Church St, Ware, MA

Occurs: 3<sup>rd</sup> Tuesday every month from 1-2 pm

Ware Senior Center Brown Bag For Seniors, 1 Robbins Rd, Ware, call 413-967-9645 (need to sign up)

Occurs: 3<sup>rd</sup> Thursday every month 1-2 pm

### Belchertown:

Helping Hands Cupboard Food Pantry, 18 Park St, Belchertown, MA

Open: 3<sup>rd</sup> Thursday of the month 4:30-6 pm

St. Francis Food Pantry, 18 Park St, Belchertown, MA, call 413-323-6272 x8 and leave a message, or email: [FoodPantry.sfa@gmail.com](mailto:FoodPantry.sfa@gmail.com) (You may have to sign up first)

\*\*Monthly deliveries consist of about a week's worth of groceries.

Belchertown Senior Center Brown Bag for Seniors, 60 State St, Belchertown, MA, call 413-323-0420 (Need to sign up)

Occurs: 2<sup>nd</sup> Friday of the month 10:30 – 11:30 am

### Hardwick

Hardwick Food Pantry, 18 Barre Road, Hardwick, MA (enter at white church)

Open: 1<sup>st</sup> and 3<sup>rd</sup> Thursday each month 5:30 -7:00 pm (Summer Hours May Vary)

1<sup>st</sup> and 3<sup>rd</sup> Friday each month 9:30 – 11 am (Summer Hours May Vary)

### Ludlow

Ludlow Veterans Services Food Pantry, 487 Brimfield Road, Ludlow, MA

Open: Every Monday 2-4:30 pm and Friday 9-12 am

Ludlow Senior Center Brown Bag for Seniors, 37 Chestnut St, Ludlow, call 413- 583-3564 to sign up

Occurs: 3<sup>rd</sup> Tuesday of the month 1-3pm

### Palmer

Palmer Food Share, 39 Walnut Street, Palmer, MA

Open: Every Tuesday & Friday 9:30-11:15 am

Palmer Public Library Share or Take Food Pantry, 1455 Main Street, Palmer, MA

Open: During library hours

Palmer Senior Center Brown Bag for Seniors, 1029 Central Street, Palmer, MA, call (413)283-2670 to sign up.

Occurs: 2<sup>nd</sup> Friday each month 10:30-11:30 am

### Amherst

Amherst Survival Center, 138 Sunderland Road, North Amherst, (413) 549-3968 (call to sign up)

\*\*The Food Pantry is available to residents of Amherst, Belchertown, Deerfield, Granby, Hadley, Leverett, Pelham, Shutesbury, South Deerfield, South Hadley, Sunderland, Ware and Whately, and to those who are experiencing homelessness\*\*



## National Immunization Awareness Month

During August, AAI is highlighting the **importance of vaccination** for people of **all ages**.

#ivax2protect

**August is National Immunization Awareness Month (NIAM).** Vaccines help your immune system recognize viruses and bacteria to help boost its response when faced with infection with disease-causing viruses and bacteria. Current vaccines protect against childhood disease including chicken pox, measles, and whooping cough, while protecting adults from the flu, Tdap, and shingles. Vaccines have also eradicated or nearly eradicated life-threatening diseases, such as smallpox and polio. While some people experience mild side effects after receiving a vaccine, such as swelling at the shot area, mild fevers and chills, serious reactions are extremely rare. Overall, the safety of all vaccines is closely monitored to ensure their continued safe use. If patients have questions about a vaccine including any potential side effects, they should speak to their healthcare provider or other trusted medical professional.

# THE REAL-WORLD IMPACT OF VACCINES

Vaccines are one of the most significant public health achievements, providing safe and effective protection against many infectious diseases. Vaccination programs have dramatically reduced or eliminated diseases that once caused widespread illness, suffering, or death. Key achievements include:

## OVER 1 MILLION LIVES + TRILLIONS OF DOLLARS SAVED

Between 1994 and 2023, routine immunizations and adherence to current vaccine schedules for children born in the U.S. prevented an estimated

**508**  
MILLION  
cases of illness

**32**  
MILLION  
hospitalizations

**1+**  
MILLION  
deaths



These efforts saved **\$540 billion** in direct costs and **\$2.7 trillion** in societal costs (CDC, 2024).



## GLOBALLY OVER 150 MILLION LIVES SAVED IN 50 YEARS

Vaccination campaigns worldwide have saved an estimated 154 million lives over the past 50 years, particularly through initiatives targeting diseases like smallpox, polio, and measles (WHO, 2024).

# 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).

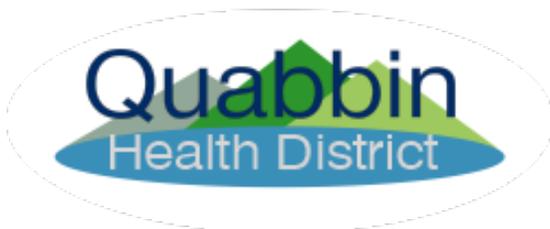
Contact the Public Health Nurse, Kirsten L Krieger RN, BSN, to arrange for vaccines at:

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

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

Email: [kkrieger@townofware.com](mailto: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](http://www.quabbinhealthdistrict.com)





# Prevent and treat heat-related illness

Know the signs and  
beat the heat!



## Heat cramps

### Actions to take:

- Provide water, clear juice, or a sports drink
- Encourage individuals to stop exerting themselves physically and move to a cool place
- Have them wait for the cramps to go away before doing any more physical activity

### Look for:

- Lots of sweating
- Muscle cramps (often in the stomach, arms, or legs)

### Seek medical attention if:

- The person's symptoms are getting worse
- Cramps last longer than 1 hour
- The person is on a low sodium diet, has heart problems, high blood pressure, or other medical conditions like asthma or diabetes.

## Heat exhaustion

### Look for:

#### Symptoms above plus:

- Feeling tired or weak
- Fast or weak pulse
- Cold, pale, and clammy skin
- Nausea or vomiting
- Headache or dizziness
- Irritability

### Actions to take:

- Provide water and encourage them to drink more fluids
- Move them to a cool place
- Encourage them to lie down
- Loosen their clothes or change into lightweight clothing
- Apply cool wet towels or cloths on the person

### Seek medical attention if:

- The person is throwing up
- The person is getting worse
- Symptoms last longer than 1 hour
- The person has heart problems, high blood pressure, or other medical conditions like asthma or diabetes

## Heat stroke

### Look for:

#### Symptoms above plus:

- High body temperature (higher than 103 °F)
- Throbbing headache
- Seizures
- Altered mental state or confusion
- Unconsciousness (passing out)

### Actions to take:

- **CALL 911 – THIS IS A MEDICAL EMERGENCY**
- **Cool Immediately:**
  - Apply cool wet towels or soak with cool water
  - Remove outer clothing
- **Keep them safe:**
  - If there is vomiting, turn the person on their side to keep the airway open
  - If they are having a seizure, make the area safe by removing anything that may cause injury





# Do you want a community garden in Ware?

Come to our Forum to learn more!

Hosted by the Quaboag  
Valley Food Policy Council

Dinner will be provided



July 30<sup>th</sup> from 5-7pm

Location: Ware Senior Center  
1 Robbins Rd



Please register  
ahead of time  
so we know  
how much food  
to order!



BELCHERTOWN POLICE DEPARTMENT

# National Night Out

-Tuesday, August 5th 2025-

Rain date: Tuesday, August 12th 2025

4:30pm to 7:00pm

Chestnut Hill Community School  
59 State St. Belchertown, MA 01007



**FREE EVENT**



COME JOIN US FOR FREE HOT DOGS, K9 DEMONSTRATIONS, COMMUNITY ORGANIZATIONS, LIFE FLIGHT, POLICE & FIRE VEHICLES, AND MUCH MORE! THERE IS FUN FOR ALL AGES!

Reserve a table now with Officer Colon Rivera  
at [drivera@belchertown.org](mailto:drivera@belchertown.org)



# Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

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## Eat Right, Move More!

### Physical Activity

Set a good example for your child by making physical activity a family value. Here are some ideas to get your family started:

- Physical activity is an opportunity to have family fun. Focus on playing rather than winning.
- Encourage your kids to make up games that you all can play.
- Fit activities to your child's interests. If your child loves reading, walk or ride bikes to the library.
- Engage your child in planning active family outings. Explore new places together.
- Involve your child in both inside and outside household tasks, and praise them for helping out.
- While adding more physical activity into your family's routine, consider ways to decrease screen time, such as limiting TV and other screen time to 2 hours a day or less and not allowing TV watching in their bedrooms.



## Eating

Set a good example for your child by making healthy eating a family value. Here are some ideas to get your family started:

- Let the kids help in food planning and shopping. For example, ask young children to pick out fruits for their snacks, and ask older kids to plan a healthy meal or two for the week. Kids of all ages can be great help in the kitchen.
- Enjoy food and meals together. Make time to eat together without the distraction of TV and phones.
- Make healthy choices the easy choice. When your kitchen has a variety of healthy options, it makes meal and snack choices easy for everyone.
- Having a bowl of fresh fruit on the counter and other healthy snacks easily available encourages making tasty and healthy choices.
- Don't use food as a punishment or reward for desired behaviors.



- Verbally praise your child for trying a new food.
- Encourage kids to tune into their own feelings of hunger and fullness. For example, ask, “Is your stomach telling you it is still hungry or have you had enough?”

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**For tips, articles, recipes and videos to help you shop smart, cook healthy and eat right, visit: [www.kidseatright.org](http://www.kidseatright.org)**

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Authored by Academy of Nutrition and Dietetics staff registered dietitians.