



Town of Westford Massachusetts

Town Manager's Newsletter

February 2024



Kristen Las
Town
Manager

klas@westfordma.gov
www.westfordma.gov/tm
978-692-5500

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February is Heart Health
Month! (see pages 16-18)

Presidential Primary
Tuesday, March 5

Annual Town Meeting
Westford Academy
Saturday, March 23, 2024
Check in Begins 8:00AM

Dear Westford residents,

Welcome to February. There have been glimpses of spring, and then we are reminded that we are still in winter in New England.

I would like to congratulate Kyle Fox, former Assistant DPW Director on being promoted to DPW Director, effective February 5, 2024. He has worked with the town for over a year and has shown his dedication to public works and the leadership team.

The Town of Westford is creating its first Strategic Plan to chart the future of the Town through 2035. The strategic plan is a forward-looking document to develop a vision and set the goals of the Town for years to come. The 2035 strategic plan will guide policy development, prioritize demands and opportunities, and generate an implementation plan to realize defined vision. This important tool is developed through the lens of community visionaries with specific goals, targets, measures, milestones, and strategies. General information can be found on the [website](#).

As part of this process, we are collecting baseline data through a survey administered by Zencity. You may see this survey appear in a social media app or when browsing the web. Please take this survey if you come across it as it will help us shape the future of Westford.

In addition, the Town is updating its website, www.westfordma.gov and would like your input. Please help us meet your needs by taking the [Website Redesign Survey](#) allowing us to collect your input in a structured way to help guide our design decisions. There is also a discussion group where we welcome your feedback on what our municipal website should offer.

The Finance Committee has finished their public hearing process on the FY25 budgets. One of the budget options stays within the constraints of Proposition 2 ½ that includes difficult decisions that contemplate service cuts and staff reductions. The second option is a budget that reflects current service levels and staffing that would require a Proposition 2 ½ override. The Select Board has directed the reduction of \$1,000,000 from the proposed override budget. This reduction will be presented to the Select Board on February 27, 2024. The Select Board has also discussed the potential override number and that will be presented in more detail on February 27, 2024 as well.

(continued on next page)



Watch
westford CAT
community access television
www.westfordcat.org

We have prepared a variety of educational [videos](#) and a [budget website](#) that portray the budget challenges we are facing and how we are responding to those challenges.

The final approval of the town budget takes place at Town Meeting which is scheduled for March 23, 2024. If an override is approved at Town Meeting it must also be passed via ballot question on the townwide election day, May 7, 2024. Please remain engaged in the process and aware of the conversations taking place.

If you have not been able to access and read the full [Budget Task Force report](#), I would encourage you to do so as it presents a significant amount of data and analysis that has been much needed. The more informed everyone is about the budget the better.

The Town's Fiscal Year 2023 Annual Report has been published. You can access the report [online here](#), or pick up a copy at the Town Clerk's office at Town Hall.

Please see below for matters that were discussed or acted upon by the Select Board in the past month.

At their meeting on January 23, 2024 the Select Board recognized Deputy Chief Ronald Paulauskas who retired from the Police Department after 32 years of service. Carol McCahon was also recognized for retiring from the library after 23 years of service.

Westford Academy Senior Jack Whitman was recognized for achieving a perfect score on his AP Chemistry exam in May. The Town Manager announced the Lunar New Year celebration at Westford Academy on February 10, 2024 and also announced the League of Women Voters informational FY 25 budget meeting would be held on January 24th and a similar meeting at the Cameron Senior Center on January 26th.

Primary Elections are upcoming, and residents will be receiving a vote by mail postcard to fill out and return. Early voting for the March 5th Primary will be held Saturday, February 24th from 9AM-3PM, Monday February 26th and March 1st from 9AM-2PM.

A review and discussion on the FY 25 Budget process and Finance Committee public hearings was held and the Select Board approved 5-0 to reduce the override budget by \$500,000. The Select Board also reviewed the proposed annual town meeting warrant articles and approved 5-0 to close the warrant.

The Select Board also voted to accept State earmark funds in the amount of \$100,000 from the Department of Conservation and Recreation to build a new playground at the Nabnasset Elementary School.

At their meeting on February 13, 2024, the Town Manager announced the survey for public feedback on a new Town website design would be released. The Town Manager also gave an update on the Opioid Settlement expenditures and announced the MBTA Communities Act, Multi-Family Zoning Mandate Lunch and Learn on February 23, 2024. The Westford Library Foundation also announced fundraising efforts for the JV Fletcher Library expansion and renovation project. To donate or for more information please click [here](#).

A continuation of ARPA funding requests for shuttle service for Annual Town Meeting was discussed and the Select Board approved 5-0 to provide transportation services from satellite parking areas at Robinson and Crisafulli Schools to Westford Academy in the amount of \$1,344.90. These satellite locations are intended to alleviate some of the congestion and address the parking concerns brought on by the Special Town Meeting in October.

(continued on next page)

The Chief Assessor, Will Naser, presented the Select Board with the real estate tax deferral program and the real estate tax exemption programs for FY24.

The Select Board also reviewed the Annual Town Meeting warrant articles, set the order, and took positions on Article 5, 12, 14, 15, 16, 21, and 22. Further recommendations will be made at upcoming Select Board meetings after review from the Finance Committee.

The Diversity, Equity and Inclusion committee recommended the Select Board support an act to reform the Hate Crime statuses under Bill H.1704. This was approved 5-0.

The Town Manager announced a FY24 hiring freeze, and the update on the Town Manager/Select Board FY24 goals was pushed to the next Select Board Meeting on February 27, 2024.

There are several openings on our local boards and committees, including:

Affordable Housing Trust

Agricultural Commission

Board of Assessors

Bylaw Review Committee

Capital Planning Committee

Clean Energy and Sustainability Committee

Commission on Disability

Community Behavioral and Mental Health Committee

Council on Aging

Cultural Council

Diversity, Equity and Inclusion

Dog Park Task Force

Healthy Westford Committee

Historical Commission

Housing Authority

MBTA Communities Multi-Family Housing

Northern Middlesex Stormwater Collaborative

Parks and Recreation Commission

Permanent Town Building Committee

Scholarship and Grant Committee

Selectmen Policies & Procedures Sub Committee

Tax Possession Disposition Committee

I urge you to peruse our website for information about the work of these committees; and if you have interest, please complete and submit a Citizen's Activity form at this link: [Citizen Activity Form](#).

Would you like more detailed information on the Select Board's meetings? Click the following links to access: [Select Board Documents](#) & [Select Board Meeting Videos](#).

If you have any suggestions for articles or added features in future newsletters, please do not hesitate to reach out to the Town Manager's office at (978)-692-5501 or email at klas@westfordma.gov.

Sincerely,



Kristen Las, Town Manager

From the Moderator



Annual Town Meeting is scheduled for March 23, starting at 9 am at Westford Academy (WA)

There are many important issues to be decided including the town budget and a Proposition 2 ½ override proposed to support it. We will also be deciding on an article which expands property tax exemptions for disabled veterans, a new zoning bylaw allowing for multifamily housing in compliance with state requirements, bonding for a treatment plant to reduce polyfluoroalkyl (PFAS) in our water and various capital expenditures. Don't miss this opportunity to make your voice heard and to vote on these essential issues.

In an effort to address difficulties that came to light at our last Town Meeting and in expectation of another large crowd, the following new procedures will be in place:

- **Check in will begin at 8 am**, an hour before the meeting starts, so arrive early!
- Parking will be at WA until that lot is full and then at Crisafulli and Robinson with continuous shuttle busses from the overflow locations to WA. Please carpool if you can. There will be 26 spaces at the front of the voter entrance reserved for those with handicap parking stickers.
- Advocates will have specific places at which to hold signs, collect signatures and distribute leaflets OUTSIDE the building. For a map showing these designated locations check here: [TM Map](#)
- Voters will first be checked in to the gym and when that location reaches capacity voters will be sent to the auditorium. Two-way audio/visual communication between these two locations has been installed and we now have enough voting clickers for both rooms. Gym clickers will only work in the gym and PAC clickers will only work in the auditorium so you must stay in the room to which you have been assigned by the tellers.
- Non-voters must remain in Room 103 where the meeting will be remotely broadcast.

These improvements should make the Meeting proceed efficiently but please bear with us as there are bound to be some hiccups during this transition period. Once again free child care: [TM Childcare Signup](#) and free transportation: [TM Transportation Signup](#) will be available, be sure to sign up in advance.

I look forward to seeing you at the meeting - feel free to contact me directly if you have any questions or suggestions. Remember, you may attend either part or all of the day. The more people who attend the better our decisions will be. Democracy works best when everyone participates.

See you soon!

Angela Harkness,
Town Moderator

February at the J.V. Fletcher Library

Unless otherwise noted, the following programs are made possible by the Friends of the Library.



Join us for some fun-filled February vacation events!

YA Upcycled Book Art: Tuesday, February 20 at 2:00 p.m. Come to the Meeting Room to create upcycled art from damaged and discarded books! The options are endless: sharpie blackout poetry, collaging, book carving, origami, anything you can think of. Open to Grade 5 and up. [Register here.](#)

Snowy Shenanigans with the Toe Jam Puppet Band, Wednesday, February 21 at 11:00 a.m. Toe Jam's winter themed show has Vinny trying and failing to dress kids in winter clothes, do the penguin, and take an imaginary walk in the woods with a yeti. It might even snow! Toe Jam shows are packed with original music, crammed with laughs, and overflowing with fun. This program is best for kids ages 4 and up. [Register here.](#)

Exploring the Oceans with Ariel: Thursday, February 22 10:30 a.m. Spend the morning with Ariel the mermaid and learn about the four oceans. Ariel will entertain us with fun stories, songs, and games. This program is best for ages four and up. [Register here.](#)

YA Worldbuilding Workshop: Thursday, February 22 at 2:00 p.m. At this workshop, we will flex our creative muscles through mapmaking and worldbuilding. We'll learn how to draw maps and do some writing exercises. Great for writers, artists, RPG gamers, and fantasy readers! Open to Grade 6 and up. [Register here.](#)

Lego Club: Saturday, February 24 from 2:00-3:00 p.m. Do you love to build with Legos®? Come to our Lego® Club each month to create something fun with Library Legos®. All creations will be displayed in the library until the next time we meet. This program is best for any child who will not eat the Legos and takes place in the Meeting Room. Parents stay and join in the fun or visit with other parents in the room. Drop-in; no registration necessary. Thanks to the Friends of the J.V. Fletcher Library for providing ALL of the Legos for this program.



Sweet Reads MG Book Club: Tuesday, February 27th at 6:30pm. At our February meeting we will discuss *Betty Before X* (written by Malcolm X's daughter, Ilyasah Shabazz) and enjoy an on-theme dessert. Open to Grade 6 and up. Copies of the book are available at the library's Main Desk. [Register here.](#)

Winter Story Times – We offer a variety of small group (under 25 kids) story times for children this winter that take place in the Meeting Room. To accommodate a wider variety of participants there will be no registrations or reservations. Plan to arrive early, before the start of the story time. Your options for story time are Book Bunch for ages 2 to 4 on Tuesdays at 10:30 to 11:00 a.m. and Wiggle Words for ages 2 to 4 on Wednesdays at 10:30 to 11:00 a.m. Please visit our [website and Events calendar](#) for more information.

Winter also means the restart of Mother Goose, an early literacy interactive story time that is offered every Monday at 10:30 am. Children and their caregivers join us in the Meeting Room for this drop-in program.

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J.V. Fletcher Library (continued)

Adult Programs

Virtual Job Search Help for 50 & Over – LinkedIn Part #2: Wednesday, February 21 from 9:30-11:30 a.m. The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on biweekly the 1st and 3rd Wednesdays of the month, from 9:30am to 11:30, via Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career", this networking group program is perfect for you!

[Register Here](#)

Virtual Exploring Ancestry.com: Thursday, February 22 at 6:30 Join us on Zoom as we host Katherine Willson as she discusses Exploring Features on Ancestry.com! Learn all the tips, tricks and skills needed whether you are looking to add to your family research or just getting started. Learn how to utilize the free offering of Ancestry.com through the library using your library card. *Katherine R. Willson of Dexter, Michigan is an engaging and dynamic genealogy lecturer at regional and national events; a full-time researcher for private clients; and a genealogy educator for 25+ years.* [Register here.](#)

Monday Mystery Book Club: Monday, February 26 at 2:00 p.m. in the Mary Atwood Room Wake up your week with a stimulating book club discussion! We'll meet in the Mary Atwood Room to discuss *Outsider* by Linda Castillo. Print copies are available at Main Desk.

Friends of the Library e-newsletter: The best way to learn about our upcoming programs and new services is through the FOL weekly e-newsletter. [Sign up here.](#)

Check out our [Museum Passes page](#) or call the Library for reservations. Unless otherwise noted, our museum passes are generously funded by the Friends of the Library. [Have you joined the Friends yet?](#)

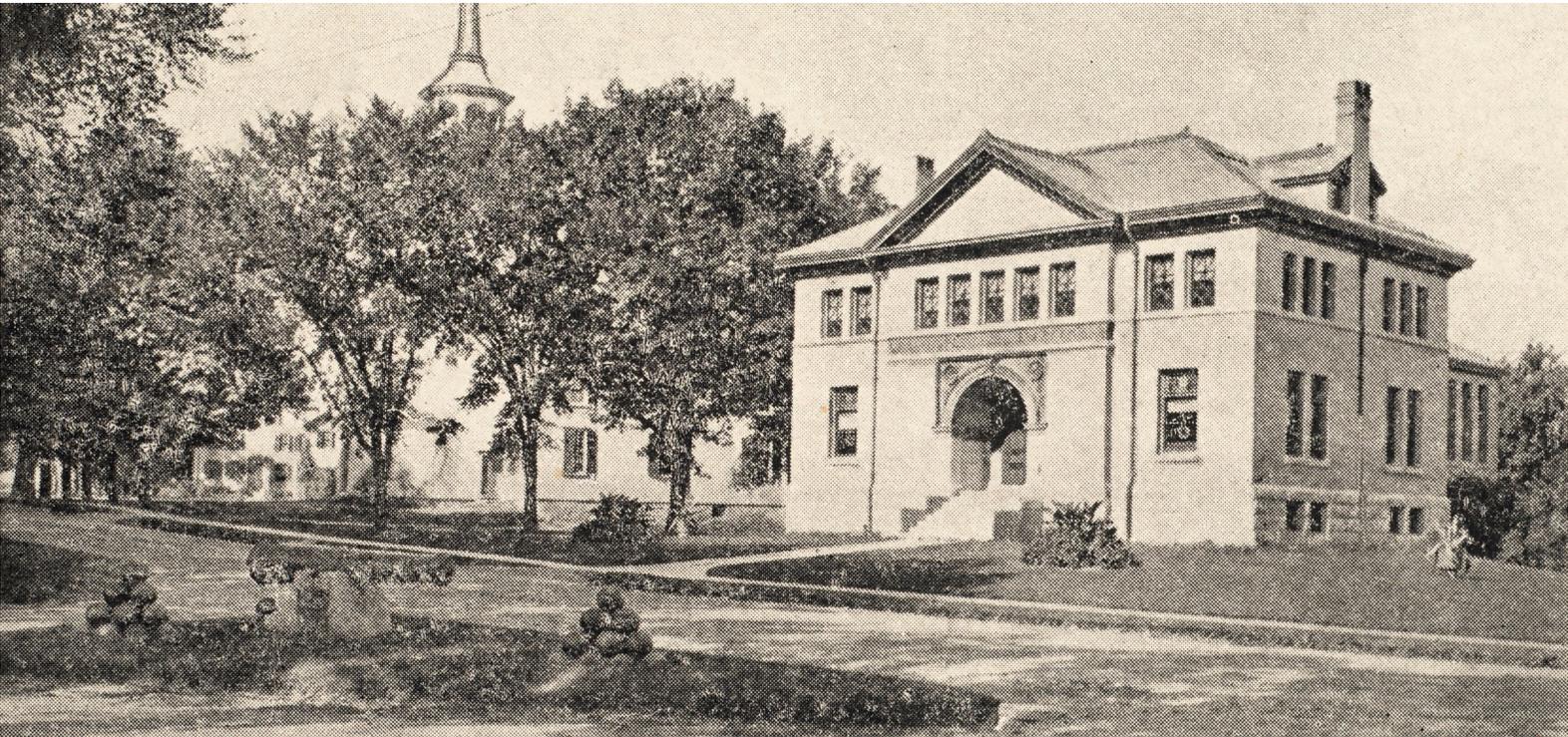
Quick Links to Our Most Popular Services!

[Programs – Adults](#)

[Programs – Kids](#)

[Programs – Young Adults](#)

If you have questions or need assistance, please call us at 978-399-2300 or send us an email at westfordlibrary@westfordma.gov.



Sustainability Update - Sue Thomas, [Sustainability Coordinator](#), 978-399-2798

In February, our celebrations focus on starting new life, love and growing light, in addition to presidents. A spring thaw also often turns our thoughts to new seasons, even as the inexorable act of income tax preparation and budget review has us looking back. Hopefully this short month, and the following articles, inspire you to act for those new generations and to (re) commit to a more sustainable year ahead.

Perhaps you will decide to **join the Clean Energy and Sustainability Committee or Westford Climate Action?** Reach out if you have any questions about either of these groups doing great work in Westford.

Or maybe you will **join your neighbors and start composting today!**

It is easy and makes a big difference to your carbon footprint and the town budget. While food waste reduction, and composting at home, are the best actions you can take for the environment, if this isn't possible for you right now, Westford's [Boot Strap Compost Residential Curbside Program](#) pilot is an affordable next best option, and one a growing number of our residents are taking advantage of. In the 2 months since it started, the number of Westford customers has more than doubled and is rapidly approaching the threshold for an additional \$1 rate decrease for Westford participants. Composting through a commercial operator expands the number of items you can compost to include meat and dairy as well as compostable single use products.



Learning to separate your food waste for Bootstrap might just inspire you to compost yard waste and vegetable matter at home come spring. Look for additional education on home composting offered by the Westford Recycling Commission later this year. Home composting (as opposed to curbside pick up) is possible, but slower, during the winter months. Passive compost containers called Earth Machines can be purchased at a subsidized rate here year round by calling or emailing Nicole Feliciano at the Westford Highway Department. **978-692-5520** or nfeliciano@westfordma.gov .

Westford Climate Action is planning to offer a two part Neighbor to Neighbor program this spring in collaboration with me and the Westford Recycling Commission to help residents reduce food waste through new shopping and cooking habits and to become comfortable with composting options that work for them year round.

Maybe you are planning to take advantage of President's Day sales for electric appliances as part of your home electrification plan? Don't forget to reference the Mass Save rebate programs [here](#). Start with an induction stove, if you can, as [gas stoves really do produce unhealthy air in your home](#).

Working on your building envelope? Don't forget that the IRS may offer you [tax credits](#) for new doors and windows, among other items.

Have you purchased or are you ready to make the move to an electric or plug in hybrid vehicle? Be aware of the new tax reason to find the right dealer. The [Drive Green Program](#) offers [this great blog](#) on the new 2024 federal tax rules and maintains current shopping information on the eligible households and available vehicles for state and federal incentives. If you are window shopping in preparation for a later purchase, Westford Climate Action, the Clean Energy and Sustainability Committee, and I will be co-sponsoring the next event in the Neighbor to Neighbor series on electric vehicles during Earth Month this April. We will be offering a hybrid informational program on the 11th and a car show with owners on the 13th. Federal tax info may also be found [here](#).

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Sustainability (Continued)

Finally, it is plant and CSA ordering season! Support local food production for your health and the good of the planet. [Farmer Dave](#) offers a CSA at Hill Orchard in Westford as does [Fat Moon Mushrooms](#). A full list of Community Supported Agriculture memberships may be found [here](#).

Learn about the best horticultural options for your property and all its inhabitants and consider placing orders for native plants now. Grow Native Massachusetts has announced [their free 2024 Evenings with Experts](#). Middlesex Conservation District (MCD) has opened [their native plant seed sale](#), and Worcester County Conservation District plans to open their plant sale for orders on Friday. [The Native Plant Trust sale](#) is also open and this incredible organization always has an array of educational offerings. A couple of key points to keep in mind: native straight species cultivated locally with care not to spread Asian Jumping worms are the most beneficial choices.

The terms “native” and “pollinator plant” have been co-opted and green washed to the point where they are meaningless. Every plant is native somewhere and every plant has a pollinator, or it wouldn't flower! Seek species that have evolved with the local ecosystem and feed caterpillars and native bees as well as butterflies, then proceed to let the caterpillars feed, because without them, there won't be any butterflies!

Nurseries often do their best, but they must cater to customers educated to think like decorators in search of a palette untethered from natural lifecycles and environments, and who have been trained to seek guarantees and convenience. So many of us do not understand that plants are part of an interconnected food web. We also have grown up in a time of global trade, where many of the plants we consider normal in our environment are actually foreign and may be less than optimal or even destructive from a food web point of view. This doesn't make them invasive and in need of removal, but it does mean that our environments are not supporting the native species as they once did. The very plants that we may cherish because they are maintenance free can often be designated as such because they do not have a place in the food chain.



Save some thought and planning for trees:

- The Town will be offering tree seedlings to residents this spring. More info will be coming soon.
- Did you know the town has a Tree and Invasive Species Plan? Check [out these resources](#) for more information on what to plant and what to pull!
- Do you know what a [public shade tree is](#)? You likely have at least one on your property. In January, the Tree Warden gave [this presentation](#) to the Select Board and the town levied a fine for the inappropriate removal of public shade trees. Trees have real value in dollars and in environmental services, to you and to the town. They sequester carbon, clean the air and water, prevent soil erosion, cool your property, provide wind protection, especially in groups, drink excess water, and provide food and habitat for wildlife. You can look up your parcel on the town website [here](#). If you have any questions, please ask!
- This [Harvard Forest event](#) March 5th and this [MA Audubon report discuss the challenges of preserving forests while growing solar energy production](#).

For additional upcoming events, see the [Sustainability web page](#).

Collector's Office

TREAD & Scholarship Giving, Paying by E-Check and a Reminder about Excise E-Bills

Westford has several ways for residents to give to others in need!

Tax Relief for the Elderly and Disabled (TREAD) provides an opportunity for local charitable giving. Now more than ever, some of our most vulnerable residents rely on the generosity of their neighbors to help bridge the gap to cover taxes. As inflation is outpacing many retirees' income, the need for assistance is growing. Giving is easy! You can click the Donations option on our online bill pay website or write a check and mail it into the Tax Collector's office at 55 Main Street. Donations are tax deductible. TREAD is overseen by a volunteer committee. Applications are taken at the Senior Center and reviewed by the committee. Funds are distributed to elderly and disabled taxpayers annually. This is a worthy cause, and your donations make a big impact in the lives of those awarded.



The **Tax Collector's Scholarship Fund** is intended to provide resources to all in our community for job training and educational opportunities. This fund benefits students and adult residents.

The **Arts & Technology Fund** provides for innovative initiatives to enrich and advance current and future programs for Westford students.



Giving locally is a wonderful way to enrich the lives of people in our community. If you would like to donate, please **make your check payable to Town of Westford** and mail it to the Tax Collector's Office, 55 Main Street Westford, MA 01886. Please be sure to indicate which fund you would like your donation to be deposited into. Or go to our online payment platform and choose the donations tab. Questions? Call the Tax Collector's office at 978-692-5506.

E-Check online payment for tax bills – FREE and efficient!

There is a common misconception that if you use our online bill pay provider's website to pay your taxes that you will always be charged a fee. Fees apply if you use a debit or credit card to pay. Those fees are collected by the credit card companies – not us. **Payment by E-Check is FREE!** The E-Check option will pull the money directly out of your checking account. No fee. The benefit is that it automates the payment process for us and makes our work more efficient. Would you consider using our online payment system for your next tax bill? Go to the Town's website www.westfordma.gov choose Pay and Look Up Bills and then Pay Tax Bills. From there you can choose what type of bill and enter your information to pull it up. When you pay with your own bank's online system, a check is physically cut by the bank and mailed to us, we then must look up your account information and print out a bill stub to support the payment. Paying through our online system allows us to upload a payment file and is much more efficient! Thank you for considering using our online system for your next tax payment.

E-Billing – Information regarding Excise tax bills.

2024 excise bills are going out on 2/12/2024. If you have set up your bills for E-Billing with our online bill pay provider, City Hall Systems, you will receive an emailed link for any bills that you have added to your E-Bill list. If you have put a car on the road with a new registration number, remember that you will need to wait for a bill to come out using that plate number and then go add it to your E-Bill list. Once added, you will not

Community Wellness

SULLIVAN'S MESSAGE

★ LOVE. LOSS. HOPE. PURPOSE. ★

THIS PRESENTATION ON SUBSTANCE USE AND AWARENESS WILL BE OFFERED AT WESTFORD ACADEMY AND IS OPEN TO ALL. THROUGH TAYLOR'S MESSAGE, KATHI SULLIVAN IS ABLE TO HELP STUDENTS AND PARENTS/CAREGIVERS SEE THE IMPORTANCE OF MAKING GOOD CHOICES IN LIFE SURROUNDING ALCOHOL, DRUGS AND COPING WITH ANXIETY AND DEPRESSION.

FOR MORE INFORMATION AND TO RSVP CLICK [HERE!](#)

WESTFORD ACADEMY PERFORMING ARTS CENTER
★★★ WEDNESDAY, MARCH 20, 2024 AT 6:30PM ★★★

Health Department

"THE HEALTH IMPACTS OF CLIMATE CHANGE"

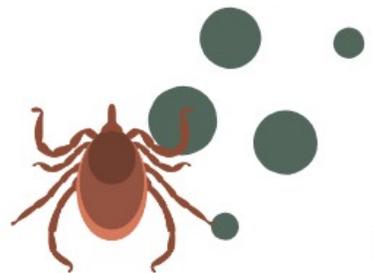
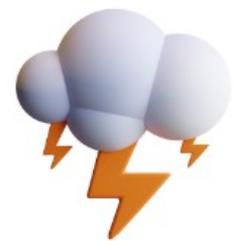
**PRESENTED BY TEVIN WOOTEN
"FIRST ALERT METEOROLOGIST"
NBC10 TV BOSTON**

**STONY BROOK MIDDLE SCHOOL AUDITORIUM
9 FARMER WAY, WESTFORD
TUESDAY, FEBRUARY 20TH
9:30 AM-10:30 AM
OPEN TO THE PUBLIC
NO REGISTRATION REQUIRED**



**TEVIN WOOTEN AN EMMY
AWARD WINNING WEATHER
REPORTER AND
METEOROLOGIST**

**HOSTED BY THE WESTFORD
HEALTH DEPT**



Health Department (Continued)

Emergency Preparedness Training for People with Disabilities

The Massachusetts Office on Disability (MOD), in partnership with the **Westford Health Department** cordially invites you to a training presentation on emergency preparedness for people with disabilities. This training will bring together people with disabilities and emergency preparedness professionals.

This meeting will be held on **Tuesday March 19, 2024 at 1:00pm-2:30pm at the Westford Council on Aging, 20 Pleasant St, Westford, MA 01886**. The purpose of the meeting is to explore ensuring people with disabilities have the assistance and resources they need in times of emergency. Possible scenarios discussed include:

- An ice storm leaves the region without electricity.
- Fire in an industrial plant forces evacuation of surrounding communities.
- A train jumps the tracks, releasing a cloud of toxic chemicals.

Communities across the Commonwealth are planning for emergency situations like these: some are natural, and others are man-made. Some emergencies require evacuation while others require sheltering at home.

Members of the disability community will learn about the emergency response resources and procedures within their local communities and the steps that can be taken to personally prepare for emergency situations. **Persons with disabilities will also receive an "Emergency Go Pack" with essential items that might be needed during an emergency. First Responders in attendance will receive "[Tips for First Responders, 5th edition.](#)"**

If you would like to attend, please **register** by contacting Brittany Nash by **Monday March 18, 2024** at bnash@westfordma.gov or calling her at (978)399-2564.

Reasonable accommodations will be provided upon request. In order to make requests, please contact Aimee Ott by phone at (857)283-2596 or by email at aimee.ott@mass.gov no later than **March 12, 2024**.

Health Department (Continued)

FREE YOUTH MENTAL HEALTH FIRST AID TRAINING

PRESENTED BY THE CHELMSFORD HEALTH DEPARTMENT & THE NORTHWEST PUBLIC HEALTH COALITION

This Youth Mental Health First Aid Training is supported by a grant from the Greater Lowell Community Foundation (GLCF)

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

The Youth Mental Health First Aid training teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents from ages 12-18

HOW IS THIS TRAINING BENEFICIAL?

1. Informs adults about common mental health concerns among youth
2. Helps reduce stigma
3. Helps adults recognize common signs and symptoms of mental health and substance misuse challenges beyond "typical" teen behavior
4. Provides guidance with a simple 5-step action plan (ALGEE) how to properly and safely respond to these challenges

WHO SHOULD KNOW AND BE INVOLVED?

- Parents
- Educators
- All community members



Date: Feb 22nd, 2024

Time: 9AM-3PM

Location: Chelmsford Town Hall-Fire Training Room

50 Billerica Rd Chelmsford, MA, 01824



**TO REGISTER OR FOR QUESTIONS:
CONTACT TARYN ANGEL**



978-250-5241



TANGEL@CHELMSFORDMA.GOV

Health Department (Continued)



JOIN US FOR THE UPCOMING FREE

YOUTH MENTAL HEALTH FIRST AID TRAINING

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WHO SHOULD KNOW AND BE INVOLVED?

- Parents
- Educators
- All community members



Date: Feb 21, 2024
Time: 9:30AM-3:30PM
Location: Tyngsborough Old Town Hall,
 10 Kendall Road, Tyngsborough, MA 01879



Interested in attending?
 Please contact Ashley Pavlakos for registration!
 ✉ apavlakos@tewksbury-ma.gov

Health Department (Continued)

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at [988lifeline.org](https://www.988lifeline.org).

Health Department - February is Heart Health Month

Matters of Your Heart



RISKS

56% of adults have been told by a healthcare professional to improve their health

83% believe that heart attacks and stroke can be prevented, but aren't motivated to do anything

60% of adults don't know their blood pressure and cholesterol numbers
44% monitor their blood pressure outside of the doctor's office

99% of Americans need to improve their heart health

72% don't consider themselves at risk for heart disease

58% put no effort into improving their heart health

Heart disease is the **#1** leading cause of **death** in the United States

1 of every 3 deaths in the United States is caused by heart disease and stroke

Lowering your blood pressure may decrease your risk of stroke and heart disease by about **50%**

Every **25 seconds** an American will have a coronary event



Every **39 seconds** someone dies from heart disease and stroke

Each year, an estimated **785,000** Americans will have their first heart attack

Each year, an estimated **470,000** Americans will have another heart attack

FACTS

More than **62,000** visits per day on heart.org and strokeassociation.org

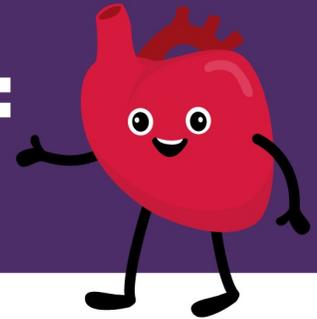
f 329 Join our Facebook communities every day

Join our conversation every day at facebook.com/AmericanHeart

Statistics from the American Heart Association/American Stroke Association. ©2012, American Heart Association. 4/12055479

Health Department - February is Heart Health Month

Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.



Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the **Dietary Approaches to Stop Hypertension (DASH) eating plan**, which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.



Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your **plan for quitting**.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.



Health Department - February is Heart Health Month

Control Cholesterol

Unhealthy levels of **cholesterol** can lead to **high cholesterol**, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.

Practice Self-Care & Find Social Support

Daily acts of **self-care** can benefit your heart because **self-care is heart care**. Studies show that having **positive social support**, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit hearttruth.gov



Town Clerk's Corner



Early Voting Hours for the Primary Election will be held at the Westford Police Station, 53 Main Street, in the EOC Room, Saturday, Feb 24th, 9am-3pm and Monday, Feb 26th-Friday, March 1st, 9am-2pm.

Presidential Primary -	Tuesday, March 5, 2024
Annual Town Meeting -	Saturday, March 23, 2024
Town Election -	Tuesday, May 7, 2024
State Primary -	Tuesday, September 3, 2024
Special Town Meeting -	October 2024
General Election -	Tuesday, November 5, 2024

Not registered as a voter in Westford yet?

It's easier than ever ... just go online! www.sec.state.ma.us/



When you register to vote, you may

- Register in a POLITICAL PARTY by selecting one of the listed parties (currently Democratic or Republican) OR
- Register in a political designation, OR
- Register with no party affiliation by selecting "NO PARTY (unenrolled)," which is commonly referred to as "independent" meaning that you do not have a party designation



If you do not enroll in a party (i.e., choose unenrolled or a political designation), you may still vote in state and presidential primaries by choosing a party ballot and will remain unenrolled. If you enroll in one of the parties listed above, you may vote only in that party's primary. In a general election, all voters receive the same ballot regardless of party enrollment.

(Continued on next page)

Town Clerk's Corner (Continued)

OPEN POSITIONS FOR LOCAL OFFICE IN 2024

Never too early to be thinking about running for office. Nomination papers will be available January 2nd. The table below lists open seats for the May 7, 2024 Town Election. The deadline to file nomination papers bearing the signatures of at least 50 Westford voters is Tuesday, March 19th at 5:00pm.

Office	Number of Positions	Terms expiring for:	Length of term
Select Board	1	John H. Cunningham	3 years
Board of Health	1	Joanne E. Belanger	3 years
Housing Authority	1	Barbara Upperman	5 years
Housing Authority	1	Patricia Dubey	1 year
Library Trustees	2	Marianne C. Fleckner Deborah Teal	3 years
Planning Board	1	Michael Bonenfant	5 years
School Committee	3	Kathryn Clear Christopher P. Sanders Mingquan Zheng	3 years

You may apply for a "vote by mail" ballot (no excuse) or you may apply for an absentee ballot by noon on day before the election. Remember absentee ballots are only available for those who meet the criteria and are unable to vote at the polls on election day. Any ballots voted by either of these methods must be received by 8 pm on Election Day to be counted.

Deadline to license your dog(s)

Dogs must be licensed by March 31, 2024 to avoid the \$25.00 late fee. Spayed or neutered dogs are \$15.00. Non altered dogs are \$20.00. Dog licensing began December 1st.

A reminder - We have a drop box for ballots, dog license requests, census forms and any other items for the Town Clerk's Office. It is located at the back door to Town Hall on the sidewalk leading to the Police Station. Access is available 24 hours a day. The box is securely locked and tamperproof.



Recycling Commission



Mark your Calendar Now!
Westford's first ever Zero Waste Day
is Saturday, April 27th!



Zero Waste Day provides residents with easy, in-town access to regional non-profits and other organizations that reuse or recycle materials and keep them out of the waste stream, saving tax \$ on trash incineration fees and reducing greenhouse gases and toxins that result from burning household items.

Westford's Zero Waste Day will span a few sites that are in close proximity. The planning is still underway, but so far, the following sites are confirmed!

Site 1: Westford Highway Garage, from 9 a.m. to 1 p.m. Our typical "Electronics & More" collection will take place for computers, monitors, and most other electronic devices & equipment, appliances of all sizes, and scrap metal.

Site 2: Blanchard Middle School, also from 9 a.m. to 1 p.m. Many non-profits and other orgs will be on site to accept donations of **usable** furniture, small appliances, household goods, toys and games, clothing, office & school supplies (with some exceptions), small musical instruments. In addition, New England Clothes Recycling will be on site to accept all types of textiles for recycling.

Site 3: Old Water Department - where Discover Books has a drop off container for donating books and media that the Friends of the Library cannot accept for their Book Sales, in particular: VHS tapes, cassette tapes, older textbooks, full sets of encyclopedias, and any book in fair but still usable condition. Note that this book container is available 24/7.

The final list of sites, vendors, and accepted materials will be widely publicized well in advance of April 27th.

Visit www.westfordma.gov/recycling for details as we approach the collection day.



The Mission of the Westford Recycling Commission is to:
Increase awareness of the financial and environmental impacts of recycling; provide opportunities for non-curb-side recycling; educate residents on options to reduce, reuse, repurpose, and recycle; and organize recycling events that encourage diversion from the trash.

(Continued on next page)

Recycling Commission (Continued)

Are you wondering what to do with unneeded items that are not accepted in Westford's recycling program. **The answer is the A to Z guide: How To Recycle Most Anything** found at [How-to-Recycle-Most-Everything-PDF \(westfordma.gov\)](http://How-to-Recycle-Most-Everything-PDF(westfordma.gov)) and review the numerous opportunities. At the moment there are 87 categories and it grows over time.

Some come with a cost but this keeps them out of our waste stream which is best for everyone. Here are a few examples:

Bridal Gowns

- Brides Across America – Gifts gowns or donate money to military brides in need at bridesacrossamerica.com. Gowns must be less than 4 years old. Visit the "Giving" page at the bottom of the home page for more information on events.

Flag Disposal

- VFW - North Andover Post 2104 (32 Park St, North Andover 01845; 978-687- 9614);
- VFW Lowell (90 Plain St., Lowell 01852; 978- 453-6231). Call for hours of operation.
- Department of Veteran Services (DVS) - 23 Depot Street, Millennium Building, Door #9, Westford, MA 01886 (978-392-1170). Please place in container just inside the entry doo
- Ace Hardware, 527 Groton Rd (978-692-0774).

Motor Oil

- Autozone - <https://www.autozone.com> 63 Drum Hill Road, Chelmsford (978- 453-2300); 177 Church St., Lowell (978-452-2999). No fee; 5 gallon limit. No oil mixes (such as oil/gas). Can keep personal oil container(s).

Sporting Goods (for reuse)

- Play It Again Sports – 781-609-2506; 108 River St., Waltham. Store buys, sells, trades, and takes on consignment both new and used sporting goods.
- Salvation Army - Nashua (603-880-0271); Saugus (781-231-0803); <https://www.salvationarmyusa.org/usn/>. Check the website or call 800-958-7825 for other locations.
- Savers - 224 Daniel Webster Highway, Nashua, NH 603-888-0409. Savers accepts many items. Please check website for details: <https://stores.savers.com/nh/nashua/community-donation-center-1151.htm>

Yard Equipment

Includes: Gasoline powered - chain saws, small riding mowers, snowblowers. (Remove gas and oil before recycling the item)

- Atlas Recycling - Monthly curbside pickup. Pick-up is every third Saturday year-round, depending on holidays. Fee: \$30 per item, cash or check only; stickers available at Town Clerk's office.
- Electronics and More Collection – These collection events happen twice a year. Please see our website for the schedule and details.



Reduce, Reuse, Repair, Repurpose, and Recycle!
MA resource for "What is Recyclable?" <http://www.RecycleSmartMA.org>

Cameron Senior Center

Whole Foods and Trader Joe's Make Weekly Food Distribution Possible

No income requirements to participate in this program we just ask you to be the glorious age of fifty-five and older. Distribution of numbers begins at 10:30 and food distribution begins at 1PM every Monday and Thursday at the Cameron. Westford residents receive preference but non-Westford friends' welcome. Participants simply shop for needed or NEW food items they wish to enjoy.



A heartfelt thank-you to Fran Kosenko and Patti Mason who organize weekly distributions with the help of many generous Cameron volunteers. A tremendous volunteer effort!

Free Health Series- February Program

Tuesday, February 13th at 4:30PM

We are glad to offer a demonstration from the Mass Equipment Distribution Specialized Telephone program. If you have a vision or hearing loss come find out if you benefit from a Free specialized phone. Please sign up at 978-692-5523 to participate in either program.

Birthday Celebration

Wednesday, February 21st at 12PM

February Birthday Celebrants are FREE. All are welcome to enjoy a chicken Cacciatore lunch prepared Nashoba Tech's Culinary Art students and birthday cake and ice cream to follow. We look forward to serenading our February birthday participants. Cost- \$5 Please RSVP-978-692-5523

Lunch & Learn *(Great opportunity for your input & Q/A)*

Topic: MBTA Communities Act Multi-Family Zoning Mandate

Friday, February 23, 2024

12-2PM Cameron Multi-purpose Room

Please join us and our colleagues from Conservation, Planning/Zoning to become more informed about this public planning process- What is mandate? What does it mean to Westford? Where are we in the planning process? What is the draft zoning bylaw?

Lunch sandwich options provided by Paul's Diner include:

Westford Deluxe- Roast beef, roasted red peppers, lettuce, tomato, onion, American cheese

Carlisle Club- Ham, turkey, bacon, lettuce, tomato, American cheese, and mayo

Dessert is coming from Good Thyme's Pie, in Lowell.

(Continued on next page)

Cameron Senior Center (continued)

Dinner with Donna Tuesday, February 27th at 5:00PM

Donna will be warming us up with her homemade tortellini soups one with turkey and the other with sausage and bread, and salad. Entertainment will be a **Classical Indian Dance presentation**. Be sure to call and sign up quickly, dinner slots fill quickly, 978-692-5523. We can accommodate forty people for the meal at \$10 and another thirty people for just entertainment at \$5. **Thank you to the Friends of the Cameron for subsidizing this event.**

Need Assistance With understanding Medicare?

Monday Appointments for March 12th must be scheduled by calling 978-692-5523

SHINE (Serving health insurance Needs for Everyone) can help?

Medicare health and drug plan can make changes each year: Things like cost, coverage and what providers and pharmacies are in their networks. The SHINE program can help you determine the best plan for your through an individual meeting with Fred Baumert, SHINE Counselor at the Cameron.

Pizza and Property Tax Relief Presentation with Will Naser, Principal Tax Assessor Thursday, March 7, 2024, at 12:30

Join us in the multi-purpose room to learn about several Westford benefit programs to reduce your property taxes. Will Naser, Principal Assessor and Outreach Staff will explain the criteria of each program with a slideshow and handouts. Strongly consider attending if you are certified by the state as disabled (any age), a Veteran with 10% disability, or a senior 60 or older. Please call to sign up at 978-692-5523.

Game Night

Thursday, March 7th at 4:30

Join us for an early evening of fun and laughter. All the games played are easy to learn. In March we will play the tile game, *Rummikub* and in April the word game, *Boggle*. The cost is \$4.00 for refreshments and light meal. Please sign up in advance for planning purposes, 978-692-5523

Reminder: Annual Town Meeting: Saturday, March 23, 2024-9AM

(Continuing to Monday, March 25, 2024, if needed.)

Location: WA Gymnasium

Don't forget if you need transportation for Annual Town Meeting, please call

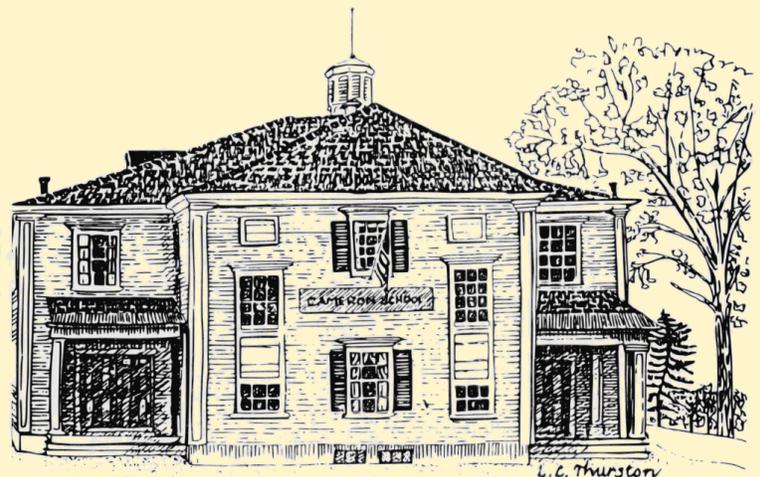
Bob Rafferty, Transportation Dispatcher at 978-399-2322 with 48-hour notice.

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To learn more about the Cameron Senior Center programs and services please visit:
www.westfordma.gov/coa,
www.facebook.com/CameronSeniorCenter/
Or please feel free to call us at 978-692-5523.

If you prefer to drop by we are located in Forge Village at 20 Pleasant Street.

To view the complete Council On Aging Newsletter please visit our website:
www.westfordma.gov/coa and click on Newsletters.



Westford Senior Center

Cameron Senior Center (continued)

Can YOU Qualify for Savings in FY 2024?

PROPERTY TAX RELIEF FOR QUALIFIED WESTFORD PROPERTY OWNERS

Consider applying for all programs close to your income and asset range.

PROGRAM	INCOME LIMIT	ASSET LIMIT	BENEFIT	REQUIREMENTS	CONTACT
AGE 70+					
ELDERLY, SURVIVING SPOUSE OR MINOR Clause 17D	None	\$77,900	\$683	Birth Certificate (1 st Year) Death Cert. (1 st year) Proof of Assets	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
ELDERLY or DISABLED 69 or younger Clause 41C	Single: \$32,700 Married: \$49,100	Single: \$64,900 Married: \$89,250	\$2,000	Birth Certificate (1 st Year) MA resident for 10+ years Federal Income Tax Return Proof of Assets, Proof of SS Disability	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
AGE 65+					
TREAD: Tax Relief for the Elderly and Disabled	None*	None*	Varies* (Est. \$500 - \$1,000)	Demonstrated Need	Cameron Senior Center 978-692-5523 May 1 – Aug. 1, yearly
	*TREAD Committee determines awards in December based on need and available funds donated.				
REAL ESTATE TAX DEFERRAL Clause 41A (if approved, a 0% interest lien is recorded)	Single: \$64,000 Married: \$96,000	None	Defer partial or total taxes until death or property sale	MA resident for 10+ years Limit: Up to 50% of assessed value Birth Certificate (1 st year) Federal Income Tax Return Mortgage Information, as they need to give Permission for deferral	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
MA - SENIOR CIRCUIT BREAKER TAX CREDIT	Single: \$ 69,000 Head of H: 86,000 Joint: \$103,000	Max home assessed value: \$1,025,000	Credit Up to \$2,590	MA Tax Return, Schedule CB	Search for Circuit Breaker on: www.mass.gov/dor/
MEANS TESTED New 3-year pilot	Single: \$49,500 Joint: \$73,650	Single: \$129,800 Married: \$178,500	Varies	Birth Certificate MA/Fed tax return Proof of Circuit Breaker Credit	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
- Senior, Low Income and Disabled Tax Relief Committee, Westford, MA					

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Cameron Senior Center (continued)

PROGRAM	INCOME LIMIT	ASSET LIMIT	BENEFIT	REQUIREMENTS	CONTACT
AGE 60+					
TAX WORK PROGRAM (Senior or Veteran)	None	None	Up to \$1,500 (less deductions)	Up to 105 Hours worked in town dept. from July thru March. Hrly pay is at min. wage.	Cameron Senior Center 978-692-5523/Alison Applications available all year Lottery for slots in May 2022
CPA: Community Preservation Act	HS 1: \$92,700 HS 2: \$105,900 HS = household size	None	Varies (up to full CPA amount billed)	Must own and occupy domicile as of Jan. 1 st Birth certificate 1 st year Federal Income Tax Return	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
VETERANS – ANY AGE					
VETERAN Clause 22	None	None	Varies \$800. Min.	Min. 10% SERVICE-connected disability; Current MA resident with at least 6 mos. prior to service. Dept. of Veterans Rating Decision Letter	Assessors' Office: Town Hall 978-692-5504 or Veterans Agent 978-399-2328 Oct. 1 – Apr. 1, yearly
DISABLED – ANY AGE					
BLIND Clause 37A	None	None	\$1,000	Must be owner of record on July 1. Blind Certificate from Commission yearly.	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
DISABLED Clause 41C	Single: \$32,700 Married: \$49,100	Single: \$64,900 Married: \$89,270	\$2,000	Birth Certificate (1 st Year) MA resident for 10+ years Federal Income Tax Return 1040 ALL PGS Proof of Assets & State Disability (SSDI)	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
TREAD: Tax Relief for the Elderly and Disabled	None* <small>*TREAD Committee determines awards in December based on need and available funds donated.</small>	None*	Varies* (Est. \$500 - \$1,000)	Disabled: must have a MA recognized disability certificate.	Cameron Senior Center 978-692-5523 May 1 – Aug. 1, yearly
LOW INCOME – UNDER 60					
CPA: Community Preservation Act	HS 1: \$70,840 HS 2: \$80,960 HS = household size .	None	Varies (up to full CPA amount billed)	Must own and occupy domicile as of Jan. 1. Birth certificate Federal Income Tax Returns	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
LOW INCOME – ANY AGE					
HARDSHIP Clause 18 Temporary Tax Deferral Clause 18A	Not Applicable	Not Applicable	Up to total Property Tax bill	18: Hardship due to age and/or poverty. 18A: Change to active military status, unemployment, illness or other reason. Defer for up to 3 years max. Must pay deferred amount back with interest.	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
- Senior, Low Income and Disabled Tax Relief Committee, Westford, MA					

Community Gardens

The Westford Community Gardens is calling all gardeners!

Do you have a green thumb? Want to grow and eat your own organic produce, but don't have enough space at home? Come grow with us!

Plot applications for the 2024 growing season are now being accepted at WestfordCommunityGardens.org and are due by March 15.

