



Town of Westford Massachusetts

Town Manager's Newsletter

September 2019



Jodi Ross,
Town
Manager

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

Important:

Please sign up to receive updates on the latest road construction in town.

[Subscribe to Notifications](#)



Sign up for Westford's new Emergency Notification service—**Smart 911** (see page 11)



Final Farmers Market For 2019
Tuesday, September 24
2:30PM - 6:30PM
Westford Town Common

Health + Wellness Fair
September 28
9 AM—Noon
Family Fun Festival
11 AM— 2 PM
Stony Brook School



Watch Meetings Online



www.westfordcat.org

Dear Westford residents,

On Wednesday, September 11th, Westford's annual memorial service was held at the Public Safety Courtyard honoring all of those who were impacted by the heartbreaking events on September 11th, 2001. Thank you to our speakers State Representative Jim Arciero, Selectman Chair Elizabeth Almeida, Deputy Fire Chief Dan Britko, Police Chief Tom McEnaney, and member of the Council on Aging Nancy Cook. Thank you to Veteran's Services Officer Ryan Cobleigh for coordinating this service, as well as members of our public safety departments, and all attendees for sharing a meaningful memorial service.



Westford Police Color Guard , Photo Courtesy of Westford CAT

The Board of Health is monitoring EEE and West Nile viruses mosquito issue and is working with the Central Mass Mosquito Control Project to treat several recreational and sports fields in town. For more information, please click this link here: [Health Department](#).

I am pleased to announce that the Westford Farmers Market has been extended through the end of September! We hope you can join us in taking advantage of the wide variety of vendors and entertainment, Tuesdays 2:30-6:30PM on Town Common. You may find more information at the following link: [Westford Farmers Market](#).

A fall indoor Farmers Market hosted by the Roudenbush Community Center is scheduled to begin October 1, 2019 at the Roudenbush Gymnasium located at 65 Main Street. The market will be held for nine weeks on Tuesdays from 2:30PM-6:30PM. Please call (978) 496-1707 for more details.

On Monday, September 23, 2019 at 6:30PM the J.V. Fletcher Library will be hosting a Farewell Memorial Storytime and Program for the Champion Black Oak tree, which will be taken down due to the natural decline of age, which has caused safety concerns. This landmark has watched over the center of Westford for two centuries. All are welcome to gather in the Main Floor Reference Area of the J.V. Fletcher library located at 50 Main Street for this ceremony.

(Continued on next page)

WWW.WESTFORDMA.GOV

On August 20, 2019, at the Board of Selectmen's meeting, there was a Public Hearing to discuss the request from National Grid to remove or prune approximately 700 public shade trees in accordance with M.G.L. c. 87 §3, Public Shade Tree Law. The board voted to approve National Grid's tree cutting plan of town-owned trees on the following roads: Concord Road, Abbot Street, Pine Street, Town Farm Road, North Main Street, Country Road, Beaver Brook Road, Pleasant Street, East Prescott Street, and Palermo Street. The board advised National Grid to be very conscientious during this process, and we are seeking a minimum of \$10,000.00 for tree replacement from a grant which is administered through the Urban Forestry Department of the Massachusetts Department of Conservation and Recreation, funded by National Grid.

At the selectmen's meeting on August 27th, 2019, the board authorized our town to implement a stormwater fee structure which will go into effect for residential and commercial properties on July 1, 2020, for non-profits on July 1, 2021, and fix the fee at the set amount for three years. On September 10th, 2019 the board had further discussion relative to the fee structure and credit policy, whereas they approved a five-tiered rate structure for the Stormwater Management fee and adopted the Raftelis Credit Proposal of June 6, 2019. The final policy will be brought to the board on September 24th, 2019. For information on Stormwater Management please click this link here: [Stormwater](#).

On September 18th – September 20th there will be a detour on Groton Road between Nutting Road and Dunstable Road due to road construction.

Our Parks and Recreation Department has hired a contractor to make infrastructure improvements at Forge Pond Beach which will begin fall 2019 and continue through early summer 2020. Forge Pond Beach will be closed to public access for the duration of construction. To find out more information, you may click the following link: [Forge Pond Beach - Phase 1 Improvements](#).

The Board of Selectmen and I thanked David Lefebvre for his service in North Carolina during the recent hurricane Dorian as a MA-1 DMAT responder of the National Disaster Medical System Division.

We also thanked Jerry Koehr for seven years of service on the Finance Committee. Jerry was appointed to the Finance Committee in June 2012 and appointed to Chair on September 8, 2016 serving up until his recent resignation. During his time, he assisted with the combined fire and police dispatch, Fletcher 1 Fire Station, the renovated Roudenbush building, 63 Main Street, and many other school and town buildings. Jerry also took part in reviewing and revising the Finance Committee bylaws, creating a health insurance stabilization fund, and supporting the teacher salary override.

After thirty-three years of service to our town in the Police Department and Health Department, Ray Peachey recently resigned. Ray started with the town in 1977 as a Police Officer, continued on as a Community Service Officer implementing the DARE program, the Crime Prevention Officer, and the Police Departments Child passenger Safety Technician until he retired from the department in 2002. In 2011 Ray began at the Health Department as the Substance Abuse Prevention Coordinator working on bringing many programs to town and educating the residents about the dangers of alcohol and drugs.



Thank you, Ray Peachey.

There are several openings on our local boards and committees, including: 12 North Main Task Force, Affordable Housing Committee, Agricultural Commission, Commission on Disability, Community Center/Mill Works/Recreation Department Task Force, Constable, Cultural Council, Election Officer, Energy Committee, Finance Committee, Pedestrian Safety Committee, Healthy Westford Committee, Historical Commission, Nashoba Valley Technical High School District, Northern Middlesex Council of Government, Parkerville Schoolhouse Committee, Parks and Recreation Commission, Pedestrian Safety Committee, Permanent Town Building Committee, Tax Possession Sale Committee, and Zoning Board of Appeals. I urge you to peruse our website for information about the work of these committees; and if you have interest, please complete a Citizen's Activity form at this link: [Citizen Activity Form](#) or stop by and fill out a form in the Town Manager's office.

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

Special Town Meeting will be held on Monday, October 28th, 2019 at 7:00PM in the Abbot Elementary School gymnasium located at 25 Depot Street. The Board of Selectmen has reviewed the proposed warrant articles, set the warrant order, and reviewed draft motions. They will sign the warrant and vote their positions on the articles at their upcoming meeting on September 24, 2019. The Special Town Meeting Timeline is available at the link here: [Special Town Meeting Timeline](#)

I hope to see you at the Special Town Meeting on October 28th!

Sincerely,



Jodi Ross
Town Manager

September at the J.V. Fletcher Library



Our programs are generously funded by the Friends of the J.V. Fletcher Library, Inc.

Dementia Friendly Library Kits: The J. V. Fletcher Library realizes the importance of meaningful, personal interactions for those struggling with memory loss and recognizes the value of those living with dementia and the importance of remaining and engaging in our community. Our six [Dementia Friendly Library Kits](#) are designed for caregivers, friends and family members living with persons experiencing memory loss. Each kit contains the following variety of products: Dementia Friendly puzzle, Images SNAP Dementia cards, Reminiscent cards, Period music, Reminiscent book. As a support resource, a J. V. Fletcher Library designee serves on Dementia Friendly Westford.

Cookbook Club: Thursday, September 19 at 7:00 p.m. The Cookbook Club is dedicated to exploring cookbooks and sampling new recipes. We meet on the third Thursday of the month. Our September pick is *Homegrown: Cooking from My New England Roots* by Matt Jennings. Copies are available for check out at the Main Desk. If you would like to bring a dish from the cookbook (not required to participate), please contact Sarah Regan in Information Services at 978-399-2309. No registration required. [Reading List](#)

Monday Mystery Book Club: Monday, September 23 at 10:30 a.m. Wake up your week with a stimulating book discussion! We meet on the fourth Monday morning of the month @ 10:30 a.m. in the Mary Atwood Room. Our September selection is *The Death of Mrs. Westaway* by Ruth Ware. Copies of the current selection are available for check-out at the Main Desk. New members are always welcome! FREE! Drop in. [Reading List](#)

Champion Black Oak Farewell Memorial Storytime and Program: Monday, Sept. 23 at 6:30 p.m. Due to safety concerns and the natural decline of age, we will soon have to say farewell to the beloved Champion Black Oak that has watched over the Library and the Town Common for two centuries. Together we will pay homage to a living piece of Westford history that has stood so majestically as an abiding town landmark. Families and young ones are invited to gather in the Main Floor Reference Area to re-create the tree on our west-facing windows and share poems and moments in history which the tree has witnessed as our farewell tribute. Healthy seedlings exist to extend the life of this tree. The Library will share plans for mementoes and future uses of the oak. No registration required. All ages are welcome.

Knitting Group: Monday, September 23 at 6:30 p.m. Our informal knitting group meets in the Mary Atwood Room on the second Monday of every month from 3:00 to 5:00 p.m. AND the fourth Monday of every month from 6:30 to 8:30 p.m. No registration required. Open to all ages. Bring your latest project and share advice and socialize with other knitters!

College Planning Session: Thursday, September 26 at 6:30 p.m. Preparing for college has never been more complex, and changes in admissions, financial aid, and financing only confuse parents more. This workshop provides an overview of the college planning process (and is different from the guidance/MEFA presentation). Financial coach T. Jack Wang and educational adviser Tom O'Hare explain how to get into the right college, how to understand and maximize financial aid, and how to find the most efficient payment method (and not wreck your financial future)! Ages 14 and up. FREE! [Register here](#) or call Information Services at 978-399-2304.

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September at the J.V. Fletcher Library (Continued)

J.V. Fletcher Adult Nonfiction Book Club: Tuesday, October 1 at 7:00 p.m. Is truth stranger than fiction? Is it more entertaining? Find out in the Adult Nonfiction Book Club. Our October 1st book discussion will be *The Devil in the White City* by Erik Larson. Copies are available at Main Desk. No registration required. [Check out our Reading List.](#)

Winning College Essays: Thursday, Oct. 10 at 7:00 p.m. Writing a college essay can be the most challenging part of admissions applications. Learn how to brainstorm topics, how to start your essay, how to keep the reader reading it, and how to think of a compelling ending. [Register here](#) or call Information Services at 978-399-2304.

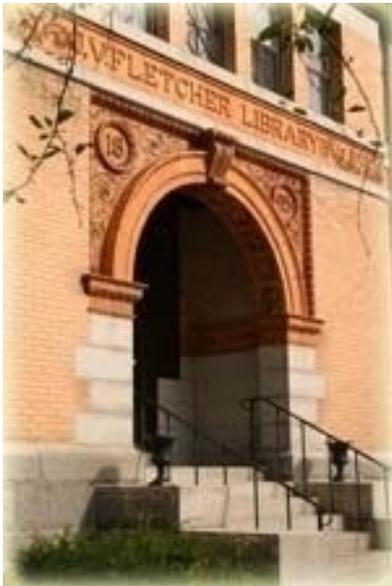
Adult Book Club: Thu., Oct. 10 at 7 p.m. Join us to discuss *The Kind Worth Killing* by Peter Swanson. Copies of the current reading selection are available for check-out at the Main Desk. New members are always welcome! No registration required. [Check out our Reading List for 2019.](#)

Drop-in Diwali Craft: Tuesday, Oct. 15 from 2:00 to 3:30p.m. Fun activity for a Westford schools no school day in celebration of the Hindu Festival of Lights. The crafts are best for school age kids but siblings can join in with their caregivers.

Westford Job Seekers Network meets weekly on Wednesdays from 2:00 to 4:30 p.m. For more information visit our [website](#) or call Dina Kanabar at 978-399-2308, dkanabar@westfordma.gov.

English Conversation Circle: every Wednesday at 10:30 a.m. Practice your English conversation skills and meet new friends in a relaxed and friendly environment. This program meets every Wednesday morning from 10:30-11:30 a.m. in the Mary Atwood Hall. The group is led by Carol Morse. Registration is not required for this program. If you have any questions, please call Sarah Regan at 978-399-2309.

September Book Displays: Throughout the library you will see themed displays to inspire new reading selections. This month we will be highlighting "Art in Fiction", "The Harvest is In", "Tribute to Trees", and "Remembering Dorothea Benton Frank". Our displays change monthly so be sure to take a look.



Please visit www.westfordlibrary.org for more information about the library and our upcoming programs.

Cameron Senior Center

The Cameron serving adults age 55+... and loving it!

Nutritionist from Emerson to Be a Part of World PEAS Distribution

Emerson Hospital will have one of their nutritionists providing informational recipes and educational information about the produce that will be available for the WorldPEAS distribution **Thursday, Sept. 19th and October 3rd at 12:30**. Don't miss out on purchasing a share of locally and organically grown produce for \$3. If interested, please see our receptionist starting at 8:00 to sign-up and make payment. Shares will be distributed at 1:00 and you must show proof of payment.

The Cameron appreciates Emerson Hospital's financial sponsorship and partnership in providing this wellness outreach effort to our community.

Dementia Friendly Westford is moving forward with working to engage more businesses in Town in our initiative. If you know any businesses who would like to become more dementia friendly, let Alison know. You can now visit our website for information, resources, and activities at www.dementiafriendlywestfordma.org. Anyone who is interested in attending meetings or offering input, call Alison at 978-399-2325 to be put on our email distribution list. **We will be starting to designate senior center activities that are dementia friendly with a purple notation at the end. If you plan to attend with an individual living with dementia, please let the front desk know when you sign up so that we can accommodate you properly.**



Affordable Housing Forum - All Invited!

Tuesday, Sept. 24th at 1:30

Bring all the questions you have ever wanted to ask about affordable housing in Westford from Housing Wait lists, Priority Housing, 40B Projects, Housing Lotteries, Preference, New State Centralized Housing Waitlist, Supportive Housing, Housing Vouchers and more...

To help explain Westford's affordable housing options and answer your questions we are very fortunate to have **Housing Authority Directors Lisa Larrabee, Westford Housing Authority and David Hedison, Chelmsford Housing Authority**. Also, we are excited to include staff from our **Land Use Management Department** to highlight 40B projects and other affordable housing development in town.

LUNCH AND LEARN

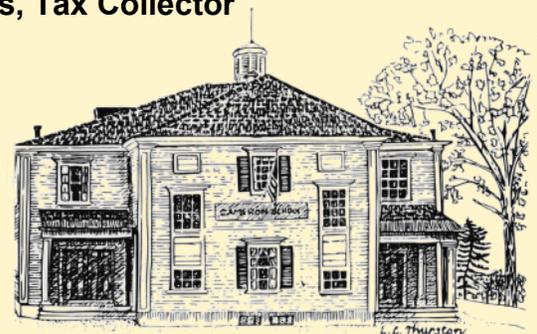
Friday, September 27th at 12:15

Come learn about our Town's Stormwater Infrastructure and ask questions in preparation of October Town Meeting since this will be an important agenda item.

Presenters: Paul Starratt, P.E., Town Engineer and Christine Collins, Tax Collector

Lunch will be sponsored by **Rivercourt Residences**.
Please RSVP to 978-692-5523.

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)

SEPTEMBER ~ Celebrating National Senior Center Month!

Ask the Tax Consultant - September 18th

To help our senior homeowners be more aware of the real estate tax exemptions that you may be eligible for, we hold monthly 1:1 appointments. On the 3rd Wednesday of the month 30 min. appointments are available between 10:30 and 12:30. Call the front desk to sign up, 978-692-5523.

Holiday Basket Program- Together we make the holidays memorable for all!

The Cameron Senior Center will be partnering with SVdP Society of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. *If you are interested in donating to the program, please contact Katie Russell at 978-399-2330. If you need food assistance for a Thanksgiving or Christmas meal, please call Alison Christopher, LICSW at 978-399-2325 to request a simple application.* Please note: The deadline to apply for holiday basket(s) applications to be submitted is October 18th for both holidays.

Important legal document clinic instructed by Madge and Johnson, PC, Two Part Series

Sept. 26th & Oct. 22nd at 5:30 pm

If you were to become incapacitated, do you know who you would want to act on your behalf to make medical and financial decisions for you? If so, do you have the legal paperwork to make that happen?

In Part 1: You will learn what are Durable Powers of Attorneys, Health Care Proxies and HIPAA Authorization and Release Forms. You will fill out forms to allow the attorney to draft these documents for you to sign on Oct. 22nd to make them effective. The attorney will meet with each person interested in Part 2 of the series to determine if you are a good candidate based on the information you provide.

Part 2: This section will involve the attorney reviewing each of these documents in general with the group and then documents will be properly signed under the supervision of the attorney. At the end of Part 2, you will leave with validly executed and prepared Advance Directives that reflect who you wish to serve in the roles described on your information sheet.

This Advance Directives Legal Clinic is being provided by the law office of Madge & Johnson, PC. located at 3 Lan Dr., Suite 101, Westford, MA 01886. Both meetings for Part 1 and Part 2 will be conducted at the Cameron Senior Center. While the cost for Part 1 is free, the cost payable to Madge & Johnson, PC to obtain the Advance Directives in Part 2 is \$300 per individual and \$350 per couple if the parties named in the documents are the same. **Please register for this clinic at the Cameron, 978-692-5523 by Fri. 9/20.**

Fuel Assistance (LIHEAP) Applications

Fall means that it is time to think about winter heating assistance. If you are a previous LIHEAP recipient and receive a renewal application in the mail from CTI, complete it as soon as possible. If you have struggled with heating costs and would like to apply for fuel assistance this year, Call Alison at 978-399-2325 or Annette at 978-399-2326 for an appointment. Eligibility is based on gross yearly income less than \$37,360 for households of 1 and \$48,855 for households of 2. We can also help with renewal applications and questions about the program guidelines.

Beginners Line Dancing - 8 Week Session - Starting 10/1 – 11/19, 5:15-6:00 pm.

Line Dancing was such a big hit in September we are extending it for a few more months. Join us for an 8-week session to learn some fun beginner-level line dances. You will learn the basic steps and start dancing to all genres of music, from Country to Blues, Motown, Funky, Latin, Irish, Swing and Top 40. You don't need a partner or dance experience, just some comfortable sneakers and a love for movement and fun. It's great exercise on a level anyone can enjoy. \$40 for residents and \$50 for non-residents. Register quickly for this program because there is a limit of 15 folks, 978-592-5523.

Recycling Commission



NOTICE: Monday, October 14, 2019, (Columbus Day) is NOT a holiday for trash and recycling. Pickups will be made on the usual days that week.

Since July 1, residential and municipal recycling in Westford has been picked up by Waste Management. We appreciate your patience during this transition. Should you encounter an issue, please call Waste Management at 1-800-972-4545. If your question is not answered in 24 hours, please call the Town Manager's office at 978-692-5501

BRUSH CHIPPING

Saturday, October 19, 2019, 10:30 am – 4:30 pm

Westford Highway Garage, 28 North Street

Proof of Westford residency required.

Accepted: Brush and branches up to 3 inches in diameter and 10 feet in length. Must be average residential brush categories and reasonable amounts: A load ranges from a trunk to pickup truck -----volume, includes tow behind a full trailer.

Not accepted: Building materials (e.g. fences, boards), land clearing materials and debris (e.g., roots, bushes, anything mixed with poison ivy), grass, and leaves.

Cost: \$10 per load, checks preferred, payable to the Town of Westford.

HOME COMPOSTING with an EARTH MACHINE

Since food waste is heavy, not putting it in the trash but composting it instead reduces Westford's trash collection costs. The compost produced can also benefit the environment.

Westford residents can purchase an Earth Machine back yard composter at a discounted price of \$25 by contacting Denise Seyffert at 978-692-6986. It comes with composting instructions. The regular price of an Earth Machine at a home improvement store is \$99.

Placing fruit and vegetable kitchen scraps, coffee grounds, eggshells, tea bags, shredded paper, grass clippings, sawdust, pine needles, and leaves in your Earth Machine will produce useable compost called "black gold," a rich soil conditioner.

In 1993, Massachusetts banned yard waste from the trash in an effort to reduce garbage, save money, utilize valuable organic waste, and provide nutrient rich compost for home lawns and gardens. Using compost on the soil adds essential nutrients, improves root growth, and helps retain moisture, which can help lower water bills.



Recycling Commission (Continued)

Empty.Clean.Dry.

The new way to recycle.



EMPTY - remove food or product residue.

CLEAN - rinse or wash empty containers.

DRY - let containers dry before placing in your recycling bin or toter.

For answers on what is and what is not recyclable, go to the

Recyclopedia: <https://recyclesmartma.org/>. Bookmark this page!

Alerts from the Westford Recycling Commission

PLASTIC BAGS, empty or filled, are **NOT** acceptable in recycling bins and toters.

TANGLERS - Cords, coat hangers, light strings, plastic 6-pack rings, garden hoses, wires, strings, ribbons, and chains - are prohibited from recycling bins and toters.

CAPS and LIDS – Replace caps and lids on clean bottles, jars, and cans or toss lids in the trash. Do not discard them separately in recycling.

PLASTIC YOGURT CUPS – Toss cups in recycle bin. Put aluminum lids in the trash.

BLACK PLASTIC TAKE-OUT CONTAINERS - Put this item in your trash. Clear plastic lids can be rinsed and recycled.

Please visit www.westfordma.gov/recycling for your recycling and trash questions.

Reduce! Reuse! Repurpose! Recycle!



Health Department

ANXIETY, STRESS, AND VAPING

Stress and Anxiety

Stress is a normal part of life—everyday worries, responsibilities, and hassles all contribute to your overall stress level. Too much stress can make you feel overwhelmed and affect your mood. If you automatically reach for your vape when you are stressed out, you will need to have a plan for handling stress when you quit.

Anxiety is feeling worried, nervous, or panicky. Anxiety can be a reaction to stress, or it can be triggered by other things in your life. It's normal to experience anxiety from time to time – but anxiety can be a problem if it is frequent or interferes with your daily life.

Even if you rarely felt stressed or anxious before quitting vaping, you may feel increased stress, irritability or anxiety after quitting. For some people, the experience of quitting can feel overwhelming. It might be hard to imagine yourself or your life without your vape. The good news is that these mood changes are usually temporary while your body adjusts to being without nicotine. The longer you go without nicotine, the better you will feel. When you're having a rough day, remember why quitting vaping will be better for you in the long run.

Tips for Managing Stress and Anxiety

You can manage feelings of stress and anxiety without reaching for your vape. Try these ideas – some may work better than others, so find the ones that work for you.

Stop and Breathe

Pause what you are doing, and take a deep breath in through your nose and out through your mouth. Concentrate on the inhale and the exhale of your breath. Interrupting the anxious feeling with conscious breathing can help you calm down and think clearly.

Learn Your Anxiety Triggers

Anxiety can happen without being triggered. But, certain people, places, and situations can also trigger anxiety. Identify what makes you feel anxious or panicked and record it on your phone or in a journal. Do you see a pattern? [Understanding your triggers](#) is the first step in learning how to manage them.

Move Your Body

Getting your body moving is a great way to reduce stress and anxiety. When you exercise, your brain releases chemicals that make you feel good. Take a walk, hit the gym, or do some yoga.

Care for Yourself

Eating a balanced diet, drinking lots of water, and getting enough sleep will help your body keep your stress level down. Keep healthy snacks on hand, and don't skip meals.

Be Present

Life can be overwhelming, especially when you get caught up in worrying about what's next. Instead, focus on what you can control and try to stay in the moment.

(Continued on next page)

Health Department

ANXIETY, STRESS, AND VAPING (Continued)

Decaffeinate

Caffeine can help you stay awake, but it can also make you feel tense, jittery, and stressed. That's not helpful when you are quitting vaping. Cutting back on or gradually eliminating caffeinated products— like coffee, energy drinks, and some sodas—while you are quitting can reduce feelings of stress and anxiety.

Reach Out to Loved Ones

You don't have to deal with stress alone. Focus on spending time with people who make you feel good about yourself and want to help you stay vape-free. Talk to your friends, family, teachers, school counselors, and other important people in your life who support you and your decision to stop vaping.

Accept Life's Ups and Downs

Life is full of twists and turns. You'll always have some stress in your life. It helps to understand that there will be good days and bad days.

Look Out for Signs of Serious Anxiety

Feeling anxious or irritable as you are quitting vaping is normal. But if you are feeling extreme anxiety or mood changes, you may need help from a professional. You may feel like the symptoms are too extreme or won't go away. Watch for this, especially if you've ever had severe anxiety. If you feel like the anxiety is overwhelming, tell a supportive friend or family member, and talk to your doctor.

If you need help now:

- **Text** the Crisis Text Line to talk with a trained crisis counselor via text message at any time of day or night by texting **TALK** to **741741**. Counselors are trained to address any serious problem you may be having.
- **Chat** with a National Suicide Prevention Lifeline counselor at <https://suicidepreventionlifeline.org/chat/>.
- **Call** the 24/7 National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or **1-800-SUICIDE (1-800-784-2433)** for free, private help, or dial **911**.

The Westford Health Department is sharing these tips from <https://teen.smokefree.gov/quit-vaping/anxiety-stress-vaping>

Health Department (continued)

MASSACHUSETTS PUBLIC HEALTH FACT SHEET

EEE (Eastern Equine Encephalitis)

Page 1 of 2

What is Eastern Equine Encephalitis?

Eastern equine encephalitis (EEE) is a rare but serious disease caused by a virus.

How is the EEE virus spread?

The virus that causes EEE is spread through the bite of an infected mosquito. In Massachusetts, the virus is most often identified in mosquitoes found in and around freshwater, hardwood swamps. More information about different types of mosquitoes that can spread the virus can be found on the MDPH website at www.mass.gov/dph/mosquito.

EEE virus particularly infects birds, often with no evidence of illness in the bird. Mosquitoes become infected when they bite infected birds. Although humans and several other types of mammals, particularly horses and llamas, can become infected, they do not spread disease.

How common is EEE in Massachusetts?

EEE is a very rare disease. Since the virus was first identified in Massachusetts in 1938, fewer than 100 cases have occurred. Over 60% of those cases have been from Plymouth and Norfolk counties.

Outbreaks of EEE usually occur in Massachusetts every 10-20 years. These outbreaks will typically last two to three years. The most recent outbreak of EEE in Massachusetts began in 2010 and included nine cases with four fatalities through 2012.

What are the symptoms of EEE?

The first symptoms of EEE are fever (often 103° to 106°F), stiff neck, headache, and lack of energy. These symptoms show up three to ten days after a bite from an infected mosquito. Inflammation and swelling of the brain, called encephalitis, is the most dangerous and frequent serious complication. The disease gets worse quickly and some patients may go into a coma within a week.

What is the treatment for EEE?

There is no treatment for EEE. In Massachusetts, about half of the people identified with EEE died from the infection. People who survive this disease will often be permanently disabled. Few people recover completely.

What can you do to protect yourself from EEE?

Since the virus that causes EEE is spread by mosquitoes, here are some things you can do to reduce your chances of being bitten:

- Schedule outdoor events to avoid the hours between dusk and dawn, when mosquitoes are most active.
- When you are outdoors, wear long pants, a long-sleeved shirt and socks. This may be difficult to do when the weather is hot, but it will help keep mosquitoes away from your skin.
- Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), **IR3535** (3-[N-butyl-N-acetyl]-aminopropionic acid) or **oil of lemon eucalyptus** [p-menthane 3, 8-diol (PMD)] according to the instructions given on the product label. DEET products should not be used on infants under two months of age and should be used in

Health Department (continued)

EEE Fact Sheet (Continued)

Page 2 of 2

concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

- Keep mosquitoes out of your house by repairing any holes in your screens and making sure they are tightly attached to all your doors and windows.
- Remove areas of standing water around your home. Here are some suggestions:
 - Look around outside your house for containers and other things that might collect water and turn them over, regularly empty them, or dispose of them.
 - Drill holes in the bottom of recycling containers that are left outdoors so that water can drain out.
 - Clean clogged roof gutters; remove leaves and debris that may prevent drainage of rainwater.
 - Turn over plastic wading pools and wheelbarrows when not in use.
 - Change the water in birdbaths every few days; aerate ornamental ponds or stock them with fish.
 - Keep swimming pools clean and properly chlorinated; remove standing water from pool covers.
 - Use landscaping to eliminate standing water that collects on your property.
- More information on choosing and using repellents safely is included in the MDPH Mosquito Repellents fact sheet which can be viewed online at www.mass.gov/dph/mosquito. If you can't go online, contact the MDPH at (617) 983-6800 for a hard copy.

Did you know?

Mosquitoes can begin to multiply in any puddle or standing water that lasts for more than four days! Mosquito breeding sites can be anywhere. **Take action** to reduce the number of mosquitoes around your home and neighborhood. Organize a neighborhood clean up day to pick up containers from vacant lots and parks and to encourage people to keep their yards free of standing water. Mosquitoes don't care about fences, so it's important to remove areas of standing water throughout the neighborhood.

Where can I get more information?

- Your doctor, nurse, or health care clinic, or your local board of health (listed in the telephone directory under local government).
- The Massachusetts Department of Public Health (MDPH), Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH Arbovirus website (www.mass.gov/dph/mosquito).
- **Health effects of pesticides**, MDPH, Bureau of Environmental Health at 617-624-5757.
- **Mosquito control in your city or town:** Mosquito control in Massachusetts is conducted through nine mosquito control districts. The State Reclamation and Mosquito Control Board (SRMCB) oversees all districts. Contact information for each district can be found online at <https://www.mass.gov/state-reclamation-and-mosquito-control-board-srmcb>. You may also contact the SRMCB within the Massachusetts Department of Agricultural Resources at 617-626-1777 or your local board of health.

Parks & Recreation

Basketball Court Resurfacing

The Westford Parks & Recreation Department recently resurfaced basketball courts at three locations:

- Captain Stephen Hamilton, 170 Plain Road
- Greystone, 15 Russell's Way
- Forge Village VFW Field, 52 West Prescott Street

The basketball court resurfacing project was made possible due to the support of the Town Meeting, Community Preservation Committee, Planning Board, Board of Selectmen and the Parks and Recreation Commission. This effort is an excellent example of why Westford is a great place to live, work, and play.

Captain Stephen Hamilton Basketball Court



Before Resurfacing



After Resurfacing

Greystone Basketball Court



Before Resurfacing



After Resurfacing



Parks & Recreation

Basketball Court Resurfacing (Continued)

Forge VFW Basketball Court



Before Resurfacing



After Resurfacing

Forge Pond Beach – Phase 1 Improvements: Beach to be closed

The Town of Westford Parks & Recreation Department is in the process of making infrastructure improvements at Forge Pond Beach. Improvements under this project will focus on construction of an accessible playground; installation of accessible pedestrian pathways; reconstruction of the parking area; drainage improvements; and installation of appropriate site furnishings, including benches and picnic tables.

The department recently conducted a public bidding process to secure a contractor. We anticipate construction will begin in the fall of 2019 and continue through early summer 2020. As a result of these improvements, **FORGE POND BEACH WILL BE CLOSED TO PUBLIC ACCESS FOR THE DURATION OF CONSTRUCTION.** (Limited accommodations are being made for crew operations.)

This project is made possible by the support of the community, including the 2019 Annual Town Meeting, Community Preservation Committee, Board of Selectmen, Planning Board, Conservation Commission, Parks & Recreation Commission, and State Representative James Arciero. The Parks & Recreation Department appreciates your patience and understanding as we work to complete these improvements. Please reach out to us at (978) 692-5532 with any questions.



Forge Pond Beach Site Plan