



January 2018



Jodi Ross,
Town
Manager

jross@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](#)



All Trash and Recycling pickups will be one day later than usual on weeks of January 15, 2018

Open Positions for Local Office
Page 4

Learn how to protect your family from the Flu
Page 6



Watch Meetings Online
westford CAT
community access television
www.westfordcat.org

Dear Westford residents,

Happy New Year!

I would like to thank our Highway Superintendent Chip Barrett, our Highway Department staff, our public safety managers and staff, and our many contractors who worked so hard in response to the “Bomb Cyclone” snow storm. Their dedication during the harshest conditions help keep our residents, neighbors and visitors safe. More blizzards and storms are expected, so please check our local radio station, AM 1630 for updated emergency information and safety tips for your consideration.

Students and staff from Nashoba Valley Technical High School are providing the labor for the demolition and renovation of our former dispatch room within the Police Department. They are supporting the room’s conversion into an Emergency Management planning space and training room, and saving us the costs of labor for the project. We appreciate their efforts, and also thank them for the donation of a new quality wood door for the renovated space in honor of Richard Hasbrook, the recently deceased father of two Nashoba Valley Technical High School students.

After more than a year of research and deliberation, at their January 9th meeting, the Board of Selectmen heard the most recent proposal from our Dog Park Task Force to establish a dog park on Farmer Way next to the Stony Brook School. The School Committee objected to this location. In consideration of all the perspectives provided by the Task Force, School Committee, Town Forest Committee, Parks and Recreation Commission, other boards and committees, and the general public, the board directed the Parks and Recreation Commission to include the establishment of a dog park in their Parks and Recreation Master Plan. For information about their proposals, please visit [the Dog Park Task Force webpage](#).

I am pleased to announce Jeff Morrissette was promoted from Town Planner to Director of Land Use Management. As the Town Planner, Jeff was instrumental in the success of our Planning Board, Zoning Board of Appeals, and many town wide construction and development projects. We are delighted with Jeff’s contributions, and anxious to support him while he moves forward into his new position. We have begun the search for a new Town Planner.

We are seeing other changes within our town staff, including two recent retirements. Deputy Police Chief Walter Shea who retired after 31 years of service with our Police Department, and Fire Lieutenant Harold “Haffie” Fletcher, who retired after 47 years of service from our Fire Department. Both of them tirelessly served our town for many years, contributing to our operations in many ways. Please join me in thanking them for their service and wishing them both happy, healthy, and restful retirements!

(Continued on next page)

Another personnel change in town is from the finance area. Resident Ingrid Nilsson recently resigned after 10 years of service on the Finance Committee to accept new role as our town's Assistant Director of School Finance. She will be an important new member of our schools' administration, and I look forward to working with her in her new position. Ingrid's departure from our Finance Committee has opened a vacancy that is filled through an appointment by our Town Moderator Susan Spuhler. If you are interested in membership, apply through submission of a [Citizen Activity Form](#) from our town's Boards and Committees Database.

There are several openings on our local boards and committees, including: Affordable Housing Committee, Agricultural Commission, Commission on Disability, Communications Advisory Committee, Conservation Commission, Cultural Council, Energy Committee, Historical Commission, Housing Authority, Master Plan Implementation Committee, Parkerville Schoolhouse Committee, Pedestrian Safety Committee, Permanent Town Building Committee, Town Center Parking and Traffic Study Committee, Westford Scholarship and Grant Committee, Zoning Board of Appeals, and others. 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](#).

Warmest wishes for a Happy New Year!

Sincerely,



Jodi Ross
Town Manager



*Deputy Fire Chief Dan Britko, Town Manager Jodi Ross,
Fire Lieutenant Harold Fletcher (being recognized for 47 years of service),
Selectman Scott Hazelton, and Fire Chief Joe Targ.*

J.V. Fletcher Library

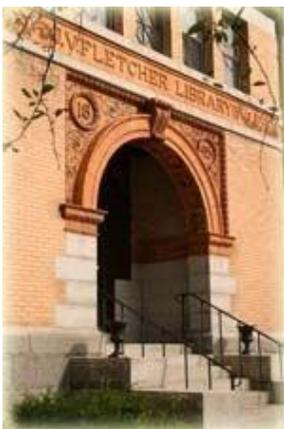
LIBRARY BOOK CLUBS FOR ADULTS

In addition to the multiple Book Clubs, offered from Kindergarten through Middle School, the Library hosts the following Book Clubs for adult readers:

BOOK DISCUSSION GROUP: Are you interested in joining a lively book discussion group? Consider joining the J. V. Fletcher Library's Group. We meet at 7:30 PM on the second Thursday of each month. Meeting dates are posted on our website. Check out our reading list on the Library's Home page. The monthly selections that we read and discuss alternate from Fiction to Nonfiction. Each month copies of the selected book are available at the Main Desk.

COOKBOOK BOOK CLUB: Due to popular demand, the Cookbook book club now meets on a monthly basis. The cookbook book club is dedicated to exploring cookbooks and sampling new recipes. Copies of the current selection are available for check out at the Main Desk. Join us on the third Tuesday of each month at 7:00 PM. A listing of upcoming selections and meeting dates are listed on the Library's Home page. If you would like to bring a dish from the cookbook (not required to participate), please contact Sarah Regan in the Information Services Department.

MONDAY MYSTERY BOOK CLUB: Murder, Mystery and Mayhem meets on the 4th Monday of month at 10:30 AM. Wake up your week with a stimulating book discussion. Meeting times and our 2018 Reading List are posted on the Library website. Each month copies of the selected book are available at the Main Desk. This is a drop - in event. Newcomers are always welcome.



WWW.WESTFORDLIBRARY.ORG

Town Clerk's Corner

OPEN POSITIONS FOR LOCAL OFFICE IN 2018

The table below lists open seats for the May 1, 2018 Town Election. Nomination papers are now available at the Town Clerk's Office for those who are interested in running for office. The deadline to file nomination papers bearing the signatures of at least 50 Westford voters is Tuesday, March 13th at 5:00pm.



Office	# positions	Terms expiring for:	Length of term
Selectmen	1	Mark D. Kost	3 years
Board of Health	1	Joanne Belanger	1 year
Housing Authority	1	Corinne Ryan	5 years
Library Trustees	2	Marianne Fleckner Susan Flint	3 years
Planning Board	1	Darrin Wizst	5 years
School Committee	3	Avery Adam Terence Ryan Christopher Sanders	3 years
School Committee	1	Alicia D. Mallon	1 year

REMINDER – CAMPAIGN FINANCE REPORTS DUE ON JANUARY 22, 2018 FOR THOSE WHO HAVE RUN PREVIOUS CAMPAIGNS.

2018 Dog Licensing

All residents are reminded that **the grace period for licensing ends on March 31st** per Town bylaw. That means that a late fee of \$25 will be charged beginning April 1st. The only exceptions are for owners and dogs new to town.

Dog licensing fees for 2018 are as follows:

- **\$15 for spayed/neutered dogs and \$20 for non-altered dogs.**
- Residents age 70 and over do not have to pay to license your dog (however, the late fee does apply!)



All dogs ages 6 months and older must receive a rabies vaccination and be licensed per state law. For your convenience, the dog license application form is on the reverse of your census form.

Owners of four or more dogs are required to obtain a “Kennel License” following an inspection by the Animal Control Officer.

Westford Community Gardens

Celebrating its 4th year, Westford Community Gardens has cultivated as much community as it has vegetables. Beautifully situated on 1.7 acres of land at the Day Field, the Gardens have grown to accommodate over 150 local gardeners. Westford Community Gardens not only offer residents and neighbors space to get their hands dirty and retreat to the outdoors, they also host regular community garden events and team working days. Whether you're a longtime gardener or just starting out -- a family or an individual -- **Westford Community Gardens is for you!**

Benefits of joining the Gardens

- Learn from all other gardeners
- Organic produce grown by you and fellow gardeners
- Fencing to keep deer out of your produce
- Running water at the garden
- Active online community for questions and sharing
- Children encouraged to join their families
- Cultural exchange
- Opportunities to participate in leadership positions
- Promotes healthy eating and exercise
- Storage shed
- Donate excess produce to local food pantry
- ...and so much more!



As a gardener, you will enjoy planting, watering, watching your organic plants grow, and picking your own tasty vegetables, fruits, herbs and beautiful flowers in a spectacular setting. Note: the garden produce cannot be sold and is only to be picked by members.

Finding the Gardens

Westford Community Gardens is located at the Day Field, 40 Graniteville Road, near the intersection of Graniteville and Cold Spring Roads. Westford Community Gardens are open to members only.

Apply to join the Westford Community Gardens

Join us! Registration for the 2018 season is now open through March 15th. Applications, garden plot descriptions, and availability are online at www.westfordma.gov/communitygardens. If you have questions, please contact the Westford Community Gardens organizers at westford.community.gardens@gmail.com.



Health Department



The Flu:

A Guide for Parents

Flu Information

What is the flu?

Influenza (the flu) is an infection of the nose, throat and lungs caused by influenza viruses that are constantly changing. Flu causes illness, hospital stays and deaths in the United States each year. Flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. Flu can be especially dangerous for young children and children of any age who have certain long term health conditions, including asthma (even mild or controlled), neurological conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), and weakened immune systems due to disease or medication. Children with these conditions, and those receiving long-term aspirin therapy, can have more severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that

has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with flu will not have a fever.

How long can a sick person spread the flu?

People with the flu may infect others from 1 day before getting sick to 5-7 days after. Children and people with weakened immune systems can shed virus for longer, and might still be contagious past 7 days, especially if they still have symptoms.

IMPORTANT:

Can my child go to school, daycare or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or to caregivers.

When can my child go back to school after having the flu?

Keep your child home until at least 24 hours after their fever is gone, without using fever-reducing medications, like acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). A fever is defined as 100.4°F (38°C) or higher.

Protect Your Child

How can I protect my child against flu?

The first and most important thing to do is to get flu vaccine for your child, yourself, and everyone else in your household **every year**. Get the vaccine as soon as it is available.

- Vaccination is recommended for everyone 6 months and older.
- It's especially important that young children and children with certain health conditions (see at left) get vaccinated.
- It's very important for parents, grandparents, teachers and caregivers to get vaccinated.
- Everyone caring for infants under 6 months (who are too young to be vaccinated) should be vaccinated if possible. Vaccinating pregnant women can offer some protection to the baby during pregnancy and after birth.



Health Department (continued)

About Flu Vaccine

What are the benefits of the flu vaccine?

- Flu vaccine helps protect the person vaccinated from the flu.
- Flu vaccine can make your illness milder if you do get sick and reduces the risk of hospitalizations and deaths.
- Flu vaccine keeps you from spreading the flu to your family and friends. This is particularly important to protect those who are most vulnerable, such as:
 - » Those at greatest risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children.
 - » Infants younger than 6 months old who are too young to get vaccinated.

Is influenza vaccine effective?

Yes. While no vaccine is 100% effective, influenza vaccine is the best protection against getting the flu.

Influenza vaccine tends to be most effective in people who are younger and healthy. It takes about two weeks after vaccination to protect against flu, so vaccination does not protect immediately. Also, flu

viruses are always changing, so the vaccine needs to be updated every year, before flu season starts. When the vaccine isn't a good match with flu viruses that are circulating, it offers less protection.

Are there any risks from flu vaccine?

Vaccine reactions, if they occur, are usually mild and can include soreness, redness and swelling where the shot is given. Some people have experienced fever, body aches, headache and fatigue. These reactions usually begin soon after the vaccine is given, and last 1-2 days.

A vaccine, like any medicine, could possibly cause more serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm is **extremely small**.

Life threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.

More detailed information about flu vaccine is available at www.immunize.org/vis. At this site you will find Vaccine Information Statements about influenza vaccines designed to educate and inform in many languages.



Other Steps to Take

What else can I do to protect my child?

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after use.
- Stay away from people who are sick.
- Wash hands often with soap and water.
- Use an alcohol-based hand rub if soap and water are not available.
- Contact your healthcare provider if your child gets sick, especially if the child is very young (under 5) or has long-term health conditions.
- Seek emergency care if your child has trouble breathing, fast breathing, turns bluish or gray, has severe or persistent vomiting, has trouble waking up, or doesn't interact normally.

Much more information is available at:

www.mass.gov/flu
www.cdc.gov/flu
www.immunize.org

Or call (617) 983-6800 or your local board of health.



Recycling Commission

Note: All Trash and Recycling pickups will be one day later than usual on week of January 15 due to Martin Luther King, Jr., Day.

UPDATE ON WHAT YOU CAN AND CAN'T RECYCLE

Yes, you can recycle: clean aseptic boxes, such as juice boxes and broth boxes, even if they have foil linings; and any and all milk and juice cartons. You can recycle clean frozen vegetable boxes and frozen meal and pizza boxes. Cut off the clean covers of takeout pizza boxes to recycle but put the soiled bottoms in the trash.

Yes, you can recycle metal bottle caps but please remove them from the bottles.

No, you can't recycle: cardboard drink cups with slippery linings. Some retail coffee shops have replaced Styrofoam cups with cups that have a cardboard exterior and a rough interior (marked #5). They are NOT recyclable.

No, metal coat hangers and other metal items, except cans and clean foil, are not recyclable.

An Alert from the Westford Recycling Commission

Plastic bags of any kind are NOT acceptable in recycling bins and toters. Any and all recycling taken in plastic bags will be discarded as trash and incur trash costs for the town.

The Westford Recycling Commission

thanks you
for reducing, reusing,
repurposing,
and recycling!



Cameron Center Events



NEW INCLEMENT WEATHER POLICY:

Cameron Senior Center follows Town Hall delay/closing. To stay abreast of center opening please check the Town home page or call the Cameron Senior Center at 978-692-5523 after 6:30 AM for updated status.

Join us at the Cameron for those age 55 and over and let us introduce you to many new opportunities from exercise classes, billiards, volunteer opportunities, educational seminars, social events and wonderful comradery. Below you will find some of our many January offerings:

Senior Eight-Ball Double Elimination tournament: Tuesday, January 23rd at 9:30AM. First place trophy and your name as top champion on the wall for a year. Entry fee of \$3 at the event. Coffee and snacks served please call Peter Mudgett to register at 978-692-8383.

Elegant Chef Luncheon: Thursday, January 25th at 12:30 PM, this three-course meal will be prepared and served by the culinary art students from Nashoba Tech. Menu selections: Chicken Piccata or grilled salmon and please RSVP to 978-692-5523 three business prior to event. Cost: \$10

Appointments for SHINE (Serving The Health Insurance Needs of Providers): Meet with Fred Baumert, SHINE Counselor for free health insurance information and counseling for MA. residents with Medicare and caregivers. Monday, February 12th please call 978-962-5523 to schedule your SHINE date.

Housing Consultant: Monday, January 29th at 1PM, Westford housing Authority Director is available to meet with residents dealing with various housing issues not just senior housing related issues. Please call 978-692-5523 to schedule an appointment.

Alzheimer's & Related Dementia's: Wednesday, February 7th at 6:30 in the Cameron library- All welcome!

(Continued on next page)

Cameron Center Events Continued

New Addition: International Folk Dancing: Thursdays, Jan. 11th thru Feb. 8th from 6:30-8:30
Come learn easy dances of many cultures often done in circles hold holding. No partner is necessary and all dances will be taught by Jo Crawford, an enthusiast with over 40 years of experience. Cost: \$4.20 for five weeks. Sign-up by calling 978-692-5523.

FREE Caption Phones: Wednesday, January 17th at 10:00- Learn how to qualify for a NO cost phone with Clear captions representative. Becky will be with us to orient you to this federal program to anyone that is hard of hearing. To sign up call Becky at 207-650-2492

Simple Memory Loss or Alzheimer's: Thursday, Jan. 25th 6:00 PM This program will be given by Nashoba Life Care's Memory Unit Director. Come ask questions and learn the differences and get some clarification on the cognitive changes you may see in yourself or loved ones. RSVP by Jan. 19th by calling 978-692-5523.

Movie and snack night: Thursday, January 18th from 4:30-6:30- Featuring: "Lincoln". cost: \$3 and RSVP so we can plan goodies- 978-692-5523

Sweetheart Luncheon: Wednesday, February 14th at noon Sponsored by the Council on Aging Board, Friends of the Cameron Senior Center, Westford Rotary Club and the Westford Cultural Council Location: First Parish Church United- 44 Main Street Lunch will be catered by Sorento's in Harvard and will include Baked ziti and meatballs, salad, garlic bread and sweet valentine treats. Entertainment: "Mabel and Jerry" a two person play directed by Steve Henderson which shares a story about two people with a lust for life, determined to find excitement and humor and love anyway they can. This program is supported by the Westford Cultural Council, a local agency supported by the MA. Cultural Council, a state agency. **Westford residents and Friends members are free** and \$12 for all others over age 60. Please RSVP-978-692-5523 and for transportation please call 978-692-5523 we will have a shuttle running every half an hour from the Cameron starting at 11:00.



Westford Senior Center

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