

NASHOBA  
ASSOCIATED  
BOARDS OF  
HEALTH  
(NAHB)

NASHOBA  
NURSING  
SERVICE &  
HOSPICE



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It's **TICK SEASON!**



# Community Connections

Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Devens, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend



Bare Hill Pond Beach, Harvard, MA

Happy Summer!

We hope you are able to enjoy some time with family and friends to rest, relax, and refresh.

This issue introduces the health agents for the district and explains their role in promoting and protecting the community's environmental health. Each agent is a Registered Sanitarian, licensed to work in the state of Massachusetts. The sanitarians insure camps and beaches are operating safely so you may enjoy your local summertime and outdoor activities.

Warm regards,  
*Tamara Bedard, RN*  
Community Health Manager  
978-772-3335 ext.340

**Don't forget!**  
**Tick Diseases are PREVENTABLE!**  
**Use repellents**  
**Check for ticks**



# Meet the NABH Health Agents (Registered Sanitarians)

The Environmental Division can be reached at 978-772-3335 or 1-800-427-9762.

30 Central Avenue, Ayer, MA 01432



Jim Garreffo, RS  
Agency Director  
Health Agent for: Boxborough, Littleton, Lunenburg, Stow  
30 years

Ira Grossman, RS  
Assistant Agency Director  
Health Agent for: Groton, Harvard, Shirley  
30 years

William Brookings, RS  
Health Agent for: Berlin, Bolton, Lancaster, Stow  
30 years

Bridgette Braley, RS  
Health Agent for: Ayer, Dunstable and Food Inspector for the agency  
20 years

Rick Metcalf, RS  
Health Agent for: Ashburnham, Ashby, Townsend  
12 years

Kalene Gendron, RS  
Health Agent for: Pepperell and Stow  
11 years

The Environmental Division of the Nashoba Associated Boards of Health handles the daily public health work for the sixteen member communities of the Association.

The Environmental Division enforces State Sanitary and Environmental Codes, Massachusetts General Laws (housing, sewage disposal systems, restaurants, public pools, bathing beaches, rabies, etc.) and local regulations (wells, rubbish haulers, etc.).

The staff of this Division work directly with the Boards of Health they serve, and with the general public to insure public and environmental health concerns are addressed. Additionally the staff is available in the Town Hall of member communities and at the office in Ayer to assist the public with questions or concerns they may have.

## Meet the NABH Administrative Assistants



- Camp Inspections
- Beach Inspections
- Title V
- Address complaints
- Food Inspections/Permits

Annette Campbell  
Administrative Assistant  
23 years

Ginny Scharff  
Administrative Assistant  
2 years

*If you've stopped in or called the office, chances are you have spoken to our wonderful administrative assistants.*

## A Note from your Board of Health Director...

With the return of summer many of us will be spending more time outdoors taking advantage of a local swimming area or pool, sending our children to camp or taking the family camping. Your local Board of Health provides oversight of the owners and operators of facilities to insure these activities are being conducted in a safe manner. Public and Semi-Public pools and bathing beaches, recreational camps for children and family style camp grounds are required to obtain permits from the Board of Health for the operation of those facilities and these facilities are inspected and monitored by the Board of Health. A description of the Board of Health involvement in each activity is listed below.

Bathing Beaches Whether it is your town beach or a beach operated by an association for its member these beaches are monitored weekly, including bacteria testing, to address activities that may affect the quality of the beach waters and inform the public regarding the water safety. If testing indicates the water quality is unsafe (elevated bacteria levels), a beach will be closed until the bacteria testing reveals the levels are below the regulatory standard. Beach testing is conducted during the dates of operation for the beach.

Pools Swimming pools are inspected to insure the filtration and chlorination systems are functioning properly, the pool water is clear and the pool and necessary facilities are safe and sanitary.

Family Style Campground If you vacation in a recreational vehicle (camper) or a tent you have likely stayed at a family style campground. These facilities are inspected by the Board of Health to insure the facilities, activities and services provided are done in a safe and sanitary manner.

Recreational camps for children Summer camp programs can provide wonderful experiences for children and there are no shortages of the programs available. All youth camps, programs that call themselves camp for youth and programs that meet the definition of a camp must be licensed and inspected by the Board of Health to insure they meet the camp regulations. These regulations are extensive addressing such areas as background checks and qualifications for staff, safety of the facilities and the program operated in those facilities and the provision for medical care at these facilities. If you are considering sending a child to camp don't hesitate to ask the operator if they are licensed.

*If you should have questions or concerns on the operation of any of these facilities in your community please don't hesitate to contact our office. Additional information on the regulation of these facilities can be found at Massachusetts Department of Public Health's Division of Community Sanitation website: [www.mass.gov/community-sanitation](http://www.mass.gov/community-sanitation).*

# Staying Healthy in the Water

<https://www.cdc.gov/healthyswimming/>

## Prevent Recreational Water Illnesses (RWIs)!

RWIs are caused by germs spread by swallowing, breathing in mists of, or having contact with contaminated water. The most commonly reported RWI is diarrhea, caused by germs like *Cryptosporidium* ("Crypto"), *Giardia*, *E. coli*, *Norovirus*, and *Shigella*.

Just one diarrheal incident in the water can release millions of germs. If someone swallows a mouthful of the water, it can cause diarrhea lasting up to 3 weeks. Here are some tips swimmers should take to help protect themselves, their friends, and their family.

***Check yourself! Keep the pee, poop, sweat, blood, and dirt out of the water.***

- Don't swim or let your kids swim when sick with diarrhea.
- Stay out of the water if you have any open wound that is not covered with a waterproof bandage.
- Shower before you get in the water. Rinsing off for just 1 minute helps get rid of most stuff that might be on a swimmer's body.
- **Don't swallow the water!**



***Every hour—everyone out!***

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.



# Picnics & Potlucks



## Clean



Wash your hands  
Clean all surfaces and utensils

## Separate



Use a fresh, clean plate for serving cooked food  
Don't let raw meat juices touch other food

## Cook



Cook to safe temp:  
Beef, Pork, Lamb, Veal: 145 degrees F  
Ground meats: 160 degrees F  
Poultry: 165 degrees F  
Keep Hot foods HOT!

## Chill



Keep cold foods cold  
Do NOT thaw frozen items at room temp  
Marinate food in fridge  
Use coolers & ice packs  
Keep coolers in the shade  
Keep cooler lid closed  
If there is still ice in cooler when you get back home, the food is safe to return to fridge.



Food Safety!  
Reminders for  
staying  
healthy!



**TRASH**

Discard any perishable food that has been sitting out more than 2 hours! (1 hour in hot weather above 90 degrees)



### Foodkeeper App

On the go?

\*Use the **App** to quickly and conveniently learn how to handle, cook and store food safely!

[www.foodsafety.gov](http://www.foodsafety.gov)

[www.fsis.usda.gov](http://www.fsis.usda.gov)

\*The **App** was developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute. It is also available as a mobile application for [Android](#) and [Apple](#) devices.

## NASHOBA ASSOCIATED BOARDS OF HEALTH SHARPS COLLECTION PROGRAM

### SHARPS CAN'T BE ACCEPTED AT TOWN HALLS or COUNCILS ON AGING FACILITIES

*(The drop-off location is listed below)*



SHARPS DISPOSAL

In an attempt to provide an inexpensive method to properly dispose of syringes and lancets (Sharps) the Nashoba Associated Board of Health has established the following program for its 16 member communities.

#### **Fees per container: \$5.00 (4 quart)**

1. Sharps containers will be available for purchase at your local Town Hall and the Nashoba Associated Board of Health Office (purchase price covers the cost of disposal).
2. Sharps can only be accepted in approved containers; persons who bring loose sharps or sharps in unapproved containers (i.e. detergent bottle or coffee can) will be provided an approved container, as part of the disposal cost, and will need to transfer the sharps into that container before they can be accepted.
3. You will need to complete an informational label that gets affixed to the container prior to disposal to verify payment.
4. Listed below are companies that provide mail-back sharps disposal (this office does not endorse any of these companies; the information is provided for your convenience)
5. This program is not for the disposal of sharps from commercial operations.

SHARPS 800-772-5657 [www.sharpsinc.com](http://www.sharpsinc.com)

GRP & Associates 800-207 0976 [www.sharpsdisposal.com](http://www.sharpsdisposal.com)

Sharps Assure 855-974-2777 [www.sharpsassure.com](http://www.sharpsassure.com)

#### **DROP OFF LOCATION FOR SHARPS CONTAINERS:**

Nashoba Associated Boards of Health  
30 Central Avenue  
Ayer, MA 01432

(978) 772-3335 or 1 800-427-9762

For questions please call or visit our website at:

(978) 772-3335

[www.nashoba.org](http://www.nashoba.org)

## Nashoba Associated Boards of Health, Nursing Service & Hospice

Your Community, Your Choice Since 1931



### Regular Clinic Schedule

*\*Clinic dates/times are subject to change.  
Please call ahead to confirm clinic date/time*

Nashoba Nursing Service & Hospice operates under Nashoba Associated Boards of Health. We are, in fact, one in the same. Not only do we offer both Home Health and Hospice Services, but we also serve as the Board of Health for the following communities: Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend.

As the Board of Health for your community we offer a variety of **Public Health Programs** to promote good health for all ages. Included is a list of monthly clinics that may be helpful to you (*\*dates/times subject to change*). We invite you to drop by one of our clinics to meet with your town nurse for a follow up wellness check. Or, feel free to contact the public health department for more information about how we may further support you in your efforts to be as healthy as you can be!

**Nashoba Associated Boards of Health**  
30 Central Ave.  
Ayer, MA 01432

**Your Town Nurses are:**  
**Tamara Bedard, RN**  
**Community Health Manager**  
978-772-3335 ext.340

**Susan Hoag, LPN**  
**Community Health Nurse**  
978-772-3335 ext.357

Town	Clinic Location	Address	Day	Time
Ashburnham	Town Hall	32 Main St	Last Wed	11:30-12:30
Ayer	Cambridge St. Office	51 Cambridge St.	Every Fri By appointment	9-12
Ayer	COA	18 Pond St.	3rd Fri	11-12
Berlin	First Parish Church	24 Central St.	1st Thurs	9:30-11:00
<b>*NO CLINICS IN JULY and AUGUST</b>				
Bolton	Bolton COA	600 Main St.	3rd Thurs	9:30-11:30
Boxborough	Town Hall	29 Middle Rd.	4th Tues	10-11
Dunstable	Library	588 Main St	4th Wed	11-12
Groton	Senior Center	163 W. Main St.	3rd Wed	1:30-2:30
Harvard	Hildreth House (COA)	13 Ayer Rd	3rd Tues	12:30-1:30
Lancaster	Community Center	695 Main St.	1st Tues	8-10
Littleton	COA Room 230	33 Shattuck St.	2nd Tues	10-11
Lunenburg	Eagle House	25 Memorial Dr.	4th Thurs	9-11
Pepperell	Senior Center	37 Nashua Rd.	3rd Wed	10-12
Shirley	Senior Center	9 Parker Rd.	2nd Thurs	9:30-10:30
Stow	Senior Center	509 Great Rd	1st Wed	9-12
Townsend	Senior Center	16 Dudley Rd.	2nd Wed	12-2

**We're on the Web:**  
**[www.nashoba.org](http://www.nashoba.org)**