



Town of Westford Massachusetts

Town Manager's Newsletter

August 2023



Kristen Las
Town
Manager

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

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Westford Farmer Market
Tuesday afternoons
2:30 - 6:30 pm

Strategic Planning Retreat
Thursday, September 7
5 - 8 pm

Brush Chipping
Saturday, September 16
10:30 am - 4:30 pm
Westford Highway
28 North St
(See page 18)



Watch
westford CAT
community access television
www.westfordcat.org

Dear Westford residents,

It is hard to believe that summer is winding down. I hope that our residents had time to rest and refresh with friends and family. The Town operations have not slowed. The Recreation and Library departments are winding down summer programs and transitioning into fall programming. The Community Farmer's Market at the Roudenbush Community Center is wrapping up for the season on August 22. The Police Department has been holding a Junior Academy for our young residents to learn more about the department and the role of police officers. The construction season is still well underway, most notable, the DPW assisted a citizens group and the Parks and Recreation Commission in constructing a cricket pitch at the Stony Brook Middle School fields. The Beaver Brook Bridge project is coming to a close and the bridge should be open to traffic this fall. Additionally, the Plain and Moore Roads sidewalk/roadway reconstruction project should be wrapping up the end of the construction season.



New Cricket Pitch

At their meeting on July 25, 2023 the Select Board recognized Jim Antonelli for his 29 years of service to Westford Public Schools, and congratulated Dan Twomey on becoming the new Westford Academy Principal.

The Select Board also congratulated several Westford students on their recent accomplishments including Alan Quan for winning the Regional Braille Championship and becoming a finalist in the 2023 Braille Challenge Finals in June, Molly Smith for becoming the first woman to qualify for the Massachusetts Amateur Championship and Wyatt Wong who competed in the Ninja Athlete Association World Championship in Florida.

A continuation of ARPA funding requests was discussed, and the Select Board approved with a 4-1 vote moving forward to develop a Townwide strategic plan. The Select Board approved the issuance of the Request for Proposal for the Strategic Plan on August 15, 2023.

The Select Board also gave approval for the final draft of the Strategic Planning Retreat Agenda, which will be held at Kimball Farm on September 7, 2023 from 5pm-8pm. The Agenda and Registration page to attend can be found by click [here](#). The two main topics of discussion will be the MBTA Communities Multi-Family zoning and the work of the Budget Task Force.

At their meeting on August 15, 2023, the Select Board, School Committee and Finance Committee were given an update from the Budget Task Force on the FY25 Budget challenges and the work they are doing to suggest recommendations for budget planning over the next five years.

(Continued on next page)

The Finance Director, Dan O'Donnell and Assistant Town Manager Eric Heideman gave a presentation to the Select Board on a Solid Waste Contract with Waste Management. The Board authorized the contract. Residents will receive more information about several program changes after in late winter 2024 that will go into effect July 1, 2024.

The Select Board accepted an Award from the India Association of Greater Boston for their support in commemorating India's Independence Day, which was held on the Town Common on August 6, 2023 at 7:30am. Pictured below are representatives of IAG, State Representative Jim Arciero and Select Board Vice Chair Scott Hazelton.



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

- | | | |
|--|--|--|
| Affordable Housing Trust | Diversity, Equity and Inclusion | Recycling Commission |
| Agricultural Commission | Economic Development Committee | Scholarship and Grant Committee |
| Bylaw Review Committee | Healthy Westford Committee | Senior Low Income Disabled Tax Relief Committee |
| Capital Planning Committee | Housing Authority | Selectmen Policies & Procedures Sub Committee |
| Clean Energy and Sustainability Committee | MBTA Communities Multi-Family Housing | Senior Low Income Disabled Tax Relief Committee |
| Council on Aging | Parks and Recreation Commission | Tax Possession Disposition Committee |
| Cultural Council | Permanent Town Building 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

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

Mid-August starts to hint at changes ahead with shorter days, cooler nights, swamp maples shading red, and calendars filling up with pre-season sports and new school orientations. Whether reluctantly or excitedly, it is time to look forward to the heating season, the how-do-we-fit-everything-back-into-the house/garage and calendar/routine challenges, and homework time in preparation for the best time of year to buy a car: October -January. I will focus on preparations for the home heating season and EV purchase incentives in this newsletter. Look for autumn downsizing/disposal tips in an upcoming Sustainability Newsletter.

In the municipal sector, I am working with facilities to identify, outline and fund similar plans for each of Westford's buildings capturing as many rebates, incentives and grants as possible. While the mechanisms are different the to do list is the same. Similarly, the Water Department and Facilities Department are moving ahead with the EV purchases approved at Town Meeting and capital plans include researching electrification options for the remaining fleets.

Prepare for The Home Heating Season

Begin your home energy, carbon and budget conservation work plan with a [Mass Save Home Energy Assessment](#) and free and highly discounted home weatherization. Start with the easy and free!

If you haven't scheduled a Mass Save Home Energy Assessment in the last two years, there is no time like the present! Ideally, this step helps you identify the laundry list of highly subsidized and often free upgrades you can explore to make your home more comfortable, safe and energy and water efficient. These steps often include lower tech improvements that the home energy assessment firm can perform for you at minimal cost and is a "no brainer" decision for the average homeowner. Examples include air sealing and additional insulation and weatherstripping. The Mass Save company you hire will also provide an advanced assessment with a number of larger tasks that you might consider to make your home more energy efficient.



Advanced assessments will identify decarbonization and electrification steps a homeowner might take that represent a longer term investment in your home even with substantial rebates and tax incentives. Examples might include air and ground source heat pumps, solar power generation, or battery storage. Despite the name, heat pumps replace both your furnace and your air conditioner. Unlike fossil fuel appliances which produce heat through combustion which is highly inefficient, heat pumps transfer heat in and out of your house, which is very efficient. You are changing the method, not just the fuel, with an upgrade to a heat pump.

With regard to these bigger ticket items, it is prudent to look at the assessment as the foundation of a home improvement plan and to start planning for them as you would any other large purchase, taking into account your finances and the age and condition of your current equipment, as well as the optimal order for you and your family. Many people are starting to discuss this type of plan as an essential reference document individual to your house, much as you maintain a service record for your car, and a great item to have when the time comes to sell.

As with any large purchase, it pays to shop around, and with heat pumps in particular, it is important to get three or more firms to weigh in on the best design for your home and use, as well as securing multiple quotes.

Many older homes may benefit from new windows and doors to improve the home envelope prior to installing heat pump technology. Double glazed windows may be sufficient, although consideration should be given to coatings if you have southern exposure.

(Continued on next page)

Sustainability (Continued)

It is also possible you might also need or want to consider an electric panel upgrade to support your new systems, especially if you plan to add an electric vehicle and charging to your home. Rewiring America offers this [great guide](#) to the technical details and the financial incentives. Rewiring America also provides an [Inflation Reduction Act Calculator](#) to help you understand and benefit from substantial federal tax credits. Always check the state web sites for additional, stackable savings on your projects as well.

Decarbonization and Electrification of your home can be affordable today [with a 0% heat loan](#) available to help you capture today's exceptional prices with rebates and join, or start to catch up with, your netzero neighbors.

Incentives are probably at or approaching their peak now, and your family, their future, and that of planet, will benefit the most if you act now, so if you have the wherewithal to join the ranks of Westford netzero homeowners, don't hesitate to take on these "bigger brain" tasks with the help of experts. There is a lot of information and help available.

Additional Events and Resources to Prepare for Home Heating Season

Let's talk at the [Strategic Planning Retreat September 7th at Kimballs](#). [Sign up here](#). I look forward to connecting!

I am partnering with [Westford Climate Action](#) and the Westford Clean Energy and Sustainability Committee to sponsor the very first [Neighbor to Neighbor event September 28th at 7:00 P.M.](#) at the JV Fletcher Library where you can hear from the growing group of residents who have already made the transition to netzero right here in Westford.

In addition, the Massachusetts Clean Energy Center has a terrific [web page for consumers](#). The [HeatSmart Alliance](#), an organization of talented and experienced engineer volunteers, is active in town and available to provide free expertise as you evaluate your options, and Abode Home Energy has partnered with the [Green Energy Consumers Alliance](#) to offer homeowners an array of services for free or at discounted rates.

Electric Vehicle Shopping Resources:

[Massachusetts offers new rebates](#). The [MOR-EV program has released a new \\$3, 500 -\\$5,000 rebate and eligibility criteria](#) for residential customers in addition to the \$7,500 [Federal tax credit](#) available as a result of the Inflation Reduction Act.



MOR-EV
Massachusetts Offers Rebates
for Electric Vehicles

[The Washington Post did the math](#) in all 50 states to determine if it is [cheaper to refuel your EV battery](#) or your fossil fuel engine. Westford's Community Aggregation, also called the [Westford Pop](#) Program, provides for the cheapest charge at home.

The [Green Energy Consumer Alliance](#) recently offered [this webinar](#) on purchasing a [used electric car](#), some of which are now eligible for rebates.

August at the J.V. Fletcher Library



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

Director's Corner: Labor Day Weekend Reading The Library's three Summer Reading Programs – all underwritten by the Friends of the J. V. Fletcher Library – may be winding down, but relaxing reading continues through Labor Day weekend, so come in and take out books, DVD's, magazines, hotspots and everything needed for the three-day weekend! Downloadable and streaming formats are available 24/7 and can go with you to your Labor Day destination!

VIRTUAL JOB SEARCH HELP FOR 50 & OVER – JOB SEARCH HELP FOR 50 & OVER – Create Your "Career Story" Pitch: Wed., Aug 23, 6:00-8:00 p.m. The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month, from 9:30-11:30 a.m. and 2nd & 4th Wednesdays of the month from 6:00- 8:00 p.m, 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 What's It Worth? Thursday, August 24 at 6:00 p.m. Join us as we feature Mike Ivankovich, Host of WBCB 1490's "What's It Worth, Ask Mike the Appraiser" Radio Show in Philadelphia, PA, for an item appraisal program. Even though the program is virtual, Mike will still appraise your items! These appraisals will be done one by one, moderated by library staff. There are **two** ways to attend the program. You may register to have Mike appraise 1-2 items during the program (**this option will be capped at 25 registrants**). You may also register to attend just to sit back and enjoy the program (this option does **not** have a limit on attendees)! Please only choose **one** of the options for attending. The program will also feature a discussion on "Understanding Value" and buying, selling & value tips offered throughout the entire program. **Please follow the instructions on the Events Calendar to register to either have an item appraised or to watch the program.** [Register here.](#)

Mystery Book Club: Monday, August 28 at 2:00 p.m. – Wake up your week with a stimulating book club discussion! We'll meet in the Mary Atwood Room to discuss *The House at Sea's End* by Elly Griffiths. Print copies are available at Main Desk. Email Justin Liberti at jliberti@westfordma.gov for details!

Virtual Author Talk – Lisa Jackson and Nancy Bush: Monday, August 28 at 7:00 p.m. Bestselling authors (and sisters!) Lisa Jackson and Nancy Bush will discuss their latest books in this ZOOM webinar. Jackson will discuss *The Last Sinner*, a gripping novel of suspense featuring two veteran homicide detectives matching wits with a twisted serial killer lurking in the shadows of New Orleans. Bush will discuss *The Camp*, a chilling novel of suspense where a diabolical modern twist on Friday the 13th meets Yellowjackets at a summer sleepaway camp isolated in the woods of Oregon. Presented in collaboration with the Langley-Adams Library in Groveland and the Tewksbury Public Library. [Register here.](#)

Mother Goose Story Time: Mondays in August at 10:30 a.m. Mother Goose is an interactive story time for children ages 0 and up with their caregivers. We include books, songs, a field trip, fun movements, and of course, dancing! Hang out for a few minutes afterwards and make some new friends or migrate up to the children's room for more play. We will do the program outside when weather permits - we will keep you posted!

(Continued on next page)

J.V. Fletcher Library (continued)

Follow us!

<https://www.instagram.com/westfordlibraryma/>

<https://twitter.com/westfordlibrary>

<https://www.facebook.com/J-V-Fletcher-Library-131093656901445/>

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.

J. V. Fletcher Library Hours:

Monday	10:00 AM - 9:00 PM
Tuesday	10:00 AM - 9:00 PM
Wednesday	10:00 AM - 9:00 PM
Thursday	10:00 AM - 9:00 PM
Friday	1:00 PM - 5:00 PM
Saturday	10:00 AM - 5:00 PM
Sunday	Closed
Saturday, September 2 (Labor Day Saturday)	Closed
Monday, September 4 (Labor Day)	Closed



Westford Parks and Recreation

Westford Welcomes New Cricket Pitch: Uniting Communities Through Sport

By Kyle Fox, Assistant Director of Public Works

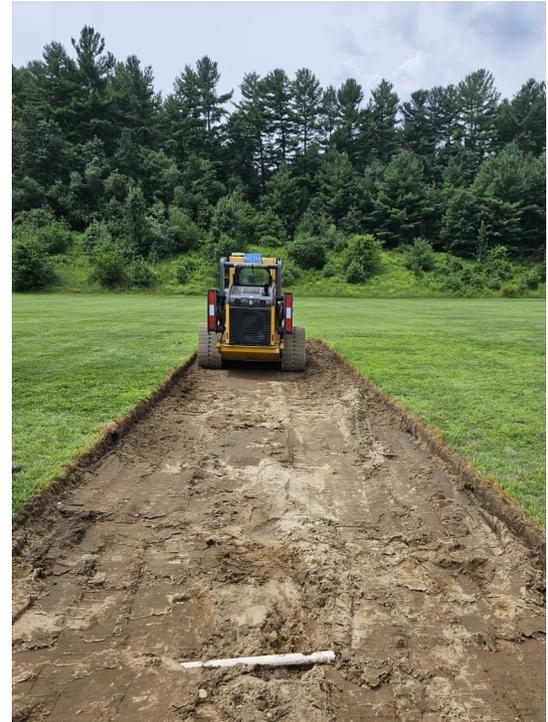
Westford is no stranger to fostering a sense of community and providing its residents with diverse recreational opportunities. As the warm sun embraces the town and the flowers bloom, there's exciting news for sports enthusiasts and newcomers alike. The Parks Division of Westford Public Works has taken yet another stride towards promoting unity and diversity by constructing a brand-new cricket pitch in our town. The project was promoted by the Parks and Recreation Commission with the support of the Selectboard. The materials for the project were funded by the local cricket group.

Cricket, a sport that originated in England and has gained immense popularity worldwide, has found its way to the hearts of many in Westford. With a growing number of cricket enthusiasts and a diverse community, the addition of this cricket pitch signifies an essential step towards inclusivity and encouraging cultural exchange.

John Revis, Parks Maintenance Operations Manager, and members of his team (Supervisor, Bobby Upperman and Heavy Equipment Operator, Brian Auger) worked hand in hand with local cricket enthusiasts to ensure that the pitch met international standards. The location chosen for the cricket pitch is the large rectangular field area adjacent to Farmer Way at Stony Brook School.

With the official inauguration of the cricket pitch set for the weekend of August 26/27, the cricket community is buzzing with anticipation and excitement. Specific information about the local cricket scene and event details for the inauguration can be found on the local cricket website - www.ncaamerica.com. You can also reach out to reachus@ncaamerica.com.

So, let's prepare our cricket gear and mark our calendars for this exciting day. As we take our first steps onto the cricket pitch, we can be assured that we are embarking on a journey that will bring us all closer together, celebrating the rich tapestry of our community and the wonderful sport of cricket. Additional pictures from the construction of the pitch can be viewed on the Public Works Facebook page - www.facebook.com/WestfordPublicWorks.



Cameron Senior Center

Happenings Around the Cameron for Our Friends age 55+ - Join Us!

Kiwanis Cook-Out

Tuesday, September 5th at 6 pm

We are excited that The Kiwanis will again be hosting an evening cookout at the Cameron. Reservations are a must, so please call 978.692.5523.

Free Health Series

September 12th October 10th at 4:30PM

In September we are pleased to have Chiropractor Dr. Shelly King come speak about **Osteoarthritis of the spine** (aka Degenerative Disc Disease) which is a common cause of back and neck pain in people over 55. In this informative workshop, Dr. Shelly King will discuss the risk factors and ways to naturally manage the associated pain and stiffness, including diet and exercise, supplements, chiropractic, massage, acupuncture, and laser therapy. In October our guest speaker will be Jessica Aresenault of Granite Willow Home Care in Westford. She will be offering a **Virtual Dementia Tour** which is an 8-minute sensory experience of what it's like to walk in the shoes of someone with dementia. We are limited to 12 folks for this program; please wear comfortable shoes and know that a strobe light will be used for a brief period. Please sign up at 978-692-5523.

Stroll Yourself to Health -Walk with our Health Departments Gail Johnson and Britany Nash Wednesdays at 9am starting at the Cameron. The dates will be Aug 23 and Aug 30. Please sign up at the front desk at 978.692.5523. If you want to sign up the day of that works too. The more the merrier!

Forming A Focus Group for 55+

A few years back the Cameron center extended hours on Tuesdays and Thursdays to 8:00 pm to accommodate younger seniors still working who could benefit from evening programs and the use of our gym. Evening programs have included health topics, exercise classes, signing up for Medicare and presentations about caring for elderly parents. Our newsletter goes out to folks 70+ so we are trying to explore alternative ways to reach the 55-69-year-olds to better meet their needs. Annette, the evening Outreach coordinator, would love to have the input of folks in this age bracket to learn what classes and programs would bring you to the center and how to best inform this age group of Cameron happenings. Please contact Annette at 978-399-2326

END OF SUMMER PARTY AT KIMBALL FARM

Friday, September 8th at 12pm

Party Admission includes a meal of your choice, Full Kimball Farm Ice Cream bar, all of the following Activities:

One Round of 18-hole Mini Golf ▪ 2 Bumper Boat Rides ▪
2 Bumper Cars Rides ▪ 1 Large Bucket of Balls at the Driving Range As well as Entertainment by Frank Sinatra Tribute by Brian Henderson. Meal options are Hamburger or Cheeseburger, hot dog, Veggie Burger. Call to register at 978.692.5523. Cost is \$25



Tuesday Golf at Quail Ridge 354 Great Road, Acton MA.

Every Tuesday thru October starting at 7:30AM

To reserve your tee time please call Quail Ridge at 978264-0399 and please tell them you are with the Westford group thru the Cameron. Cost- \$20 walking and \$31 with cart.



(Continued on next page)

Cameron Senior Center (continued)

Friendly Visitor Program

The senior center is looking to re-start our Friendly Visitor program which took a hiatus during Covid. This program serves a crucial need for visits to homebound seniors in our community for companionship and conversation. The Outreach department is looking for compassionate, reliable adult volunteers to participate in this program. If you're a senior and would like to be connected with a Friendly Visitor, or if you're able to volunteer for this program, please contact the Outreach department at 978-399-2326.

Grief Support Group– for folks 55+

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These “drop in” groups are offered on the **2nd and 4th Thursday of every month at 4:00** here at the Cameron *however please call to speak with Annette prior to your first visit*. There is no fee and no required attendance. Call Annette at 978-692-5523.

Strawberry Shortcake with Hal Schreiber in Appreciation

and Congratulations for recent accolades from Internal Revenue Service with a special Certificate of Appreciation. Tuesday, September 19 at 1:30PM Join COA staff in the Cameron lobby for this celebration and opportunity to thank Hal Schreiber for his dedication to providing our Tax Assistance Program for the past thirty years.

Seeking Senior Companions

Community Teamwork of Lowell (CTI) sponsors this program and is seeking folks to support our Westford residents. Senior Companions (SCP) are persons age 55 years or older who provide one on one companionship and services to frail or isolated elders, or to adults with disabilities. Senior Companions help with personal needs and daily activities, including ensuring access to health care and other resources. CTI offers benefits including training before and during their assignments, travel reimbursement, accident and liability insurance, recognition events and a tax-free hourly stipend, and PTO time (paid time off to include personal, vacation and sick leave), as well as a rewarding and enriching opportunity to make a real difference in the lives of seniors. Please consider this worthy opportunity to serve others. Email Mary Donnelly at CTI for more information: MDonnelly@commteam.org

Online Registration

We have some exciting news! Starting in July, you will be able to register and pay for programs online! We will use the online registration and payment system through My Active Center, which works in conjunction with My Senior Center. To use the online features, you must have a valid MySeniorCenter swipe card. We will be posting a step-by-step tutorial on our website and Facebook page. If you would like a copy of this tutorial, send Katie an email at krussell@westfordma.gov. Please call 978.692.5523 to set up a one-on-one appointment with Katie or a student volunteer. We will be glad to help you.

To learn more about the Cameron Senior Center programs and services please visit:

www.westfordma.gov/coa,
[www.facebook.com/Cameron Senior Center/](https://www.facebook.com/CameronSeniorCenter/)
www.youtube.com

To view the complete Council On Aging Newsletter please visit our website:

www.westfordma.gov/coa and click on **Newsletters**.



Westford Senior Center

Health Department

20/20 Onsite Mobile Vision Truck Comprehensive Eye Exam

The clinic will be set up in Westford for town residents.

Wednesday September 13th, 8:00 am to 4:00 pm.

53 Main Street, Old Fire Station.

Appointment Only

***Max 27 participants**

PLEASE SCHEDULE YOUR APPOINTMENT BY August 25, 2023!!!

The mobile vision truck will offer a full comprehensive eye exam. Discounts for sunglasses. Eyeglasses can also be purchased on the vision truck.

Please check your medical insurance to see if it covers vision, and whether there is a co-pay. Co-pays will need to be collected at the time of the appointment.

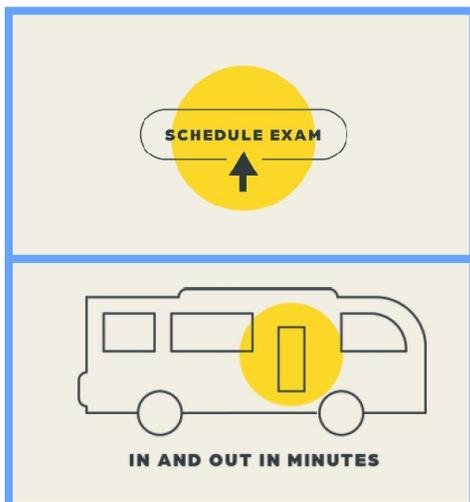
If you do not have medical insurance that covers vision, a fee of **\$85.00** will be required at the time of visit.

If you are interested in signing up for a full vision exam, click on this link”

<https://try.2020onsite.com/town-of-westford/> and follow the directions to schedule an exam.

The Cameron Senior Center can offer transportation, door to door service to and from the appointment, so if there is someone who was unable to exit their home or enter the clinic independently, they would need someone to ride with them to help them. Please contact the Cameron Senior Center at 978-399-2322 at least **48 hours** prior to your appointment to arrange for a ride, if needed, (transportation only).

If you have any questions or concerns, please reach out to Gail Johnson at 978-399-2548 or at gjohnson@westfordma.gov



Health Department (continued)



Westford Community Blood Drives

Cornerstone Congregational Church

92 Graniteville Rd
Westford, MA 01886
August 15th 12p.m. to 5p.m.

H.E. Fletcher Club

11 Brookside Rd
Westford, MA 01886
August 24th 10a.m. to 3p.m.

First Parish Church

48 Main St.
Westford, MA 01886
August 25th 11a.m. to 4p.m.

Help the Red Cross avoid a looming blood shortage. Sign up to give now: rcblood.org/donate.
Trauma patients, transplant recipients & those undergoing cancer treatment depend on the generosity of blood donors. Together, we can help ensure blood is ready when needed!

Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

Health Department (continued)



Westford Health Department will be putting on two, one-hour Stop the Bleed trainings, which teaches how to identify life-threatening bleeding by using 3 quick techniques: pressure, packing, & applying a tourniquet.

Take the course and become empowered to make a life-or-death difference when a bleeding emergency occurs. STOP THE BLEED®. Save a Life.

*You only need to sign up for one of the classes listed below.

DATE: Tuesday, September 19, 2023, OR Thursday, November 30, 2023

TIME: 7:00 pm – 8:00 pm

LOCATION: Westford Town Hall, second floor conference room

RSVP By: Friday, September 15, 2023, OR Monday, November 27, 2023, by emailing mvozowillis@westfordma.gov



For more information <https://www.stopthebleed.org/>

*MAX of 16 participants for each class

Be Prepared

As hurricane season approaches, please take time to review, and print-out / save the next four pages of this newsletter (Pages 13-16).

These pages include often overlooked topics we all face during emergencies, a check list, and important links.



Health Department (continued)



Hurricane Preparedness Tips

The Massachusetts Emergency Management Agency (MEMA) reminds all residents to prepare themselves, their families, and their homes for tropical storms and hurricanes. Hurricane season runs from June 1st through November 30th each year.

[Mass.gov/mema/hurricanes](https://www.mass.gov/mema/hurricanes)

Know your zone.

Learn if you live in a hurricane evacuation zone that may flood during a hurricane and evacuate if you are told to do so.



[Mass.Gov/KnowYourZone](https://www.mass.gov/KnowYourZone)

<https://www.mass.gov/info-details/hurricane-evacuation-zones>

Prepare for power loss.

Have a plan and supplies for extended power outages.



[bit.ly/Powers-Out](https://www.mass.gov/info-details/power-outage-safety-tips)

<https://www.mass.gov/info-details/power-outage-safety-tips>

Make a plan.

Make a Family Emergency Plan on what to do and how to stay in touch in a storm. Create a plan to evacuate, including where you will go, and what you should bring.



[bit.ly/Plan4Family](https://www.mass.gov/Plan4Family)

<https://www.mass.gov/info-details/make-a-family-emergency-plan>

Prepare for medical needs.

If you or a family member has special medical needs, equipment, or treatment, include these in your plan and talk to your care provider for additional advice or assistance.



Prepare your home.

Take steps to prevent damage from wind and flooding. Make sure you have working smoke and carbon monoxide detectors.



[bit.ly/ReadyHome](https://www.mass.gov/ReadyHome)

<https://www.mass.gov/info-details/prepare-your-home-for-emergencies>

Build a kit.

Include supplies that your family would need for 3-5 days:

- Bottled water & food that doesn't need to be refrigerated
- Flashlights, a radio, & extra batteries
- Phone chargers
- First aid kit with medications, spare eyeglasses
- Special medical equipment if needed
- Personal care items
- Copies of important documents



Remember: Your kit doesn't have to cost a lot of money, and can be built over a period of time.

[bit.ly/Your-Kit](https://www.mass.gov/Your-Kit)

<https://www.mass.gov/info-details/build-an-emergency-kit>

Prepare for pets and service animals.

Include food, supplies, medications, carriers, and other items your pet or service animal needs if you have to evacuate.

Remember, your service animal is always allowed in shelters, or anywhere else you go.



(Continued on next page)

Health Department (continued)

Before During & After The Storm

Stay informed.

Monitor storm updates through local media and messages from emergency officials. Sign up for your local reverse 9-1-1 system if your community has one.

Also, check to make sure your smartphone can receive emergency and public safety alerts.

<https://www.ready.gov/alerts>

[Westford's Local RaveSmart911-Emergency-Notifications](#)



Be a good neighbor.

Check on people in your neighborhood who may need additional help before, during, and after a storm.



Listen to emergency officials.

If told to evacuate, do so immediately.

If you have evacuated, return home only when officials say it is safe to do so. Check with local officials or call 2-1-1 to find shelter locations and other disaster information.



Keep track of property damage.

If your home or property is damaged during the storm, take photos or videos to document the damage, which can help with the insurance and recovery process.



Important links:

Massachusetts Emergency Management Agency

 [Mass.gov/MEMA](https://www.mass.gov/MEMA)

 [Twitter.com/MassEMA](https://twitter.com/MassEMA)

 [Facebook.com/MassachusettsEMA](https://facebook.com/MassachusettsEMA)

National Weather Service Boston/Norton Office

 [Weather.gov/box](https://www.weather.gov/box)

 [Twitter.com/NWSBoston](https://twitter.com/NWSBoston)

 [Facebook.com/NWSBoston](https://facebook.com/NWSBoston)

National Weather Service Albany, NY Office

 [Weather.gov/aly](https://www.weather.gov/aly)

 [Twitter.com/NWSAlbany](https://twitter.com/NWSAlbany)

 [Facebook.com/NWSAlbany](https://facebook.com/NWSAlbany)



Massachusetts Emergency Management Agency

Westford Emergency Management's Radio 1630 AM



Emergency Supply Kit Checklist

Start a basic emergency supply kit. Add to it as needed. Adapt it to your unique needs. Include supplies for staying home without water or electricity and supplies for leaving home in a hurry. Store your kit in a dry area that is easy to get to. Review your kit every six months to replace outdated or seasonal supplies.

Supplies for Staying or Leaving Home

- Emergency contact information
- Copies of important documents
- Prescription medications and eyeglasses
- Phone charger and battery pack
- Cash or traveler's checks
- Face coverings
- Whistle to signal for help
- Diapers, wipes, baby food, formula, if needed
- Pet food, supplies, vaccine records, tag, crate, if needed

Supplies for Staying Home (sheltering in place, quarantining, or isolating)

- Bottled water (1 gallon per person, per day, for 3 days)
- Canned foods and foods that don't go bad
- Manual can opener
- Flashlight or lantern with extra batteries

- First aid kit and thermometer
- Radio (battery-powered or hand crank) with extra batteries
- Matches in a waterproof container
- Household cleaner or disinfectant

Supplies for Leaving Home (evacuating)

- Change of clothes and sturdy shoes (per person)
- Communication tools, if needed
- Medical equipment, if needed
- Personal hygiene items
- Sleeping bag or blanket (per person)

Contacts for Our Family

Local

Name: _____

Phone: _____

Email: _____

Out of State

Name: _____

Phone: _____

Email: _____

Meeting Places for Our Family

Near our home: _____

Outside our neighborhood: _____

WWW.WESTFORDMA.GOV

Mass.gov/BePrepared



Family Emergency Action Plan

- Make a contact list for everyone living in your home. Include work, school, and cell phone numbers.
- Pick an out-of-state friend and another who lives near you as your family's contacts.
- Make an evacuation plan and pick a meeting place for your family near your home and another outside your neighborhood.
- Find out how your children's schools will handle emergencies. Ask where students will go if evacuated, how the school will notify you, and how you will meet your child.
- Turn on emergency alerts on your phones and devices.
- Review your town/city emergency preparedness plan.
- Start an emergency supply kit. Add to it as needed.



Important Family Information

Fill this out for each person living in your home and update as needed. Keep this information in all the places you might need it.

Name: _____

Phone: _____

Work/school address: _____

Evacuation location: _____

Help needed: _____

Medical information: _____

Name: _____

Phone: _____

Work/school address: _____

Evacuation location: _____

Help needed: _____

Medical information: _____

Name: _____

Phone: _____

Work/school address: _____

Evacuation location: _____

Help needed: _____

Medical information: _____

Health Department (continued)

JOIN US FOR THE UPCOMING FREE

YOUTH MENTAL HEALTH FIRST AID TRAINING MIDDLESEX COUNTY

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



WHO SHOULD KNOW AND BE INVOLVED?

- Parents
• Educators
• All community members



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

WHEN & WHERE?

Date & Time: September 15th, 2023
10AM-4:30PM
Location: Tewksbury Public Library, Meeting Room 300 Chandler St, Tewksbury, MA 01876

Interested in attending?
Please contact Ashley Pavlakos for registration

APavlakos@tewksbury-ma.gov



Community Wellness

New Parent Support Group will take place on Tuesday, August 22nd from 10:30am -11: 30 am at the Westford Town Common. The group is an opportunity for new parents with children ages 0-3 to come together and meet other parents, learn new skills and resources. We will explore the structure of the group to determine frequency, location, and discussion topics for future sessions. Bring a blanket or chair. If it rains, the group will be rescheduled. No registration required. Please direct any questions to Community Wellness Coordinator, Nicole Laviolette 978-399-2503.

Are you experiencing the challenges of parenting a child who may be struggling with their mental health? Please join us for one (or all) of our monthly **Parent Support Sessions** where we will suggest coping skills for you, share resources and offer caring support. The group meets the second Thursday of every month from 7:00 pm – 8:30 pm. The location for the September and October meetings is at the J.V. Fletcher Library meeting room. No registration required. Do not hesitate to reach out if you have any questions to, Community Wellness Coordinator, Nicole Laviolette, 978-399-2503. The support sessions are co – sponsored by the Westford Health Department and Community Wellness Department.

Community Wellness Assistance – Starting on August 8, 2023 Westford's Community Wellness Coordinator, Nicole Laviolette, will be available the 2nd and 4th Tuesday of the month from 2:00 – 4:00 pm at the J.V.Fletcher Library, Mary Atwood Meeting Room, to assist residents with mental health referrals, substance use disorder referrals, and parenting support resources. No registration required. Based on resident's needs, linkages to other town and community resources will be provided.

For more information or help connecting to resources:

Community Wellness Coordinator, Nicole Laviolette

(978) 399-2503

nlaviolette@westfordma.gov

<https://www.westfordma.gov/1487/Community-Wellness>

Westford Recycling Commission

Westford Composting Open House

Saturday, August 19, 2023, from 9:00 am – 11:00 am

39 Main Street, Westford (across from Muffins on Main

Please park on Connell Drive instead of Main Street

Note: Average time for seeing a demo is 10-15 minutes



Volunteer members of the Westford Recycling Commission will show Westford residents how to compost organic material. Composting diverts food wastes from the trash and reduces the high cost of Westford's trash collection. Organic material can represent up to 20% of the weight of our trash.



Earth Machine Composter

Create your own organic material that is great topdressing your lawn and amending your garden.

Earth Machines composters will be available to Westford residents at the demonstrations for only \$25 at a discount from a state grant. Checks should be made out to the Town of Westford.

At any time, Westford residents can purchase Earth Machine backyard composters for \$25 by contacting Nicole Feliciano at the Westford Highway Department at 978-692-5520 or by email: nfeliciano@westfordma.gov.

For more information, visit www.westfordma.gov/recycling. Follow us on [Facebook.com/WestfordRecyclingCommission](https://www.facebook.com/WestfordRecyclingCommission)

Brush Chipping

Saturday, September 16, 2023, 10:30 am – 4:30 pm

Westford Highway Garage, 28 North Street

Please unload your brush as directed by the Highway Department personnel. Deposit your \$10 check, payable to the Town of Westford, in the marked container.

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 only, payable to the Town of Westford, deposited in the marked container.

(Continued on next page)

Westford Recycling Commission

Electronics & More Collection

Saturday, September 23, 9 am - 1 pm
Westford Highway Garage, 28 North Street.

This is a fee-based collection FOR WESTFORD RESIDENTS ONLY. Westford utilizes the services of Northeast Materials Handling of Ayer, Massachusetts. CASH OR CHECK ONLY (checks must be made out to "Northeast Material Handling, Inc"). The Town of Westford receives no proceeds from this event.

For traffic safety reasons, entry to the access road off North Street will not be allowed until 8:45 AM. Residents arriving prior to 8:45 will be turned away.

The Northeast Materials' staff will take the items from the vehicle for them and collect fees from the driver's side window.

***** WE DO NOT ACCEPT TOY PLASTICS OR LIGHTBULBS, AT ALL *****

For a list of acceptable items: some free and some chargeable, visit www.westfordma.gov/recycling. If you have any questions about what is acceptable, please feel free to call 978-772-4545 or email: Francine@liquidatedstuff.com

Styrofoam Collection

Saturday, October 21, 9 am - 2 pm
Westford Highway Garage, 28 North Street

ACCEPTED:

#6 (EPS) – pre-formed packing, insulation board, and coolers

#4 (EPS) – spongy foam expanded polystyrene

NOT ACCEPTED:

Styrofoam food containers, including cups, meat trays, and packing peanuts.

HELPFUL if you can bring items in a large cardboard box (OK if not full) or a large plastic bag in order to facilitate our transportation.

Sponsored by First Parish Church United, Westford. Donations will be accepted to defray the cost for transporting the Styrofoam.

Strategic Planning Retreat

September 7, 2023 5 - 8 PM

Please visit the Westford Recycling Commission's table at the Westford town Strategic Planning Retreat at Kimball Farm. [Sign up here](#).

The Mission of the Westford Recycling Commission is to:

Increase awareness of the financial and environmental impacts of recycling; provide opportunities for non-curbside recycling; educate residents on options to reduce, reuse, repurpose, and recycle; and organize recycling events that encourage diversion from the trash.