Town of Sudbury Town Manager Newsletter



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Town Manager Rodrigues (shown here signing the Community Compact with Lt. Governor Karyn Polito in 2017) will be starting as North Andover's Town Manager this September. Assistant Town Manager Maryanne Bilodeau will be Interim Town Manager during the Town Manager Search process. We wish Melissa great success in her new role!

Camp Sewataro

09.19

2019

PROPERTY ACQUISITION

The Camp Sewataro property sits on 46 acres at 1 Liberty Ledge in Sudbury. It is home to a day camp which has run at the location for 60 years. The property went on the market in March 2019 and, after a Town Meeting and Election Vote, the Town purchased the property. An RFP for services to manage the camp was then issued by the Town, and K&E Camp Corporation was selected as the successful proponent. The Town is negotiating the details of the management contract to include public access and property use as well as camp operation in 2020.

For more information and updates, please visit: https://sudbury.ma.us/Sewataro

Message from the Town Manager

Dear Neighbors,

It is with both sadness and great gratitude that I write my last newsletter to you. It has been a wonderful four years here in Sudbury, but I have the opportunity to work in an equally wonderful community close to home, and I'm lucky to be able to take advantage of that opportunity.

It has been a honor to serve as your Town Manager, and to get to know each of you at town events and Town Meeting. We have accomplished wonderful things over the past four years, and I am proud to have been a part of this team. The employees here in Sudbury are unrivaled in their professionalism and their skill, and we are lucky to have them. I have learned so much from each of them and have been inspired by their dedication to this community.

Sudbury is a wonderful place to work and to live. It is made even more wonderful by the residents and the amazing volunteers that I have been lucky enough to interact with each day. From the Board of Selectmen to the various committees and commissions, the enthusiasm, commitment and talent is astounding.

Thank you for allowing me to be a part of your community.

Best, Melissa Murphy-Rodrigues, Esq. Town Manager





Bethany Hadvab, Town Social Worker, with Karen Walper and Carole Ann Baer of HOPEsudbury.

HOPEsudbury Backpack Drive

This year HOPEsudbury partnered with the social work office for another successful backpack drive. HOPEsudbury volunteers, Karen Walper and Carole Ann Baer, along with senior tax worker Pat Hayes, assisted the town social worker with sorting and filling nearly 40 backpacks with school supplies, socks, underwear and hygiene supplies for kids in Sudbury. Thanks to the generous support from the community, these students were prepared to start the school year off right.

Ongoing Donation Needs

Please keep in mind that the Sudbury social work office assists people in need by providing hygiene and cleaning supplies. Most of the hygiene donations come from a nonprofit called Hope Comfort in Needham. and However, items such as cleaning products, toilet paper, paper towels, feminine hygiene products and diapers are always needed. If you are interested in signing up to donate these items and other items requested by residents in need, please click here. If you are in need of any of these items, please email us at:

socialworker@sudbury.ma.us

Upcoming Programs from the Social Work Office

Holiday Gift Program

Each year the social work office runs a holiday gift program. Families and individuals who selfidentify as being in need of gifts and support for the holidays, can click here to download the application. Applications must be received in the social work office no later than 4pm on Friday, October 4, 2019.

If you are interested in donating to the program, please email the social work office at socialworker@sudbury.ma.us.

Single Mothers Program Donation Drive

Each quarter, the social work office collects needed items to support single mothers who are furthering their education. If you would like to learn more or donate, please click here. The deadline to sign up for this drive is October 6, 2019.

Board of Health

- Backpack Drive
- Donation Needs
- Upcoming Programs
- Mosquito Spraying
- Flu Season

Coat Drive

During the month of October, Neighbor Brigade will be partnering with the Board of Health to collect and distribute gently used coats and new winter accessories for those in need. Once available, a flyer will be posted at <u>www.sudbury.ma.us/socialworker</u> to provide additional information.

Submitted by: Bethany Hadvab, LICSW, Board of Health Social Worker

Mosquito Surveillance and Spraying

There have been many questions and concerns surrounding recent emergency mosquito adulticide spraying conducted by the Massachusetts Department of Agricultural Resources (MDAR) and routine spraying by the Eastern Middlesex Mosquito Control Project



Board of Health Continued

(EMMCP). Based on recent confirmed human and animal EEE cases, the MDAR developed a critical spray zone, including a portion of western Sudbury, and conducted aerial spraying last week. Sudbury remains at "moderate" risk for Eastern Equine Encephalitis (EEE).

MDAR, in consultation with the Massachusetts Department of Public Health (MDPH), provided technical information to the health department which was posted on the town website and continues to be updated. Many resident revolved concerns around notification and details regarding spray schedules, which were not provided by the State, due to weather postponements and changing spray strategies. There was no process to request changes in the spray zone nor any opt out procedure.

In addition, Sudbury participates in the EMMCP. EMMCP provides mosquito control services to 26 participating communities located west and northwest of Boston. Services include mosquito surveillance such as trapping, species identification, virus testing, and tracking quantities. EMMCP develops strategies to reduce the risk of animal and human infection by providing early season larvicide helicopter spraying and truck mounted adulticide spraying. The Health Director serves as the town representative to the EMMCP and attends meetings and presents information and reports to the Board of Health regarding findings and actions. Questions or concerns can be directed to <u>health@sudbury.ma.us</u> or by contacting EMMCP at: East Middlesex Mosquito Control Project

Email: <u>emmcp.ma@verizon.net</u> Phone: (781) 899 – 5730 Fax: (781) 647 – 4988 11 Sun Street, Waltham, MA 02453

Notification Sign-Up

If you would like to be notified when EMMCP will be truck spraying, sign up on the Town website under EMAIL LIST:

https://visitor.r20.constantcontact.c om/manage/optin?v=001i6pY1oAR oQleN_zYNIG6NNvU99J70D_D

Spraying Opt Out

If you like to be <u>excluded</u> from truck mounted adulticide spraying: <u>https://www.mass.gov/how-to/how-</u> to-request-exclusion-from-widearea-pesticide-applications

Learn More

MDPH Mosquito Webpage: https://www.mass.gov/mosquitoborne-diseases

Submitted by: Bill Murphy, Health Director

Flu Season

Influenza ("flu") is a contagious disease that spreads around

the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include: •fever/chills •sore throat •muscle aches •fatigue •cough •headache •runny or stuffy nose

Flu vaccine can:

 Prevent you from getting flu.
 Make flu symptoms less severe.
 Keep you from spreading flu to your family and friends.

A yearly flu vaccine is the best way to prevent flu illness. Sudbury Health Department will be offering flu vaccine clinics again this year for Sudbury Seniors and Residents (details below).

For more information go to: http://www.cdc.gov/flu/protect/keyf acts.htm or https://www.mass.gov/influenza

Submitted by: Phyllis Schilp BSN, RN Sudbury Town Nurse

Flu Shot Clinics

Thursday, October 10

11AM – 2PM (Senior Citizens only) and 5PM – 7PM

FAIRBANK COMMUNITY CENTER GYM

(40 Fairbank Rd) Appointment required. Call 978-443-3055 to schedule.

Wednesday, October 16

2PM – 7PM CURTIS MIDDLE SCHOOL

(22 Pratts Mill Rd) No Appointment Necessary.

Flu Shot Clinic Checklist

- Sudbury Residents AGES 5 & up
- Bring your INSURANCE CARD
- ✓ Wear a SHORT SLEEVE shirt



Hazard Mitigation Plan Survey

The Town of Sudbury is currently updating its Hazard Mitigation Plan.

This plan helps the Town plan and receive funding for projects that reduce the risk of injury or damage to property from future natural hazard events such as flooding and hurricanes.



We need your help as we gather information for the updated plan.

The information you provide in this survey will help us coordinate activities and identify projects.

The 10-questions survey is completely anonymous. Please click below to participate:

https://www.surveymonkey.co m/r/SudburyCommunitySurvey



Meet Your Fire Fighter

Alex Gardner has served on the Sudbury Fire Department for over 9 years. His roles include Fire Fighter, Paramedic and SAFE Officer.

What does your typical work day look like?

There's really no such thing at the Fire Department - when a call comes in, that's your only priority. Routine operations include weekly training, inspections and daily checks on trucks, but, in the end, the calls we get determine our schedule.

What is a SAFE Officer?

It's about public safety education. We visit Grades K-5 every year and even have programs at the High School. We also provide senior citizens with home safety visits, attend community events and host Public Safety Day in October.

What's the best part of being a Fire Fighter?

I've always wanted to be a fire

fighter, as far back as I can remember. Helping people is easily the best thing about it.

What's something about the fire department that folks may not know?

People are sometimes apologetic when they call regarding a possible hazard, a concerning smell or with a question about fire safety equipment. We are here to help, so please don't hesitate to call.

What's the latest thing you learned on the job?

We recently had a walk-through of development construction being completed in town to become familiar with the layout. It's crucial for us to know the lay of the land if an emergency arises. In addition, buildings are actually far more prone to fire hazard during construction as fire alarm and suppression systems are not yet in place.

In children's books, fire fighters slide down a pole to get to their apparatus in an emergency. Is

Fire Department

- Meet Your Fire Fighter
- Public Safety Day
- Survey

that your protocol?

Not in Sudbury. Our pole was closed off years ago. We just use the stairs.

Dalmatian dogs are another mainstay in children's books about fire stations. Does Sudbury have one?

Dalmatians were used back when fire apparatus was drawn by horses. When the horses weren't out with the pumper truck, dogs would help with the safety of the animals. The state fire department uses arson dogs, but we don't have any at Sudbury FD. Personally, I think it would be pretty great to have a dog around the station.

What is one thing you wish everyone would do to help prevent fires?

Be sure to check your fire alarms and change the batteries twice per year. It's a simple thing to do and it makes a huge difference in a fire. Some of the worst calls we get, it's common to find that fire alarms weren't functioning. Also, please *always* wear your seatbelts.

Sudbury Fire Department PUBLIC SAFETY DAY

Saturday, October 5, 2019 11AM – 2PM Fire Station 1 77 Hudson Road



FIRE & RESCUE VEHICLES ★ INTERACTIVE DEMONSTATIONS MEET FIRE PERSONNEL ★ AND MORE!

Goodnow Library

- Goodnow Director Elected State Library Association President
- Passport Processing
- Telescope
- Newspaper Digitization
- Community Info Fair



Library Director Esmé Green being sworn in as State Library Association President.

Library Director Inaugurated as State Library Association President

At its annual conference this May. Esmé Green, Goodnow Library Director, became the 2019-20 Massachusetts Library Association President, after being elected and Vice-President/ as servina President-Elect last May. In her remarks, she thanked the officers. committees and members for their hard work and participation. She commended her fellow MLA members, telling them to: "Hold your heads high for the work you are doing, your mission to serve, and your values of equity and inclusion. Every day you make lives better, strengthen communities, build social capital and resilience." Ms. Green's term is for one year, after which, she will serve another year as Past President.

Passports

The Goodnow Library is now an authorized Passport Acceptance Facility!

The Goodnow Library is pleased to announce that the library will accept passport applications on behalf of the U.S. Department of State, beginning 9/3/19. U.S. citizens planning international travel may apply for their passports at the library by walk-in or appointment Mondays through Thursdays from 9:30 a.m. – 8:30 p.m., Fridays 9:30 a.m. – 4:30 p.m., and Saturdays 10:30 a.m. – 4:30 p.m.

Walk-ins will be accommodated if possible, but appointments are strongly encouraged to ensure that a certified passport acceptance agent is available. The library will have application forms available for both adult and youth passport applications, as well as renewal applications. On behalf of the U.S. Department of State, we will assist in accepting applications, collecting fees and mailing forms to the appropriate agency. The library does not offer passport photos at this time, so applicants should come with photos that meet passport photo requirements.

Please call 978-440-5520 or email reference@sudbury.ma.us to make an appointment today!

Check Out Our Telescope!

Use your library card to discover the Universe from your own backyard! The Goodnow Library now has a telescope that is powerful enough to resolve the Rings of Saturn, the Galilean moons or nearby star clusters—and you can borrow it for free!



Goodnow Library Continued



Library Director Esmé Green and John Root of the Aldrich Astronomical Society pose with the Orion StarBlast 4.5-inch Astro Reflector Telescope, equipped with a zoom telescope eyepiece.

The goal of the Library Telescope Program is to help foster scientific literacy, stimulate an interest in astronomy, and provide people who have never looked through a telescope the chance to experience the excitement that comes from discovery. Placing the telescopes in local public libraries allows a greater general access to the telescope since they are intended to be checked out of the library just as a book.

This telescope was donated to the Goodnow Library by the Aldrich Astronomical Society, made possible through funding by MathWorks of Natick, MA.

Newspaper Digitization Project—Update

After receiving the support of Town Meeting in May, the library has moved forward with its plans to digitize its local newspaper collection, which covers over 100 years of the local papers of contained Sudburv. on approximately 150 thousand pages. The reels of microfilm have been boxed up and shipped to the digitization facility for scanning and indexing. Once this is done, we will set up a page on the library's website where you can access the results. Stay tuned!

Community Info Fair

A Community Info Fair will be held on Saturday, September 21 from 11AM – 2PM at the Goodnow Library.

- Meet the folks behind Sudbury's Nonprofits, Community Groups, and Town Departments who are "doing good" in every area that impacts our community: social services, the arts, the environment, health, safety, education and more.
- Get the details on their programs, services, membership options, and volunteer opportunities.
- Learn how you can get involved.
- Drop by for a fun, familyfriendly afternoon featuring activities, community service opportunities, and giveaways!

Hosted by the Goodnow Library & Sudbury Doing Good, a project of the Sudbury Foundation.

News & Upcoming Events

There are many ways to keep up with all the happenings at the library. Visit our website to sign up for our weekly newsletters, view our Event Calendar, or find us on your favorite social media!

Submitted by: Esmé Green, Library Director



SATURDAY, September 21 11AM-2PM Goodnow Library

Department of Public Works

- Stearns Mill Pond Dam
- Pavement Management Program



Stearns Mill Pond Dam Rehabilitation

T. Ford Construction (Contractor) and Pare Corporation (Engineer) are assisting the Town with the rehabilitation of the Stearns Mill Pond Dam off Dutton Road. Construction started in August and is expected to continue through November. Phase 1 is well under way which replaces the dam's lowlevel outlet. This outlet allows the Town to control the water elevation of the pond. Shown below in Figure 1 is a temporary cofferdam which allows the contractor to remove water from the work area. Figure 2 looks downstream from within the dewatered area at the future location of the new low-level outlet.

Phase 2 and 3 are forthcoming involving spillway and scour apron replacement.

2019 Town-wide

Roadway Resurfacing

The 2019 Roadway Resurfacing program is now complete. Thank you to staff and contractors who worked to perform the work as efficiently as possible given a very rainy season, and thank you to residents for your patience during detours and road closures necessary to complete resurfacing. The program used industry-leading methods to assure the work was completed as efficiently as possible and that the road surface improvements last for many years. For a complete list of the streets that were treated, please visit https://wp.me/p5uh9r-c8



Figure 1: Temporary cofferdam to remove water from the work area.



Figure 2: Looking downstream and future location of the new low-level outlet.

Planning and Community Development

- Master Plan Update
- MVP Community Status
- Transportation Initiatives

Master Plan Update

Progress

Over the past several months, the Master Plan Steering Committee has covered a lot of ground. In May, it sponsored the first public forum of the Master Plan update process at the Lincoln-Sudbury Regional High School. Approximately 50

attendees discussed Sudbury's assets (including its residents!) and the challenges the Town will face in the next 10 to 20 years. A follow-up survey allowed another 120 people to provide their input. Throughout the summer, the Steering

Committee met monthly to review and discuss local trends related to the Town's population, housing and commercial development,

conservation efforts, transportation issues, and a host of other topics. Steering Committee meetings are open to the public and held the third Friday of each month from 8:45-10:45 AM at the Sudbury Police Station.

Looking ahead to this fall, a series of community conversations are scheduled to dive into the details on specific issues, talk about solutions to meet future challenges, and build on the Town's strengths. All discussions will be held in the Lower Town Hall, 322 Concord Road, from 7:00-8:30 PM on the following dates regarding the following topics:

<u>Transportation Mobility and</u>
 <u>Connectivity</u>: October 10th

<u>Economic Resilience, and Town</u>
 <u>Services and Infrastructure</u>:
 October 15th

 Public Health, Housing, and Equity: October 24th

<u>Historic and Cultural Assets</u>:
October 28th

<u>Natural Environment, Open</u>
 <u>Space, and Recreation</u>: October
 29th

Visit the Master Plan Steering Committee website for more information about these meetings, and to sign up for email notifications regarding future events and other announcements:

www.sudbury.ma.us/masterplan.

Sudbury Achieves MVP Community Status

Sudbury completed the Municipal Vulnerability Preparedness (MVP) planning process to become certified as a MVP community and is now eligible for MVP Action grant funding from the state and other opportunities. The Summary of Findings Report and Workshop Discussion Matrix were submitted to EEA in May 2019. The MVP Program, which is coordinated by the Commonwealth's Executive Office of Energy and Environmental Affairs, focuses on community planning for climate change resiliency and implementation of key climate change adaptation actions for resiliency.

For more information about the MVP program and to access relevant climate change data,

please see

https://sudbury.ma.us/pcd/?p=219 9 or contact Beth Suedmeyer, Environmental Planner at 978-639-3387 or

suedmeyerb@sudbury.ma.us with any questions.

Transportation Initiatives

As befits its importance to the livability of Sudbury, the Town is engaged in two transportation initiatives. The first is a multicommunity endeavor to help "make the connections" to current regional and public transportation options, such as Commuter Rail and MBTA, MetroWest and Regional Transportation This options. regional endeavor was funded by the state's Community Compact Cabinet program under the Age and Dementia-Friendly Best Practice. The second is a Town pilot focused on older residents, adults with a disability that limits their ability to drive, veterans, and people with scarce financial resources. The Town is investigating ways to address current gaps in transportation (e.g., evenings and weekends. etc.) with unexpected needs. limited funding from the Town's transportation mitigation fund through the Council on Aging. Details about both initiatives will be made available to all residents as they become final.

Submitted by: Adam Duchesneau, PCD Director



COME RIDE WITH US!

ROUTE 20 COMMUTER SHUTTLE

- Ride from Target in Marlborough to the Riverside T station during Commuter Hours
- Make connections with MWRTA Fixed Routes and the Sudbury Connector.

Schedules, fares, and additional information can be found at www.MWRTA.com or by calling MWRTA Customer Service at (508) 935-2222

Sudbury Senior Center

- Chinese Mid-Autumn Festival
- Falls Prevention
- Medicare ABCDs
- Kickstart Your Fall FitWalk!
- Dementia Friendly Sudbury

Chinese Mid-Autumn

Festival

We invite older residents and their families to the Chinese Mid-Autumn Festival, a popular Chinese harvest festival, on Tuesday, September 10. The event includes Chinese food, music and dance! Space is limited, and the due date for signing up is Friday, September 6. Contact 978-443-3055 or

senior@sudbury.ma.us.

Falls Prevention

Falls are risky business - every year, about one out of every four people over age 65 have at least one fall. Some falls can cause serious injuries such as hip fractures and head injury. However, there are many ways you can reduce your risk for falling. This year, we mark Falls Prevention day with a Soup's On! event on Thursday, September 19. Sue Rushfirth, RPT, Ali Cronin, DPT, along with Donna Bartlett, PharmD, BCGP, RPh, from the Mass. College of Pharmacy, will speak about the risks and causes of falls and how to prevent them. In addition. free Fall Risk and Balance assessments will be available on Friday, September 20 and Monday, September 23, from 9:30-11:00 Ali Cronin, DPT. with bv appointment. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Medicare ABCDs



Know someone who will be eligible for Medicare soon? Or do you need a refresher on the basics? Sign up for the Medicare ABCDs on Tuesday, September 17 at either 3:00 PM or 6:00 PM at the Senior Center. Learn about eligibility, delaying enrollment, coverage choices, and how to decide on coverage from Margaret Leidler, SHINE MetroWest Counselor. Margaret is an experienced, trained volunteer who assists individuals with Medicare questions and concerns. Please register in advance by contacting the Senior at 978-443-3055 Center or senior@sudbury.ma.us.

Kickstart Your Fall FitWalk!

For the second year, the Sudbury Senior Center and Park and Recreation departments are cosponsoring a Kickstart your Fall FitWalk! We will meet near the large parking lot and concession stand at Haskell Field, do a fun warm-up and then take the one mile walk around the field. Prizes and goodies will be available - this is an all ages event! Kickstart your Fall FitWalk is on Thursday, September 26 from 5:30-7:00 PM (rain location to be determined). Please register at www.sudburyrec.com or Park & Rec Front Desk. The fee is \$5.00.

All of our Fitness programs begin new sessions this month, including Arthiritis Ex, Chair Yoga, Better Bones, Tap Dance and T'ai Chi. There are too many classes and programs to mention here, so please sign up for our newsletter or check the <u>Senior Center Website</u> for the latest information.

Dementia-Friendly Sudbury

As part of the Livable Sudbury initiative, the Senior Center is leading the Dementia Friendly Sudbury community working group. The idea is to help everyone in the community be more aware and gain some understanding of what dementia is and how it affects people.

Dementia is a term referring to a decline in mental abilities severe enough to interfere with daily life. Changes that may occur include: memory loss, disorientation to time and date. and confusion. Unfortunately, the incidence of these types of diseases is growing. Caring for someone with dementia can be challenging; the disease may progress to the point that the person needs 24-hour care and supervision. Caregivers and their loved ones may become isolated.

Along with increasing awareness, the group's goals include improving access to services and community events for persons with dementia and their caregivers. Please contact Ana Cristina Oliveira, Outreach Specialist, at 978-443-3055 or <u>oliveiraa@sudbury.ma.us</u> to learn more.

Park & Recreation Fall Festival 2019

Register for 5K, Fun Run and Scarecrow Contest!

https://sudburyrec.com





Committee Vacancies

Help shape the future of your town! The following volunteer opportunities are now available.

PARK & RECREATION COMMISSION

Works closely with Park & Recreation Department to provide year-round high quality indoor and outdoor recreation activities for children and adults.

PERMANENT BUILDING COMMITTEE

The PBC supervises the design and construction of public buildings. Residents with Mechanical, Electrical and Plumbing (MEP) and/or Architecture experience/knowledge are encouraged to apply.

SUDBURY HOUSING TRUST

The objective of the SHT is to increase affordable and community housing.

To apply for appointment to a committee, complete the application here: <u>https://bit.ly/2kdGhkJ</u>

Upcoming Events

September 21 – Community Info Fair

11AM – 2PM: Stop by the Goodnow Library to learn about programs, volunteer opportunities and more from Nonprofits, Community Groups and Town Departments.

October 5 – Public Safety Day

11AM – 2PM: Fire Trucks, Interactive Demos and more at Fire Station 1.

October 27 – Fall Festival

11AM – 3PM: 5K, Fun Run and more at Haskell Field.

November 9 – Hazardous Waste Collection Day

8AM - 12PM: Hazardous Waste disposal for Sudbury residents at the DPW.

December 7 – Sudbury Tree & Menorah Lighting

4PM - 6PM: Wintertime activities in Town Center.



