10.19 OCTOBER 2019

Town Manager Newsletter

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Interim Town Manager Maryanne Bilodeau is Sudbury's Assistant Town Manager & HR Director.

EEE & Halloween

While cooler weather tends to reduce mosquito activity, Sudbury's Eastern Equine Encephalitis (EEE) risk remains critical until a hard freeze has occurred.

It is expected that a hard frost will <u>not</u> occur prior to October 31, and the Board of Health is advising residents to use insect repellant and restrict outdoor activities after dusk (6PM) on Halloween.

For more information, please visit: https://wp.me/paPMKX-i6



Message from the Interim Town Manager

Greetings, Sudbury!

Today I find myself, once again, in the role of Interim Town Manager. It's a familiar position as I was asked to "hold down the fort" during the search for our previous Town Manager. It's been a busy few weeks, but we are working to have a new Town Manager in place by next February or March.

The Board of Selectmen have made several important decisions over the past few weeks. They selected Community Paradigm Associates to conduct the Town Manager search. Paradigm has been gathering feedback from residents and staff, and will present 8-10 candidates to the Town Manager Screening Committee in the coming months.

We are expecting to close on the

Camp Sewataro property in the coming weeks. We'll let residents know when the camp is ready for public access.

Please mark your calendars for the Broadacres Farm Town Forum on Thursday, November 21 and the Sudbury Tree Lighting on Saturday, December 7. Hope to see you there!

Thank you for perusing this newsletter and staying up-to-date on the Town's goings on! Have a wonderful fall.

Sincerely, Maryanne Bilodeau Interim Town Manager





Bethany Hadvab, Town Social Worker, presenting at the Sudbury Symposium on Homelessness

Vaping

In response to the Governor's DPH declaration and Commissioner's order, the Sudbury Board of Health staff promptly visited all tobacco sale permit holders to ensure compliance with the recent "vape" sales ban. Last week, the Governor declared a public health emergency in response to the outbreak of severe lung disease associated with ecigarettes and vaping products and the epidemic of e-cigarette use among youth. With the approval of Governor Baker, Commissioner Bharel of DPH issued an Order to pause all sales of e-cigarette and vaping products for four months. Learn more at:

www.mass.gov/vapingemergency.

Now is an important time to promote Massachusetts' quit vaping/tobacco resources and recognize nicotine withdrawal symptoms.

Youth Quit Vaping/Tobacco Resources

• This is Quitting powered by truth® is a free and confidential texting program for young people who vape. Young people can text "VapeFreeMass" to 88709 to get started, in partnership with the Massachusetts Department of Public Health.

Parents and other adults can also text "QUIT" to 202-899-7550 to sign up to receive text messages designed specifically for parents of vapers.

• <u>My Life, My Quit</u> has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help or visit <u>www.mylifemyquit.com</u> to sign up online.

• Visit <u>www.teen.smokefree.gov</u> for tools and tips.

• Encourage young people to ask their school nurse or counselor, athletic coach, doctor, parent or other trusted adult for help.

• For more information, young people can visit www.mass.gov/vaping.

• More information for parents/adults is available at www.GetOutraged.org.

Adult Quit Vaping/Tobacco Resources

• You are three times as likely to quit for good with the combination of FDA approved quit smoking medication and counseling.

Board of Health

- Vaping
- EEE Update
- Symposium on Homelessness
- Sudbury Donation Needs

• Call the Massachusetts Smokers' Helpline 1-800-QUIT-NOW (7 days per week/24 hours per day, holiday hours may vary) to receive counseling online, by phone, or through eChat and at least four weeks of free nicotine patches www.makesmokinghistory.org/quitnow/.

• The nicotine patch, gum, or lozenges are available over the counter without a prescription. The prescription medications include Chantix, Zyban, inhaler, and spray.

Nicotine Withdrawal Symptoms Feeling irritable, restless, or jittery, headaches, increased sweating, feeling sad or down, anxious, tired or groggy, trouble thinking clearly or concentrating, trouble sleeping, feeling hungry, having intense cravings for e-cigarettes/tobacco.

Learn more at smokefree.gov.

The state-wide ban on the sale of vaping products is in effect through January 25, 2020.



Board of Health Continued

EEE Update

Mosquito pools from Sudbury and other Middlesex County towns including Bedford, Framingham, North Reading, Wakefield and Wayland were submitted for testing last week. These pools included the species of concern for EEE. All tested negative for Eastern Equine Encephalitis (EEE).

This completes trapping for the season. Variable mosquito populations and very cool nights are limiting activity. Although this significantly reduces the risk of contracting EEE, residents are advised to continue to adhere to Department of Public Health guidelines such as wearing insect repellent that contains DEET, wearing appropriate clothing and limiting time out after dusk until the first deep, hard frost.

The Board of Health will be discussing future mosquito control over the winter months. Recommendations from East Middlesex Mosquito Control Project, MA Department of Public Health and the Department of Agricultural Resources will be taken into consideration.

Sudbury Symposium on Homelessness

This summer, the Board of Health Social Worker, Bethany Hadvab, noticed a growing concern around homelessness and housing insecurity in Sudbury and surrounding towns. On

Wednesday, October 2nd, the social work office held a symposium on homelessness, inviting representation from local nonprofit agencies and local and state government. There were three primary goals of the event: 1. To increase understanding of the prevention and intervention resources and gaps in services in regards to homelessness, 2. To understand factors that contribute to homelessness, and 3. To engage in a group discussion to brainstorm creative solutions to gaps in services and develop a plan for next steps. This symposium would not have been such a success without the panelists from South Middlesex Opportunity Council (SMOC), Voices Against Violence, St. Vincent de Paul, Family Promise, Community and the Metro Development Corporation, in addition to all of the attendees. The next step is for a subcommittee comprised of the clergy association, Board of Health Social Worker, and a representative from Family Promise to meet to develop short term goals and objectives, including ways to incorporate representation from the community. The Board of Health Worker has Social beaun developing a guide entitled What To Do When Residents Face Homelessness which can be accessed by clicking here. The Social Work office would appreciate any additions to this document from community members. If you have feedback, please send an email to

socialworker@sudbury.ma.us. The goal is to have a comprehensive guide that can be used by those who are homeless or at risk of homelessness, as well as the agencies and supports in the community who are assisting these individuals.

Donation Programs to Help Your Neighbors

Holiday Gift Program

Each year the social work office runs a holiday gift program. All applications have been submitted. The Social Worker and her interns will post the list of needs to the Sign-Up Genius website in mid-October. If you are interested in donating to the program, please email the social work office at socialworker@sudbury.ma.us.

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. <u>Please click here</u> to see a flyer with additional information and drop off locations.



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

SUDBURY HEALTH DEPARTMENT HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

SATURDAY, NOVEMBER 9, 2019 8AM—11:30AM DPW (275 OLD LANCASTER RD) BY APPOINTMENT ONLY

Call 978-440-5478 or Email <u>health@sudbury.ma.us</u>





Welcome Lori Capone

The past several months have been extremely busy at the Conservation Department! We welcomed a new Conservation Coordinator Lori Capone. Lori most recently worked for the Division of Natural Resources in Concord and is familiar with wetland protection, having served three prior municipalities in a similar capacity. She has hit the ground running, and expects to roll out some exciting programs for Land Stewardship, as well as continuing to utilize technology to improve the Department operations and Conservation Commissioners' understanding of projects as they relate to the wetlands, increasing process productivity and improving permitting for homeowners. The bulk of the Commissions' time is spent working with homeowners to their ensure projects are undertaken in a manner that protects wetlands and adjacent upland resource areas.

Bow Hunting Season

Please be aware. Bow hunting season is open from October 7-December 31. Each year since 1999, Sudbury permits about 20 Bow hunters to manage deer herds on our Conservation Lands. Each must pass a proficiency test prior to being permitted. Our hunters are comprised of; Police, Fire, EMTs, and experienced hunters. The program was implemented to benefit the deer population as well as humans by helping to maintain safety and a healthy balance in our woods. There is no hunting permitted on Sundays. If you have further questions, please feel free contact the Conservation to Department.

Take Caution: Yellow Jacket Wasps

This time of year, yellow jacket wasps are active in their ground nests. You may encounter these in your yard, especially under shrubs or other landscaped areas. You may also encounter these nests alongside trails in the conservation lands. It is a good idea to stay on the trails and watch your step. Keep a close eye on kids and especially dogs, who will often stick their noses in a wasp nest to investigate. Any danger from these nests is gone once there is a frost.

Department of

Lori Capone

Bow Hunting

Wasps

Conservation

•

Most yellow jacket wasps are yellow and black, but some are also white and black. Yellow jackets are beneficial because they pollinate plants and eat pests. However, they are aggressive when defending their nests. Yellow jackets dwell in the ground, and a single colony may have over 1,000 workers by the time fall arrives. Yellow jackets are not prone to casual stinging, but they are quick to attack when defending the colony. Yellow jackets are sometimes mistakenly called bees given that they are similar in size and both sting, but yellow jackets are actually wasps.

Submitted by: Kirsten Roopenian on behalf of the Conservation Department



Yellow Jacket Wasps make their nests in the ground – which they are quick to defend.

Goodnow Library

- Teen Librarian Lily
- NOW Lab
- Passport Processing
- Community Info Fair
- News & Events



Meet Our New Teen Librarian!

We are pleased to introduce Lily Nicolazzo, our newest staff librarian in charge of Teen Services. Lily comes to us from the Stow Library, where she ran the teen advisory group, managed the library's social media accounts, and was responsible for a wide array of other library duties. Lily is enthusiastic about joining the staff of Goodnow, "In my first few months, I'm really excited to meet the community! I'm ready to get to know the teens and work with them to make sure that their voices are being heard, and their needs are being met. I also hope to promote the NOW lab as an inclusive space for the whole community, and work on providing wider access to the space through increased programming and training."

Decorate your own SUGAR SKULL

Wednesday, Oct. 30th 2-4pm in the NOWLAB Ages 13-19

Learn about Dia de Los Muertos and decorate your own traditional sugar skull to take home



GOODNOW LIBRARY 21 CONCORD RD. SUDBURY MA 01776

Happening in the NOW Lab

The Sara Sherman NOW Lab is excited to announce "NOW what can I do? - Makerspace Open Hours". Join us for open hours in the Sara Sherman NOW Lab. Bring a project you're working on or start a new one. We have sewing machines, a paper and vinyl cutter, laser cutter, music making equipment, and other fun tools and machines. A staff member will be on hand to demonstrate some of equipment and answer the questions. Find out how to get certified to use the machines yourself. Come in and create! Learn how to become a volunteer! Check the Goodnow Library website for dates and times.

Appropriate for ages 11 to adult.

Passport Update

It's been one month since we began our passport acceptance program! We have processed over 30 applications and aren't slowing down. We're looking forward to continuing this program for the Sudbury community as we only grow in confidence and experience!

If you missed the news, the Goodnow Library now accepts passport applications on behalf of

Goodnow Library Continued

the U.S. Department of State. 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.

News & Upcoming Events

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

Submitted by: Esmé Green, Library Director

COMMUNITY BUBBLE INFO FAIR

Thanks to all the exhibitors, attendees and volunteers who made Saturday's <u>#CommunityInfoFair</u> such a huge success! The Goodnow Library was packed (on a beautiful, sunny afternoon!) and the enthusiastic vibe was contagious. The folks from more than 45 Nonprofits, Community Groups and Town Departments shared their stories with residents eager to learn about all the

good things going on in Sudbury and interested in getting involved. It was an all-around feelgood event that made you proud to live and work in Sudbury!







Fire Department

- Fit-Test Machine
- New Fire Engine
- Training & New Recruits
- Mutual Aid to Natick
- Hazard Mitigation Plan
- Public Safety Day



The concept rendetion for Sudbury's new Fire Department Pump Engine.

Homeland Security Grant to Fund New Fit-Test Machine

On September 18th the Fire Department was awarded а Homeland Security Assistance to Firefighters Grant (AFG) for \$78,095.00 to replace the Department twenty-seven year old Self Contained Breathing Apparatus (SCBA) air compressor / filling station. This grant program will also allow the department to purchase a SCBA Mask Fit-Test Machine, National Fire Prevention Association (NFPA) and Occupational Health and Safety Association (OSHA) require that firefighting personnel to be Fit-Tested each year. This process is currently provided by an outside vendor and will now be done in house by the Fire Department Staff.

New Fire Engine

The purchase of the new Fire Department pump has moved from the procurement process to engineering stage. The new Engine will take about one year to construct and should be arriving in October of 2020. The vehicle is beina manufactured by KME Fire Apparatus located in Pennsylvania.

A concept rendition to the new Engine is shown above.

Training & New Recruits The Department continues to work on enhancing our training skills. The summer months focused on EMS recertification programs, and basic rope rescue exercises.

The Department reached a





Scenes from Public Safety Day. One highlight was the emergency rescue demonstration, which features firefighting equipment in action.

Fire Department Continued

milestone in September: the hiring of our new Firefighter/Paramedics has been completed. The new employees will be attending the Massachusetts Fire Academy in Stow over the fall and winter months. This ten-week training program provides basic fire and rescue skills to allow these new employees exposure to the many type of incidents they will encounter in their careers.

Mutual Aid to Natick

The Fire Chief, Assistant Chief and Engine 2 responded to the eight alarm fire in Natick Center on July 22. This large fire destroyed an entire city block and provided many challengers for firefighters. One large issue was the consistent layer of smoke that covered the area during the fire, (see photos below) The location of the fire was at the intersection of South Main Street and Pond Street.

Hazard Mitigation Plan Update – Share Your Thoughts

The Fire Department continues to work with all Town agencies in the updating of the Town's Hazard Mitigation Plan. If you would like to help, please participate in our Hazard Mitigation Survey. This survey will help us gather information to assist the Town in receiving funding for projects to reduce risk of injury and property damage in the event of future natural hazard events. The information gathered will help us coordinate activities and identify projects. The survey should take less than 10 minutes to complete and is anonymous. The Sudbury Local Hazard Mitigation Committee thanks you for taking the time to participate in this informationgathering process.

Please click below to take the Hazard Mitigation Plan Survey: <u>https://www.surveymonkey.co</u> m/r/SudburyCommunitySurvey

Public Safety Day

The Department held its annual open house on October 5th to promote Fire Prevention week. This year's theme was:

Not every Hero wears a Cape. Plan & Practice your Escape.

Many people attend this year's event. Pizzas were generously provided by Sudbury's Papa Gino's.

Submitted by: Fire Chief John Whalen

There were numerous difficult conditions throughout the fire at Natick Center that took place on July 22.



Planning and Community Development

Master Plan Update Progress & Community Conversations

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.

This month, 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:

- Public Health, Housing, and Equity: October 24th
- Historic and Cultural Assets: October 28th
- Natural Environment, Open Space, and Recreation: 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: <u>www.sudbury.ma.us/masterplan</u>.



Sudbury Master Plan Update Community Conversations

Please join your neighbors for a community conversation!

Let's dive into the issues and talk about solutions to tackle future challenges and build on Sudbury's strengths.

All Meetings held:

7:00- 8:30 PM Lower **Town Hall** Meeting Room 322 Concord Rd

Public Health, Housing and Equity Thursday, October 24

Historic and Cultural Assets Monday, October 28

Natural Environment, Open Space and Recreation Tuesday, October 29



 Are you concerned about housing affordability?
 What public health issues are most important for Sudbury residents?

 Are significant historic buildings not protected?
 What tools can we use to preserve our historic and cultural resources?

 Are critical environmental resources being protected?
 Are there new recreational opportunities we should be thinking about?

Sudbury Senior Center

- F. Scott Fitzgerald Lecture Dementia Friendly Sudbury
- Staying Independent
- Transportation
- Intergenerational Programs
 Fairbank Community Center

At the Senior Center, we continue to celebrate fall in October with a number of special events and programs. Please contact the Senior Center for more information at 978-443-3055 or senior@sudbury.ma.us.

F. Scott Fitzgerald with Professor Larry Lowenthal

At the time of his death at the early age of 44, Fitzgerald's works were out of print and his reputation in shadow. Today all his works are available in multiple languages, and he is one of the most beloved of American writers. His novels and short stories elucidated the flamboyance and excess of the "jazz age"--the "roaring 20's"--and his masterpiece--the Great Gatsby--has been hailed by many critics as the "great American novel." We welcome back Dr. Larry Lowenthal to the Sudbury Senior Center with another excellent presentation on Thursday, October 24 at 1:00 PM. Please register and pay the \$5 fee by Tuesday, October 22. Space is limited.

Getting the Help You Need to Stay Independent

What will it take to keep your independence in your community? Perhaps, a little help from your kids? Maybe a lot of help from a local agency? A few home modifications? Will you need to move to a new "home" where more services are available? Elder Law Attorney Arthur Bergeron and his guests, a local geriatric care manager and a representative from BayPath Elder Services, will explain the resources available. Join us at the Senior Center on Tuesday, October 29 at 10:00 AM. Please contact the Sudbury Senior Center to register for this program at 978-443-3055 or

senior@sudbury.ma.us.

Intergenerational Programs

We are excited to be offering two different opportunities for you to work with Sudbury's students! We are working with the Sudbury Park and Recreation Department to provide an intergenerational group activity for their Wild Wednesday Early Release Day program on certain Wednesday afternoons. Join a small group of students who will work with you on a simple "STEAM" (Science-Technology-Engineering-Arts-Math) project. Or participate in the LINC program, a 6 week afterschool program, with a special curriculum that fosters intergenerational interaction and culminates in a final class at the Senior Center. For information about LINC and other Fall Intergenerational opportunities, please contact Judv Battat. Intergenerational Coordinator at BattatJ@sudbury.ma.us.

Fitness Programs

All of the Sudbury Senior Center Fitness programs begin new



On October 24, Dr. Larry Lowenthal will present a lecture on author F. Scott Fitzgerald.

sessions in November! This includes: Chair Yoga, Yoga, Better Bones, Tap Dance, Fit for the Future, and T'ai chi. Be sure to check out the September newsletter for more information. There are too many classes and programs to mention here, so please sign up for our email newsletter, our mailed newsletter, or check our website for the latest information at

www.sudburyseniorcenter.org.

Dementia Friendly Sudbury Kick-off Event

It is with great pleasure that we invite you to the Dementia Friendly Sudbury kickoff event on Tuesday, November 12th from 8:30AM-10:00AM at the Sudbury Senior Center.

This grassroots effort is designed to change the environment in our community to be more welcoming and supportive of people living with dementia and their care partners. With 14% of the people in Massachusetts over the age of 65 experiencing dementia, communities across the Commonwealth are engaging in the Dementia Friendly Massachusetts

movement.

In this information session, we will explain what makes a community Dementia Friendly and what you can do to help.

All sectors of our community can play a role in creating a Dementia Friendly Sudbury. We welcome people of all backgrounds and abilities to participate in our discussion about how to create an inclusive community.

We are proud to be working toward becoming a member of the growing Dementia Friendly Massachusetts movement, and hope that you will join us to learn more about what you can do to support Dementia Friendly Sudbury.

Please RSVP by Friday, November 8, to let us know that you will attend, by contacting the Sudbury Senior Center, at 978-443-3055 or senior@sudbury.ma.us.

Transportation

The Livable Sudbury Report, a UMass Boston Gerontology Institute Needs Assessment Report completed in 2018, incorporated data from two public forums, 8 and a survey. focus groups Transportation was identified as the most critical need for residents. The Town of Sudbury Transportation Committee is hard at work developing a pilot program of grantsubsidized, on-demand

transportation with microtransit providers such as Uber, as well as taxi companies. The Committee hopes to roll out the pilot in the coming months. Look for information on the town website or call the Senior Center for more information. The Transportation Committee includes members from Board of Selectmen, Senior Center, Council on Aging, Board of Health,

Please Join us for a Showing of the Critically Acclaimed Documentary



The generation that fought hardest to come out...is going back in... to survive. This powerful documentary focuses on the challenges, conundrums, and celebrations of LGBTQ+ elders in the Greater Boston area.

Wednesday, October 23, 2019 6:00 PM Free Admission Goodnow Library Community Room 21 Concord Road, Sudbury, MA

Refreshments Served Guided discussion will take place after the movie

Please reserve your seat by calling the Sudbury Senior Center at 978-443-3055 or at OliveiraA@Sudbury.ma.us



Brought to you

by:



Department of Public Works, Police and Fire Departments, the Livable Sudbury Ambassador, Sudbury Public Schools and more.

Fairbank Community Center

As you may know, the Sudbury Senior Center is part of the Fairbank Community Center building. The Senior Center shares some program rooms and the gym Park with the Sudbury and department; Recreation the Sudbury Public Schools are housed in one wing of the building. With a growing older adult population, people living longer and the retiring of the baby boomers, the Senior Center is outgrowing its space. In addition. many parts of the Community Center shared space are not accessible or appropriate for both Senior Center and Park and Recreation programs. In the main building, the former Fairbank School built in 1955, the roof and building are deteriorating. The Senior Center portion of the building, an addition to the Fairbank School, was built in 1989. Plans are underway and a design under development for a new Community Center to encompass the needs of all ages. The building will have space for the Senior Center, the Park and Recreation department and Sudburv Public Schools Administration. The goal is for the space to be expanded so that shared space is maximized and used efficiently. Learn more about this exciting initiative later this fall!

Submitted by: Deb Galloway, Senior Center Director



Upcoming Events

November 9 – Hazardous Waste Collection Day

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

November 21 – Town Forum

The Broadacres Farm property will be the topic of this year's forum.

December 7 – Sudbury Tree & Menorah Lighting

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

Real Estate & Personal Property

TAXES DUE

NOVEMBER 4, 2019

On-line Payments:

https://unipaygold.unibank.com/customerinfo.aspx



SAVE THE DATE

SUDBURY TREE LIGHTING

TOWN CENTER | 4:30PM – 6PM

SATURDAY, DECEMBER 7, 2019

TOWN CENTER | 4:30PM – 6PM



Town of Sudbury | 278 Old Sudbury Rd | Sudbury, MA 01776 | 978.443.8891 | https://sudbury.ma.us

