

WELLNESS

Spring/Summer 2016



Thank you to all our community partners that continually support our goal for healthy schools --- healthy community! Health and Wellness education is most effective when integrated throughout the **school**, reinforced at **home** and supported by the **community**.

CHECK OUT WHAT'S HAPPENING IN TEWKSBURY

BOK'S, Active Kids = Active Minds: April through May, before school

Tuesday & Thursday: Heath Brook School

Monday & Friday: Trahan School

Saturday, April 30th 10AM-2PM

Drug Take Back at the Tewksbury Police Department

Mother Son Brunch & Dance, Tewksbury Country Club 10:00 AM-11:30AM

May 8th-13th

Food Allergy Awareness Week

Gluten Free Day May 12th

Saturday, May 14th

Letter Carriers Food Drive (Leave non-perishable food by mailbox for donation)

The Age of Love, 2PM Senior Center

Saturday, May 21st 10AM-12PM

Car Seat Checkpoint at Hannaford (Tewksbury/Lowell line)

Sunday, May 30th

Memorial Day Parade

5K Fun Run 8:00 AM Tewksbury Country Club

Sunday, June 5th 10AM-1PM

Bike Rodeo/Health Fair at the TMHS

Wednesday, June 15 6PM

Livingston Street Rotary Concert

Wednesday, June 22nd

Last day of school

Wednesday, July 13th 10AM

Livingston Street Concert

Tuesday, August 2nd TBA

National Night Out Against Crime, Senior Center

Wednesday, August 17th 10AM

Tewksbury Police Athletic League Concert, Livingston Street Park by the

Wednesday, August 31st

School begins

Spring Time Safety Tips



Springtime is the perfect time to perform a complete safety review of your home. Please consider these areas of concern to keep you and your loved ones safe.

Smoke/CO2 Detectors- In conjunction with your spring cleanup, it is a good idea to change the batteries in each smoke and carbon monoxide alarm in your senior's home. Test the operation of each alarm and ensure that fire extinguishers are within reach and ready to operate.

Emergency Plan- It may seem like overkill to review an emergency safety plan each year with your loved ones, but having it fresh in mind help will help avoid panic if an emergency does occur. Talk about escape routes in case of fire and who to call when emergencies occur. Display a contact list near the telephone.

Flooring- Tiles chip, vinyl peels, and rugs begin to curl. Check the flooring and floor covers throughout the house to ensure that tripping hazards have not developed. A minor area of damage or unlevelled floor could cause a serious fall if it is not repaired.

Furniture- A thorough walk-through of the house once a year can uncover any furniture that is becoming unsafe. If it is not sturdy enough for use, make sure it is repaired or removed. Don't forget about outdoor furniture as well.

Medical Alerts- Many seniors have medical alert jewelry or an emergency button to keep with them. If something has been lost or new medical information makes an alert necessary, you can order the identification that is needed.

Railings- Secure railings are a must in the homes of seniors. As we age, we depend more and more upon the security that a sturdy railing provides as we go up and down stairs. If you can make a railing wobble, have it properly secured so that it does not become loose. Also consider other areas where a railing or grab bar may be needed.

Medication- Expired medication can be ineffective or unsafe if consumed. The Police Department has a kiosk available 24 hours a day 7 days a week in the lobby for disposal of unwanted or unused medication. This is also a great time to update medication and doctor lists so that your senior has a comprehensive and convenient medical file on hand.

Contact: Chief Timothy B. Sheehan

Tewksbury Police Department

(978)-851-7373 Ext. 214

tsheehan@tewksbury-ma.gov



The Tewksbury Police Department urges any citizens who suspect criminal activity to call the Dispatch Center @ 978-851-7373. If you wish to remain anonymous please call the Tip Line @ 978-851-0175 or send an email to tewks_detectives@tewksbury-ma.gov

School Playgrounds



The birds are chirping, the children are laughing and running around outside, spring is just around the corner. With spring comes playground weather. As some of the community may know, the North Street School and Trahan School had their complete playgrounds taken out his past fall. The Heath Brook School had theirs partially removed. This spring we will be building them back up.

Over the next couple of weeks, a local construction company will be coming in and prepping the site at the North Street School for a new playground to be installed. The date of instillation has not been set, but we are planning a community build and will be looking for volunteers to help with the instillation. We are planning on doing one

project at a time so the Trahan and the Heath Brook will be shortly after the North Street.

We would like to thank the Community Preservation Committee for their \$150,000 grant to help put this project in motion. We would also like to thank Paige Impink for all her hard work and dedication to this project. If you are interested in any information or would like to volunteer your time, please contact Paige Impink at pfimpink@comcast.net. We are excited to share these new playgrounds with the community for years to come



Submitted by: Sheri L. Matthews

Director of Business Services

NOROVIRUS

YOU DON'T WANT IT

Norovirus is a **VERY CONTAGIOUS VIRUS**. It cannot be treated with antibiotics! Norovirus illness can be serious, **especially** for young children and older adults.



How do you get it?

You can get norovirus from and infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed (acute gastroenteritis). This leads you to have stomach pain, nausea, diarrhea and to throw up.

You are most contagious when...

- When you are sick with norovirus illness
- During the first few days after you recover from norovirus

COMMON SYMPTOMS...

- Diarrhea
- Throwing up
- Nausea
- Stomach pain
- Fever
- Headache
- Body aches

How long does it last?

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days. Norovirus can be found in your stool (feces) even before you start feeling sick. This virus can stay in your stool for two weeks or more after your feel better.

Norovirus can spread **QUICKLY** in closed places like **daycare centers, nursing homes, schools, and cruise ships**. Most norovirus outbreaks happen from November to April in the United States.

Submitted by: Town Nurse



COLD VS. ALLERGIES

How can you tell the difference?

Remember to **always** ask your doctor or pharmacist before taking any medications. Many of these may interact with medical conditions or other medications.

COLD

Common: Cough, sore throat, runny/stuffy nose, sneezing

Sometimes: Fatigue, aches/pains

Rarely: Fever, itchy eyes

Cause: Virus

Thick yellow mucus

More common in fall/winter

Usually lasts no longer than 10 days

Prevention: Wash hands, stay away from those who are sick, COLDS ARE CONTAGIOUS

ALLERGIES

Common: Itchy eyes, runny/stuffy nose, sneezing

Sometimes: Cough, sore throat, fatigue

Never: Fever, aches/pains

Cause: Allergens (pollen, dust, pets)

Thin, clear mucus

Usually blooms same time every year

Can last months

Prevention: Stay away from allergens (shut windows, avoid pets)

TREATMENTS

Non-drowsy OTC antihistamines:

Allegra (fexofenadine)

Claritin (loratidine)

OTC antihistamines:

Benadryl (diphenhydramine)

Chloe-trimetron (chlorpheniramine)

Zyrtec (cetirizine) drowsiness less common

OTC nasal decongestants:

Sudafed (pseudoephedrine)

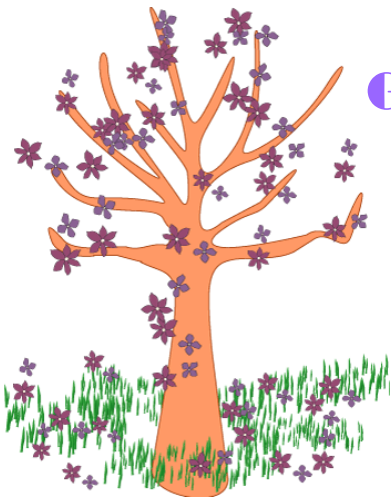
Sudafed-PE (phenylephrine), not as effective

OTC nasal sprays:

Afrin (oxymetazoline), nasal decongestant, do not use for more than 3 days

Flonase (flucinolone), steroid spray

Nasacort (triamcinolone), steroid spray



GET READY FOR SPRING THE HEALTHY WAY

*Submitted by: Hayley Rae Johnson, BS, MBA
Nutrition Specialist*



Once those clocks spring forward an hour, the days seem to get longer and longer - because they do - but, how do we keep ourselves going? How can we continue to chase the sun when it stays out for so long without drinking coffee or energy drinks or eating calorie dense foods all day?

SPRING CLEANING NEVER FELT SO GREAT!

Let me tell you a secret; the mind and body are connected! When these two entities are happy, so to speak, then you won't need caffeine or sugar to help you enjoy the long days to come.



FEED THE MIND

What makes your mind happy? Clarity. You want to make sure that your brain is not cluttered and that it has plenty of room to work. Let's start our spring cleaning this year by drinking more water than usual. I know that there is always a push for water because you don't want to be dehydrated, it's great for your skin and it helps detox. But, what does it do for your brain? Studies show that when you don't drink enough water, the gray matter in your brain (the part that allows for seeing and hearing, memory, emotions, speech, decision making, and self-control) actually shrinks and is not as efficient as it should be. When you look at that cup of coffee tomorrow morning, try to remember that it is a diuretic, which means it is getting rid of water in your body and your brain! Now, try replacing that coffee with water for a few days and see how fast you can finish that crossword puzzle.

FEED THE BODY

What makes your body happy? Energy. Yes, caffeine and sugar definitely give you a boost of energy, but how long does that last? Your body can use several things for energy. My favorite energy source is your B vitamins. You can get your B vitamins in vegetables, nuts, seeds, meats, dairy products and eggs. So, instead of making those delicious chocolate chip pancakes that fill your stomach so much you want to take a nap, try starting off the day with half a grapefruit, a slice of whole grain toast, and a serving of cottage cheese. A great mid-morning snack is a handful of almonds and maybe some apple slices. High-fiber and high protein snacks will keep you full, awake, and attentive.

🌱 If you need help remembering to drink water, download the free app PlantNanny!

Grainless Chocolate Sweet Potato Muffins *are perfect for the entire Family!*

You can keep the fact that these treats are a nutrient powerhouse a secret, because no one will notice.



Makes 12 regular muffins

Ingredients:

- 2 large beaten eggs (room temp)
- 2 cups total, PB or Almond Butter (creamy smooth-room temp works best)
- 1/2 cup pure maple syrup, or raw honey
- 1.5 cups sweet potato purée (can make your own, or use canned found near the pumpkin)
- 6 Tbsp. unsweetened cacao powder
- 2 tsp baking soda
- 2 tsp vanilla extract
- 1/2 cup high percentage dark chocolate chips

Instructions:

- Preheat oven to 350f
- Spray muffin tray, coat with coconut oil, or line with parchment liners.
- Combine all ingredients, just until smooth; adding chocolate chips last.
- Fill muffin tins 3/4 full. I use a large ice cream scoop, so they are nice, each even portions.
- Bake in your preheated 350 degree oven for 25-30 minutes until toothpick comes out clean.
- They are VERY moist if they are NOT over baked.

Submitted by Kathy MacDonald

**TEWKSBURY BOARD OF
HEALTH ADOPTS
REGULATIONS TO
RESTRICT FLAVORED
TOBACCO SALES AND
RAISE AGE TO PURCHASE
TO 21**

Effective June 1, 2016

Research show that the adolescent brain is uniquely vulnerable to the effects of nicotine and that teens will have more difficulty getting access to tobacco because they are not in the same social networks as those over the age of 21

May is Older American's Month— A time to acknowledge older adults for contributions they have made to our nation. This year's theme, **Blaze a Trail**, encourages us to view older adults in new and unconventional ways.

**Next Wellness Advisory Council
Meeting is May 23rd at Tewksbury
Memorial High School (LG1)**

3:30 PM

This is an open meeting and all are welcome

Or

Share your ideas to

Visit the Tewksbury Public Schools website to view the revised Wellness Policy at
www.tewksbury.k12.ma.us

*A special thanks to
Katelyn Figueiredo
Tewksbury Memorial
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Newsletter.*

