

Issue 9
Fall, 2023

TOWN OF BOXFORD COMMUNITY NEWSLETTER



TOWN ADMINISTRATOR, MATTHEW COOGAN



Happy Fall! This is the ninth edition of the [*Town of Boxford Quarterly Community Newsletter*](#). As always, we aim for everyone to find these updates accessible and informative, and welcome feedback for improving communication with the public.

The Town is kicking off the budgeting and capital planning process for the upcoming Fiscal Year 2025 that begins on July 1, 2024. The Finance Committee and the Select Board will be holding meetings throughout the winter to review department budgets and capital needs. These meetings will be posted on the town website and are open for the public to attend. They will be hybrid; attendees may join in person at Town Hall or remotely through Zoom.

On behalf of the Select Board, I'd like to provide you information and resources on several important Town projects. The Waste Stream Task Force is working to secure a new long-term trash and recycling hauling contract for the Town beginning in July 2024. Given the cost savings and efficiency improvements, the WSTF recommends the Town solicit proposals to shift service to an automated collection method. Thank you to the 983 residents who participated in the Task Force's Trash and Recycling Survey. A summary of the survey results has been posted and is available on the WSTF project page. These results will be used to create a Request for Proposals (RFP) in the coming months. Information on the Task Force can be found on the project website, boxfordma.gov/WasteStreamTaskForce.

The [Adaptive Reuse of Buildings Advisory \(ARBA\) Committee](#) continues to develop a plan for the reuse of the former Council on Aging at 4 Middleton Road and the former West Library at 188 Washington Street. The Committee worked with a consultant team to develop consensus of future uses for these town properties. The results of this community engagement are in a [report](#). Information on the ARBA Committee can be found on the project website, boxfordma.gov/VillageCenters.

This month the Select Board will be creating the Emergency Response Advisory Committee (ERAC). ERAC will assess the Town's 3-tiered emergency response program and identify strategies to improve service through efficiencies and reduced emergency response times to meet the current and future needs of Boxford. It will include our Public Safety Team; specifically, Fire Chief Brian Geiger, Police Chief Jim Riter, and Director of Communications Warren Gould. There will also be a representative from the Select Board and one from the Finance Committee, as well as two at-large residents. Information related to ERAC's work will be posted on the project website, boxfordma.gov/EmergencyResponse. You will find on the website a [recording of the October 25th Public Safety Information Session](#), which provides an overview of the Town's 3-Tiered Emergency Response Program.

Finally, we will be working with our vendor on an update of the Town website, boxfordma.gov. We hope to launch a refreshed and optimized website by next summer that will be accessible, resourceful, and easy to navigate.

TOWN CLERK

The Town Clerk's office is currently preparing for the Annual Town Census, which should arrive in mailboxes sometime in December. We hope that residents complete it and return it to Town Hall as soon as possible in order to facilitate the creation of accurate voter lists for the four elections scheduled in 2024.

Dog licenses expire on December 31 and the census mailing will include a dog license application for the coming year. Applications and payment must be received no later than January 31, 2024 in order to avoid a late fee of \$25 per dog in addition to the license fee.

Vote-by-mail ballot applications for each registered voter will be sent out early in 2024, as required by law.

Please mark your calendars for the following 2024 events:

March 5, 2024: Presidential Primary

May 14, 2024: Annual Town Meeting

May 21, 2024: Annual Town Election

To be determined: State Primary Election

November 5, 2024: State (including Presidential) Election



BUILDING DEPARTMENT

Building Department Administrative Assistant Teresa Mason and I have just about 6 months under our belts with the [online permitting platform](#), things have gone surprisingly smooth. In general, the applicants have sorted out any issues and between the two of us, we have developed a nice system. Every department is now on [OpenGov](#), and makes for a much simpler form of communication between both the applicants, and the different departments. As we progress through mastering OpenGov, we have some things we would like to add. Such as putting local town pictures as permit headers on the home page, reconfiguring the printable permit for inspector signatures, and keeping the permit process moving along in a timely manner.

As time permits, we continue to move the Zoning Board of Appeals records onto Laserfiche so they are easily searchable. We had lofty goals of loading all of the Building Departments' Street files also, but now realize, that maybe an unattainable goal, with all the other things that we have to do to keep the office functioning. I will be looking for additional funding in the next fiscal year for an outside consultant to assist us with this digitalization project. Ultimately, this will allow greater access to the files for everyone.

We've developed a Facebook page, "[Town of Boxford Inspectional Services/Zoning Board of Appeals](#)" to spotlight some of the interesting things we do in this office. So far, we've posted an introduction for everyone, and have also posted things such as information on permits for pools, information for homeowners pulling their own permits, and a list of jobs that are exempt from permitting. Please follow and give us feedback as to what you like and dislike.

With three inspectors working in this office on a weekly basis, and the community busy with their home improvement projects, the office can become quite hectic. The Willows Project by themselves require an inspector there almost every day, and sometimes even twice a day. Last month alone between the three inspectors, there were over 150 inspections performed. Additionally, we share an office space here with the Board of Health and they just hired a new temporary Admin Assistant Yoonjin Lee to replace Kristin Kwiatek who left for a career change. We are looking forward to interacting and helping her get comfortable with the personnel and the work load.

Peter Delaney, Inspector of Buildings

ASSESSING DEPARTMENT

Exemption Applications

The Assessing department wishes to remind residents that the period for filing **Real Estate Property Tax Exemptions** is currently ongoing. Available exemptions include:

- **Legally Blind**
- **Disabled Veterans**
- Seniors 65 years + with low to moderate income
- Seniors 65 years + who receive the State Circuit Breaker credit
- CPA Surcharge Exemption

Applications will be accepted until **April 1, 2024** for the current tax year.

Chapter Land Applications

The Assessing Department would also like to remind residents that the period for filing Chapter Land applications is currently ongoing.

Chapter 61 programs give landowners the opportunity to reduce their property taxes in exchange for making a commitment to keeping all or part of their land undeveloped. The three Chapter 61 programs include:

- Chapter 61 – Forestry
- Chapter 61A – Agriculture/Horticulture
- Chapter 61B – Open Space and Recreation

Each Chapter Land program focuses on a different type of land use. Eligibility, tax reduction amount, and withdrawal penalties vary by program.

Please note that the State Legislature has updated the annual filing deadline from October 1st to **December 1st**.

If you would like more information on available property tax exemptions or are considering putting your land into Chapter Land status, please contact the Assessors' Office at (978) 887-6692, Monday – Thursday 8:00am to 4:30pm.

TREASURER/TAX COLLECTOR

The 2nd quarter FY 2024 real estate tax payment is due on Wednesday, November 1st.

Helpful tips to avoid charges of interest and fees on late payments:

MA G.L. c59 §57C authorizes the town to charge interest at 14% per annum on tax payments received by the town after the due date. The date the payment is **received** by the town is the date of receipt--not the postmark date. Late payments are applied first to accrued interest, leaving a tax balance due.

If mailing payment to P.O. Box 601, Medford, MA in the envelope provided, please be sure to include the remittance copy of the bill. Payments received without the bill copy are re-mailed to the town, causing in-transit delays. Payments made through taxpayers' online bill pay services should use the remit address of **7A Spofford Road, Boxford, MA**. Payments may also be made in person Monday-Thursday 8:00AM – 4:30PM or left in the secure drop box at Town Hall after business hours.

***The most reliable payment method is **ONLINE** via the town website. Payments made from a checking account are free; credit card payments are charged a 2.95% processing fee. Receipts are provided at the end of the transaction and a confirmation is also emailed. The town's online payment processor, City Hall Systems, offers e-billing, auto pay and access to payment history.

ONLINE PAYMENTS

Online payments are available!
Purchase trash stickers, dog licenses,
burn permits and pay your property or
excise tax.

<https://epay.cityhallsystems.com/selection>



Town of
Boxford
Massachusetts

**STAY UP TO DATE ON WHAT IS
HAPPENING IN TOWN!!!**

SUBSCRIBE TO E-ALERTS [click here](#)

Like our Facebook page
[@OfficialTownBoxfordMa](#)

Bookmark Our Website
www.boxfordma.gov

COUNCIL ON AGING

The change in the seasons has brought about an influx of both our older residents and visitors to the Center at 10 Elm. Our classes and programs that were on summer hiatus are up and running. Many class sizes are currently running very close to maximum for the space provided. Our Bridge group is really taken off and is increasing weekly in numbers. New social events like Mocktail Mondays, Taco Tuesdays, make your own pizza, ice cream sundaes and our afternoon social hours have been a hit. As always, the Halloween party was a hoot.

The height of the Fall season has been a Fashion show run in partnership with the Boxtop Consignment and Thrift Shop. This event filled the building to capacity and participants spent an afternoon filled with fun, food and fashion. The models were all local residents, many of whom are volunteers at the shop. Hopefully we can make this activity an annual event.

We now have an active grief support group meeting monthly. This is something that was offered prior to Covid and it is a relief to have it return. All our welcome to join regardless of age or the type of loss suffered.

Upcoming events include lunch with Select Board Chair, Barbara Jessel, brunch with Fire Chief, Brian Geiger, a discussion with the Assessor, Kristin Hanlon on available tax abatements and a presentation on CBD and Medical Cannabis. We will be celebrating Friendsgiving, and attending the Festival of Trees both in Methuen and at the Blue Ocean. December brings the start of a new Intergeneration play group with Seniors and toddlers.

[Please check our monthly newsletters for more information.](#) As always, input on educational programs, exercise and social activities is welcome.

DEPARTMENT OF PUBLIC WORKS

Despite significant volatility in the liquid asphalt prices, DPW was able to reconstruct several miles of roadway this season. The DPW resurfaced sections of Ipswich Road, Lockwood Lane, and all of the King George Neighborhood off of Rte. 97. Additional resurfacing operations will be resumed next construction season, utilizing the favorable bid values. Staff is also working on roadway pothole repairs, tree trimming, brush cutting, and sander/plow maintenance.

In addition to this, the DPW is working with the Ipswich River Watershed Association and engineering consultant TEC, on a variety of culvert design and permitting projects. The town is leveraging \$275,000 in grant money to design and permit these antiquated culverts and utilizing local funding and ARPA funds to construct them. These culvert replacements significantly improve the town's resiliency to stormwater damage and flooding as well as improve our natural resources. We are hopeful to permit three culverts over the winter months.

Lastly, following substantial precipitation this summer, the DPW put significant resources into field maintenance and soil amendment. All the town's playing fields were core aerated and overseeded utilizing the town's "Seedavator". Further, RAD Sports core aerated and deep tine aerated the natural fields at the Commons.

The DPW is transitioning out of summer operations. We are moving into winter and planning for the upcoming snow and ice season.



BOXFORD POLICE DEPARTMENT

Congratulations to our newest Sergeants Kurtis Anderson, David Barker and Attilio "AJ" Paglia who were promoted to the rank of Sergeant during a brief ceremony at the Select Board meeting on Tuesday, October 10th. We would also like to congratulate Officer Michael Dougherty who was just promoted to our staff as a Full Time Police Officer.

Trick-or-Treat will be held on Tuesday, October 31st from 5:30 – 7:30.

A reminder to all walkers, cyclists and people enjoying the roads of Boxford please remember that sunrise and sunset are now just after 6am and 6pm respectively. Wearing lighter colors and reflective materials alerts drivers to your presence. Walking against traffic is recommended.



Pictured left to right, Sergeant David Barker, Sergeant Kurtis Anderson, Chief James Riter and Sergeant AJ Paglia

COMMUNICATIONS

The Communications Department is in the process of implementing our new Computer Aided Dispatch (CAD) and Records Management System (RMS), ProPhoenix, that will be used by the Communications, Fire and Police Departments. This purchase was approved at the May 2022 Annual Town Meeting. We have completed the first 3 of 5 phases of the implementation process. We are now in the training phase and have completed 6 days of Police System Administrator Training. We have Dispatcher training and Fire Administrator training scheduled in October and hope to have Police Train the Trainer training scheduled for December.



Pictured left to right: Dispatcher Ron Dole and Dispatcher Harrison Prinz

On October 27th, Dispatcher Ron Dole will be celebrating 25 years of service as a Dispatcher for the Town. Congratulations Ron for your many years of dedicated service!

Dispatcher Harrison Prinz completed over 600 hours of In House Training which included 80 hours of Required State training and is now our newest Dispatcher.

BOXFORD FIRE DEPARTMENT

Introducing New Engine 1!

Boxford Fire received its newest engine on Thursday October 12th. The engine is a 2023 HME and features 2500 gallons of water, light tower and remote-control deck gun. It replaces a 2001 HME that only had 1000 gallons of water. The additional 1500 gallons will be an added benefit to our operations. Fun fact, this is our first truck with a new black over red design and new door seal. It will be responding out of the West Fire Station as soon as we complete training and equipment upfitting.



LAND USE

The Conservation Commission approved a Massachusetts Department of Conservation and Recreation sponsored project for the installation of a new ADA-compliant boardwalk on a section of existing trail in the Baldpate Pond State Park. This trail connects the trailhead on Baldpate Pond Road to popular destinations in the interior of the park. The boardwalk will greatly reduce the impacts to wetlands and an intermittent stream currently being caused by the existing at-grade trail crossing. The project will also render sections of existing trail within wetlands superfluous. The abandonment and restoration of these superfluous sections of trail to a naturally vegetated state is also part of the project.

The Commission also held a public hearing on proposed improvements to an existing culvert on Glendale Road near MacDonald Drive. Current design standards mandate a much larger culvert at this location. Wetland replication will be required as part of the project due to the unavoidable loss of a small area of wetland made necessary to accommodate the new culvert design. Finding a suitable site for the wetland replication has proven to be challenging. The public hearing has been continued to allow the applicant to explore alternative replication sites.



The Federal Emergency Management Agency has published preliminary revised Flood Insurance Rate Maps (FIRMs) and a Flood Insurance Study (FIS) report for Boxford. The FIRM and FIS documents are often used to determine what regulations may apply to a particular piece of property, whether the property is in a flood hazard area, and whether flood insurance is required. The FIRM and FIS documents, and related notices, can be found on the Town of Boxford website or at this link: town.boxford.ma.us/flood-maps. An appeal period relating to the preliminary FIRM and FIS documents will expire on November 26, 2023. Persons wishing to appeal the preliminary FIRM or FIS documents should contact Ross Povenmire (rpovenmire@town.boxford.ma.us) with scientific or technical data indicating that the preliminary FIRM or FIS documents are incorrect.

The Commission requested and received a briefing from National Grid representatives on the planned Wildmeadow Road gas line replacement project. It is hoped that this project will help address persistent problems with gas leaks in the Wildmeadow Road area. Some of these leaks have reportedly been caused by beaver chewing on the gas line. Part of the project will include “sleeving” the gas line within a steel conduit in selected locations to prevent damage by beaver.

Conservation Commission member Frank Di Luna resigned from the Commission in June after serving 24 years. The Commission is grateful for his service and wishes him well. Karen Collari Troake was sworn in as a new member of the Commission. There remains one vacancy on the Commission. Anyone interested in serving on the Commission should contact the Conservation office.

The Planning Board continues to work with the Merrimack Valley Planning Commission (MVPC) on compliance with the MBTA Communities Act. This Act requires towns within the MBTA service area to create multi-family housing districts. For Boxford, the Act requires the creation of one or more districts suitable for the creation of 141 units of multi-family housing at a density of 15 units per acre. A presentation of the proposed district in Boxford was provided on October 18th to the Planning Board.

The Planning Board is also engaged with MVPC on the preparation of a regional Housing Production Plan. As part of this effort, a first public forum was held on October 12, 2023 to gather public input on housing needs and preferences for Boxford and surrounding towns.

Planning Board member John Adams resigned from the Board. It is anticipated that the Select Board will appoint someone to sit for the remainder of Mr. Adams’s term.

BOXFORD ELEMENTARY SCHOOLS

It has been a busy and exciting start to the 2023-2024 school year!

The School Department greeted new staff to Cole and Spofford Pond school during our Tri-Town School Union welcome back meeting on August 28th. At that meeting, Superintendent Morrison spoke about the knowledge, skills, and competencies that our students will need in order to participate in the 21st century global economy that they will enter upon graduation. That process all begins in kindergarten and the Cole School held Kindergarten Orientation on August 30th. Students were able to visit their classrooms while caregivers had an opportunity to ask questions and learn more about the upcoming year from Principal Salisbury. This year, at Spofford Pond, specialists' classes are now composed of students who are not in the same homeroom together. This was done to provide students with another opportunity to get to know peers at their grade level. The school is working to strengthen the student experience for increased social connections. Both schools also have so much gratitude for the partnerships with local agencies and departments:

- Thank you to the Boxford PTO for hosting Popsicles on the Playground!
- Thank you to Chief Riter and the Boxford Police Department for their help with the new traffic pattern for drop-off and pick-up at Cole School.
- The BPTO has launched their Teacher Wishes granting process already this year.

We are all looking forward to a great year of learning and growth!

BOXFORD LIBRARY

November

Events For Children

Preschool Storytime, Tuesdays & Wednesdays at 1:30 pm.
Session runs November 7 through December 6.

Music & Movement for children up to age 3, with MaryBeth Maes, CFCE of the North Shore, Thursdays, November 2, 9, 16, & 30, at 10:00 am

Events For Adults

Cookbook Club, November 10, at Noon.

Poetry Circle, November 21, at 7:00 pm

Baking with Donna Desmond, November 14, at 1:00 pm

Evening Book Discussion, November 15, at 7:00 pm, via Zoom.

Daytime Book Discussion, November 29, at 1:00 pm

The Winter Blues, Defeating Seasonal Affective Disorder, November 30, at 7:00 pm, on Zoom.

Register to receive the Zoom link.

December

Events For Children

Preschool Storytime, Tuesdays & Wednesday at 1:30 pm, December 5 & 6.

Music & Movement for children up to age 3, with MaryBeth Maes, CFCE of the North Shore, Thursdays, December 7, 14, & 21, at 10:00 am

Events For Adults

Cookbook Club, December 8, at 12:00 pm

Steeped in History: The Boston Tea party at 250, December 16, at 2:00 pm on Zoom. Register to receive the Zoom link.

Poetry Circle, December 19, at 7:00 pm

Evening Book Discussion, December 20, at 7:00 pm, via Zoom.

Afternoon Book Discussion, December 27, at 1:00 pm

What's
Happening
At the



Visit our website at boxfordma.gov/town-library for information about these events and so much more!

VETERANS AGENT

On Friday, September 22nd, the Massachusetts National Guard presented the Medal of Fidelity to surviving family members of veterans in North Andover and Boxford who died due to their service-connected disabilities from their service to our country. Included was Karen "Suzy" Feirman of West Boxford, who is the wife of Lance Corporal Frank Feirman, USMC, Purple Heart, Vietnam. Suzy has lived in Boxford for 44 years. We thank Suzy and her family for their sacrifice. The North Andover – Boxford Veterans' Service Office organized and hosted the ceremony.

The North Shore Chamber of Commerce has awarded the Department with the Minuteman Service Award. It recognizes "remarkable acts of dedication and outstanding leadership on behalf of our military or veterans through volunteering, advocacy, community projects or other actions". The award will be presented to VSO Joe LeBlanc at the North Shore Chamber's "Salute to Veterans" breakfast on Thursday, Nov. 9 at Danversport.



Additional information about Veterans Services is available on the district website, northandover.gov/veterans-services.



BCATv Boxford Cable Access Television

BCATv is a 501(c)(3) non-profit incorporated in 2005 currently operating 3 cable television channels for the enjoyment of the residents of Boxford. Our funding comes from a small access fee on each cable subscriber's monthly cable bill.

Our Government Channel, Comcast Ch 8 / Verizon Ch 39, records and plays back most Boxford government meetings. Many of the meetings are broadcast live whenever possible. We have been providing this service since our incorporation over 15 years ago.

Our Educational channel, Comcast 99 / Verizon 40, is oriented towards Masconomet events. Masco spring sporting events, concerts, special events and Class of 2023 events are being featured with many being broadcast live on our website streaming channel.

Our Public Access channel, Comcast Ch 8 / Verizon Ch 45, covers other Boxford events not mentioned above, such as youth sports, local concerts, Memorial and July 4th Parades, BAA Men's Softball starting mid-June, etc.

The homepage of our website, www.BoxfordCableTv.com, lists links to all the upcoming live streaming events for the next 10 days. In addition, there is a TV Schedules link and an Upcoming Events link on our home page which provide a quick way to see what is going on in Boxford over the upcoming 10 days.

Further down on our homepage is our Video On Demand (VOD) widget, which allows residents to playback previously recorded event videos and even download them as desired. There are also links to other websites of specific interest to the residents of Boxford.

In summary BCATv strives to strengthen our community by increasing and enhancing communication among our residents via our website and our 3 local cable access television stations.

BOXFORD PTO



BTA/BOLT'S GREAT PUMPKIN HUNT!

Sunday, October 29, 2023
— 10.45 a.m. —



Festivities start at **10.45 a.m.** and pumpkin hunting at **11.00 a.m.** at Cargill Field (Main St. and Middleton Rd.)

Cider doughnuts, refreshments... and of course a pumpkin hunt.

FREE!

WEST BOXFORD IMPROVEMENT SOCIETY

SAVE THE DATE!

Boxford's 17th Annual Winter Fest

Saturday, December 2, 9am—3pm

Get in the holiday spirit and shop local for the holidays & discover all kinds of treasures. Hop on a hayride which will take you around the West Village, and be sure to start at Lincoln Hall to have a free photo taken with Santa, who is making a special trip to Boxford from the North Pole! You'll find plenty of craft vendors, incredible raffle prizes and gift baskets, letters to Santa, Cookie Decorating for kids, free ice cream at Benson's Homemade Ice Cream, holiday gift shopping at Paisley's Farm and Greenhouses, BCheeky and West Village Provisions, pet photos with Santa and Teddy Bear Clinic at the Boxford Animal Hospital, great food at Nason's Stone House Farm, Rudolph's Luncheonette at the Church, tour the Historic Document Center, explore our Fire Department's Rescue Truck, visit the Community Giving Tree, and **so much more!**

Visit the [West Boxford Improvement Society](#) on Facebook for updates.

Boxford Health Dept Update

COVID-19:

CDC, FDA & ACIP recently approved & recommended the use of an updated 2023-2024 (monovalent, XBB-containing) COVID-19 vaccine for all ages 6 months and older.

Recommended COVID-19 vaccine doses vary by age and immune status. Here are the latest 2023-2024 recommendations from the CDC:

- Everyone aged 5 years and older should get 1 dose of the updated 2023-2024 Pfizer-BioNTech or Moderna COVID-19 vaccine to protect against serious illness from COVID-19
- People who are moderately or severely immunocompromised may get additional doses of updated 2023-2024 COVID-19 vaccine
- Children aged 6 months–4 years need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated 2023-2024 COVID-19 vaccine
- Individuals who recently had COVID-19 should wait 90 days for immunization
- Individuals who recently had a bivalent booster should wait two months form updated immunization

Ask your healthcare provider what COVID-19 vaccine dose is best for you and your family members.

<https://www.mass.gov/info-details/covid-19-vaccine-information>

Influenza:

An annual vaccination is recommended for everyone 6 months and up preferably in the fall. Preferably September/October before the U.S. flu season begins.

RSV:

A new vaccine available this year for common respiratory virus to reduce severe disease. ACIP recommends that adults aged ≥ 60 years at risk for severe RSV-associated respiratory disease receive a single dose of RSV vaccine.

[Protect yourself from COVID-19, Flu, and RSV.](#)

Fall Vaccination Clinics:

BOXFORD

Flu/COVID/RSV (Open to everyone Ages 3+)

Boxford Community Center

10 Elm St

Thursday - October 19th, 2-5pm

&

Thursday - November 16th, 2-5pm

Link to sign up:

<https://form.jotform.com/232745007814151>

COVID TEST KITS:

Free at-home COVID-19 antigen tests are available to order again directly from the United States Post Office.



U.S. residential households can order one set of 4 rapid antigen COVID-19 tests from USPS.com starting 9/25/23. Tests will be mailed directly to your home. Order now to have on hand for the cold and flu season! Link to order: <https://store.usps.com/store/results?Ntt=covid&requestid=377312>

The Health Department will be receiving a new shipment of COVID-19 test kits, contact us if you need any.

Food Allergy Awareness:

With the recent news of the FDA requesting additional information and testing before approving neffy® (an epinephrine nasal spray formula) - be sure to review the signs and symptoms of food allergies and anaphylaxis.

What is a food allergy?

A food allergy is when your body's immune system reacts to a food protein because it has mistaken that food protein as a threat. Symptoms can range from mild to life-threatening.

What is the difference between food allergy and food intolerance?

Food allergy is sometimes confused with food intolerance. Food allergies involve your immune system and can be life-threatening. An intolerance is when your body has trouble digesting a food. It can make you feel badly, usually with an upset stomach, but it is not life-threatening. The most common intolerance is to lactose - which is a natural sugar found in milk.

What are the most common food allergens?








More than 170 foods are known to cause food allergies, but eight foods account for 9 out of 10 reactions in the United States. They are milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish.



KNOW THE SYMPTOMS OF ANAPHYLAXIS

It can take more than an hour for symptoms to manifest. When symptoms relating to TWO bodily systems manifest themselves after ingesting an allergen, use epinephrine. ie: hives along with vomiting, or hives with trouble breathing. Just remember: Epi First, Epi Fast!





SEVERE SYMPTOMS

-  SHORTNESS OF BREATH, WHEEZING, COUGH
-  PALE OR BLUISH SKIN, FAINTNESS, WEAK PULSE, DIZZINESS
-  TIGHT OR HOARSE THROAT, TROUBLE BREATHING/SWALLOWING
-  SIGNIFICANT SWELLING OF TONGUE OR LIPS
-  MANY HIVES OVER BODY, WIDESPREAD REDNESS
-  REPETITIVE VOMITING, SEVERE DIARRHEA
-  CONFUSION, ANXIETY, IMPENDING SENSE OF DOOM

For **ANY** severe symptom, INJECT EPINEPHRINE IMMEDIATELY & CALL 911

- Tell the emergency dispatcher the person is experiencing anaphylaxis and may need epinephrine when emergency responders arrive
- Consider giving additional medications after epi (ie: inhaler if wheezing)
- Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side
- If symptoms do not improve, or symptoms return, another dose of epinephrine can be given 5 minutes or more after the last dose
- Transport patient to ER, even if symptoms resolve

MILD SYMPTOMS

-  ITCHY OR RUNNY NOSE, SNEEZING
-  ITCHY MOUTH
-  A FEW HIVES, MILDLY ITCHY SKIN
-  MILD NAUSEA OR DISCOMFORT

For mild symptoms from **MORE THAN ONE** SYSTEM AREA, administer epinephrine & call 911

For mild symptoms from **A SINGLE** SYSTEM AREA, follow these directions:

- Antihistamines may be given, if ordered by a doctor
- Stay with the person; alert emergency contacts
- If symptoms worsen, administer epinephrine



Source: Food Allergy Research & Education (FARE)

Link for more information: <https://www.foodallergy.org/resources>

Tips for safer trick or treats:

[Free Teal Pumpkin Project Resources - FoodAllergy.org](https://www.foodallergy.org/resources-free-teal-pumpkin-project-resources)

<https://www.foodallergy.org/resources-free-teal-pumpkin-project-resources>

Opioid Update:

Boxford Health Department will be distributing Free Narcan Kits to Community Members.

Boxford Health Dept encourages all residents to be knowledgeable about the current opioid epidemic (including fentanyl) and take steps to be proactive and help learn how you can respond and help prevent death from an opioid overdose.

Opioid overdoses continue to be a major public health issue - according to the CDC, there were more than 105,000 fatal overdoses in the US in 2022.

There were 2,357 confirmed and estimated opioid-related overdose deaths in MA 2022, surpassing the previous peak in 2021 by an estimated 57 deaths according to MDPH.

Resources:

MDPH Narcan Training Info: <https://www.mass.gov/stop-an-overdose-with-naloxone>

CDC Educational Info: <https://www.cdc.gov/stopoverdose/index.html>

One Pill Can Kill Fact Sheet from DEA: https://www.dea.gov/sites/default/files/2022-12/DEA-OPCK_FactSheet_December_2022.pdf

Fentanyl Fact Sheet:

<https://www.dea.gov/sites/default/files/2023-06/Fentanyl%202022%20Drug%20Fact%20Sheet-update.pdf>

Contact the Tri-Town Public Health Nurse for more information on availability.

Julia Lobel, BSN, RN Tri-Town Public Health Nurse

Cell: (978) 766-6284

Email: julia.lobel@middletonma.gov

Any additional questions please contact:

Boxford Health Department

7A Spofford Rd

Boxford, MA

(978) 887-2875