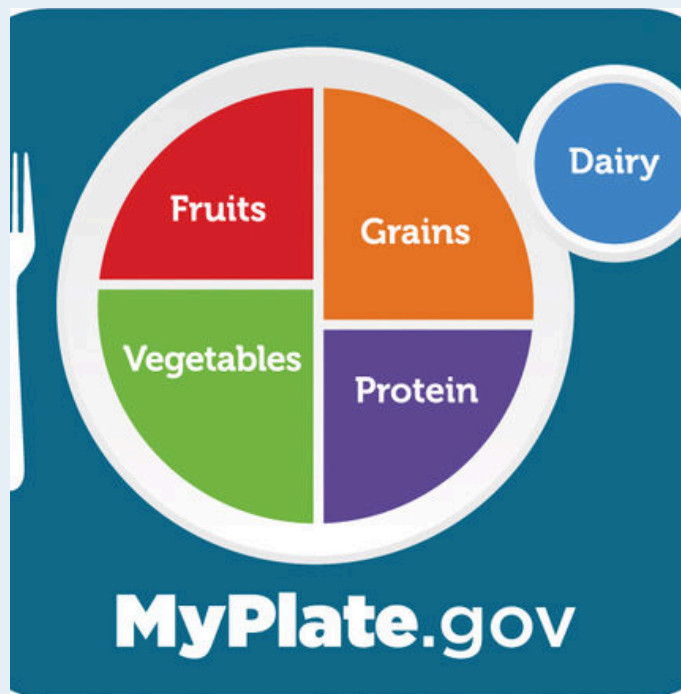




# SPRING NEWSLETTER



## AMERICAN RED CROSS CPR/AED CLASSES NOW OFFERED

The Ludlow Health Department is pleased to offer First Aid CPR/AED Training through their shared services agreement known as the Mill Towns Public Health!

Being trained in CPR can make your home safer, build self-confidence, and improve your career prospects.

You can sign up as an individual or in a group. The cost is \$55/person paid in cash or check. To check class availability contact Erin McMurray, MPH  
emcmurray@ludlow.ma.us or 413-583-560 ext. 1269



The theme for 2025's National Nutrition Month is Food Connects Us, presented by [eatright.org](http://eatright.org).

This March, reflect on how food connects you with family, friends, and your community! Traditions, memories, culture, health, and access to food shape the relationship we have with it. Some ideas to connect with your loved ones through food this month include:

1. As a family, commit to trying a new fruit or vegetable each week this month
2. Practice mindful eating by limiting screen time at mealtime
3. Encourage each family member to help with food preparation
4. Invite children to go grocery shopping with you, letting them get involved with food decisions



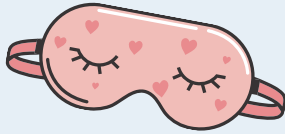
# SLEEP AWARENESS WEEK MARCH 9-15

Good sleep is essential for good health! The National Sleep Foundation has been studying and reporting on sleep for over 30 years.

**Come visit the Health Department for a FREE Sleep Wellness Kit to help you get a restful night's sleep - while supplies last!**

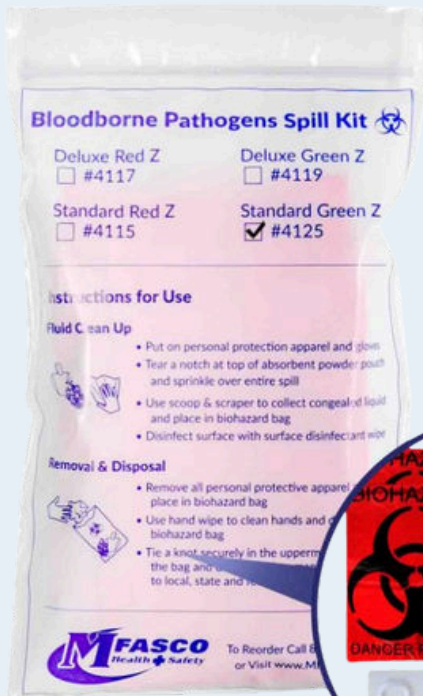
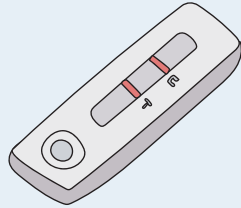
Kits Include:

- 1 Pair of Ear Plugs
- 1 Silk Eye Mask
- 1 Blackout light sticker
- 1 Sleep Tracker
- Tips and tricks for a good nights sleep



## COVID-19 TESTS

Free COVID-19 tests are available at the Health Department - while supplies last!



PRACTICE THESE SIX SMALL STEPS FOR A  
BETTER NIGHTS SLEEP



## BLOODBORNE PATHOGEN SPILL KIT

We have a limited supply of Bloodborne Pathogens Spill Kits for local food establishments! Replenish your bodily fluid cleanup kit for your business.

Kits include:

- 1 Pair of Shoe Booties
- 2 Bio Hazard Waste Bags
- 1 Pair of gloves
- 1 PAWS Antimicrobial Hand Wipe
- 1 STERIDOL Wipe
- 1 Packet of Green-Z Fluid Solidifier
- 1 Scoop and scraper



# EARTH DAY APRIL 22

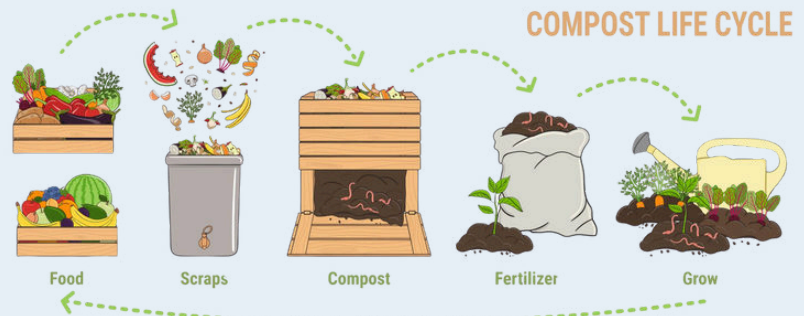


Earth is our only home! Show the planet some love this Earth Day by planting a tree, cleaning up loose litter in your community, and consider walking or biking to reduce your emissions.

Proper recycling year-round is essential to limiting our waste. [RecycleSmartMA.org](https://RecycleSmartMA.org) is an excellent resource that can guide you on how to properly dispose of just about anything!



Composting is another great way to reduce waste! It diverts organic materials from landfills, which lowers methane emissions, and improves soil health by providing nutrients and enhancing its structure.



## Smart Recycling Guide

Your go-to reference for recycling in Massachusetts

<b>Metal</b>	<b>Plastic</b>	<b>Glass</b>	<b>Paper &amp; Cardboard</b>
<p><b>Food and Beverage Cans</b> empty and rinse</p>	<p><b>Bottles, Jars, Jugs and Tubs</b> empty and replace cap</p>	<p><b>Bottles and Jars</b> empty and rinse</p>	<p><b>Mixed Paper, Newspaper, Magazines, Boxes</b> empty and flatten</p>

### NO!

**No Plastic Bags**  
Do Not Bag Recyclables

**No Clothing or Linens**  
use donation programs

**No Hazardous Items**  
no propane tanks, batteries, sharps, or chemicals

**No Tangles**  
no hoses, wires, chains or electronics

**No Food or Liquid**  
empty all containers

Recyclopedica: Can I recycle it?

Use our online search tool at: [RecycleSmartMA.org](https://RecycleSmartMA.org)

## RecycleSmartMA.org

All recycling programs in Massachusetts accept the items pictured above.

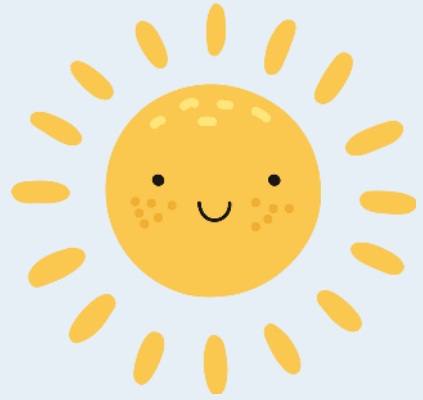
## SPRING PLANTING TIPS



**March:** Now is a great time to start seeds indoors for eggplant, peppers, and tomatoes. You can also get your potatoes, strawberries, asparagus crowns, rhubarb and onion started this month.

**April:** You can now sow seeds outdoors for asparagus, beets, carrots, Swiss chard, parsnips, spinach and turnips. You can also scatter annual flower seeds, they won't require covering!

**May:** You should plant any new trees and shrubs by the end of the month to promote survival. Growing tomatoes? Get your trellis system ready before the plants begin to crawl. Keep an eye on the weather, if it is warm enough you should be safe to plant most things outside and even move houseplants outdoors for the season!



## TICK PREVENTION

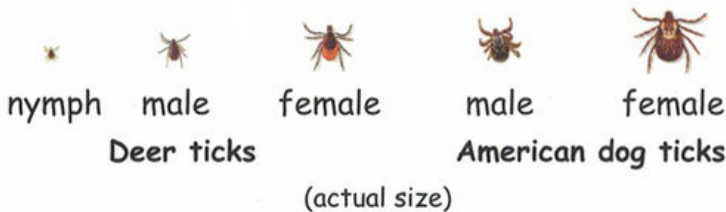


Spring is here but it's the season of the ticks. Ticks are found near the ground in shady, damp, brushy, wooded, or grassy areas. Please use repellants, long pants and high socks, and try to wear light colored clothing, as ticks are more easily visible on a light background. Perform daily tick checks and remove ticks at once if found.

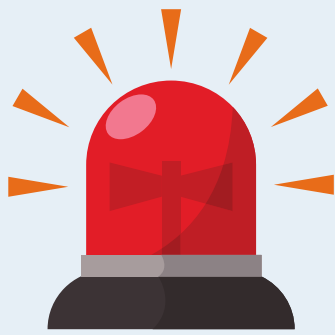
When removing a tick, grasp the tick close to the skin, by the head of the tick, and pull upward using tweezers. Avoid squeezing the body of the tick, which could result in the head being left behind during removal.

For more info visit: [mass.gov/dph/tick](https://www.mass.gov/dph/tick) and stop by the Health Department for a free Tick Identification Card

### TICK IDENTIFICATION CARD

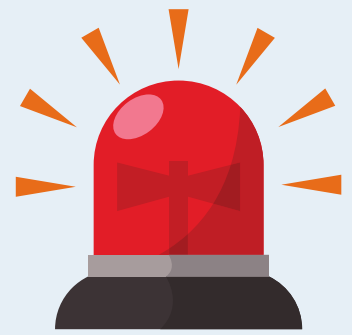


MA Department of Public Health  
617.983.6800  
[www.mass.gov/dph](https://www.mass.gov/dph)



## VOLUNTEER OPPORTUNITY

Interested in ways you can support Ludlow?  
Consider becoming an Emergency Preparedness Volunteer! Under the direction of the EDS Manager, volunteers play a crucial role in assisting during emergencies. Stop by the health department or call us at 413-583-5600 ext. 1266 to learn more today!



## SOCIAL SERVICES DROP-IN HOURS

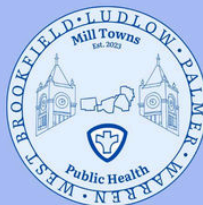
Have you met our Licensed Social Worker, Ashley Jediny? There's no better time than at her drop-in hours at Hubbard Memorial Library! She will be there the first Wednesday of every month from 11am-1pm. Check out the Mill Towns Public Health page on our website for more details.

## JOB OPPORTUNITY

# WE ARE HIRING!

**CONTRACTED REGIONAL HEALTH INSPECTOR**

- Flexible work hours
- Take control of your work life balance
- Gain experience and sharpen your inspectional skills
- Position requires a Bachelor's degree in Public Health, Environmental Health, or a related field
- Must have excellent attention to detail
- Able to maintain a professional relationship with employees and the public



Mill Towns Public Health works in the towns of Ludlow, Palmer, Warren, & West Brookfield to bring health and wellness to all community members.

**Join our team today!**

**APPLY NOW**



MILL TOWNS PUBLIC HEALTH'S

## \* SOCIAL WORKER \*

WORKING IN:  
LUDLOW, PALMER, WARREN, & WEST BROOKFIELD

Our Goal: To connect individuals to resources and support throughout the community and to bridge the gap between access and care.

**DO YOU HAVE ANY QUESTIONS, CONCERNS, OR NEED HELP WITH ANY OF THE FOLLOWING?**

- Food Resources
- Health Insurance
- Housing
- Fuel/Utility Assistance
- Hoarding
- Substance Use
- Mental Health
- Transportation
- Employment
- Legal Resources
- Support Groups
- Section 35 Paperwork
- Harm Reduction
- Family & Children Resources

**GET IN CONTACT WITH OUR SOCIAL WORKER TODAY!**

**ASHLEY JEDINY, LCSW**

TEL: (413) 750-8504  
EMAIL: AJEDINY@LUDLOW.MA.US

We are hiring for a Contracted Regional Health Inspector, join the Mill Towns Public Health team today. Check out our Town of Ludlow website to apply!

