

Ground spraying for mosquitoes planned in New Bedford for Thursday, June 28

The New Bedford Health Department, working closely with the Bristol County Mosquito Control Project and the Massachusetts Department of Public Health, is again this year conducting an annual monitoring program to track the potential threat from EEE and WNV carrying mosquitoes. Under the program, mosquito traps are put in place to collect pools of mosquitoes and mosquito populations are monitored throughout the summer months.

As part of the mosquito tracking program, the New Bedford Health Department will request that the BCMCP target key areas of the New Bedford for spraying, including public parks and locations that host large public events.

As such, the Bristol County Mosquito Control Project will conduct targeted ground spraying for mosquitoes early on the morning of Thursday, June 28, 2018. This round of spraying will target areas including Buttonwood Park, Brooklawn Park, Fort Taber, Hazelwood Park, Riverside Park, Clasky Park, Ashley Park, the Poor Farm area, and the Downtown area. Spraying will take place between 2:00 am and sunrise on Thursday morning, weather permitting. Residents in the vicinity of the targeted areas may wish to close their windows the evening prior to the spraying.

As it does with EEE and West Nile Virus, the New Bedford Health Department works closely with the Massachusetts Department of Public Health to track other emerging mosquito-borne diseases such as the Zika virus. While Zika-carrying mosquitoes have not been identified the New Bedford area, and the Massachusetts Department of Public Health reports that the

likelihood of becoming infected with Zika virus from a mosquito bite in Massachusetts is very low, residents are urged to take the general precautionary measures to prevent mosquito bites. In addition, travelers to areas where the Zika virus has been detected in mosquitoes or humans should take extra precaution to avoid being bitten by mosquitoes during their trip. This includes both females and males who travel to areas where the Zika virus is occurring. If you or your partner is planning on traveling, you should check the Centers for Disease Control and Prevention website for information about where Zika virus is occurring: <http://wwwnc.cdc.gov/travel/page/zika-information>.

The same precautionary measures are advised for EEE, WNV, and the Zika virus. These include the following:

Avoid Mosquito Bites

Ø Be Aware of Peak Mosquito Hours – While mosquitoes are out at all hours of the day, their peak biting times are from dusk to dawn. Consider rescheduling outdoor activities that occur during evening or early morning. Otherwise, take extra care to use repellent and protective clothing, especially if you work or spend a lot of time outdoors.

Ø Clothing Can Help Reduce Mosquito Bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Ø Apply Insect Repellent when you go outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), IR3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products

are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

Mosquito-Proof Your Home

Ø Drain Standing Water – Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.

Install or Repair Screens – Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

PODCAST: Concussions & Injury Prevention – Southcoast Health+ Weekly

Southcoast Health+ Weekly's Dr. John Podkova and Hannah Raymond discussed concussions and injury prevention with Joe Scott, Manager of Occupational Health and Injury Prevention and Kathy Thornton, Team Leader Injury Prevention.

Be sure to subscribe and catch the show every week live on Wednesday on New Bedford Guide's Facebook page at 7 pm.

PODCAST: Aquaculture Potential for New Bedford Press Conference

In a joint press conference, Coastal Enterprises Inc. (CEI) represented by Hugh Cowperthwaite along with New Bedford Mayor Jon Mitchell, Ed Anthes-Washburn, New Bedford Port Authority, Scott Soares, Massachusetts Aquaculture Association & Massachusetts Shellfish Initiative, Seth Garfield, Cuttyhunk Oysters released a new report analyzing the aquaculture industry along Massachusetts South Coast with a focus on future development potential and current challenges facing aquaculturists today.

PODCAST: Southcoast Health+ Weekly diabetes discussion

Dr. John Podkova and Hannah Raymond NP sat down with Linda Clark and Amy Hartnett to discuss pharmacy and diabetic medications.

The South Coast's Most Popular Yoga & Summer Bootcamp Classes Return to Cushman Park ~ FREE

Rain or Shine! Three Days!

Seven years and counting! Outdoor fitness is thriving at Cushman Park, Fairhaven, Massachusetts this summer! The South Coast community can keep fit and stay healthy with free exercise classes taught by three of the top fitness instructors in the area.

This summer, classes will be held RAIN OR SHINE! Charlene Conway, owner of Carousel Family Fun Center has generously offered Carousel Fun Center, 4 David Drown Boulevard, Fairhaven as an indoor venue for classes in the case of inclement weather.

Also – Fitness in Cushman Park will be offering thirty free classes in all –Well + Fit fitness class with Certified Fitness Trainer, Sarah Bates; Yoga in the Park with Kripalu Certified Yoga Instructor, Jeff Costa and Summer Bootcamp with Certified Functional Trainer, Wayne Goulart are held through the summer in Cushman Park on Green Street.



NEW on MONDAYS! Well + Fit fitness class will take place starting June 18, 2018 and continues for 10 weeks through August 20 every Monday from 8:30 a.m. to 9:30 a.m. Well & Fit classes offer strength & conditioning exercises to provide a true total body workout. Yoga in the Park will take place starting June 19, 2018 and continues for 10 weeks through August 21 every Tuesday from 8:30 a.m. to 9:30 a.m. This is a gentle yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness and challenge yoga enthusiasts with a focus on compassion for the body. Summer Bootcamp, begins June 21 and continues each Thursday from 8:30 a.m. to 9:30 a.m. through August 23. The Bootcamp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises.

Well + Fit's instructor, Sarah Bates is a certified personal trainer and the owner of Well & Fit Personal Training & Cycling studio located in Mattapoisett MA. Well & Fit offers small group & private training, cycling classes, and nutrition coaching. A lifelong fitness enthusiast, Sarah says, " Opening my own studio has allowed me to bring all of the most interesting aspects of training into my own gym and offer variety and challenge to people who feel the same about fitness and wellness as I do."

Yoga in Cushman Park's instructor, Jeff Costa, E-RYT 200 is a Yoga Alliance Nationally Certified Instructor and a graduate of the Kripalu School of Yoga and Health. Jeff has over 30 years experience in the fitness industry and a BA in Liberal Arts from Boston University. The strength of Jeff's teaching lies in his attention to detail and his compassionate approach to students' needs. Jeff's authentic voice and classical approach to alignment create a class environment that promotes happiness, personal power, and peace of mind.

Summer Bootcamp instructor Wayne Goulart's career in health and wellness began as a hobby when he started lifting weights with his brother in the basement of his family home. That hobby grew into a lifestyle and eventually a passion. Wayne is a certified personal trainer (A.F.P.A.) and has been working for ten years as lead trainer at the New Bedford YMCA. A certified group exercise instructor, Wayne's specialty is functional training and his clients are from all walks of life, ages and fitness levels.

Attendees to the classes should bring a mat for Yoga and a mat plus set of weights for Well + Fit and for Bootcamp. Classes take place RAIN OR SHINE – weather determination is posted on the Fitness in Cushman Park Facebook page: www.facebook.com/fitnessincushmanpark .

Fitness in Cushman Park is once again presented free to the public, for the 7th year in a row, because of generous support

from community contributions. Last summer's classes were another resounding success with over one hundred fifty fitness enthusiasts attending sessions.

For more information about the fitness program or to sponsor Fitness in Cushman Park call 508-287-2482.

PODCAST: Weight Loss Surgery – Southcoast Health+ Weekly

Southcoast Health+ Weekly's Dr. John Podkowa and Hannah Raymond discussed weight loss surgery with Dr. Rayford Kruger, Medical Director of Southcoast's Weight Loss Surgery Program.

New Bedford's 3rd Annual Love Your Heart Event to Take Place February 11th

Communities and neighborhoods throughout the City of New Bedford will once again join a growing national movement to "Love Your Heart" on February 11th. Individuals will have a chance to receive free blood pressure screenings at participating locations, helping them to "know their numbers" and learn more about their heart health.

Originally started by the County of San Diego in California,

the event has grown, primarily across the West Coast and South into Mexico. Now, in partnership with Live Well San Diego and LoveYourHeartSD, New Bedford marks the first location in the East Coast to fully implement and join the event.

Dozens of locations are participating in this year's event, offering free blood pressure screenings and resources to those stop by. Trained volunteers will administer the screenings and provide participants with a rating of their blood pressure and risk for harm. Those who participate will get to "know their number" and receive information specific to their current blood pressure reading. They'll also receive educational materials and guidance on what to do to both improve and/or maintain optimal heart health.

In addition, the American Heart Association will also be participating with the implementation of its Check. Change. Control.® program. The program's CCC Tracker tool provides information and education about an individual's condition, as well as tools and resources, and action plans suited to each individual's particular health needs. The CCC Tracker allows users to set up text message reminders, text in readings, and connect with a volunteer health mentor to help support his/her health goals.

According to Michael Rocha, M.D., cardiologist at Hawthorn Medical Associates and Director of the New Bedford Wellness Initiative, "4 out of 5 heart attacks are preventable, if patients exercise regularly, quit smoking, reduce stress, eat healthy, and control their blood pressure, blood sugar, and cholesterol."

He adds, "About 30% of adults have high blood pressure and only about 50% have it under control. Uncontrolled hypertension can lead to heart attacks, strokes, heart failure and kidney disease. We need people to 'Love Your Heart' because "Life is Why."

Love Your Heart NB engages various community partners in healthcare, the fire and police community, universities, city government, nonprofits, and the business community. The event will take place on Sunday February 11th from 9:00am – 1:00pm at participating sites. All locations can be found at www.nbewell.com.

Local Hashtag: #LoveYourHeartNB

Participating Sites:

- New Bedford Boys and Girls Club – 166 Jenney St., 02740
- YMCA New Bedford – 25 South Water St., 02740
- Tabor Mills – 217 Deane St., 02746
- Olympia Towers – 651 Purchase St., 02740
- New Bedford Hotel – 725 Pleasant St., 02740
- New Life South Coast – 225 Hathaway Blvd., 02740
- Tripp Towers – 12 Ruth St., 02744
- King Village – 276 Cottage St., 02740
- Market Basket – 122 Sawyer St., 02746
- Price Rite – 139 Hathaway Rd., 02746
- Price Rite – 39 South St., 02740
- Care One – 221 Fitzgerald Dr., 02745
- Our Lady of Mt. Carmel Church – 230 Bonney St., 02744
- Our Lady of the Immaculate Conception – 136 Earle St., 02746
- First Church of the Nazarene – 764 Hathaway Rd., 02740
- Our Lady of Guadalupe Parish – 233 County St., 02740
- St. Mary's Church- 106 Illinois St. 02745
- New Life Tabernacle at Keith Middle School, 225 Hathaway Blvd., 02740
- St. Martin's Episcopal Church – 136 Rivet St., 02744
- Christian Fellowship Center – 822 Church St 02745

List of Partners

- New Bedford Wellness Initiative
- New Bedford Health Department
- Community Nurse Home Care
- New Bedford EMS
- New Bedford Fire Department

- Hawthorn Medical Associates
- Southcoast Health System
- UMass Dartmouth Nursing School
- STAT New England
- Greater New Bedford Vocational Technical High School
- YMCA SouthCoast, New Bedford
- New Bedford Police Department
- City of New Bedford
- Greater New Bedford Health Center
- Care One
- New Bedford Boys and Girls Club
- Price Rite
- Market Basket
- Immigrants' Assistance Center, Inc
- American Heart Association, Southern New England
- New Bedford Parks Recreation & Beaches
- Live Well San Diego
- Our Lady of Mount Carmel Church
- Our Lady of the Immaculate Conception Church
- New Life SouthCoast
- First Church of the Nazarene
- Christian Fellowship Center
- St. Martin's Episcopal Church
- Tabor Mills
- Olympia Towers
- New Bedford Hotel
- Tripp Towers
- King Village

Southcoast Health+ Weekly

with guest Dr. Mello

Live with Dr. John Podkova, NP Hannah Raymond with guest Dr. Mello take your questions about health and wellness.

Need to ask a doctor a question about your health but don't have an appointment? Southcoast Health's Dr. John Podkova takes your health questions live on Health+ Weekly each Wednesday at 7 pm. Submit questions in the comment section.

Sault Fitness offers affordable, efficient, and effective ways to get you living a healthier lifestyle

We don't need to have a New Year's resolution set to begin to take our health and our corresponding fitness levels seriously. Many of us can stand to lose a few pounds, increase our heart health, lower our blood pressure, increase bone density or a host of other solid reasons to take up an exercise regimen.

But, man, oh man – how do you navigate the massive sea of options? What is best for you specifically? What is an efficient, result producing activity? How do I get myself motivated – often the most important factor. How do I stay consistent and dedicated? What role does nutrition play with an exercise program? Who can I trust as an authority so I am not injured or counter-productive?

Wouldn't it be nice to be able to go to one place to get it all? To have every question you have answered by someone with experience and knowledge? To build that little spark into a massive fire? To help you stick to the plan and to customize your regimen and nutrition so as to maximize the benefits?



Does the thought of losing 3-5lbs in 7 days sound good? Dropping inches off your waistline or other problem area? Gaining lean muscle – which helps you burn more calories when resting or sitting? Being more energetic? Increasing your range of motion? Improving posture? How about just FEELING good about yourself?

Sault Fitness is consistently recognized as one of the leading personal training facilities in South Eastern, MA. When it comes to weight-loss, body transformation, sports specific training and overall wellness based training, Sault Fitness excels.

While there are a fair number of excellent facilities with fantastic staff, the testimonials, reviews, and word-of-mouth

coming out about Sault Fitness is astounding. The **who** about Sault Fitness is one of the driving forces behind their rapid success. That who is owner, Exercise Physiologist Jared Fleurent, MS, CPT, RKC and his staff.

Jared has always been a three-sport athlete and loved coaching others – it's in his nature and drove him to obtain his collegiate education – a Bachelors in Exercise Physiology and Masters Degree in Strength and Conditioning, both at Bridgewater State University – where he also served as a teaching assistant for “theories and practices for progressive resistance training.” This was a course that he helped develop and teach which covered all the different levels of progression with lifting weights for the students at university.

During this time the sheer results the students were having and the pleasure of having such a dramatic effect with your ideas and instruction cause him to fall in love with the coaching aspect of it all. During his undergraduate years he became nationally certified and his part-time job while attending school was as a personal trainer in Boston. As a top performing trainer he led over 14,000 one-on-one private training sessions helping clients lose thousands of pounds and live healthier lifestyles. This gave him a wealth of real-world experience about what would be a crock of...ahem, and what was actually effective.



Seeing client after client slough off the pounds – 10lb, 20lb, 30lbs or more, improve their mobility, flexibility, strength, overall health and *quality of life*, was evidence enough that he was on the right track. " When you have a client lose 20lbs and no longer has to take blood pressure and cholesterol medication because of your help is just heart warming and it makes you want to continue to help people."

Making sure to have plenty of personal experience of his own, Jared has competed in Collegiate Nationals for both Olympic Weightlifting and Diving.

In April of 2016, Jared dove headlong into a full-time business venture and opened his doors at 302 Elm Street, in Padanaram Village. So, what are all those acronyms that follow his name? Besides his degrees he is a Certified Personal Trainer (NSCA), Nutritional Specialist (AASDN), and a Certified Kettlebell Instructor (RKC). Think he might know a thing or two about exercise and nutrition?

Jared has placed these exacting standards on cherry picking his staff. With him he has two nationally certified personal trainers with years of experience. Together they work as a team to share their wealth of knowledge and experience to transform people physically, mentally and even spiritually in the sense of improving quality of life.

And that is the proverbial run for Jared's inspiration and fuels his fire: "Knowing you are helping a young athlete make the varsity football team as a freshman, a senior D1 rower prepare for her senior year, a grandfather who just wants to play with his grandchildren and be able to get up and down off of the floor with them, a middle aged individual who is borderline Type 2 Diabetic that is no longer at risk because of working with me gets me up with a smile each day. I love doing this and can't comprehend doing anything else."

Sault Fitness is a place that **will** help you achieve your goals whatever they may be. The team has put all the factors in place and all you have to do? Show up.



With Sault Fitness you get **customized** 1 on 1 training. A world class personal trainer oversees every thing you do, insuring you get the best results and makes all the necessary adjustments to keep you on the path of constant improvement. An individualized 12 week nutritional plan and menu planning (does NOT mean starving!) set your metabolism in the right direction giving you more energy, speeding up the weight loss, and improving overall health.

Those customized workouts extend to workouts for you to do at home in between personal sessions. Each month you will get a progress report so you can see how far you've come, encouraging you, firing you up and motivating you to go even further. This and MORE, with "100% guaranteed results."

If you are ready to live a healthier lifestyle, there's no better time to start than today and there are fewer places

more qualified to help you achieve those goals and in an efficient, expedient way than Sault Fitness!

Testimonials

I have struggled with weight my entire life. I have purchased gyms memberships, been on various “fad” diets, and have worked with several personal fitness trainers, but it always resulted in limited, short-term success.

Since joining Sault Fitness in August 2016 and working with Mike, I have finally achieved long term success. I have lost 33 pounds and 5 inches off of my waist and, as a result, I am no longer taking blood pressure and cholesterol medicine.

Mike is extremely knowledgeable, motivating, and stays focused on challenging me. Mike provides an intense workout which he modifies to keep up with my progress. For the first time in my adult life I look forward to working out and am seeing true results. Joining Sault Fitness and working with Mike were the best decision I have made for my health.

– **Glenn Sherman**

Recently I was asked how I am and my response was I am better than I have been in 10 years! In fact, I am healthier, have more stamina, and more energy than I did in July. I attribute the difference to starting to work with Jared at Sault Fitness this past August. Jared met me where I was physically and mentally and helped me to find a way that has worked.

Over time, I have noticed changes. Simple things like being able to stand for a longer periods of time, not to mention always not being passed by the mall walkers. The suitcase

easily goes in the overhead on the plane. My physician is pleased with dietary changes that have led to weight loss and decreased cholesterol numbers. I am down two dress sizes and that adds to looking and feeling better. I still have a ways to go but these milestones remind me of what has been accomplished. Jared has helped me find a way to achieve all of this. He starts you out with a strong plan. He continually encourages through the inevitable lapses that come with everyday life. He also adjusts for the periodic aches and pains of aging and gets me not to give in to it. The individual attention has made all of the difference and quite frankly has helped me be accountable and motivated.

If you are looking for more than a gym or tired of trying to do it yourself without results, I can highly recommend Jared. His balanced advice and counsel has made all the difference. You still have to do the work but Jared is a great partner to help you achieve YOUR goals.

– Nancy H.

Sault Fitness

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South Dartmouth, Massachusetts

Phone: (508) 207-6608

Email: info@saultfitness.com

Website: saultfitness.com/

Facebook: facebook.com/Sault-Fitness-1146050022112528



Southcoast Wellness Van announces November schedule for community screenings and vaccinations

The Southcoast Wellness Van announces its November schedule for community screenings and vaccinations.

The Southcoast Wellness Van upholds Southcoast Health's mission to promote the optimal health and well-being of individuals in the communities it serves. Southcoast Health focuses its attention on increasing access to services and

caring for the entire population through wellness initiatives and disease management that are designed to limit – and preferably prevent – the patient's need for acute care.

The Southcoast Wellness Van travels across the region bringing health screenings into the communities of southeastern Massachusetts. Free mobile health services available by the staff include:

- Cancer screenings and education
- Blood pressure screening
- Cholesterol screening
- Teen resource information
- Glucose (diabetes) screenings
- Nutritional information and education
- Health education services
- Medical physician referral
- Vaccinations

Please note that screenings sponsored by the Southcoast Wellness Van are sometimes held at community locations and not always on the van. Look for signs when arriving at a location if you do not see the van outside.

For more information and to schedule free screenings, please call Susan Oliveira, RN, at 508-973-8740 or email oliveiras@southcoast.org. You can also check the schedule on www.southcoast.org or follow Southcoast Health on Facebook and Twitter.

NEW BEDFORD

Wednesday, November 1

Pace Inc.

166 William Street, New Bedford

Health Screenings & Vaccines

9 a.m. to 1 p.m.

NEW BEDFORD

Thursday, November 2

Westlawn Housing
197 Liberty Street, New Bedford
Health Screenings
10 a.m. to 2 p.m.

NEW BEDFORD
Friday, November 3
Fishing Heritage Center
38 Bethel Street, New Bedford
Health Screenings & Vaccines
10 a.m. to 3 p.m.

NEW BEDFORD
Saturday, November 4
Job Lot
1068 Kings Highway, New Bedford
Health Screenings & Vaccines
8 a.m. to 12 p.m.

FAIRHAVEN
Saturday, November 4
Job Lot
4 Commons Way, Fairhaven
Health Screenings & Vaccines
1 p.m. to 5 p.m.

FALL RIVER
Monday, November 6
Corrigan Mental Health
49 Hillside St., Fall River
Health Screenings & Vaccines
5 p.m. to 7 p.m.

NEW BEDFORD
Tuesday, November 7
Bay Village
242 Acushnet Ave., New Bedford
Health Screenings & Vaccines

10 a.m. to 4 p.m.

WAREHAM

Thursday, November 9

Wareham Crossing

2421 Cranberry Highway, Wareham

Health Screenings & Vaccines

10 a.m. to 4 p.m.

NEW BEDFORD

Sunday, November 12

Boys And Girls Club of New Bedford

166 Jenny Street, New Bedford

Health Screenings & Vaccines

11 a.m. to 3 p.m.

FALL RIVER

Tuesday, November 14

CVS

550 Pleasant St., Fall River

Health Screenings & Vaccines

9 a.m. to 3 p.m.

FALL RIVER

Wednesday, November 15

Health First

387 Quarry St., Fall River

Health Screenings & Vaccines

3 p.m. to 5 p.m.

NEW BEDFORD

Thursday, November 16

Presidential Heights

Community Room Filmore Street, New Bedford

Health Screenings & Vaccines

10 a.m. to 4 p.m.

NEW BEDFORD

Friday, November 17

Sister Rose Shelter Program
71 Division Street, New Bedford
Health Screenings & Vaccines
10 a.m. to 3 p.m.

WAREHAM

Saturday, November 18
Minot Forest School
63 Minot Ave., Wareham
Health Screenings & Vaccines
10 a.m. to 2 p.m.

FALL RIVER

Monday, November 20
Seabra Supermarket
440 Stafford Rd, Fall River
Health Screenings & Vaccines
9 a.m. to 3 p.m.

WAREHAM

Tuesday, November 21
Tobey Hospital
43 High St., Wareham
Health Screenings & Vaccines
9 a.m. to 3 p.m.

NEW BEDFORD

Wednesday, November 22
Temple Landing
370 Middle Street, New Bedford
Health Screenings & Vaccines
10 a.m. to 4 p.m.

NEW BEDFORD

Monday, November 27
Super Laundromat Laundry Love Event
80 Summer Street, New Bedford
Health Screenings & Vaccines

2 p.m. to 6 p.m.

NEW BEDFORD

Tuesday, November 28

Brickenwood

Harvard St, New Bedford

Health Screenings & Vaccines

10 a.m. to 3 p.m.