

Dr. Michael Rocha, Cardiologist: Actress Carrie Fisher, Star Wars' Princess Leia gone too soon from a heart attack at age 60

It wasn't supposed to end this way. For the last several days, the country has been holding it's breath expecting someone to tell us that actress Carrie Fisher was safe and out of danger. News of Fisher's in flight cardiac arrest and heart attack didn't seem real last Friday and still doesn't today. The script was supposed to play out that the doctors and nurses on the plane kept her alive with CPR in time for the best of modern medicine to save her life. Our ability to treat life threatening cardiac events has been revolutionized over the last 20 years with stents and bypass surgery becoming part of our common vocabulary. However, we sadly learned this Tuesday of this shocking tragedy, one that has awakened us to the fragility of life.

As a cardiologist, this is a real life scenario that is our worst nightmare with a devastating impact upon families and communities. One minute someone is alive and well and the next minute they are gone. A tragedy like this gives us all a pause to discuss and learn how to better protect ourselves and our loved ones from heart disease. It also teaches us to live each moment with purpose, meaning, and gratitude.

Many things factor into heart disease which is by far the #1 killer of men and women in the US accounting for 1 in 4 deaths with heart attacks accounting for 370,000 deaths a year. Risk factors for heart attacks include smoking, a family history of a close relative with a heart attack at an early age, high

blood pressure, high cholesterol, obesity, age, lack of exercise, and diabetes. Also, cocaine use can result in a heart attack in some instances. Many of these risk are in our control or can be effectively treated if we are aware of them.

Some studies have estimated that up to 80% of heart attack in men and women could be prevented through a healthy diet, normal waistline, exercise and not smoking. We recently learned in 2016 that even those with a strong genetic predisposition can cut their heart attack risk in half with a healthy lifestyle. Also, our mental wellbeing may play a role with heart disease as acute stress, chronic stress, and anger have been associated with a higher rate of heart attacks in some studies.

There has been confusing terminology used in the news over the last few days which originally referred to this tragedy as a cardiac episode. A cardiac arrest is when the heart does not adequately pump to provide blood to the rest of the body to maintain a blood pressure that keeps vital organs with oxygen. The person is unresponsive in this instance. This can be from many reasons including a heart attack or a sudden abnormality in the heart rhythm. Up to almost 50% of patients in cardiac arrest don't even make it to the hospital. In the event of a cardiac arrest, CPR can help keep some level of blood flow and oxygen to the body until the heart's pumping function can be restored, sometimes with a defibrillator shock to the heart or with special intravenous medicines.

To simplify, a classic heart attack is when the blood flow to one of the major arteries supplying blood to the the heart is either critically narrowed or completely blocked producing varying degrees of damage to the heart muscle. Patients are usually awake and have a blood pressure while having a heart attack, but a massive heart attack can lead to a cardiac arrest. Often, treatment of a major heart attack is done by opening the artery with a balloon and keeping it open with a stent, which is a mesh-like metal sleeve placed into the

blocked artery.

The signs and symptoms of a heart attack can vary with the classic sign being a pain or discomfort that is often described as a pressure, heaviness, tightness, squeezing or burning in the chest, usually in the middle or left side of the chest. Sometimes, this discomfort goes up to the neck and jaw and down the left arm. Patients may have sweats, nausea and/or vomiting. Some patients may have other symptoms like an upper stomach indigestive type pain, shoulder pain, back pain, shortness of breath, unusual fatigue, or dizziness. Women less often than men have the typical chest discomfort symptoms but women still most often have chest discomfort as the primary symptom.

Heart attacks can strike at anytime and although our ability to treat them are dramatically improved, they are still life threatening. Please get checked if you are concerned with your symptoms and especially don't wait to call 911 if symptoms are going on longer than 15 minutes. KNOW YOUR NUMBERS – cholesterol, blood pressure and blood sugar. Remember that up to 80% of heart attacks are preventable through eating healthy, exercising, and not smoking. Therefore, you can do a lot to cut your risk each day. Also, LEARN CPR it can save a life and if in doubt, call 911.

Let's start a heart healthy revolution in our community. I prefer to see you out for a walk, not in the emergency room. Don't underestimate the value of a healthy lifestyle and treating your risk factors when it comes to heart disease.

Dr. Michael Rocha

Cardiologist, Hawthorn Medical Associates, LLC

Director, New Bedford Wellness Initiative

To learn more from the American Heart Association:
heart.org/HEARTORG/Conditions/911-Warnings-Signs-of-a-Heart-Attack_UCM_305346_SubHomePage.jsp

New Bedford Wellness Initiative Facebook:
facebook.com/groups/430137303787840/

New Bedford Wellness Initiative Website: nbewell.com

Southcoast Wellness Van announces January 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 online or subscribe to daily notices on Twitter, Facebook and RSS feeds.

NEW BEDFORD

Tuesday, January 3

Bay Village

242 Acushnet Ave., New Bedford

Health Screenings & Vaccines

10 a.m. to 4 p.m.

NEW BEDFORD

Thursday, January 5

Dottin Place

8 Amanda Ave., New Bedford

Health Screenings & Vaccines

10 a.m. to 4 p.m.

NEW BEDFORD

Friday, January 6

Sister Rose Shelter Program

71 Division Street, New Bedford

Health Screenings & Vaccines

10 a.m. to 2 p.m.

NEW BEDFORD

Sunday, January 8

Boys And Girls Club of New Bedford

166 Jenny Street, New Bedford

Health Screenings & Vaccines

11 a.m. to 4 p.m.

SOMERSET

Tuesday, January 10

Stop & Shop

887 Grand Army Highway, Somerset

Health Screenings & Vaccines

10 a.m. to 3 p.m.

FALL RIVER

Saturday, January 14

Fall River Fitness Challenge

Kuss Middle School, Fall River

Health Screenings & Vaccines

10 a.m. to 12 p.m.

FALL RIVER

Monday, January 16

CVS

550 Pleasant St., Fall River

Health Screenings & Vaccines

9 a.m. to 3 p.m.

NEW BEDFORD

Tuesday, January 17

Adult Education/ESOL Program

181 Hillman Street, New Bedford

Health Screenings & Vaccines

9 a.m. to 12 p.m.

NEW BEDFORD

Wednesday, January 18

Adult Education/ESOL Program

181 Hillman Street, New Bedford

Health Screenings & Vaccines

9 a.m. to 12 p.m.

NEW BEDFORD

Thursday, January 19
Dennison Memorial Community Center
755 South First Street, New Bedford
Health Screenings
4:30 p.m. to 7 p.m.

NEW BEDFORD

Friday, January 20
Blue Meadows
473 Dartmouth Street, New Bedford
Health Screenings & Vaccines
10 a.m. to 3 p.m.

NEW BEDFORD

Thursday, January 26
Presidential Heights
Community Room Filmore Street, New Bedford
Health Screenings & Vaccines
10 a.m. to 4 p.m.

NEW BEDFORD

Friday, January 27
Temple Landing
370 Middle Street, New Bedford
Health Screenings & Teen Program
10 a.m. to 3 p.m.

NEW BEDFORD

Monday, January 30
Super Laundromat Laundry Love Event
80 Summer Street, New Bedford
Health Screenings & Vaccines
2 p.m. to 5:30 p.m.

NEW BEDFORD

Tuesday, January 31
Westlawn Housing
197 Liberty Street, New Bedford

Health Screenings & Vaccines

10 a.m. to 3 p.m.

Southcoast Health's Monthly Calendar Listings for January

SUPPORT GROUPS

ONCOLOGY

Southcoast Centers for Cancer Care offer the following support groups free of charge to cancer patients and their caregivers. The staff at Southcoast wants you to know that you do not have to do this alone.

The following support groups will take place during the month of January and are offered at Southcoast Centers for Cancer Care, 206 Mill Road in Fairhaven or Southcoast Centers for Cancer, 506 Prospect Street in Fall River. Please call for dates and times:

FALL RIVER, Southcoast Centers for Cancer Care

Breast Cancer Support Group West

For patients with a breast cancer diagnosis

Call Susan Domingue, LICSW at 508-973-7810 for details

Colorectal Support Group

For patients with a diagnosis of colorectal cancer

Call Susan Domingue at 508-973-7810 for details

Lung Cancer Support Group

A support group specifically for patients with a lung cancer diagnosis

Call Susan Domingue, LICSW at 508-973-7810 for details

Support for Supporters

A support group for caregivers of patients with cancer

Call Susan Domingue, LICSW at 508-973-7810 for details

FAIRHAVEN, Southcoast Centers for Cancer Care

Breast Cancer Support Group East

For patients with a breast cancer diagnosis

Call Linda Casey, LICSW at 508-973-3000 for details

Under 50 Cancer Support Group

A support group for patients with any cancer diagnosis.

Call Linda Casey at 508-973-3000 for details.

Lung Cancer Support Group

A support group specifically for patients with a lung cancer diagnosis

Call Susan Domingue, LICSW at 508-973-7810 for details

Support for Supporters

A support group for caregivers of patients with cancer

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OSTOMY SUPPORT GROUP

A support group for people with ostomies, their family members and friends. Meetings usually include an educational topic and provide time for questions, discussion, and sharing among group members in a confidential, non-threatening environment.

NEW BEDFORD

Wednesday, January 18, from 3 to 4 p.m.

St. Luke's Hospital

101 Page Street

New Bedford, MA

White Home Living Room

Call Lisa Cyr at 508-973-5550 for details.

FALL RIVER

Friday, January 27, from 2 to 3 p.m.

Charlton Memorial Hospital

506 Prospect Street

Fall River, MA

Mooney Room on the ground floor (enter through the Center for Cancer Care entrance)

Call Tina McDonald, at 508-679-3131 x 27509 for details.

PARENTS ENDURING GRIEF

Offering hope and encouragement to families that have experienced a miscarriage, stillbirth, ectopic pregnancy, sudden infant death syndrome (SIDS) or other loss of a child. Experienced maternal/child nurses and a clinical social worker are available during the meeting.

NEW BEDFORD

Wednesday, January 18, from 6:30 to 8 p.m.

St. Luke's Hospital

101 Page Street

New Bedford, MA

White Home Living Room

Call Judy Graves, RN, at 508-679-3131, ext 27067 for details.

BEREAVEMENT SUPPORT GROUP

Southcoast Visiting Nurse Association, known in the community as Southcoast VNA, offers free bereavement programs for grieving adults and children during the month of January. Registration is preferred for all groups. Please contact Bereavement Manager, Lindsay Coe, LCSW, at 508-973-3227 for more information.

General Bereavement Group

General Bereavement Groups are designed for adults grieving the loss of a loved one.

NEW BEDFORD

Wednesday, January 4, from 5:30 to 7 p.m.

St. Luke's Hospital

101 Page Street, New Bedford

Library Conference Room. Use main entrance from Page Street.

FALL RIVER

Wednesday, January 11, from 5:30 to 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue, Fall River

Cardiac Surgical Conference Room. Use main entrance.

NEW BEDFORD

Wednesday, January 18, from 5:30 to 7 p.m.

St. Luke's Hospital

101 Page Street, New Bedford

Library Conference Room. Use main entrance from Page Street.

FALL RIVER

Wednesday, January 25, from 5:30 to 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue, Fall River

Cardiac Surgical Conference Room. Use main entrance.

Widows and Widowers Group

The Widows and Widowers group is designed specifically for adults grieving the loss of a partner.

SOMERSET

Tuesday, January 10, from 3:30 to 5 p.m.

Somerset Library

1464 County Street, Somerset

Shipyard Room

SOMERSET

Tuesday, January 24, from 3:30 to 5 p.m.

Somerset Library

1464 County Street, Somerset

Shipyard Room

Children's Bereavement Group

Death and dying are often difficult for children and teens to understand. These programs offer appropriate activities for ages 6 to 18 to assist in understanding and coping with the loss of a loved one or friend.

Call 508-973-3227 for more information.

ADDICTION AND RECOVERY SUPPORT GROUP

Learn to Cope, a weekly support group offering peer-support, education, resources and HOPE for families dealing with addiction and recovery.

FALL RIVER

Every Monday from 7 to 8:30 p.m.

Mooney Conference Room

Southcoast Centers for Cancer Care

506 Prospect Street, Fall River

Child Birth and Family Education classes

Southcoast® Health offers a wide range of child birth and family education classes on an ongoing basis. Please call the appropriate contact listed below for more information on each class.

Childbirth Classes

Birthing Bootcamp

Childbirth Classes for Young Parents (ages 12 to 17 years)

Refresher Childbirth Classes

Pre-registration is required for all classes. We recommend calling to register during the 16th week (10 to 12 weeks for multiples) of pregnancy to assure placement in the class you

need. Not all classes are offered at all locations. Many health insurance companies will reimburse the cost of classes. Be sure to contact your insurance company to ask about coverage.

For more information, please contact the following:

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

Gina Kiser, RN, BSN, CCE

508-973-7308

kiserg@southcoast.org

St Luke's Hospital

101 Page Street

New Bedford, MA

Patty VanDenBerghe, RN, BSN, CCE

508-961-5445

vandenberghpa@southcoast.org

Center for Women's Health

300B Faunce Corner Road

Dartmouth, MA

Patty VanDenBerghe, RN, BSN, CCE

508-961-5445

vandenberghpa@southcoast.org

FALL RIVER/NEW BEDFORD

Breast-Feeding Basics

Learn about the healthy option of breastfeeding, basic skills to provide a good foundation and how to avoid potential stumbling blocks. Expectant mothers and their partners are encouraged to attend. Please call to register.

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

Call Gina Kiser at 508-973-7308 for details.

St. Luke's Hospital

101 Page Street, New Bedford, MA

Call Patty VanDenBerghe at 508-961-5445 for details.

DARTMOUTH

Infant and Child CPR for Families and Friends

This pediatric CPR course covers techniques for newborns to 8 year olds. The class is \$40 per person or \$60 for two people. Pre-registration is required.

Center for Women's Health

300B Faunce Corner Road

Dartmouth, MA

Call Patty VanDenBerghe at 508-961-5445 for details.

Breastfeeding Support Group

A place for breastfeeding mothers to come for physical, mental and emotional support. The class is facilitated by a lactation consultant/councilor. There is no charge and registration is not required. Drop-ins and their female support people are welcome.

Center for Women's Health

300B Faunce Corner Road

Dartmouth, MA

Call Patty VanDenBerghe at 508-961-5445 for details.

WEIGHT LOSS SEMINARS

BARIATRIC INFORMATIONAL SESSIONS

Southcoast® Center for Weight Loss will offer free informational sessions on the risks and benefits of weight loss surgery, also known as bariatric surgery, during the month of January.

The free informational sessions will be held at:

HYANNIS

Wednesday, January 4, at 7 p.m.

The Cape Codder Resort

1225 Iyannough Road

Hyannis, MA

WAREHAM

Tuesday, January 10, at 6:30 p.m.

Tobey Hospital

43 High Street

Wareham, MA

FALL RIVER

Thursday, January 12, at 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

NEW BEDFORD

Wednesday, January 18, at 7 p.m.

St. Luke's Hospital

101 Page Street

New Bedford, MA

White Home conference room

FALL RIVER

Thursday, January 26, at 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

Millions of Americans fall into the category of clinically severe obesity – more than 100 pounds overweight with a body mass index greater than 40. Body mass index is a calculation of weight in relation to height.

Weight loss surgery has been endorsed by a consensus panel

convened by the National Institutes of Health as the only effective means of inducing significant long-term weight loss for the vast majority of patients with morbid obesity.

The Southcoast Center for Weight Loss's community-based program is designed to incorporate a thorough approach to weight loss surgery utilizing a team comprised of dietitians, psychologists, nurses and surgeons to provide a safe and comprehensive surgical weight loss program.

For more information or to register for a free seminar call 508-273-4900. For more information on the Southcoast Center for Weight Loss visit www.southcoast.org/weightloss/.

WEIGHT MANAGMENT INFORMATIONAL SESSIONS

Southcoast Center for Weight Loss will offer a free weight management informational session during the month of January.

The informational session will review the different non-surgical weight loss options offered at the Southcoast Center for Weight Loss. The sessions will include information on Optifast, a weight loss program which combines lifestyle education, meal replacements, medical management and individual and group counseling. The sessions will also include information on a non-meal replacement option program called 3C's for Success (Commit, Challenge, Change).

For more information or to register for an informational session, call 508-525-3114.

MEDICAL FITNESS/REHABILITATION PROGRAMS

Southcoast Health offers medical fitness and rehabilitation programs

Southcoast Health will offer the following medical fitness and rehabilitation programs during the month of January.

FALL RIVER, NEW BEDFORD & WAREHAM

Medical Fitness Program

This individualized exercise program is designed for those with cardiovascular disease, congestive heart failure, cancer, diabetes, peripheral vascular disease, high blood pressure, overweight and chronic orthopedic conditions. The program is offered for \$60 per month at three classes a week or for \$40 per month with two classes a week. A doctor's prescription is required to participate.

Cardiac Rehabilitation

An ongoing, structured exercise and education outpatient program for individuals recovering from heart attack, heart surgery, heart disease or are high risk for the same. A physician referral is required. The cost of this program is covered by most insurances.

Pulmonary Rehabilitation

This is a structured exercise and education program with oxygen saturation monitoring during exercise. It is designed for individuals with pulmonary diseases including asthma, bronchitis, emphysema and COPD. The cost of the program is covered by most insurances. The program meets year-round. A physician referral is required.

Call 508-961-5435 for details.

Whaling City Crossfit: Transforming Regular Joes and Janes into Regular Healthy,

Fit, Superhumans

Proof that Whaling City CrossFit at 475 Church Street is doing something special is in the rave reviews, testimonials and images showing the dramatic transformations

We are all aware of the importance of exercise when it comes to health and longevity. The information has been circulating for so long that knowledge of exercise's benefits aren't an issue or barrier to hopping on a path to a better, fitter, healthier you.

In fact, the sheer volume of information *is* the barrier. How does one navigate this massive ocean of data and choose an exercise regimen or program that is just right for them? Websites, blogs, social media accounts, adverts on television and radio – it's just a blitz of promises, trends, even misinformation or contradictory information.

CrossFit has been around for 20 years. You've likely seen friends or family on their social media accounts discussing confusing words like "WOD" or showing images of them flipping tires, dragging a sled, or some other puzzling activity. Or like me, you noticed the physical transformation of a friend and asked what they've been doing. After the 4th, 5th, 10th person says "CrossFit" your interest is certainly piqued.



One “box” that has been around since 2012 has been churning out results and happy clients: Whaling City CrossFit at 475 Church Street in New Bedford. Co-Owners and husband and wife team, Erik and Tess Hedblom have united their wonder powers to forge a world class facility right in our neck of the woods. Erik is the Head Coach: a Certified CrossFit Trainer (Level 3), and has a Bachelor’s of Business and Economics – brains and brawn. Not a meathead.

Tess is the Youth Program Director, a CrossFit Level 1 Trainer, CrossFit Kids Trainer Certificate Holder and also works full-time as a Special Education Teacher at Rochester Memorial School. She holds a Masters Degree in Elementary and Special Education. More brains and brawn. All of their Staff are CrossFit Level 1 Trainers.

What is the inspiration that led to opening a CrossFit box? Erik explained: “We fell in love with CrossFit, and with the idea of helping people discover their physical potential. We

thought we were fairly fit people, until we tried CrossFit. There is something inspiring that happens when you exceed your own expectations. And for us, it's even more rewarding helping and watching the members of our community experience those moments. It makes you feel unstoppable."

Their facility has managed to combine knowledge, experience, and effectiveness for an affordable rate and in a non-intimidating atmosphere – you will work out with regular Joes and Janes. Whaling City CrossFit has attracted not just the professional athlete, but people from all walks of life: the registered nurse, the plumber, the lawyer, housewives, and even children. People who don't ever plan on competing, but just want to live a longer, better quality of life. To lose a few pounds, to get back to what they looked and felt like when they were younger (probably better actually), to live long enough to see their kids grow up, and a host of other reasons.



Whaling City CrossFit excels where many facilities fail: hands-on coaching. One does not simply walk into Whaling

CityCrossfit and do your own thing. The coaches are present and focused on every aspect of functional fitness – they lead ALL classes from start to finish with at least one coach.

Never exercise or rarely do it? Try, get a few weeks, then falter? Really out of shape? Put on a lot of weight? Don't be fooled by the misconception that CrossFit is for these obscenely fit, elite people you see in the pictures – those people didn't start out that way. Talk to a few of the members on your first visit and you will be in disbelief at some of their stories and how they were when they first came.

With this in mind the staff at Whaling City CrossFit offer a special beginner's program called the "On-Ramp Program." It's two weeks spent to assess your readiness for training and introducing the fundamentals of all the exercises that you will encounter in the gym. No, you aren't thrown to the wolves in intimidating fashion whereby within 15 minutes you're racing to the toilet to vomit your brains out.

There is also a 6-week version called the "Get Fit Challenge" geared towards those who really feel they are incapable of an athletic program. This program builds slower over the six weeks, and importance of being fit for life is stressed.

The staff offer intelligent and effective progressions. They want you to be challenged, but not overwhelmed in incremental fashion. This formula is responsible for the number of members who have received stunning results and staying on board years later. Tess elaborated on this "At the end of the day, it's not how much you lift in the gym that matters, it's having the energy and strength to play with your kids or grandkids. Or being self-sufficient until you are 90 years old."

Speaking of family, Whaling City CrossFit offers kid's program – as far as I know, the largest in the area. This makes it convenient for those parents whose only real barrier to heading to the gym to workout is needing someone to watch over

the kids: take them with you! You can train in the adult class, while the kids are working out. All of the coaches who teach Kids Classes are full-time instructors in the public school system. The program is geared towards getting sedentary kids moving and having fun with exercise but it's also geared towards student athletes.



Too often these days athletes are specializing in sports too young and this leads to muscle imbalances and overuse injuries. The staff preach and teach a well-rounded physical preparedness that will make students better in any sport they play.

With the New Year right around the corner and resolutions sure to follow, there's no better time to take the big leap to a new you. If you need any more incentive, Whaling City CrossFit is offering a "New Year's Get Fit Challenge" which starts on January 9th: 10% off from now until Christmas Eve. \$134, regularly \$149.

You don't have to take my word for it, simply check out the

testimonials and visitor's posts on their Facebook page. Peruse their photographs. These speak volumes about the efficacy of the program, the professionalism of the staff, and the results. At the end of the day, we want something that doesn't involve volumes of literature to grasp, a program that is efficient in that it has high returns compared to the input, and that is enjoyable to do. How many of us have hopped onto a trend, taken up a dull routine because we should "suck it up," or paid an arm and a leg to suffer physically and mentally?

There is clearly something special going on at 475 Church Street.

Whaling City Crossfit

475 Church Street

New Bedford, Massachusetts

Hours:

Mon, Wed, Fri: 5:00am-10:00am, and 3:00pm-7:45pm

Tue, Thu: 6:00am-10:00am and 3:00pm-7:45pm

Saturday: 9:00am-11:30am

Sunday: 10:00am-11:00am

Phone: (508) 995-1231, (508)207-3965

Email: erik@whalingcitycrossfit.com

Website: whalingcitycrossfit.com/

Facebook: facebook.com/WhalingCityCrossFit/

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Southcoast Health's Monthly Calendar Listings for November

ONCOLOGY

Southcoast® Centers for Cancer Care offer the following support groups free of charge to cancer patients and their caregivers. The staff at Southcoast wants you to know that you do not have to do this alone.

The following support groups will take place during the month of November and are offered at Southcoast Centers for Cancer Care, 206 Mill Road in Fairhaven or Southcoast Centers for Cancer, 506 Prospect Street in Fall River. Please call for dates and times:

FALL RIVER, Southcoast Centers for Cancer Care

Breast Cancer Support Group West

For patients with a breast cancer diagnosis

Call Susan Domingue, LICSW at 508-973-7810 for details

Colorectal Support Group

For patients with a diagnosis of colorectal cancer

Call Susan Domingue at 508-973-7810 for details

Lung Cancer Support Group

A support group specifically for patients with a lung cancer diagnosis

Call Susan Domingue, LICSW at 508-973-7810 for details

Support for Supporters

A support group for caregivers of patients with cancer

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FAIRHAVEN, Southcoast Centers for Cancer Care

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A support group for patients with any cancer diagnosis.

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OSTOMY SUPPORT GROUP

A support group for people with ostomies, their family members and friends. Meetings usually include an educational topic and provide time for questions, discussion, and sharing among group members in a confidential, non-threatening environment.

NEW BEDFORD

Wednesday, November 16, from 3 to 4 p.m.

St. Luke's Hospital

101 Page Street

New Bedford, MA

White Home Living Room

Call Lisa Cyr at 508-973-5550 for details.

FALL RIVER

Friday, November 25, from 2 to 3 p.m.

Charlton Memorial Hospital

506 Prospect Street

Fall River, MA

Mooney Room on the ground floor (enter through the Center for Cancer Care entrance)

Call Tina McDonald, at 508-679-3131 x 27509 for details.

PARENTS ENDURING GRIEF

Offering hope and encouragement to families that have experienced a miscarriage, stillbirth, ectopic pregnancy, sudden infant death syndrome (SIDS) or other loss of a child. Experienced maternal/child nurses and a clinical social worker are available during the meeting.

NEW BEDFORD

Wednesday, November 16, from 6:30 to 8 p.m.

St. Luke's Hospital

101 Page Street

New Bedford, MA

White Home Living Room

Call Judy Graves, RN, at 508-679-3131, ext 27067 for details.

BEREAVEMENT SUPPORT GROUP

Southcoast Visiting Nurse Association, known in the community as Southcoast VNA, offers free bereavement programs for grieving adults and children during the month of November. Registration is preferred for all groups. Please contact Bereavement Manager, Lindsay Coe, LCSW, at 508-973-3227 for more information.

General Bereavement Group

General Bereavement Groups are designed for adults grieving the loss of a loved one.

FALL RIVER

Tuesday, November 8, from 5:30 to 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue, Fall River

Multi-purpose Conference Room. Use main entrance.

NEW BEDFORD

Tuesday, November 15, from 5:30 to 7 p.m.

St. Luke's Hospital

101 Page Street, New Bedford

Library Conference Room. Use main entrance from Page Street.

WAREHAM

Tuesday, November 15, from 1 to 2:15 p.m.

Tobey Hospital

43 High Street, Wareham

Stillman Library. Use main entrance.

Widows and Widowers Group

The Widows and Widowers group is designed specifically for adults grieving the loss of a partner.

SOMERSET

Tuesday, November 22, from 3:30 to 5 p.m.

Somerset Library

1464 County Street, Somerset

Shipyard Room

Children's Bereavement Group

For children ages 6 to 13 who have suffered any type of loss.

NEW BEDFORD

Tuesday, November 1

Ages 6 to 13: 3:30 to 4:30 p.m.

Ages 14 to 18: 4:30 to 5:30 p.m.

Boys & Girls Club of Fall River

803 Bedford Street, Fall River

Second floor community room

ADDICTION AND RECOVERY SUPPORT GROUP

Learn to Cope, a weekly support group offering peer-support, education, resources and HOPE for families dealing with addiction and recovery.

FALL RIVER

Every Monday from 7 to 8:30 p.m.
Mooney Conference Room
Southcoast Centers for Cancer Care
506 Prospect Street, Fall River

Child Birth and Family Education classes

Southcoast® Health offers a wide range of child birth and family education classes on an ongoing basis. Please call the appropriate contact listed below for more information on each class.

Childbirth Classes

Birthing Bootcamp
Childbirth Classes for Young Parents (ages 12 to 17 years)
Refresher Childbirth Classes

Pre-registration is required for all classes. We recommend calling to register during the 16th week (10 to 12 weeks for multiples) of pregnancy to assure placement in the class you need. Not all classes are offered at all locations. Many health insurance companies will reimburse the cost of classes. Be sure to contact your insurance company to ask about coverage.

For more information, please contact the following:

Charlton Memorial Hospital

363 Highland Avenue
Fall River, MA
Gina Kiser, RN, BSN, CCE
508-973-7308
kiserg@southcoast.org

St Luke's Hospital

101 Page Street
New Bedford, MA
Patty VanDenBerghe, RN, BSN, CCE

508-961-5445

vandenberghopa@southcoast.org

Center for Women's Health

300B Faunce Corner Road

Dartmouth, MA

Patty VanDenBerghe, RN, BSN, CCE

508-961-5445

vandenberghopa@southcoast.org

FALL RIVER/NEW BEDFORD

Breast-Feeding Basics

Learn about the healthy option of breastfeeding, basic skills to provide a good foundation and how to avoid potential stumbling blocks. Expectant mothers and their partners are encouraged to attend. Please call to register.

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

Call Gina Kiser at 508-973-7308 for details.

St. Luke's Hospital

101 Page Street, New Bedford, MA

Call Patty VanDenBerghe at 508-961-5445 for details.

DARTMOUTH

Infant and Child CPR for Families and Friends

This pediatric CPR course covers techniques for newborns to 8 year olds. The class is \$40 per person or \$60 for two people. Pre-registration is required.

Center for Women's Health

300B Faunce Corner Road

Dartmouth, MA

Call Patty VanDenBerghe at 508-961-5445 for details.

Breastfeeding Support Group

A place for breastfeeding mothers to come for physical, mental and emotional support. The class is facilitated by a lactation consultant/counselor. There is no charge and registration is not required. Drop-ins and their female support people are welcome.

Center for Women's Health

300B Faunce Corner Road

Dartmouth, MA

Call Patty VanDenBerghe at 508-961-5445 for details.

WEIGHT LOSS SEMINARS

BARIATRIC INFORMATIONAL SESSIONS

Southcoast® Center for Weight Loss will offer free informational sessions on the risks and benefits of weight loss surgery, also known as bariatric surgery, during the month of November.

The free informational sessions will be held at:

HYANNIS

Wednesday, November 2, at 7 p.m.

The Cape Codder Resort

1225 Iyannough Road

Hyannis, MA

WAREHAM

Tuesday, November 8, at 6:30 p.m.

Tobey Hospital

43 High Street

Wareham, MA

Operating room waiting area

FALL RIVER

Thursday, November 10, at 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

NEW BEDFORD

Wednesday, November 16, at 7 p.m.

St. Luke's Hospital

101 Page Street

New Bedford, MA

White Home conference room

PLYMOUTH

Wednesday, November 16, at 6:30 p.m.

John Carver Inn

25 Summer Street

Plymouth, MA

TAUNTON

Wednesday, November 23, at 7 p.m.

Holiday Inn – Taunton

700 Myles Standish Blvd

Taunton, MA

FALL RIVER

Thursday, November 24, at 7 p.m.

Charlton Memorial Hospital

363 Highland Avenue

Fall River, MA

Millions of Americans fall into the category of clinically severe obesity – more than 100 pounds overweight with a body mass index greater than 40. Body mass index is a calculation of weight in relation to height.

Weight loss surgery has been endorsed by a consensus panel convened by the National Institutes of Health as the only effective means of inducing significant long-term weight loss for the vast majority of patients with morbid obesity.

The Southcoast Center for Weight Loss's community-based program is designed to incorporate a thorough approach to

weight loss surgery utilizing a team comprised of dietitians, psychologists, nurses and surgeons to provide a safe and comprehensive surgical weight loss program.

For more information or to register for a free seminar call 508-273-4900. For more information on the Southcoast Center for Weight Loss visit www.southcoast.org/weightloss/.

WEIGHT MANAGMENT INFORMATIONAL SESSIONS

Southcoast® Center for Weight Loss will offer a free weight management informational session during the month of November.

The informational session will review the different non-surgical weight loss options offered at the Southcoast Center for Weight Loss. The sessions will include information on Optifast, a weight loss program which combines lifestyle education, meal replacements, medical management and individual and group counseling. The sessions will also include information on a non-meal replacement option program called 3C's for Success (Commit, Challenge, Change).

WAREHAM

Thursday, November 17 at 5 p.m.

Southcoast Health at Rosebrook

100 Rosebrook Way

Wareham, MA

Third floor conference room

For more information or to register for an informational session, call 508-525-3114.

MEDICAL FITNESS/REHABILITATION PROGRAMS

Southcoast® Health offers medical fitness and rehabilitation programs

Southcoast® Health will offer the following medical fitness and rehabilitation programs during the month of November.

FALL RIVER, NEW BEDFORD & WAREHAM

Medical Fitness Program

This individualized exercise program is designed for those with cardiovascular disease, congestive heart failure, cancer, diabetes, peripheral vascular disease, high blood pressure, overweight and chronic orthopedic conditions. The program is offered for \$60 per month at three classes a week or for \$40 per month with two classes a week. A doctor's prescription is required to participate.

Cardiac Rehabilitation

An ongoing, structured exercise and education outpatient program for individuals recovering from heart attack, heart surgery, heart disease or are high risk for the same. A physician referral is required. The cost of this program is covered by most insurances.

Pulmonary Rehabilitation

This is a structured exercise and education program with oxygen saturation monitoring during exercise. It is designed for individuals with pulmonary diseases including asthma, bronchitis, emphysema and COPD. The cost of the program is covered by most insurances. The program meets year-round. A physician referral is required.

These classes are being offered at Durfee Union in Fall River, St. Luke's Hospital in New Bedford and Tobey Hospital in Wareham. Call 508-961-5435 for details.

PACE Health Insurance Open Enrollment Event

PACE Health Access Program, in conjunction with the Fishing Partnership, is hosting an Open Enrollment Event at the PACE

main office located at 166 William Street on Tuesday, November 1st from 9AM until 1:30PM. People who need to renew their health insurance plans or apply for the first time should plan on attending.

November 1st is the first day a person can enroll, re-enroll or change a 2017 insurance plan through the Massachusetts Health Connector. The last day to enroll or change a 2017 health plan is January 31, 2017. After January 31st a person can enroll or change plans only if they qualify for a "Special Enrollment Period". A Special Enrollment Period is available if a change has happened in the person's life since the last enrollment period...like a life event..like getting married, losing other coverage or having a baby, or other life changing events. People who want to apply for MassHealth or the Children's Health Insurance Program (CHIP) can apply at any time during the year.

The SouthCoast Health Van will be in front of the building and will be giving wellness checks as well as Flu vaccine, Tetanus shots, and Pneumonia vaccines. Blood Pressure, Cholesterol and Glucose checks will also be available. For more information call PACE 508-999- 9920.

Healthy Futures Farm's Core Mission: Making Healthy, Local Produce Affordable and Accessible

When Averyl Andrade heard that 1 in 5 children in New Bedford and Fall River go to bed hungry every day, her life changed.

She was a student at Bristol Community College studying English when she decided to take their Master Gardener's Certificate Program on the side. Over the course of twelve weeks, she learned about farming, composting, pest management... but most importantly, the local food epidemic.

"Hearing that 1 in 5 kids go to bed hungry every day ate at me for weeks, like a stone in my stomach. It was making me nuts. I just kept thinking – 1 in 5? What are we going to do? How do we combat that?!"

Though she wasn't quite aware of it yet, her entire life course was about to change. The very issue sparked a passion in her. "I had to do something. Change needed to happen," she says. "There should never be a hungry child."

Her response? Start a farm. "The only way to combat this is to grow good clean food and make it accessible to people." And today, she and her husband Nathan are doing just that.



Photo by Dylan Cadieux.

Healthy Futures Farm started in the spring of 2015 and today it is thriving, growing, and accomplishing exactly what they set out to do. In fact, their story is amazing. It's incredible how much they've done in such short time. Perhaps it's because Healthy Futures Farm was meant to serve the community.

Before she'd even finished her Master Gardener's program, she went to Craigslist and posted an ad: Soon-to-be sustainable aggraduates looking for a farm. By her very next class, she'd already received a response. "A local landowner emailed us and said he had all this grass!," she says, and today, that grass has become 2.75 acres of delicious, healthy produce.

With a plot of land, Averyl and her husband ventured out to work alongside other area farmers and learn more about the trade. They adopted best practices for clean farming and growing the healthiest produce they could. "Everything we do is clean and natural. We feel that all pesticides, herbicides, fungicides, and synthetic fertilizers are unnecessary and damage soil. Instead, we focus on soil nutrition so everything grows naturally into a healthy plant."

Today, they reap what they've sowed. The farm is breathtakingly beautiful, and the produce delicious. But don't forget their central mission – to make good clean food affordable and accessible.

Through Healthy Futures Farm, Averyl and her husband are committed to feeding those who need good clean food the most. In just one year, they've made a huge impact working with food pantries, selling at farmer's markets in underserved areas, and even making donations.



Photo by Dylan Cadieux.

“We try to go to farmer’s markets in economically oppressed areas. Usually, their lead pay is WIC vouchers and food stamps. We also do pop-up markets with other groups like NB Wellness every Sunday at the Boys and Girls Club, and pop-ups at DCYF and different wellness events.”

And when they’re not selling, they’re donating. They donate to local food pantries, and even donate a weekly share to the animals at Buttonwood Park Zoo. Though Averyl is originally from Omaha, Nebraska, she had family in New Bedford. “We’d come up for long weekends and always visit the zoo. I was a kid and I remember when Ruth and Emily came, and I loved that.” Now, she gives back to ensure that the animals are eating good clean healthy food too.

Even more, it is Averyl’s personal mission to educate and inspire others to effect even bigger change. The farm works with the NB Roots and Shoots program, donating seeds and transplants, and talking to kids about gardening. When she’s

not speaking to kids, she's speaking on behalf of the program at BCC and how it gave her both her career and her purpose.

When asked what she loves most about her work, Averyl said, "This gives me a chance to help people in a really good way. When you change people's eating habits for the better, that's pretty cool. I really like feeding people. That's key. When people come back and they say to me, 'it was so good,' that's so great."

She has fun with it too. "I like being able to get people to try new things, or even just willing to try it... It's really nice to get to see kids try new foods, or to have a parent say, 'my kid will not eat a tomato,' and then they eat a tomato, or, 'My husband will not eat a vegetable and you got him to eat lettuce,' ...and now, they're willing to try other stuff." Learning to love healthy food is at the core of her work. It is accomplishing her goal of changing people's food habits, for the better.

Healthy Futures Farm has done so much already, but they've only just begun. "We're working with a lot of other small local farms to get everyone to understand how important, good clean local food is."



Photo by Dylan Cadieux.

“This is the movement. People are going to start to recognize that their health is in their hands. It’s not in the hands of the doctors... Eating healthy, taking care of yourself, that’s the one all save all.”

Her hope for the future? “To get everyone to start gardening

again. The guy next door might be growing cucumbers, this guy growing lettuce, all just working together, trading products, bringing people back together... Knowing who your neighbors are."

For now, Healthy Futures Farm will be that neighbor, growing cucumbers and lettuce, garlic scapes, nutrient dense celery, hearty squash, watermelons – you name it. Averyl and her husband do essentially everything by hand. It's a lot of work, but it's worth it. It's their passion.

"It's like that saying... you know you're in love when you know the words of a love song. I feel like that about what I do. I'm living the dream in a country. Just getting to be out here..." she says as she looks all around and takes in what she's built.

"Once you get the farming bug, you've got the farming bug. Just knowing how people grow things. It's awesome... and my kids know this is where they're gonna be. To know that my grandson is going to be here, growing food, changing how things happen. That's pretty cool."

2018 Healthy Futures Artisan & Farmers Market Dates To Remember

June 6th: Opening Market

The Healthy Futures Artisan & Farmers Market is set to ring in the 2018 market season! This season's line up is growing by the week. Come by and support local farmers and artisans while

supplying your family with locally grown produce, meats, jams, honey, body care items and 1 of a kind home decor. Some confirmed vendors are...

Stony Creek Farm and Grass Fed Beef

Shoplittlesprouts – handmade items for the whole family

Sampson Farm

Off The Grid 4H

Healthy Futures Farm

The Enduring Gift

Also still accepting vendor applications!

August 8th: Farmers Market Week

Come celebrate FARMER'S MARKET WEEK at the Healthy Futures Artisan & Farmers Market! This season's line up is growing by the week. Come by and support local farmers and artisans while supplying your family with locally grown produce, meats, jams, honey, body care items and 1 of a kind home decor. Some confirmed vendors are...

Stony Creek Farm and Grass Fed Beef

Shoplittlesprouts – handmade items for the whole family

Sampson Farm

Off The Grid 4H

Healthy Futures Farm

The Enduring Gift

Also still accepting vendor applications!

October 31st: Harvest Festival

Learn more online or stop by and say hello. Healthy Futures Farm wants to see, meet, and feed you!

Healthy Futures Farm

528 American Legion Highway
Westport, MA 02790

Hours:

Farm stand daily: Tuesday-Sunday – 11:00am to 6:00pm

Wednesday Farmer's Market on-site at farm with six vendors

*Sunday Pop-up Market at NB Boys and Girls Club 11:00am-3:00pm
(166 Jenney Street)*

Website: guide.farmfreshri.org

Facebook: www.facebook.com/healthyfuturesfarm

New Bedford Guide is a proud consumer of one of Healthy Futures Farm's CSA's (Community Supported Agriculture). As a consumer, you pay a flat rate and pick up a weekly share. Broken down, the cost is about \$15 per week...and get this – each week, one CSA share yields something similar to this one we received:

- 6 ears of corn
- 1 pattypan squash
- 1 summer squash
- 1 eggplant
- 1 bell pepper
- 6 hot peppers
- 1 cucumber
- 2 heirloom tomatoes
- 1 carton of small tomatoes
- 2 stalks of fennel
- 1 stalk of leeks

- 1 stalk of celery
- 1 head of lettuce
- 1 delicious watermelon!

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Southcoast Health offers free mammograms to the uninsured during the month of October

Southcoast Radiology and Imaging Services, a part of Southcoast Health, is offering free mammograms for uninsured individuals during National Breast Cancer Awareness Month in October. Screenings are offered at all 10 Southcoast Breast Imaging Centers across the region.

Statistics show that one in eight women over the age of 40 will develop breast cancer. Since patients are less likely to experience symptoms during the early stage of breast cancer, when tumors are small and most treatable, early detection and regular screenings are a necessity to reduce advanced stage diagnosis and often improve treatment outcome. The American Cancer Society (ACS) notes that it is very important for women to follow the recommended screening guidelines for detecting breast cancer at an early stage, before symptoms develop. The ACS recommends that women receive a regular, annual mammogram beginning at age 40.

Data also shows that individuals without health insurance are less likely to have regular breast cancer screenings,

significantly reducing their chances of early detection. That is why Southcoast Health is offering this important screening, at no cost, to any uninsured individual during National Breast Cancer Awareness Month.

Appointments are required. To schedule a free mammogram during the month of October call central scheduling at 800-276-0103. Massachusetts residents will also have the opportunity to speak with Patient Financial Services for guidance on how to apply for health insurance. Rhode Island residents without insurance are welcome to take advantage of the free screenings, but will not qualify for financial assistance.

Southcoast Health is a primary provider of breast health services in the region. Southcoast Breast Imaging Center is designated as Centers of Excellence by the American College of Radiology, is certified by the National Accreditation Program for Breast Centers by the American College of Surgeons, and offer 100 percent digital mammography services at all of their sites throughout Southeastern Massachusetts.

The Southcoast Breast Imaging Centers are located at:

DARTMOUTH

Southcoast Center for Women's Health
300B Faunce Corner Road

FALL RIVER

Charlton Memorial Hospital
363 Highland Avenue

Borden Medical Building
300 Hanover Street

HealthFirst Family Care Center
387 Quarry Street, Suite 104

New Boston Medical Center
373 New Boston Road

Truesdale Clinic
263 Stanley Street

NEW BEDFORD

St. Luke's Hospital
101 Page Street

Greater New Bedford Community Health Center
874 Purchase Street

WAREHAM

Tobey Hospital
43 High Street

Southcoast Health at Rosebrook
100 Rosebrook Way

About Southcoast Health

Southcoast Health is a community-based health delivery system with multiple access points, offering an integrated continuum of health services throughout Southeastern Massachusetts and parts of Rhode Island. Southcoast Health's mission is to promote the optimal health and well-being of individuals in the communities it serves. To achieve this aim Southcoast Health has built an integrated "Community of Care" that delivers safety, quality, convenience and an exceptional patient experience in an environment that offers the greatest opportunity for improved health.

Southcoast Health is comprised of four hospitals – Charlton Memorial in Fall River, St. Luke's in New Bedford, Tobey in Wareham and Southcoast Behavioral Health in Dartmouth – two Centers for Cancer Care, two Urgent Care Centers, a physician's network, an employed physicians group, a visiting nurse association and numerous additional ambulatory facilities and serves more than 719,000 residents in 33 communities covering over 900 square miles.

Southcoast Health is the largest provider of primary and specialty care in the region with more than 600 physicians, hospitalists and mid-level practitioners in the Southcoast Physicians Network – 450 of whom are employed by Southcoast Physicians Group (SPG). SPG unites Southcoast Health's primary care, surgical, and specialty services into one seamless, region-wide provider. SPG is comprised of a wide-range of specialties and offers advanced care locally. Physician practices are located throughout the South Coast region and parts of Rhode Island.

Southcoast Health is the largest employer south of Quincy, Mass., and the 17th largest employer in the Commonwealth according to the Boston Business Journal, with over 7,400 employees.

Southcoast Health is a not-for-profit charitable organization that depends on the support of the community to provide services. More information is available online at **www.southcoast.org**. Connect to Southcoast Health through social media at **www.southcoast.org/connect/**.

Southcoast® is a registered trademark of Southcoast Health System.

Madeleine Sampson, MD, joins the Southcoast Centers for Cancer Care

Southcoast Health announced today that Madeleine Sampson, MD, has joined the radiation oncology team at the Southcoast Centers for Cancer Care.

Dr. Sampson is a graduate of Yale University and received her medical degree from the University of Massachusetts Medical School in Worcester, Mass. She completed her internship in Internal Medicine at Rochester General Hospital in Rochester, N.Y., and her residency in Radiation Oncology at Strong Memorial Hospital at the University of Rochester Medical Center in Rochester. She is board certified in radiation oncology.

Prior to joining Southcoast Health, Dr. Sampson worked as a Radiation Oncologist at Brigham and Women's/Sturdy Radiation Oncology Center in Mansfield, Mass. She also volunteers for the Yale Alumni School Committee interviewing Yale applicants. She currently resides in Duxbury, Mass., and is active in the Boy Scouts of America.

The Southcoast Centers for Cancer Care are located at 534 Prospect Street in Fall River and 206 Mill Road in Fairhaven. To schedule an appointment with Dr. Sampson, call 508-973-3055.

West Nile virus detected in New Bedford mosquito samples

The Massachusetts Department of Public Health (MDPH) has notified the New Bedford Health Department of the finding of West Nile Virus in a mosquito sample obtained from the Washburn Street area of New Bedford. The mosquito is of the *Culex pipiens restuans* complex species and is mainly bird-biting. In response to these findings, the Bristol County Mosquito Control Project will conduct two rounds of targeted ground sprayings.

The first round of targeted ground spraying will occur in the early morning of Friday, September 9, 2016. This round of spraying will target areas including Buttonwood Park, Brooklawn Park, Fort Tabor, Hazelwood Park, Riverside Park, Clasky Park, Ashley Park, the Poor Farm area, Custom House Square and Washburn Street area. Spraying will take place between 2:00 am and sunrise on Friday morning, weather permitting. Residents in the vicinity of the targeted areas may wish to close their windows this evening prior to the spraying.

The second round of targeted ground spraying will occur on the morning of Monday, September 12, 2016 in the Washburn area, weather permitting. (If weather presents a conflict, this round of spraying will occur on Tuesday, September 13, 2016.) Spraying will take place between 2:00 am and sunrise, weather permitting. Residents in the vicinity of the targeted areas may wish to close their windows this evening prior to the spraying.

There have been no positive pools for EEE found in New Bedford this season. Bristol County Mosquito Control Project will continue trapping mosquitoes as part of its monitoring program for two more weeks. In addition, the Massachusetts Department of Public Health will continue its monitoring program until mid-October.

The Bristol County Mosquito Control Program will complete its spraying program for the season early next week. With cooler overnight temperatures, mosquito surveillance is less effective and the small numbers of mosquitoes trapped are not indicative of actual risk. While spraying is no longer an effective tool in reducing the threat under current temperature conditions, other precautionary measures remain effective.

Though populations are declining as we move away from mosquito season and into colder weather, it remains important to take

precautions to prevent mosquito bites. Residents are urged to apply mosquito repellent and use clothing to reduce exposed skin.

The risk of mosquito-borne illness typically extends until an area has experienced a hard frost. A hard, or killing frost is defined meteorologically as two consecutive hours of temperatures below 28 degrees Fahrenheit. This will occur at different times for different communities, and there may even be variation within communities based on local geography. Although mosquitoes are not killed until a hard frost occurs, they are extremely unlikely to be active when temperatures fall below 50 degrees in the evening. These conditions are expected in the days and weeks ahead throughout the region, as well as a significant reduction in outdoor activity with the end of the summer season.

Like EEE and West Nile, 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

- 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.
- 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.
- 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

- 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.