

Leyden Life

Leyden, Massachusetts

April 2015

Selectboard Office Hours:

Monday 12:00 - 5:00 PM, Tuesday—Thursday 9:00 AM - 3:00 PM

Friday 9:00 AM - 1:00 PM

Tax Collector:

Monday and Wednesday 5:30 - 8:00 PM

Assessors Office:

Wednesday 2:00 - 8:00 PM

Select Board

SELECTBOARD MEETINGS

The Select Board will meet on Thursdays April 9th at 9:00 AM, and April 23rd at 6:45 PM in their office. To be added to the agenda or to get a copy of it, please contact Bob Hardesty at 774-4111 or leydensselectboard@crocker.com at least 72 hours prior to the meeting. Anyone not on the posted agenda is welcome to address the Selectboard at the end of the meeting during the "Citizens' concerns not anticipated in advance of the meeting" agenda item time.

FEBRUARY TOWN HALL MEETINGS

Wed, Apr 1	6:30 PM	Board of Assessors
Tue, Apr 7	7:00 PM	Agricultural Commission
Wed, Apr 8	7:00 PM	Planning Board
Thu, Apr 9	9:00 AM	Selectboard
Tue, Apr 14	5:30 PM	Board of Health (at the Police Station)
Wed, Apr 15	6:30 PM	Board of Assessors
Mon, Apr 20	7:30 PM	Conservation Commission
Tue, Apr 21	7:00 PM	Historical Commission (Downstairs at the church)
Thu, Apr 23	6:45 PM	Selectboard

Any changes to these meeting dates or times will be posted separately. Meetings *not* held monthly will also be posted separately.

Note: Monthly meetings are now posted on the town web site at www.townofleyden.com. Any changes or additions to meeting times and/or dates should be forwarded to the Municipal Assistant.

—Selectboard

Town Custodian Needed

The Town of Leyden is seeking a part-time custodian for Town Hall. The duties include, but are not limited to, sweeping or vacuuming of Town Offices, and emptying trash and recycle bins. The Meeting Hall shall be swept and mopped as necessary, and before and after functions. The kitchen shall be cleaned monthly. Restrooms shall be cleaned weekly. All doors and pathways shall be cleared within 24 hours of snowstorms. Persons interested should call Bob Hardesty, Municipal Assistant, at 774-4111. A complete list of custodial duties is available at Town Hall.

Selectboard Corner

The Select Board is currently meeting weekly with department heads, committee chairs and staff to review their budgets for fiscal year 2016. This information is then put into the town budget and provided to the Finance Committee to review. Each meeting also covers capital needs.

Cont. on Page 2

Town Clerk

VITAL STATISTICS

Deaths: Katie Ainsworth, February 10

No births or marriages were reported.

TOWN CAUCUS

The annual Town Caucus to nominate candidates for the 2015 Annual Town Election on May 16th, will be held on Wednesday, April 1st, at 7:00 PM at Town Hall. Offices open for nomination are as follows: **Assessor** (3-year term), Kenneth Spatcher, incumbent; **Board of Health** (3-year term), Gloria Fisher (I); **Constable** (3-year term), Wallace Herzig (I); **Library Trustee** (3-year term), Richard DiMatteo (I); **Moderator** (1-year term), Katherine DiMatteo (I); **Planning Board** (5-year term), Robert Snow (I); **Selectboard** (3-year term), Jeffrey Neipp (I); **Selectboard** (1-yr term), Barbara Wallace (I); **Town Clerk** (3-year term), Robert Hardesty (I); **Tree Warden** (1-year term), Edmund Klaus (I).

ANNUAL TOWN MEETING AND ELECTION

The Annual Town Meeting and Election will be held on Saturday, May 16th at Town Hall. Polling hours for the Election are 8:00 AM to 4:00 PM. Town Meeting will begin at 9:00 AM. The last day to register to vote at Town Meeting and Town Election is Monday, April 27th.

Town Clerk Office Hours are Mondays 8:00 AM – 12:00 NOON and
Wednesdays 4:30 – 6:00 PM Phone 774-7769

Town Clerk Needed (Elected Position)

Bob Hardesty, who has been Town Clerk for twelve years, has decided not to run for re-election this year. The Town needs a qualified, interested person to run for the office of Town Clerk. If you are interested, please attend the Town Caucus on Wednesday, April 1st and let people know you are interested.

Tree Warden Needed (Elected Position)

Ed Klaus, who has been Tree Warden for a number of years, has decided not to run for re-election this year. The Town needs a qualified, interested person to run for the office of Tree Warden. If you are interested, please attend the Town Caucus on Wednesday, April 1st and let people know you are interested.

Easter Egg Hunt

The Easter Egg Hunt will take place Saturday, April 4th at the Leyden United Methodist Church. All Leyden kids up to 6th grade are invited. Each family is asked to bring six colored Easter eggs. We'll meet at the church at 11:00 AM for some fun and games while the Easter Bunny is hiding the eggs all over on the Town Common. There will be treats and toys from the Easter Bunny as well. This event is co-sponsored by the Leyden United Methodist Church and the Leyden Rifle Club. Call Mary Lou Barton at 773-3548 for more information.

Robertson Memorial Library

Library Hours: Monday 1:00 – 6:00 PM; Wednesday 1:00 – 6:00 PM, and
Saturday 10:00 AM to NOON Phone 773-9334 (Leave a message any time.)

We have purchased a number of DVDs that were nominated for Academy Awards as well as a number of best sellers and books that have received starred reviews. All five seasons of the popular “Downton Abbey” are ready for you along with well over three hundred great DVDs of all genres. The CD shelves are jam packed with goodies, too!

If you are getting the ‘hands-in-the-dirt’ garden fever, we have some great books to help you plan the perfect veggie or flower garden. If you are raising chickens or working to create a more sustainable homestead, visit our collection, and perhaps you’ll find just what you want!

Love to cook or bake? We have some recently published titles to keep you busy, too! If you’ve watched the popular cooking channel, we have some books written by some of the pros who make preparing healthful meals seem like fun!

With the coming of spring we hope to see more people out and about and visiting the library on a regular basis. Signs of peoples’ emerging from hibernation were very evident in mid-March. Eleven patrons, for example, converged on this little building en masse. Such fun! Two high schoolers decided to become Saturday volunteers and laughter filled the room as patrons searched the perfect book to read. Come and join the fun!

Happy spring to all!

—Chris Johnston

Selectboard Corner

Continued from Page 1

The Select Board has met with Department of Transportation experts and discussed their recommendations for addressing the safety and speeding issues involved at the intersection of Mid County Road and West Leyden Road. Once the snow has cleared, and the intersection can be viewed clearly, a public hearing will be scheduled.

The Council on Aging has provided the compiled results of its Community Survey for Leyden Seniors. One of the primary results was the need for transportation. The Select Board has met with the Franklin Regional Transportation Authority (FRTA) and has a meeting scheduled with Dianne Cornwell, Executive Director of the Bernardston COA, to discuss the transportation options Bernardston has found successful. Leyden's COA has solid momentum and the Select Board is actively discussing how to support their needs.

Discussions have begun on how to best use the land donated by the Herrons adjacent to Avery Ball Field and Pearl Rhodes School. We'll have more information on this soon.

Barbara Wallace has submitted, with regret, her resignation to the Select Board due to grandchildren health issues. She expresses gratitude for the opportunity to serve the town and hopes to continue to be involved in the town in ways that can also provide flexibility for her family's needs.

—Selectboard

Board of Health Member Needed

(Elected Position)

We need another member on the Board of Health. No experience is necessary, but a background in health care or food services would be great. Help keep Leyden healthy—join the Board of Health!

While there is still snow on the ground, it is good to be mindful that those tiny nymphs that grow up to be ticks are making their way into our lives again. *Even in the Nymph Stage, ticks can spread Lyme disease.* Leyden is still covered by the *free tick-testing grant until June of this year.* If you have any questions about identifying a tick, or would like to use the *free* tick-testing service, please call Kathie at 773-8595.

Leyden Life Lowdown

EASY SUBMISSION

Submit an e-mail to Cornelia Reid at cr43wr41@gmail.com, Carolyn Asbury at carolyn.asbury@gmail.com, and Bob Taylor at bobxtwo@verizon.net. (Yes, please send it to *all three* of us.)

Either attach a Word document or include the information in the body of the e-mail. If e-mail is not possible for you, hard copies of items for *Leyden Life* can be left in the book drop outside the Library. The deadline for inputs is the **15th of the month.**

If you would like to receive the **electronic version of *Leyden Life*** in PDF format, please email the same three addresses listed above.

THANKS

Thanks to Angels' Rest and Erik Johnson for donations this month.

Thanks to Laura Timmerman, Lois Feldman and Karen Loomis for collating, and thanks to deliverers Marie Bartlett, Marie Lovley, Pat Little and the Cafferys. (We apologize if we missed anyone.)



Spring!

**Spring is sprung
The grass is riz
I wonder where
The flowers is**



DISCLAIMER

Leyden Life is not an official publication of the town, nor an official source of town business. We do our best to print accurately and distribute promptly the announcements and information we receive. Please check with the town to verify information regarding town business or activities.

Leyden Life

Published monthly in Leyden, Massachusetts by a non-profit group of volunteers.

Editors: Cornelia Reid 774-5146,
Carolyn Asbury 774-2840

Layout and Design: Bob Taylor 624-8965

Items for the next issue are due to
Cornelia at cr43wr41@gmail.com,
Carolyn at carolyn.asbury@gmail.com,
and Bob at bobxtwo@verizon.net
by 5:00 PM on

Wednesday, April 15th.

If you cannot e-mail your submission, please leave it in the book drop outside the Library.

Donations are always welcome! Send to:

Leyden Life c/o Reid
30 West Leyden Road
Leyden, MA 01337

Leyden Council on Aging (COA)

Mission Statement: The Leyden Council on Aging is a senior advocacy group sponsored and funded by the Massachusetts Department of Elder Affairs. Our purpose is to enrich the lives of Leyden residents 60 and older, by providing educational and recreational opportunities that promote the physical, social, and mental wellness of our residents, and by directing seniors and their families to local and state agencies available to address their personal needs.

DID YOU KNOW....that there are some mechanisms in place for seniors having trouble paying their property taxes?

You may be eligible for the Massachusetts Senior "Circuit Breaker" Tax Credit. If your property tax is greater than 10% of your total income (or greater than 25% of your rent), you may be eligible for a state tax credit, up to a maximum of \$1,050 this year. You must file an income tax return in order to get the credit.

To be eligible this tax year, you must be 65 or older at the close of 2014; must own or rent property in Massachusetts as your principal residence; your "total income" cannot exceed \$56,000 as a single filer, \$70,000 for a head of household, or \$84,000 for taxpayers filing jointly; and the assessed valuation of your residence cannot exceed \$691,000.

For more information, go to www.mass.gov/dor; consult a professional tax preparer; or make an appointment with an AARP tax aide at a local senior center (Montague, Orange, Northampton, Amherst and Brattleboro Senior Centers typically provide this service.)

The Town of Leyden also offers property tax deferrals for seniors who are having trouble paying their property tax. If you qualify, you may defer paying the property tax on your home until the house is sold, or until you reach half the assessed value of your house, whichever comes first. A 10% interest charge is applied. Other information, including income and residency guidelines and application, are available from the Assessors' Clerk.

Wednesday, April 1

♦ **4:30-6:00 ~ Monthly Business Meeting** at Town Hall. Anyone is welcome to attend.

♦ **Wednesday, April 15**

♦ **12:00 ~ Lunch Club** ~ Yum! Our Leyden Lunch Club meals will now be provided by local friends and establishments, as part of our continuing effort to offer delicious home-style lunches. The April menu will include scalloped potatoes with ham, fruit salad, and assorted baked goodies. We anticipate 20 diners at each meal, so call early to reserve a place – phone Sue Howarth at 774-3118.

♦ **1:00 ~ Inside the Bridge of Flowers** ~ Local gardening guru, Recorder columnist, and member of the Bridge of Flowers Garden Assn., **Pat Leuchtman** will present the history of the Bridge of Flowers, along with information on its various plants and flowers, and the maintenance required to keep this landmark looking beautiful.

♦ **Need transportation?** Call Sue Howarth at 774-3118.

WiredWest

WiredWest is on the move. This cooperative of western Massachusetts hill towns is dedicated to bringing affordable, reliable, high-speed internet to those of us who have been without it for far too long. Thirty-two towns are working together to build and operate a regional state-of-the-art fiber-optic network that will bring broadband internet, digital phone, TV and more to our homes and businesses. We know that Verizon will never invest in expanded, or even adequate service to all our residents, nor can we be sure that they will even maintain what they have. It is up to all of us, pulling together, to make this happen.

The cost to build the network in these towns is an estimated \$79 million. The state is contributing up to 40% of the funds through the Massachusetts Broadband Institute, but the towns must provide the rest. No one else will do it. For Leyden to become a "Fiber Town" and be part of the WiredWest network, two things must happen:

1. Forty percent of the households in Leyden must sign a conditional commitment for service and make a \$49 deposit, to be applied to the first month's bill. This means at least 144 households in Leyden must commit. The deposit is refundable upon request if you change your mind for any reason.
2. A 2/3 vote in a town meeting this spring is needed to approve borrowing the funds that each town must contribute as its share of network construction costs.

We must act together now to get broadband, so please join the campaign to make Leyden a Fiber Town.

You should have received an envelope in the mail last week with a supporting letter from the Selectboard, a WiredWest brochure, and a WiredWest sign-up contract you can mail in with your \$49 deposit. You can also go to <https://register.wiredwest.net/> to sign up on line, and to see progress of Leyden and other towns. You can get more information at <http://wiredwest.net/>. If you have problems signing up, email info@wiredwest.net to have a volunteer contact you to help.

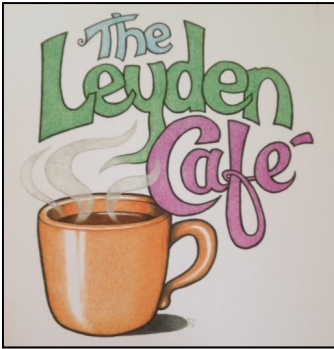
This is an important infrastructure initiative. What we don't do now will most likely come back to haunt us, and at far greater cost. It will be much more efficient and cost effective by doing this as a cooperative, and by wiring contiguous towns. We will not have access to the 40% state contribution if we wait too long. Leyden residents have been very aware of the importance of this project and very willing to take all the necessary steps so far. I have no doubt we can do this. Each of us needs to lobby friends and neighbors to get on board. Make this a personal priority to keep us moving forward.

A Broadband Committee is being organized. For the moment it is unofficial and volunteer, but there will be a Town Meeting warrant article asking the Selectboard to make it official. If you would like to help now contact Al Woodhull.

Sheila Hourihan - Wired West Delegate for Leyden

*Al Woodhull - Wired West Alternate Delegate for Leyden:
Phone 413-773-3522*

*Read for fun
Read for knowledge
Robertson Memorial Library*



Leyden Cafe Spring hours.

We will be open the month of April from 9-12 on Saturdays (Closed Sundays). The cafe is available to be open for your group or special event.

Leyden United Methodist Church

Easter Gladness!

On the windiest day, the snowiest night, the darkest afternoon, it seems like spring will never come, but we all know it will—eventually. We must simply be patient and we will be rewarded with warm days, the pungent smell of spring mud, sunny yellow daffodils and verdant blades of grass springing up beneath our feet.

That's the message of Easter too, that hope springs eternal, that love wins.

It's hard to remember that good overcomes evil in a world where our neighbor's home burned last week or a precious family member was killed in an automobile accident. The Easter story that we will celebrate on April 5th is the story of just such a cruel and hurting world. It is the story about our Creator who loved the world enough to personally enter it in order to teach us how to love one another; to prove to us that we are each a beloved creation, forgiven and blessed.

In the text of a hymn called, "You Are the Seed" by Cesareo Gabaraín, the process of renewal is detailed. The seed, of course, comes from a plant that has lived and died but will live again. The process of living and growing, both physiologically and as good and productive human beings follows in a beautiful analogy of baking bread.

In this precious hymn, we read of the ways in which we can manifest the Creator's love:

You are the seed that will grow a new sprout;
You're a star that will shine in the night;
You are the yeast and a small grain of salt,
a beacon to glow in the dark.

You are the dawn that will bring a new day;
You're the wheat that will bear the golden grain.
You are a sting and a soft gentle touch,
my witnesses where'er you go.

You are the life that will nurture the plant;
You're the waves in a turbulent sea;
Yesterday's yeast is beginning to rise,
A new loaf of bread it will yield.

You are always welcome at Leyden United Methodist Church in a church family where the yeast of our lives is proofed and we rise together in a warm spot of community and fellowship.

Join us on Easter morning, Sunday, April 5th, at The Town Common at 6:30 AM for a sunrise service, at 7:00 AM at the little church on the hill (15 West Leyden Road) for a brunch and at 8:45 AM for a worship celebration full of heartfelt hymns and joyous praise.

—Rev. Cheryl L. Meachen

"Sip 'n Splatter" Workshop



Sunday, April 19th: "Sip 'n Splatter" workshop at the Leyden Café, 10:00 AM to 2:00 PM.

Make, design and glaze for firing your own platter at this workshop taught by Leyden Artist Rhonda Wainshilbaum. You will roll and form your platter, add texture, and glaze your work for firing. You'll have your own special functional art to keep or use for a gift. This workshop makes a great Mother's Day gift. Why not come with your Mom?

Pre-registration is required, and participation is limited. The cost is \$65, prepaid. Call or email to register by April 15th: 413-624-5175 or rhondawain@verizon.net

Coffee and snacks are available at the Cafe.

Knitting Circle

The Leyden knitting circle will meet twice in April, on the 10th (location to be determined) and on the 24th at Michael Frees's house (773-5123) from 6:30 to 8:30 PM. All are welcome to join us; no experience is needed and all kinds of handwork are fine. Even if you don't know how to knit, come along and we'll help you get started! Visitors and all ages are welcome; it's very relaxed and low-key.

—Laura Timmerman, 773-8325

Facebook Group: "Leyden Knitting Circle" Members sometimes post pictures of their projects here, or interesting knitting-related links.

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(413)329-2221 (413)325-1235

Ryan Clary and Steve O'Hare
E-mail greenriverlawn@yahoo.com

Unclassified Ads

Unclassified Ads Policy Statement

We welcome unclassified ads from Town residents, and will run them free of charge (though a small donation of \$1 or so is always appreciated). We will normally run an ad for one issue only, unless requested to extend it.

Erik's Handyman Service: Let me help you with your "to do" list. Property maintenance, brush control, lawn mowing, rototilling, odd jobs, and miscellaneous projects. If you could use some help, give me a call at 413-774-9948 and ask for Erik, or e-mail to erikshandy1@yahoo.com. Reasonable rates. Insured.

FREE Twin-size mattress and box spring, in good condition. Call Reids at 774-5146

Timber Frame Buildings small, custom-designed and assembled. Locally milled lumber. Cabins, sheds, workshops, studios, pool houses, greenhouses, etc. Contact Patrick at Single Bay Timber Frames at 413-834-4285 or message me on Facebook at Single Bay Timber Frames.

Ed's Sugar Shack has fresh local maple syrup for sale. Available in gallons, half gallons, quarts and pints. Call 773-7619, Ed and Carol Johnson, 72 South County Road, Leyden. Member of Massachusetts Maple Producers Association

Natural Lamb is available again from the Petersons at Orchard Valley Farm. No growth-enhancing hormones or antibiotics. Usual cuts generally available. Special orders on request. Call 624-5562 or email ovfarm@verizon.net. Like us on Facebook at Orchard Valley Farm.

Maple Run Farm: A limited supply of Persephone's Garden Raw Honey should be available late fall. 2015 should be a great year. Natural Romney yarn is for sale for knitting or weaving, processed chemical-free at Green Mountain Spinnery in Putney, VT. Call Barbara Wallace at 774-7780.

Pearl Rhodes Elementary School

Pearl Rhodes was well represented at the Science and Sustainability Expo held last Saturday at GCC. Several students and their families were able to attend and bring their Dream Green Homes. John Ward, Eli Baker, Cooper Bullock, Dylan Clemente, Maggy Lawall, George Mercorelli, and Ana Smith presented their homes. They answered many questions about sustainability. They also got to see all the other projects and displays presented by many different groups. Many adults commented that our presentation was a "highlight" of the day. I was very proud of our students who were able to talk about sustainable living with a good depth of knowledge. The houses were very well done as well. Everyone got a certificate and Eli Baker won second place in the raffle. Thanks to all who were able to come!

Upcoming events:

April 9

FCU Banking Day

Grades 3 & 4 field trip to Pioneer Valley Symphony

Sweet Morning Farm CSA

2015 FARM SHARES: *Now* is the time to reserve your share of Leyden-grown, organic vegetables, fruits, and flowers. All shares include a wide variety of vegetables, and flowers plus pick-your-own pole beans, snap peas, and cherry tomatoes. Our farm is not certified but we are committed to organic and sustainable practices.

We still have some shares available but contact us soon if you want either a regular Farm Share or a Mini Share.

POULTRY: We are taking orders now for duck and chicken raised on pasture and organic, soy-free grain.

EGGS: We sell organically grown chicken eggs for \$6.00/dozen. We often have extra greens and mesclun in the early spring. Sign up for our Egg & Extras List for updates.

For details call or email Laura or Robin. Check out our farm blog and Facebook page for news and pictures.

We are excited about the coming growing season!

—Laura Timmerman, Rob Creamer

Sweet Morning Farm, 413-773-8325,

aurat@crocker.com, <http://sweet-morning-farm.blogspot.com/>

<https://www.facebook.com/SweetMorningFarm>

Linda Romano

Spring into Wellness with Massage, Bodywork, Yoga. Massage for injuries, Arthritis, stress, Bodywork, shiatsu tune up, and Polarity.

Yoga, two sessions available Mondays. Therapeutic AM/PM sessions by appointment only. Wednesday evening yoga 6-week session, spring into the season at 6:30-7:30 pm, all levels.

New! Griefing sessions using the above modalities, wellness coaching for health with focus on a specific goal and Caregivers sessions for stress and support. Have a lovely spring! Call Linda Romano at 413-624-3334.

—Linda Romano

Angels' Rest

Tai Chi Short Form and Fusion Meditation Weekend Retreat is April 10-12, 2015 with Senior Universal Tao Instructors Marie Favorito and Sharon Smith. For more information go to <http://www.newenglanduniversalhealingtaoretreats.com>

Starting April 19 and ending May 1, Doug Veenhof will lead a retreat called "Four Dimensions of Mental Balance," a 7-day retreat opportunity that also continues to 13 days. Doug has studied and practiced Buddhism for more than twenty years and continues his studies with Alan Wallace in Phuket, Thailand. For more information, contact MKDyer47@gmail.com. Find out more about Doug on his website at douglasveenhof.com.

Spirit Fire

"The Practice of Living Awareness" is a free online meditation practice that incorporates nature, mindfulness, and application of peace and awareness into one's life. Meditation changes everything!

March 31 begins Thangka Tuesdays. March 31 is free webinar: The Symbolism of Tibetan Imagery and Thangkas. This is followed by a six-week online course on Tuesdays: Layers of Wisdom within Tibetan Thangkas Imagery. Go to www.SpiritFire.com to register for all programs.

Livingstone Carpentry

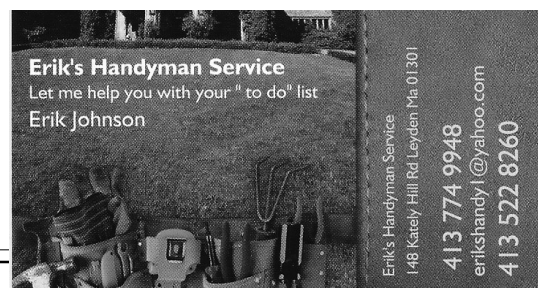
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Leyden, MA
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Erik Johnson

Erik's Handyman Service
148 Kately Hill Rd Leyden Ma 01301
413 774 9948
erikshandy1@yahoo.com
413 522 8260

Health Report: Leyden, MA

Key Health Concerns in our Town:

Chronic Disease
Childhood Asthma
Substance Abuse
Childhood Disability
Giardia

Lyme Disease
Mental Health
Hepatitis C
Pertussis
Childhood Obesity

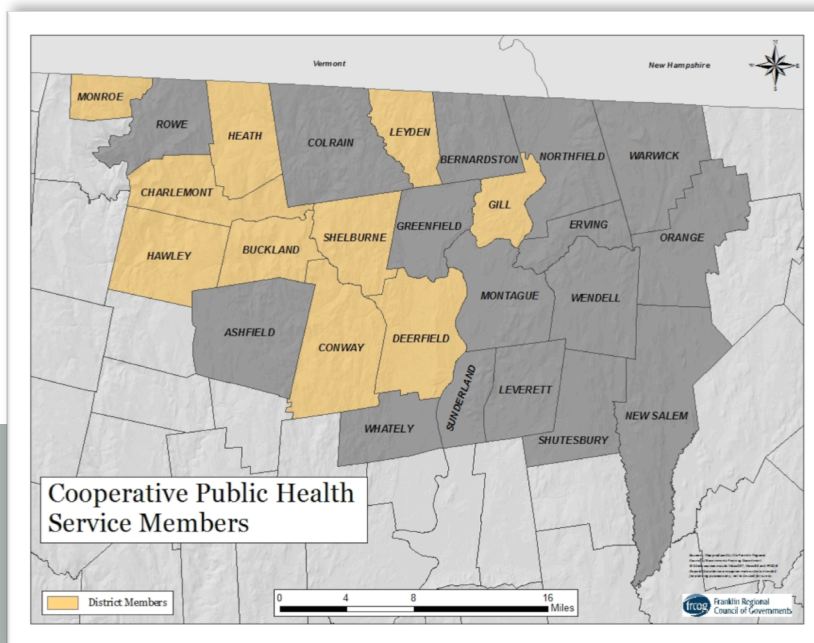


Spring, 2015

Quick Facts:

- 711 Population of Leyden
- 15.4% Leyden/Bernardston residents 65 years and older
- 16.1% Leyden residents under 18 years old
- 14.1% Leyden/Bernardston residents making less than \$25,000 per
- 26% Pearl E Rhodes Elementary students qualified for free/reduced school
- 13.8% People in Franklin County living with a disability

The community health needs assessment (CHNA), completed for the ten towns that make up the Cooperative Public Health Service, presents demographic information and outlines the priority health concerns of the ten-town district. While some of the data presented is county level data, town-specific data was extracted where possible.



To see a copy of the full health assessment visit
<http://frcog.org/publications/>

Priority Health Concerns in Leyden



✚ **ASTHMA:** 9.3% of children in Leyden have asthma

✚ **OBESITY:** Franklin County has a pediatric overweight and obesity prevalence of 32.6%

✚ **SUBSTANCE ABUSE:** 30% of high school seniors in Franklin County reported participating in binge drinking in 2012

✚ Teen tobacco use, alcohol use, binge drinking and marijuana use rank above national averages, but all rates have fallen over the last decade

✚ **OPIOID ABUSE:** Opiate overdoses have tripled in Franklin County in the last decade.

✚ **LYME:** Leyden had 1 case of Lyme Disease in 2013

✚ **COMMUNICABLE DISEASE:** Franklin County is above the state average in rates of Lyme disease, Giardia, Pertussis and Animal Rabies

✚ **MENTAL HEALTH:** 25.6% of adults in Franklin County are limited by physical, mental or emotional problems

✚ 14% of Franklin County high school seniors seriously considered suicide in 2012

✚ **PREVENTABLE HOSPITALIZATIONS:** 10% of hospital discharges of CPHS residents were due to a preventable illness, which could have been prevented by better access to primary care

Winnable Battles: What Can You Do?

LYME DISEASE:

Protect yourself, children and pets from contracting Lyme by dressing appropriately when spending time outdoors, performing tick checks regularly and contacting your doctor if you are bitten!

OBESITY:

Support your child's health by cooking with more whole foods, including plenty of fruits and vegetables. Limit your child's media time and make sure he or she is physically active each day, even for just a little while!

OPIOID

ABUSE/RECOVERY:

Lock up prescription medications and do not share them with anybody. When you are finished with them, they can be dropped in a take-back box at the Buckland, Deerfield or Greenfield Police stations!