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*Lawrence Pond in Sandwich, Photo Credit Jennifer McMullin*

## Welcome to the 6th Edition of the Barnstable County Community Health Newsletter!

As we wrap up a busy summer season on Cape Cod, it's important to focus on one of our most important environmental health issues--water quality. August is **National Water Quality Month** and we're making a point to drill down on a recent change to Title 5--the Massachusetts environmental code that regulates septic systems. While the purpose of this change is to protect our waterbodies from nutrient pollution in wastewater originating from septic systems, there will be financial implications for our residents. The situation is prompting a lot of questions and our goal is to help clarify how these regulatory changes will impact our communities, both from an environmental and economic standpoint.

As summer transitions to fall, there's another important topic to discuss--weather and emergency preparedness. September is **National Hurricane Preparedness Month** and the time of year when it's important to be on alert for hurricanes making their way north towards New England to our sun warmed waters. As we've learned from the recent wildfires on the Hawaiian island of Maui, devastating emergencies can take even the most prepared communities by surprise.

Finally, we have some wellness tips from our Public Health Nursing Division and a reminder from our Public Immunization Program to stay current with your vaccines, especially Tdap (Tetanus, Diptheria and Pertussis) and flu. There's also been an uptick of COVID-19 cases in the community over the last 6-8 weeks--a reminder that the virus is still actively circulating. Getting up-to-date on your COVID-19 vaccines and boosters will prevent you from experiencing severe symptoms if you are exposed. For the latest recommendations and resources regarding COVID-19, visit the Centers for Disease Prevention and Control's (CDC), website.

## UNRAVELING RECENT CHANGES TO TITLE 5: WHAT DOES IT ALL MEAN?

Lately there's been a lot of buzz surrounding Title 5--the regulatory framework that addresses the installation, use, and oversight of septic systems in Massachusetts. But what does it all mean? This question keeps coming up. The answer isn't straightforward either; as with all things regulatory there are a lot of complicated factors that will shape outcomes in different parts of our region. For example, each town is tasked with deciding how Title 5 compliance will look for their residents following the changes, and there's more than one option.

### The Role of Barnstable County

Oftentimes there's a perception that Barnstable County dictates how regulatory matters play out in the towns, but this is not the case. In fact, Barnstable County does not have any regulatory authority or enforcement role whatsoever. The County's job is to provide regional programs and services that benefit some or all of the towns. In the case of this important change to Title 5 we've

taken on a few roles, one of which is to inform the towns in their decision making by providing expertise in innovative and alternative septic systems through research taking place at the [Massachusetts Alternative Septic System Test Center \(MASSTC\)](#). Barnstable County's second role is education and outreach. By interpreting the regulatory changes and their potential impact on the towns, it improves communication and encourages productive conversation between local governments and their constituents. Lastly, the County administers the [AquiFund](#) loan program, which provides 0% and low interest loans (<4%) based on income for septic system upgrades and sewer connections.

As part of Barnstable County's education and outreach efforts, we've created a fact sheet intended to explain, in the simplest terms, what changes to Title 5 will mean for our region. So before we get into the more detailed questions encompassed in our Homeowner "What Ifs" and financial resources, we'll start with the basics.

## The Problem: Nutrient Pollution from Septic Tanks on Cape Cod

**The majority of homes on Cape Cod--more than 85%--use septic systems for wastewater treatment.**

While septic systems do a good job of keeping wastewater out of sight and out of mind, they allow nutrient pollutants such as nitrogen and phosphorus to escape into the environment.

Once wastewater leaves a septic system, it moves quickly through Cape Cod's sandy soils and into our ground and surface water resources.

With so many homes using septic, the environmental impacts are significant and include harmful algae blooms in ponds, thick muck at the bottom of bays, degradation of seagrass beds, declining shellfish

harvests, and more. All of this leads to poor water quality and beach closures, which affect our tourism-based economy, recreation, our fisheries, and our property values.

Some towns have areas of critical environmental concern that are particularly susceptible to pollution from septic systems. These areas are referred to as designated **nitrogen-sensitive natural resource areas or NRAs**.

For many towns, sewerage would be an effective solution to nutrient pollution. And while most towns have included sewerage in their long-term wastewater plans, it'll take years to implement. Our ecosystem needs a more immediate solution.

## When Title 5 is Not Enough: The Solution from a Regulatory Standpoint

**Title 5" refers to the environmental code that regulates septic systems on Cape Cod.** When Title 5 was implemented in 1995, the primary goal was to minimize public health risk. Unfortunately, septic systems were not designed to protect the environment from nutrient pollution.

On July 7th, 2023, changes were made to [Title 5 \(310 CMR 15.000\)](#) to better protect our waterbodies. What does this mean? Well, like all things regulatory, it's complicated. Here's what it boils down to.

As implementation of the changes gets underway, Title five offers two choices by which to reduce nitrogen pollution:

(1) Towns can apply for a **watershed permit**, which provides them with the opportunity to think critically about nitrogen pollution and come up with a plan to reduce it creatively using various technologies and practices over the next 20 years.

(2) Towns can allow a mandatory septic upgrade to be imposed on homeowners who live in nitrogen-sensitive natural resources areas (NRAs). Under this scenario, homes would be required to replace existing septic systems with innovative/alternative (I/A) systems within five years. [Visit MassDEP's website for a list of I/A System Technologies.](#)

### Players and Timeline

Each town is different, which means the players and timeline will vary by town. The first point of contact would be your local health department. It's also likely that town specific information will be posted on each town's website. You can find links to your town's website as well as your local health agent's contact information at [www.capecod.gov/towns](http://www.capecod.gov/towns).

### More Information

Our staff has put together a list of What If's and Homeowner FAQs to start helping the public understand the changes to Title 5. As time passes, these documents will be updated to reflect communications from the state and towns, available resources, financial options and more.

### Ask us a question!

We've created a form for community members to submit questions and concerns surrounding the changes to Title 5. We'll respond to you directly and may use your question to enhance our FAQs.

[Submit your question HERE >>>](#)



## TITLE 5 REGULATORY CHANGES

(Continued)

### SUMMARY OF TITLE 5 REGULATION CHANGES

Now that we've addressed the basics, we'll provide a more technical summary of the regulatory changes, taking a deeper dive into the actual **Title 5 code (310 CMR 15.000)**. The regulations in their entirety are even more technical, but the following summary is intended to address the recent changes specifically.

On July 7th, 2023, the Massachusetts Department of Environmental Protection (MassDEP) implemented changes to the State Environmental Code, Title 5 (310 CMR 15.000) governing the siting, construction, and expansion of on-site sewage treatment in Massachusetts. These changes are being implemented on Cape Cod, and currently only apply to newly designated **Nitrogen Sensitive Natural Resource Areas (NRAs)**. These may be expanded to other regions in the future.

#### IMPORTANT

**Natural Resource Areas (NRAs)** include watersheds or embayments which have been identified by the U.S. Environmental Protection Agency as ecologically sensitive. A maximum pollutant level for nitrogen, called a **Total Maximum Daily Load (TMDL)** has been established for these areas.

[View a map of NRAs  
on Cape Cod >>>](#)



Woodneck River in Falmouth, Photo Credit Clasby Chope

**Within NRA's the regulatory changes provide towns the opportunity to take one of two options:**

1.) Towns can apply for a Watershed Permit:

These permits are issued to towns by MassDEP for watershed management plans over a 20-year time frame. With a Watershed Permit, towns may employ a range of nitrogen-reduction solutions including but not limited to centralized sewer connection, nitrogen-reducing Innovative/Alternative (I/A) septic systems, permeable reactive barriers, fertigation wells, wetland and cranberry bog restoration, among others. The Cape Cod Commission's **Technologies Matrix** provides an overview of the different types of technologies a town could employ under a watershed permit. The permits can be issued for multiple municipalities sharing a watershed.

## TITLE 5 REGULATORY CHANGES

*Summary of Title 5 2023 Regulation Changes (Continued)*

2) Towns that opt not to pursue a watershed permit will have to require the installation of Innovative/Alternative (I/A) septic systems (also referred to as Best Available Nitrogen Reducing Technology) for existing and new construction in NRAs within a 5-year period. Nitrogen-reducing I/A septic systems provide enhanced sewage treatment proven more effective at removing nitrogen than a standard Title 5 system. You can learn more about these systems on the [Massachusetts Department of Environmental Protection's website](#).



### Innovative/Alternative Septic Systems for Towns that Choose to Opt Out of a Watershed Permit

Upgrades to I/A systems will only be mandatory for homeowners who live in designated NSAs in towns that choose not to pursue a watershed permit. The requirement to install an I/A septic system is waived if a town files a Notice of Intent (NOI) for a watershed permit within two years of the regulatory changes (by July 7, 2025).

### Timeline for I/A System Installation: New Construction

New construction in NRAs must begin incorporating I/A septic systems 6 months from July 7, 2023 (by February 7, 2024). New construction using conventional septic systems after July 7th may be required to upgrade those systems in the future if located in an NRA where a town will not be pursuing a Watershed Permit, or at the discretion of the local approving authority.



### Want to learn more?

Visit the links below!

- [Regulation 310 CMR 15.000: Septic Systems "Title 5" \(Full Text\)](#)
- [Cape Cod Commission: Proposed MassDEP Title5 Amendments and Watershed Permit Regulations](#)
- [EPA: I/A Systems--A Neighborhood Scale Demonstration of Septic Systems on Cape Cod](#)
- [MassDEP: Approved Title 5 Innovative/Alternative Technologies](#)
- [MassDEP: Innovative Technology and Title 5 Systems](#)
- [Massachusetts Alternative Septic System Test Center \(MASSTC\)](#)

## CONSIDERING THE "WHAT IF'S": CHANGES TO TITLE 5

### ? What if...you're a homeowner with a Title 5 septic system?

The region has embarked on a multi-decade, multi-billion-dollar effort to protect Cape Cod's fragile water resources from the effects of "standard" septic systems. Thus, most Cape Cod homes will be required to either connect to a sewer system or upgrade their standard systems to newer advanced technologies. It is difficult to say exactly when homeowners will be required to upgrade, but generally speaking, most can expect to be faced with the prospect of connecting to a sewer or upgrading their system to an I/A technology within the next 20-25 years. To find out where your home falls in the town's planning process, get in contact with your [local health department](#).



[How do I contact my local health department?](#)

### ? What if...you just purchased a new home and it has a cesspool?

While the state septic system regulation (Title 5) allows functioning cesspools to remain in use (they're banned for new construction since 1995), many town Boards of Health, which are tasked with drafting and enforcing local regulations at the municipal level, have passed regulations disallowing the use of even functioning cesspools. Typically, cesspools are identified during the septic system inspection that is required prior to a property transfer.

*"In Massachusetts, the changes to Title 5 are intended to directly address nitrogen pollution at the source to help reverse environmental degradation from septic systems that has taken place over decades. This is not a small challenge.*

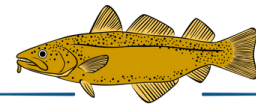
*After learning more about the changes to Title 5, you may be wondering how you can be part of the solution. There are many ways; some big, some small. Some of the solutions may require you to change your habits, while others may require a bit of research. Almost all of the steps we've outlined below will require getting to know your town government, or better yet participating in it.*

*The cost of doing nothing is unacceptable to most of us who know and love Cape Cod. Further, damaged water resources will eventually lead to significant loss of economic value for the region. The time to change is now. By focusing on a common goal of protecting our vulnerable water resources, we can work together to affect change for ourselves and generations to come."*

*-- **Brian Baumgaertel**, Director of the Massachusetts Alternative Septic System Test Center (MASSTC) and Senior Environmental Specialist with the Barnstable County Department of Health and Environment.*

In towns where cesspools are banned, either the seller would need to replace the cesspool with a compliant system prior to the sale, or there would need to be a written agreement between the seller





## CONSIDERING THE "WHAT IF'S"

*(Continued)*

and buyer that transfers this responsibility to the buyer (with permission from the Board of Health). In towns where cesspools are not banned, the buyer can continue to use it for as long as it continues to function properly.

"If you are required to upgrade a cesspool, depending on the specifics of your lot, you may or may not be required to use Innovative/Alternative (I/A) septic system technologies. As an example, if your lot is small ( $\frac{1}{4}$  acre or less), you may need to reduce the size of the leachfield so that it physically fits on your property. In many instances, a Board of Health may require that you use an I/A system as a "concession" for allowing you to use a smaller leachfield. This is called "maximum feasible compliance" in Title 5 lingo



### What if...I just bought a new home on Cape Cod?

If you just bought a home on Cape Cod, congratulations! While you may have been informed of the \*current\* status of your septic system during the purchase process, you likely didn't receive any information on what may happen with regards to your septic system in the future. It is difficult to say exactly when homeowners will be required to upgrade, but generally speaking, most can expect to be faced with the prospect of connecting to a sewer or upgrading their system within the next 20-25 years. To find out where your home falls in the town's planning process, get in touch with your [local health department](#).



### What if...I'm in the process of building a new home?

It depends on where you are in the process. If you have all of your permits in hand or if you filed prior to July 7th, 2023, you should be able to continue with your project as planned.

Having applied for your permits before July 7th will not necessarily protect you from having to connect to a sewer or upgrade your system in the future, however. To find out where your home falls in the town's planning process, get in contact with your [local health department](#).



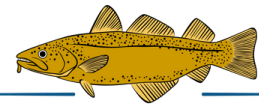
### What if...there's wastewater infrastructure currently being built in my town. Now what?

If your town is in the process of constructing wastewater treatment infrastructure, whether that is a sewer system or I/A systems, it is important for you as a property owner to stay informed of the town's plans. Being aware of when your property will be required to connect to a sewer or to upgrade the septic system will help you make your own personal financial plan to pay for the betterments to come. To find out where your home falls in the town's planning process, get in contact with your [local health department](#).



### What if...I'm considering a composting or urine-diverting toilet? How do I move forward?

First and foremost, educate yourself about the types of technology, how they work, and what kind of maintenance goes into them. Get in contact



## CONSIDERING THE "WHAT IF'S"

*(Continued)*

with someone who uses an alternative toilet technology to ask them about their experience. Better yet, give one a test drive!

Once you have made the decision to "dive in", your first stop should be your town's Health Department to gather information about getting the proper permits for your project. You will likely need sign-offs from both the [local health department](#) and the town's plumbing inspector.



**What if...I'm required to install an I/A system?  
What does the process look like?**

Currently, it is the homeowner's responsibility to begin the I/A system adoption process by finding an engineer and vendor for site design and construction. Your [local health department](#) can provide you with a list of recommended engineers and contractors (installers, service providers, pumpers). You can also contact the [Massachusetts Alternative Septic System Technology Center \(MASSTC\)](#) to walk you through this process.

Barnstable County is currently working with the towns of Bourne, Falmouth, Brewster, and Wellfleet to pilot a new program called a Responsible Management Entity (RME). The role of the RME will be to work with homeowners, in a similar manner to a small utility, to navigate the I/A septic system installation process. This program will be the first of its kind.



## Got a question?

### We want to hear from you!

As the 15 towns of Cape Cod work towards addressing nutrient (nitrogen and phosphorus) pollution through the lens of these regulatory changes, questions from community members are abundant. We encourage you to reach out through this form. Sharing your concerns will help us understand gaps in communication that foster hesitation and uncertainty about the regulatory changes and their implications in the towns.

Your questions and comments will be used to inform future outreach efforts, including our "What Ifs" and "Homeowner FAQs"

**Send us your questions!**





## HOMEOWNER FINANCIAL RESOURCES FOR SEPTIC SYSTEMS

### Personal Income Tax Credit for Primary Residences in Massachusetts

Under Massachusetts General Law Chapter 62 Section 6, owners of a primary residential property in Massachusetts can be allowed a credit equal to 40% (up to the cost of \$15,000) of the expenditures for repair or replacement of a failed cesspool or septic system as defined by Title 5, with a maximum credit of \$6,000. Homeowners may receive credit installments of \$1,500 each tax year for four years. Qualifying expenses to bring a failed system into compliance include the design and construction of an upgraded system, an alternative system, a shared system, or a sewer connection. These credits are managed by the Massachusetts Department of Revenue via the Schedule SC application form can be above.



**Schedule SC**

Bill H.42 sponsored by Massachusetts Governor Maura Healy proposes doubling the tax credit for residents from \$6,000 to \$12,000 and accelerates the credit reimbursement schedule to give homeowners up to \$4,000 in septic repair credits each year for three tax years. As of August 2023, this bill remains with the Joint Committee on Revenue.

#### For More Information, Visit:

- [Mass.gov: View Residential Property Tax Credits](#)
- [Mass.gov: Personal Income Tax Credit for Failed Cesspool or Septic System Title 5 Expenditures](#)

### Cape Cod Aquifund

Cape Cod AquiFund, a program of Barnstable County formerly known as the Community Septic Management Loan Program, provides financial assistance to homeowners on Cape Cod in the form of low-interest betterment loans for septic system replacement, installation of advanced onsite wastewater treatment units, and sewer connections. The program offers an income-based tiered interest rate from 0%-4% based on median household income. Qualifications include single-family, year-round occupied primary residences.

**For more  
information,  
click the logo!**

>>>



## FINANCIAL RESOURCES

*(Continued)*

### MassHousing Septic System Repair Loan

MassHousing is an independent, quasi-public agency providing septic system repair loans for failing or non-compliant septic systems through a network of participating lenders. Owners of one- to four-family dwellings are eligible to receive loans from \$1,000 - \$25,000 for a 15-year period at interest rates between 0% - 2.5% based on income eligibility.

#### For More Information, Visit:

- [MassHousing.com: Loans for Homeowners](#)
- [MassHousing.com: Septic Repair Loan Program Lenders](#)

### USDA Single Family Housing Repair Loans and Grants

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

#### For More Information, Visit:

- [USDA Rural Development: Single Family Housing Repair Loans & Grants](#)
- [USDA Rural Development: Property Eligibility Map](#)

### USDA Single Family Housing Direct Home Loans

Also referred to as the Rural Home Loans or the Section 502 Direct Loan Program, this US Department of Agricultural Rural Development loan program provides loan funding to low-income individuals or households purchasing homes in rural areas. Funds can be used to build, repair, renovate or relocate a home, or to purchase and prepare sites, including providing water and sewage facilities. The amount of assistance is determined by the adjusted family income.

#### For More Information, Visit:

- [USDA Rural Development: Single Family Housing Direct Home Loans](#)
- [USDA Rural Development: Property Eligibility Map](#)

## FINANCIAL RESOURCES

(Continued)

### USEPA: Funding for Septic Systems

For additional resources available to non-profit, state, and tribal organizations, and for a list of state-specific resources, please refer to the Environmental Protection Agency's 'Funding for Septic Systems' site.



**EPA: Funding for Septic  
Systems**

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## WILDFIRES IN HAWAII ARE A CAUTIONARY TALE FOR EMERGENCY PREPAREDNESS ON CAPE COD

On Tuesday August 8th, coincidentally the same day Cape Cod was impacted by torrential rain and an isolated tornado, residents and visitors of an island community in the extreme western reaches of our country experienced a far more devastating disaster. A brush fire, fueled by hurricane force winds and dry air, quickly engulfed the town of Lahaina on the Island of Maui, killing over 100 people. In a single day, an entire town; a historic and cultural landmark in the state of Hawaii, burned to the ground. Houses, restaurants, businesses, schools, parks (more than 2,200 structures) were consumed in a single day.

### Black Swan Theory

The wildfire in Maui might be categorized as what is known as a "Black Swan Event". The term was coined in 2001 by Nassim Nicholas Taleb, a mathematical statistician and risk analyst, to describe a low probability, high impact outlier event that comes as a surprise, has major social



*Lahaina's famous banyan tree; a cultural and ecological landmark which was severely burned in the August 8th wildfires.*

and economic consequences, and is often inappropriately rationalized after the fact with the benefit of hindsight. Taleb advocates what he calls a "black swan robust" society; meaning a society that can withstand difficult to predict events. A resilient society.

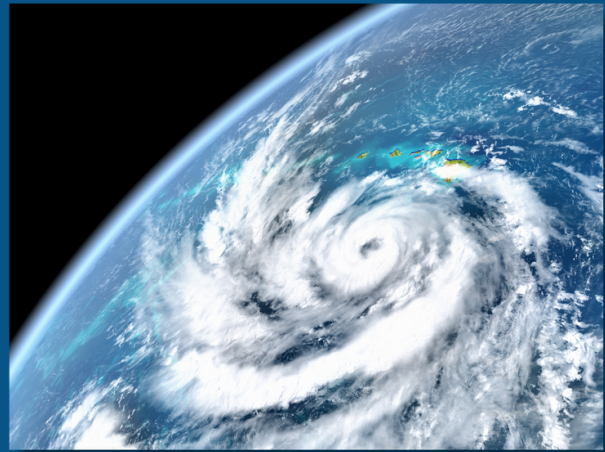
## EMERGENCY PREPAREDNESS

*(Continued)*

Taleb's theory speaks to the role of psychology in emergency preparedness. As humans, we are better at preparing for predictable, everyday hazards. Take, for example, winter storms on Cape Cod. Many of us know that each winter, we're likely to get at least one Nor'easter that brings heavy wet snow, high winds, and significant power outages. People with means invest in generators, snow blowers, and heated driveways. They expect that these investments are likely to have future payoffs. At a minimum, many invest in firewood, flashlights, and battery-operated chargers for our electronic devices to have on hand. Because we know that power outages on Cape Cod are common and likely, we are incentivized to spend money and take preparatory actions that minimize the disruption to our every day lives. But what about rare events that are perceived as low probability or low risk? Say, for example, a significant hurricane on Cape Cod?

Now, by definition a true Black Swan Event is wholly unpredictable. And while wildfires during Hawaii's dry season are common, the combination of factors that came together to cause such extreme devastation in Lahaina on August 8th were arguably on the outskirts of conceivable outcomes. A hurricane on Cape Cod however, is not on the outskirts of conceivable outcomes. We know that a hurricane can happen here. We know that a significant hurricane can happen here. But do we BELIEVE that it actually will? Are we willing to do what it takes to ensure with certainty that our community is resilient

enough to survive a category two, three, four, or even a category five hurricane and thrive during its after-effects?

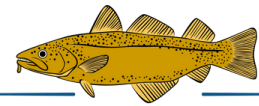


### Emergency Preparedness on Cape Cod

One lofty goal of emergency preparedness is the extinction of the black swan, and this can be tricky business. Spending time, money, and manpower on likely scenarios is easy. Doing the same for rare, outlier occurrences is much harder, both from a government and individual perspective.

Here on Cape Cod we have a unique collaboration between state and local government, first responders, non-profits, volunteer organizations, and public utilities. Representatives from the County and each of the towns participate. It's called the [Barnstable County Regional Emergency Planning Committee \(BCREPC\)](#), and it meets monthly to discuss potential hazards to our region. During a weather event, the group meets virtually





## EMERGENCY PREPAREDNESS

*(Continued)*

During a weather event, the group meets virtually daily or even twice daily depending on severity and need. Often the calls can attract over 200 participants. While this level of regional communication is essential, the success of our community leaders and first responders rests entirely on each individual's emergency planning efforts which, again, are essential for resiliency.

### Inspiring Resiliency

Many survivors of the Maui fires reported running from their homes with nothing but the clothes on their backs. No wallet, ID, medications, or important documentation. Imagine if it was standard practice to have a "go kit" by the door. A Ziplock bag containing copies of vital documents such as personal records (birth, marriage, divorce, adoption and death certificates), passports, driver's licenses and other personal identification documents, social security cards, property leases, deeds, mortgages, and other related records, an assortment of pay stubs, bank statements, retirement statements, debit card and credit card numbers, medical records (prescriptions, copies of health insurance cards, health provider contact information). Some of these documents require effort to gather, while others are readily accessible. Either way, it would only take a few hours on a weekend to pull them together for most. But IF the black swan came calling, that one Ziplock bag could mean the difference between complete devastation and a running start to rebuilding.

There are several different ways to "be prepared" for an emergency and everyone has a comfort level with how much time, effort, and money they want to invest in "what ifs". Perhaps a good place to start is

### Small Efforts Have Big Returns

[www.ready.gov](http://www.ready.gov) which is packed with tips to prepare for and recover from many different types of hazards and emergencies. Spend 10 minutes scrolling through the site and get an idea of the small things you can do to prepare. Next time you go through the mail, set aside a bank and/or mortgage statement for your "go bag". Next time you're at the hardware store, pick up some extra batteries and a flashlight. When you go grocery shopping, grab one extra gallon of drinking water and some dried goods and add them to a small stockpile in your basement or garage. Every little bit counts.

A community of prepared individuals is resilient. So even when disaster strikes, there's a stronger support system for those among us who didn't have the means or wherewithal to prepare. As we approach September, which also happens to be **National Hurricane Preparedness Month**, try to envision what a category three or higher hurricane would mean for you as in individual, your family, and community, and start to embark upon "readiness" to the extent that you feel comfortable. Remember... small steps can have big payoffs when and if disaster strikes. And if, by chance, you have to evacuate your home and all your worldly belongings, one Ziplock bag by the door can make all the difference.



# WICKED WELLNESS



## August is Vaccine Awareness Month!



### Tdap Vaccine (Tetanus, Diphtheria, and Pertussis): What You Need to Know

**Tdap vaccine** can prevent **tetanus, diphtheria, and pertussis**. **Tetanus** is a bacteria that enters the body via cut or wound and causes painful stiffening of the muscles starting with the jaw, mouth, and neck. This can impact a person's ability to swallow and breath, which is life threatening.

Diphtheria and Pertussis spread from person to person. **Diphtheria** causes difficulty breathing, heart failure, paralysis, or both. **Pertussis**, also known as whooping cough, can cause uncontrollable, violent coughing that makes it hard to breathe, eat, and drink.

### Tdap Vaccine: Who should get vaccinated and when?

- Tdap is only for children 7 years and older, adolescents, and adults.
- Adolescents should receive a single dose at age 11 or 12.
- Pregnant people should get a dose of Tdap during every pregnancy, preferably during the early third trimester, to help protect the newborn from pertussis.
- Adults who have never had Tdap should get a dose. Adults should receive a booster dose of Tdap every 10 years, or after 5 years in the case of a severe or dirty wound or burn.
- For **more information** or to **make an appointment**, call the Barnstable County Public Health Nurse at (508) 375-6617.

## MOVE MORE!



### Keep your arm from getting sore after vaccination!

1. Pull your arm across your chest.
2. Reach your hand behind your back and pull your elbow toward your head.
3. Interlace your fingers, turn palms out and extend your arms in front of you at shoulder height.



Hold each stretch 20-30 seconds, 3 times each.

## FOOD FOR THOUGHT!

Blueberries, native to Massachusetts, are in season locally from mid-July to the end of August. Known as a superfood, blueberries can boost your immune system and brain health! Pick some up at your **local farmer's market** today!

Blueberries get their blue color from a pigment called anthocyanin, which gives them some amazing health benefits. They are high in antioxidants and may protect against cancer, aging, high blood pressure and more!

### EASY BLUEBERRY CRUMBLE



- Heat oven to 375F.
  - Add blueberries, lemon juice, sugar, and pinch of salt to a 9-inch pie or 2-quart baking dish. Toss well to combine.
  - Add blueberries, lemon juice, sugar, and pinch of salt to a 9-inch pie or 2-quart baking dish. Toss well to combine.
  - Combine oats, sugar, and salt in a medium bowl. Add the melted butter and stir until moistened. Sprinkle over blueberry filling.
  - Add nuts of choice for added protein. Bake 25-35 minutes until juices are thickened and the topping has turned light golden brown. Cool 10 minutes and serve.
- 2 pints blueberries
  - 1 ½ cups rolled or quick cook oats
  - 2 Tbsp sugar
  - 1 Tbsp lemon juice or water
  - Pinch sea salt
  - ¼ cup sugar
  - ½ cup (1 stick) melted butter

**Are your belongings taking  
over your home?**



**BARNSTABLE COUNTY**

DEPARTMENT OF HEALTH AND ENVIRONMENT

**FREE! OPEN TO ALL!**

**Join us for this  
multi-week "Buried in  
Treasures" Workshop  
for Help with  
Compulsive Acquiring,  
Saving and Hoarding!**

**Please note this is a 2 hour per  
week, 16 week commitment.**



## **THIS COURSE INCLUDES:**

- Free copy of the Buried in Treasures book
- Support from others with similar struggles
- Decluttering strategies for your home
- Skills to achieve your long term goals

**For more information  
or to sign up, call  
(774) 330-3001**

## **FALL 2023 START DATES**

- Tuesday 9/5 Sandwich Center for Active Living 2:00 PM to 4:00 PM
- Wednesday 9/6 Falmouth Library (Main St.) 2:00 PM to 4:00 PM
- Thursday 9/7 Dennis Center for Active Living 1:30 PM to 3:30 PM
- Monday 9/11 Orleans Senior Center 9:00 AM to 11:00 AM



# What makes a community healthy & strong?

# Your voice.

When you take the MA Community Health Equity Survey, you're sharing valuable experience that can help build a healthier community. The survey is available in 11 languages, easy to take, and anonymous.



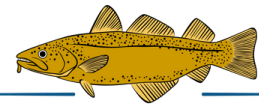
## Take the survey now at [Mass.gov/Healthsurvey](https://Mass.gov/Healthsurvey)



This survey is part of the Community Health Equity Initiative of the Massachusetts Department of Public Health.



Scan to take survey



## BARNSTABLE COUNTY

DEPARTMENT OF HUMAN SERVICES

Colleague  
Corner

### Did you know?

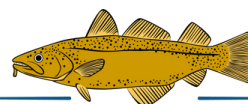
Our colleagues at the Barnstable County Department of Human Services work hard for YOU to provide a diverse range of programs and services pertaining to:

- [Aging Well & Healthy Living](#)
- [Behavioral Health](#)
- [Housing and Homelessness](#)
- [SHINE \(Serving the Health Insurance Needs of Everyone\)](#)
- [Substance Use Prevention](#)



Click the image to sign up for the Human Services e-newsletter!

*"The mission of the Barnstable County Department of Human Services is to plan, develop, and implement programs which enhance the overall delivery of human services in Barnstable County, to promote the health and social well-being of County residents through regional efforts designed to improve coordination and efficiency of human services, and designed to strengthen the fabric of community care available to all."*



## WHERE TO FIND US



**Barnstable County Complex**  
3195 Main Street | Barnstable, Massachusetts 02630  
Buildings & Departments





**1** Cape Cod Commission

**2** Superior Courthouse, Administration, Commissioners Office, County Clerk, Finance

**3** Registry of Deeds

**4** Old Sheriff's House, AmeriCorps Cape Cod, Assembly of Delegates Clerk

**5** Human Services, Water Quality Lab, SHINE

**6** Health & Environment

**7** Information Technology

**8** First District Courthouse

**A** CCC Conference Room

**B** Barnstable County Commissioners Conference Room

**C** RDO Conference Room

**D** Harborview Conference Room

**E** Mary Pat Flynn Conference Room

**F** Innovation Room

 **Assembly of Delegates Regular Meetings**

 **Board of Regional Commissioners Regular Meetings**

To reach the Cape Cod Cooperative Extension,  
please call 508-375-6690 or email [extad@capecod.gov](mailto:extad@capecod.gov).





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## We want to hear from you!

Click the button below to answer a few questions to help us better understand what our readers would like to see in future editions. We value your input!



**Send us your feedback!**