



Westford Health Department announces upcoming events

Posted Oct 6, 2017 at 3:36 PM

Flu clinic schedule for Westford residents only

The Westford Health Department will sponsor flu clinics on the dates, times and locations listed below. No appointments are necessary. Due to limited pediatric vaccine, it is requested that those under the age of 36 months receive their vaccine from a doctor if possible. All children under 18 years must be accompanied by a parent at all clinics. Attendees should bring their insurance information.

High-dose fluzone, for 65 and older

12:30 -3:30 p.m. Oct. 11 at the Franco American Club, 55 W Prescott St., Westford. Walk-ins are welcome.

12:30-1:30 p.m.: A-H

1:30-2:30 p.m.: I-Q

2:30-3:30 p.m.: R-Z

Regular flu clinics

6 to 8 p.m. Oct. 18 at the Millennium School, 23 Depot St., Westford. Walk-in.

6 to 8 p.m. Oct. 25 at the Millennium School, 23 Depot St., Westford. Walk-in.

10 a.m. to noon Oct. 27 at the J.V. Fletcher Library, 50 Main St., Westford. Walk-in.

School-based flu clinic program

School-based flu clinics will be offered again this year to Westford Academy, Blanchard and Stony Brook Middle School. Details, including dates and restrictions, will be sent to parents via the WPS Billboard listserv, WPS Superintendent's email and the Westford Board of Health listserv. Information will not be mailed to the students' homes. Register children on the Westford Health Department's website or call 978-692-5509.

7 a.m. Nov. 7 at Westford Academy

7:45 a.m. Nov. 8 at Stony Brook Middle School

7:45 a.m. Nov. 9 at Blanchard Middle School

Home bound individuals who require a home visit should contact the Health Department at 978-692-5509 to schedule an appointment.

Adult Health Maintenance Clinic : 9-10 a.m. Oct. 10 at the Cameron Senior Center, 20 Pleasant St., Westford. Clinic provides seniors with blood pressure reading, medication review and an opportunity to respond to other health concerns. No appointment is necessary. This is a free event.

Hearing Screenings: 9:30-11:30 a.m. Oct. 16 at the Cameron Senior Center, 20 Pleasant St., Westford. Dr. Megan Ford, audiologist and owner of HearSmart Audiology in Littleton, will be performing hearing screenings with state-of-the-art technology, allowing for quick, easy and painless screenings. In addition, she will perform ear wax checks, hearing aid checks and simple hearing aid cleaning. This service is being offered at no charge. Appointments are required, call 978-692-5509.

Light up the Night Event: 5:30-8 p.m. Oct. 14 at Nabnasset Lake Country Club, 47 Oak Hill Road, Westford. Westford Coalition for Non-Violence, Westford Parent Connection and Live for Liv Foundation will host an evening of domestic violence awareness with performer Ben Atherton-Zeman. Atherton-Zeman is an international public speaker on issues of violence prevention and gender-based violence. He has performed in 46 states and numerous countries. His one-man play "Voices of Men" uses humor combined with celebrity male voices to deliver a message about domestic violence. This event is appropriate for high school kids and adults only. The play includes graphic representations of violence. Tickets sold at door or in advance at the Westford Health Department. This cost is \$15 a

ticket or \$100 for a table of eight. Cash and checks accepted. Checks made payable to town of Westford. All proceeds will be donated to the Live for Liv Foundation and Alternative House. A cash bar and light appetizers available. For more information, call 978-692-5509.

Understanding Dementia Care and Successful Interaction Strategies for Care: 3 to 4 p.m. Oct. 19 at the Cameron Senior Center, 20 Pleasant St., Westford. The Westford Health Department will welcome Julie L. Wysocki, certified dementia practitioner from Senior Helpers of Westford for this presentation. The presentation will include interactive scenarios of challenges and successes for caregivers, a picture tour of the brain during the dementia process, how to recharge your “caregiver batteries,” and changing resistance into positive outcomes in behavior. To RSVP, contact Public Health Nurse Gail Johnson at gjohnson@westfordma.gov or 978-399-2548.

Well Child Clinics: 4:30 to 5:30 p.m. Oct. 24 at Pediatrics West, 133 Littleton Road, Westford. The cost is \$5. Immunizations and physical examination offered to those from infancy to school entry ages. Included in the exam are vision, hearing, blood pressure and urine. Lead screening done when appropriate. Physicals offered by Pediatrics West. This event is not for established Westford pediatric patients or sick children. Appointments are required one week prior to date, call 978 692-5509 to schedule.



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