



Town Manager's Newsletter

February 1, 2023

Dates of Interest:

- Feb. 7th Narcan Training
- Feb. 10th Deadline to Pull Nomination Papers
- Feb. 20th Washington's Birthday (Trash Delay, Town Offices Closed)
- Feb. 22nd Hoarding Disorder Program
- Feb. 28th MassHire Drop-In Hours
- Feb. 28th Dog License Deadline

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Celebrate Black History Month at the CCA

The Chelmsford Center for the Arts (CCA) is excited to collaborate with the Diversity, Equity, and Inclusion Committee and the Chelmsford Public Library to celebrate Black History Month!

Family Trivia: Black History Month Theme – February 9th, 6pm-8pm, CCA Cabaret Café

Put your knowledge to the test with the whole family!

Trivia, pizza, cash bar. \$5 per person; \$15 (families of 4+) - Cash or card at the door

Film Screening: Summer of Soul! – February 10th, 7pm, CCA Auditorium

Rated PG-13, "Summer of Soul" is a documentary about the legendary 1969 Harlem Cultural Festival which celebrated African-American music and culture and promoted Black pride and unity. Movie, popcorn, cash bar. \$5 per person - Cash or card at the door

Gallery Opening: "Say it Loud!" – February 11th, 12pm & 2pm, CCA Gallery

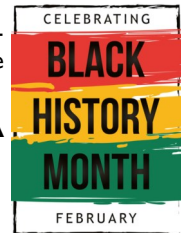
"Say it Loud" features the work of visual artist and musician, D'Wight Upchurch from his iconic 1960s series. His paintings and drawings explored his understanding of himself and his world while coming of age as a black man in the height of the civil rights movement. The "Say it Loud" gallery opening will bring D'Wight's work to life. Featuring live music and musings from D'Wight, don't miss this special performance.

Visual Art (paint/drawing), Artist Speaker, Live music, performance, cash bar, desserts. \$15 (adults); \$10 (students/seniors) - [Ticket Link](#)

Jazz Brunch: "Soul on a Saturday" – February 25th, 2pm-4pm, CCA Auditorium

A jazz brunch to celebrate black history month. Come enjoy live music and learn about the history of jazz while eating delicious soul food!

Live music (jazz), Speaker, Soul Food, Specialty Cocktail, Cash Bar. \$30 (adults); \$20 (seniors); \$15 (students) - [Ticket Link](#)



Free Narcan Dispensing and Training Program

The Chelmsford Health Department has installed opioid rescue boxes at several locations around the town to prevent opioid-related deaths in our community. These boxes, called NaloxBoxes, contain the important medication Narcan in addition to information on how to recognize an overdose and respond quickly. The boxes are located at all fire stations, the police station, the main library, and the Chelmsford Center for the Arts. We hope to put them in additional locations in the future.

Administering Narcan and call-

ing 9-1-1 are simple yet important steps to saving a person's life during an opioid overdose. While many of the municipal buildings already have Narcan in their emergency response kits or AED cabinets, making Narcan more accessible to the community members will hopefully help to decrease the amount of opioid related deaths in Chelmsford and the surrounding communities.

The NaloxBoxes are in discrete, yet accessible, areas just inside the front doors of the above-mentioned buildings. They are not locked and there are no

alarms
when
you
open
them.

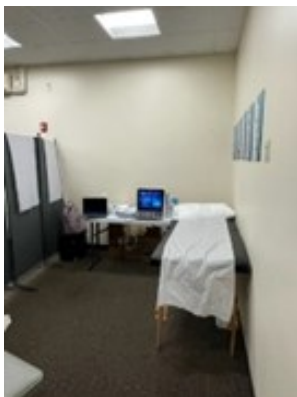


The Health Department will continue to monitor and restock the boxes.

The Health Department is hosting 2 separate information/training sessions about opioid overdose to help community members know what to do in an emergency overdose situation. Both sessions are on 2/7/23, one at 1:00 PM and one at 6:00 PM.

(continued on page 2)

Chelmsford Firefighters Undergo Health Screening



Screening set-up in the CFD training room

Cancer is a leading cause of death among firefighters, and research suggests firefighters are at higher risk of certain types of cancers when compared to the general population. January was Firefighter Cancer Awareness Month, and the Chelmsford Fire Department honored it by undergoing cancer screenings for all its members. The Department contracted with United Diagnostic Services LLC and underwent the ultrasound screenings during the week of January 9th.

"The heart of what we do is scanning using ultrasound," United Diagnostic Services LLC project coordinator and traveling medical assistant April Condell-Stark said, explaining the process. "It is non-invasive and

does the major organs, so they look at the heart, they look at the carotid artery, they look at the kidney, the liver, the spleen, the bladder, bladder's a big one," Condell-Stark said.

Firefighters are among the most prominent occupational groups at greater risk for bladder cancer. According to Condell-Stark, "being able to identify treatable diseases or diagnoses and find things that are actionable, and the key word is actionable findings, that's a big part of what we do."

The screenings are often referred to as cancer screenings, but Condell-Stark said it's a lot more than that. "If you have a mass on any of those organs that I just listed, we'll see it," Condell-Stark said. That allows

a patient to take steps to follow up with their physician to address issues, whether that mass is benign or cancerous.

"If you know something, then you can do something about it," Condell-Stark said. "Knowledge is power."

Results are available for firefighters once the scans are read.

United Diagnostic Services LLC has screened more than 6,800 first responders, resulting in more than 4,000 actionable findings.

The Chelmsford Fire Department is thankful to the Town for appropriating ARPA (American Rescue Plan Act) funds to cover the expense of this vital health process.



Officer Matthew Kilmartin (left) and Officer DJ Tyros (right)

CPD Welcomes Two New Officers

Chief James Spinney is pleased to report that the Chelmsford Police Department is welcoming two new officers who graduated from the police academy.

Matthew Kilmartin and DJ Tyros graduated from the Lynnfield MPTC Police Academy on Tuesday, Jan. 17, after an intensive 21-week academy program.

Both officers are Greater Lowell natives who hail from law enforcement families. Officer Kilmartin is the son of Lowell Police Capt. Michael Kilmartin. Officer Tyros is the son of Chelmsford Police Detectives Becky and George Tyros.

Both officers will now begin an intensive, 12-week Field Training course under the supervi-

sion of veteran officers.

"I'm pleased we were able to hire two well-qualified young men who come from families who have dedicated themselves to law enforcement and their communities for years," said Chief Spinney. "We wish them both safe and prosperous careers."

Community Teamwork Needs Your Input!



Community Teamwork, Inc. (CTI) is the Community Action Agency that provides needed services to the Greater Lowell area. From 2021-2022, CTI provided over \$4 million in services to Chelmsford residents!

Please help CTI identify what Chelmsford residents need most by participating in a brief survey [here](#).

Your feedback COUNTS!

Narcan (continued from page 1)

More sessions will be announced on the Town of Chelmsford Website as well as the Chelmsford Board of Health Facebook page. Follow us to be notified!

The training courses are free and open to everyone who is interested in learning more about opioid overdose and response. After taking the training you will have the knowledge to step in and help save a life!

Please register on the Town of Chelmsford [website](#) or by scanning the QR code here.

Scan here to register



Narcan Training All Sessions

Planning Board

The Planning Board will next meet on February 8, 2023 at 7 pm in Room 204 of Town Offices and will include the following agenda items:

Administrative Reviews for 47 Chelmsford and 12 Kidder Road, Continued Public Hearings for proposed zoning

changes, Continued Public Hearing for 264 Groton Road for a two lot private way subdivision, 250 Apollo for a 35K addition and 270 Billerica Road for a 90K industrial warehouse. The Conservation Commission will next meet on February 14 at 7pm in Room 204 of Town

Offices for the continued public hearing for 199-201 Riverneck Road for a 247,000 sq. ft. industrial facility.

On February 22, the Planning Board will continue the public hearing for 199-201 Riverneck Road for a 247,000 sq. ft. industrial facility.



2023 Annual Town Census

The 2023 Annual Town Census was mailed to every household the second week of January. Participating in the town census keeps our voting list up to date. Returning your town census keeps you ACTIVE on the voting list and eliminates the need to step out of line at the polls to sign an affirmation that you still live at that ad-

dress. Even if you are not a registered voter, responding to the census will ensure that the Town Clerk's Office can provide you with proof of residency. An accurate count of residents in Chelmsford assists in providing better municipal services.

NEW This year, you can

respond online if there are no changes to your census form! Your form will have your household's ID # on it with a link to respond online if you have no changes. If you have changes, mark them on the form, sign, and return to the Town Clerk's Office.

"An accurate count of residents in Chelmsford assists in providing better municipal services."

Chelmsford Works Career Services

This partnership between MassHire Lowell Career Center and Chelmsford Business Development will operate at Chelmsford Town Hall, 50 Billerica Road, 2nd Floor in Conference room 206. The program offers a free service available to people searching for local employment or for

employers that are recruiting, includes training opportunities, and looking to hire local workers. We will host drop-in hours on the last Tuesday of every month from 12pm to 7pm. All are welcome and registration is not required. For more information or if you have questions, con-

tact Lisa Marrone, Chelmsford Business Development Director at lmarrone@chelmsfordma.gov or (978) 244-3303.

Please see the [program flyer](#) for more detailed information.



Dog Licensing Late Fees Begin March 1st

LATE FEES go into effect starting on March 1st. \$5 per month will be added on to the initial tag fee through June 1st.

2022 dog licenses expired December 31. We started licensing for 2023 on December 1st. Up-to-date Rabies Vaccination required to license. Please provide a Rabies Certificate in case your dog's rabies is out of date.

Current dogs: Renew online, by mail, or in the Town Clerk's Office.

NEW dogs: Register by mail with a check or in the Town Clerk's Office.

Fee: \$15 for a spayed/neutered dog or \$20 if unaltered. CITATIONS go into effect starting on June 15th. Citations are an additional \$50 to the initial tag and late fees.

[More info and link to online license renewal](#)

PLEASE NOTE: Applications will not be included with the 2023 census.

If your dog has passed away or no longer lives in Chelmsford, please let us know at 978-250-5205 or at dogs@chelmsfordma.gov to have them removed from our system.



Scan here to register



Hoarding Disorder
2/22/2023

Hoarding Disorder Program

February 22nd, 7:00 pm – 8:00 pm via Zoom

Visit the [Billerica Library Website](#) to register or scan the QR code to the left.

Do you know someone who struggles with getting rid of things? Hoarding Disorder is

very common in our community, and it can have a huge impact on people's lives. You are invited to attend a virtual presentation to learn more about what your friend or family member is struggling with, and to find out what you can do to support them.

This program is presented in partnership with the Chelmsford Senior Center, Billerica Council on Aging, Billerica Department of Health, and Tewksbury Public Library. Local Merrimack Valley resources will be discussed -- there is a lot of help available in our area!



Do You Know Your Blood Pressure?

February is American Heart Month! It is a great time of the year to remind everyone to regularly monitor your blood pressure. Monitoring your blood pressure is a simple and painless way to regulate your heart health. Did you know that 1 in 3 deaths in the U.S. are related

to cardiovascular disease?! High blood pressure, also called hypertension, puts people at risk for heart disease, stroke, heart failure, kidney failure, vision loss, peripheral artery disease, sexual dysfunction, pregnancy complications, and cognitive decline. Hypertension is often called the silent killer

because you might not have symptoms, until it's too late. The Health Department hosts free screening days twice a month. You may stop by the Town Hall on the 1st Thursday of the month or the Senior Center on the last Thursday of the month for a free reading.



Draft Climate Action Plan

The Clean Energy & Sustainability Committee's draft 2050 Climate Action Plan is ready for your review [here](#). Our plan will help meet the "2050 Net Zero" goals established by the Commonwealth and adopted for Chelmsford at Town Meeting.

Following the Metropolitan Area Planning Council's Municipal [Net Zero Playbook](#), our plan describes five primary actions we can take in Town over the next 25 years: 1) in-

crease use and generation of solar energy; 3) increase energy efficiency of our buildings; 4) electrify heating and cooling of buildings; 5) more electric vehicles.

Financial support is available to you now: 1) no-cost energy audits and subsidized weatherization upgrades [here](#); new Federal incentives for electric vehicles and building energy improvements [here](#); and 3) "Chelmsford Choice" for savings on electricity costs and

options to increase your use of renewable electricity [here](#). Please contact any member of the Clean Energy and Sustainability committee at the email addresses found [here](#). Specific comments or input regarding the Action plan can be sent to Committee member Bern Kosicki at Kosiciki@verizon.net. Please put "Action Plan Comments" in the subject line of your email, and please include your Chelmsford street address.



Washington's Birthday Trash Delay

There will be no solid waste or recycling collection on Monday, February 20th due to Washington's Birthday. The rest of the week will be on a one-day delay. No bulk items are collected on holiday weeks.

Annual Town Election: Tues. April 4th

Polls will be open 7:00am-8:00pm on Election Day.

The **deadlines to register to vote** for this election:

- In-person at the Town Clerk's Office: Friday, March 24, 5:00pm
- [Online](#): Friday, March 24, 11:59pm
- Mail-in: Postmarked by March 24th



There will be no in-person early voting, but vote-by-mail is available. The deadline to [request a mail-in ballot](#) for this election is Tuesday, March 28, 5:00pm

Care Solace: It's Okay to Ask for Help

We are committed to the well-being of all our residents to create a safe and healthy community. In support of our ongoing commitment, we partnered with Care Solace to provide an additional layer of care for our town. Care Solace helps individuals find mental health care

providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in our community. If you need mental health ser-

vices call **888-515-7881** or visit www.caresolace.com/site/chelmsford-ma.

This referral service is available 24/7/365, no matter what health insurance you have they can connect you to care in a timely manner.



Connect to care today

Nomination Papers for Town Office

Interested in running for Town Office? Many seats need to be filled!

The deadline to pull papers is February 10th!
The deadline to return signed nomination papers is February 14th.
Nomination papers are available in the Town Clerk's Office for these open seats:

TOWN WIDE OFFICES:

- One Select Board Member for three years;
- Two School Committee Members for three years;
- One Town Moderator for three years;
- Two Planning Board Members for three years;
- One Planning Board Associate Member for two years;
- One Board of Health Member for three years;
- Three Trustees of Public Library Members for three years;
- One Cemetery Commission Member for three years;

TOWN MEETING MEMBERS:

- PRECINCT 1 - Five for three years; One for one-year unexpired term
- PRECINCT 2 - Five for three years;
- PRECINCT 3 - Five for three years;
- PRECINCT 4 - Five for three years; Two for one-year unexpired term; One for two-year unexpired term
- PRECINCT 5 - Five for three years; One for one-year unexpired term
- PRECINCT 6 - Five for three years; One for two-year unexpired term
- PRECINCT 7 - Five for three years;
- PRECINCT 8 - Five for three years;
- PRECINCT 9 - Five for three years;
- PRECINCT 10 - Five for three years;
- PRECINCT 11 - Five for three years; One for two-year unexpired term

"The deadline to pull papers is February 10th"



DPW Facilities Division Infrastructure Improvements Update

The DPW Facilities Division manages facility improvement projects across all 28 Town Municipal Buildings, inclusive of the schools. The current backlog of improvement projects is extensive, consisting of approximately 30 projects with a total approximate construction cost of \$8 million. Much of the funding is sourced between Capital and ARPA, with some CPC funding as well. Below are some project highlights of construction work that has been occurring this winter.

Parker School Lift Replacement: The FY22 Capital Plan included the replacement of the Parker School Lift. This project was awarded this summer and the availability of materials delayed the installation of the lift. Upon receiving the equipment, the lift was able to be installed over December break. The overall project cost is \$158,000 and punchlist work remains to be completed by the end of January.

MacKay Library HVAC Installation: The MacKay Library has been closed to the public since the onset of COVID due to the building's lack of ventilation. The scope of work provides ventilation to the downstairs area of the library and exhaust fans in the library bathrooms. The project cost \$128,000 and was awarded in the late summer 2022. The delivery of the heat pump and energy

recovery unit which provides the building ventilation was delayed due to industry related equipment delays. The equipment recently arrived onsite and will be installed in January. The library is anticipated to reopen in February. More information regarding an opening date of the MacKay Library will soon be announced.

Community Education Bathroom Renovations: The Community Education Bathroom Renovations project is a FY22 Capital Improvements Project. The project was awarded to a contractor in the amount of \$549,000 in August 2022. The scope of work includes renovations to all the adult and children bathrooms in the Community Education Building and including necessary ADA upgrades. The project is still very much a work in progress, as pictured below, but is anticipated to be completed this spring.



Exterior view of the ADA Lift at the Parker School



TOWN OF CHELMSFORD

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Email the Town Manager:
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www.chelmsfordma.gov

CPD Locates Missing Woman Using SafetyNet System

Chief James Spinney reports that the Chelmsford Police Department successfully located a missing senior citizen with dementia thanks to the department's participation in the SafetyNet program. On Thursday, Jan. 12, at approximately 9:30 a.m., Chelmsford Police received a report that an 80-year-old woman with dementia was missing from the area of Technology Drive and had not been seen for approximately 45 minutes.

Chelmsford Police responded and learned that the missing woman and her family take part in the SafetyNet program that is offered by Chelmsford Police. Officers deployed throughout the area to begin a search for the woman, and Chelmsford Police requested assistance from the Northeastern Massachusetts Law Enforcement Council Regional Response Team (RRT) and the Massachusetts State Police Airwing.

Meanwhile, Officers Dave Leo and Shawn Brady deployed the tracking devices they are supplied with via the SafetyNet program. Signals on the devices grew stronger in the area of a condominium complex on Technology Drive, and before the Airwing or RRT team could respond to the scene, Officer Brady located the missing woman sitting in the back of a car in the condominium complex.

The woman was evaluated at the scene and reunited with her family.

The Chelmsford Police Department began participation in the SafetyNet program over the summer, and now has nine officers trained to use it. The SafetyNet program is designed to help locate missing individuals with cognitive impairments, including those with autism, dementia and Alzheimer's, more quickly than through traditional means. Those who take part in the program are equipped with a SafetyNet bracelet to wear on their wrist or ankle at all times. The bracelet features a radio frequency transmitter that emits a continuous signal that helps locate the user's precise location if they go missing.

Once first responders are alerted that a SafetyNet user is missing, they will respond to the last known location of the individual in a vehicle fixed with an antenna that is able to track the signal emitted from the bracelet. The antenna eliminates large parts of the search area and allows first responders to track the location of the missing person as close as a quarter of a mile, at which point first responders transition to a handheld tracking device. The handheld device allows first responders to further minimize the search area and eventually locate the missing individual.

SafetyNet's radio frequency technology has been found to be more effective than GPS, especially in difficult conditions like densely wooded areas, buildings, basements and shallow water.

Residents who wish to take part in the program should contact Officer Matthew Fernald at mfernal@chelmsfordma.gov, or by calling 978-256-2521 x301, or contact Officer Shawn Brady at sbrady@chelmsfordma.gov, or by calling 978-256-2521 x275.

The program and bracelet are free for Chelmsford residents.



An antenna and tracking device used by Chelmsford Police as part of the SafetyNet program.



The purpose of this newsletter is to provide timely information to the Chelmsford community regarding its town government. Publications will be issued as needed, but on no less than a monthly basis. Your suggestions and comments are welcome at tmoffice@chelmsfordma.gov.

Paul Cohen, Town Manager

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