

WHAT'S HAPPENING THIS WEEK

A summary of news, events, and other announcements for the week of October 4, 2021

Fight the flu!

BOARD OF HEALTH UPDATES & COMMUNITY FLU CLINICS

The Dedham Board of Health shared their weekly update to the community on Friday, October 1st with Covid-19 updates and information about flu clinics. Read the update on page 3.

DEDHAM CULTURAL COUNCIL TO HOST LISTENING SESSION ABOUT GRANT OPPORTUNITIES

The Dedham Cultural Council is accepting grant applications until October 15th and are offering assistance and answering your questions via Zoom this week. Read more on page 4.



DEDHAM FIRE DEPT. TO PARTICIPATE IN HEALTH AND WELLNESS WORKSHOP

The Dedham Fire Department is teaming up with O2X Human Performance to participate in a four-day health and wellness workshop. Read more about this program on page 4.



2021 FALL ANNUAL TOWN MEETING IS SIX WEEKS AWAY, AND PREPARATIONS HAVE BEGUN

The 2021 Fall Annual Town Meeting will be held on Monday, November 15, 2021 at 7:00 p.m. and local boards and committees have begun to review articles and make recommendations. Read more on page 5.

PUBLIC SAFETY BUILDING PROJECT UPDATES

Floors are being poured, and with each passing week, the new, combined public safety building takes shape. Read about what to expect this week on page 6.



PUBLIC MEETINGS & UPCOMING COMMUNITY EVENTS

Community events are happening all around Dedham and public meetings are happening in person and online each week. View this week's schedule, review posted agendas, and find out how to attend upcoming events and meetings on page 7.

BOARD OF HEALTH UPDATES & COMMUNITY FLU CLINICS

Covid-19 Updates

The Board reports that as of Thursday, September 30th, there have been 2,698 confirmed COVID-19 cases in Town. This is an increase of 16 cases from last week's update. Currently, there are 18 active confirmed cases.

Face masks/face coverings are still required for all individuals aged 2 years or older*, regardless of vaccination status, when inside all Town of Dedham municipal buildings. (*Except where an individual is unable to wear a face mask / face covering due to a medical condition or disability.)

Community Flu Clinics

The Dedham Health Department wants to help you #FightTheFlu and is hosting three flu clinics for Dedham residents to receive the flu vaccine at no cost.

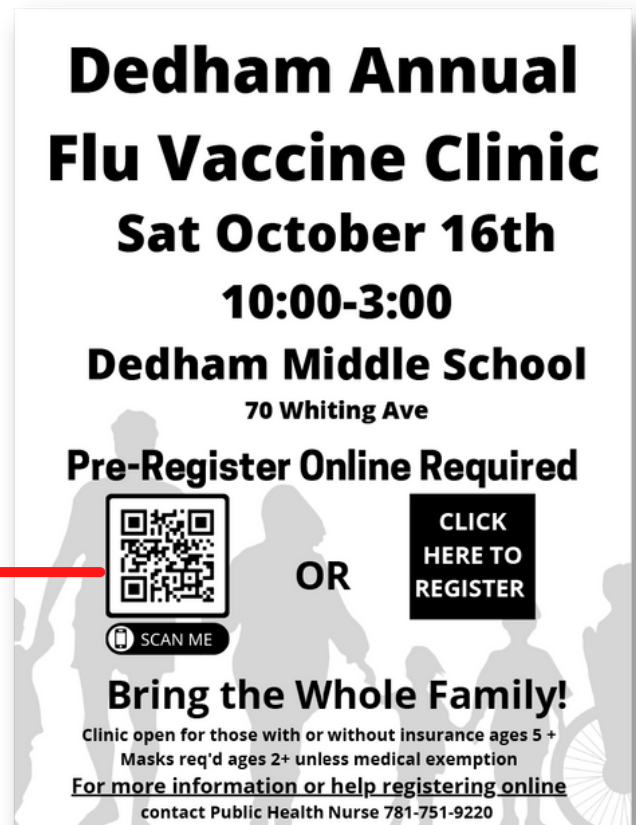
- **Senior Flu Clinic #1: October 7th 10:00 AM – 12:30 PM at the Legion**

There will be a senior flu clinic on Thursday, October 7th at the Legion (155 Eastern Ave) from 10:00 AM – 12:30 PM. The clinic is for residents 65 years and older. Residents must register in advance for the clinic. Please register by calling the Health Department at (781) 751- 9220 or register online using the link below:

Senior Flu Clinic #1 - 10/7/21

- **Annual Flu Vaccine Clinic: Saturday, October 16th 10:00 a.m. – 3:00 p.m. at the Dedham Middle School**

The 2021 Annual Flu Vaccine Clinic is open to everyone, ages 5 and older, with or without health insurance. Pre-Registration is required and can be done online. To register online, please scan the QR code on the flyer below, or click on the flyer to access the registration page:



BOARD OF HEALTH UPDATE – CONTINUED

Community Flu Clinics

The Dedham Health Department wants to help you #FightTheFlu and is hosting three flu clinics for Dedham residents to receive the flu vaccine at no cost.

- **Senior Flu Clinic #2: October 19th 10:00 AM – 12:00 PM at the Ames Senior Center**

There will be a senior flu clinic on Tuesday, October 19th at the Ames Senior Center (1st Floor of Town Hall at 450 Washington Street) from 10:00 AM – 12:00 PM. The clinic is for residents 65 years and older. Residents must register in advance for the clinic. Please register by calling the Health Department at (781) 751- 9220 or register online using the link below:

[Senior Flu Clinic #2 - 10/19/21](#)

DEDHAM CULTURAL COUNCIL TO HOST LISTENING SESSION ABOUT GRANT OPPORTUNITIES



The Dedham Cultural Council is hosting an information and listening session on **Tuesday, October 5 from 7:00 p.m. to 8:00 p.m.** Members of the Cultural Council will be available to answer questions about the grant application process (applications are due October 15 at <https://massculturalcouncil.org/local-council/dedham/>). Also, the Council welcomes feedback and ideas on ways to improve arts and cultural activities in Dedham.

Join the info and listening session online at <https://us02web.zoom.us/j/2753473241>

DEDHAM FIRE DEPT. TO PARTICIPATE IN HEALTH AND WELLNESS WORKSHOP

The following Press Release provided by Provision Advisors:

Dedham Fire Department Set To Fight Mental and Physical Stressors

Partners with O2X Human Performance for 4-day workshop to optimize health and wellness

Dedham, Mass – From Oct 4th – Oct 7th, the Dedham Fire Department (DFD) will participate in a four-day mental and physical health, wellness, and resilience training workshop.

The workshop will be run by O2X Human Performance, a training and education company founded by former Navy SEALs. As tactical athletes, first responders risk their lives daily to keep their communities safe. They endure physical and, more importantly, mental stress throughout their careers. As a result, it's become critical that they train their bodies properly to stay healthy, but also maintain their mental health.

Beginning Monday, as part of an ongoing contract, both Fire and EMS personnel from Dedham begin the training workshop focused on their overall health and wellness from prepared curriculum provided by O2X certified professionals across a variety of fields germane to promoting physical and mental agility and longevity.

Continued on page 5

DEDHAM FIRE DEPARTMENT - CONTINUED

During the sessions, participants will learn about nutrition, strength training, sleep, stress management, and resilience. The O2X team consists of hundreds of specialists, including U.S. Special Operations veterans, strength and conditioning coaches, mental performance experts, PhDs in nutrition and psychology, as well as sleep scientists – all dedicated to helping first responders elevate their human performance.

“O2X has become the backbone of the Dedham Fire Department’s Health and Wellness program. Firefighting is a demanding profession, and we need to ensure that our firefighters are both physically and mentally fit and the professionals from O2X have made that possible” – Chief William Spillane

O2X Human Performance has successfully trained thousands of first responders and collaborated with hundreds of public safety agencies nationwide to provide state-of-the-art training and education aimed specifically at helping first responders finish their careers as strong as they started.

“We’re excited to have this ongoing relationship with the Dedham Fire Department and larger community,” said Paul McCullough, Co-founder at O2X Human Performance. “This four-day workshop in October will act as a foundation for these firefighters to keep their physical health and mental wellness a part of their daily lives, in order to stay prepared for the demands of the job.”

The workshops will be held from 8:00 a.m. to 4:00 p.m. at 436 Washington Street, Dedham, MA 02026.

About O2X Human Performance

O2X Human Performance provides comprehensive, science-backed training and education so tactical athletes can finish their careers as strong as they started. The results driven O2X EAT SWEAT THRIVE curriculum encompasses all areas of human performance: nutrition, conditioning, sleep, stress management, and resilience. The O2X team is comprised of U.S. Special Operations veterans, Olympic, professional, and All-American collegiate athletes, and hundreds of human performance experts.

Visit o2x.com for additional information.

MEDIA CONTACT: Bashon Mann – [619.347.9539](tel:619.347.9539) or press@o2x.com

2021 FALL ANNUAL TOWN MEETING IS 6 WEEKS AWAY, AND PREPARATIONS HAVE BEGUN

The Dedham Select voted and set the date for the 2021 Fall Annual Town Meeting to be held on Monday, November 15, 2021 at 7:00 p.m. Traditionally, Town Meeting is held in the Dedham High School Auditorium, but with the addition of Covid-19 and associated health and safety precautions, Town officials are researching other options that allow for the safe distancing of Town Meeting members, staff, and the general public. A recommendation for an alternative location is expected to be made by the Town Moderator for the October 7, 2021 Select Board meeting for review and vote.

To view the full Fall Annual Town Meeting Warrant online, please visit www.dedham-ma.gov/townmeeting.

Finance & Warrant Committee Meetings

The Finance & Warrant Committee (FWC) oversees and makes recommendations on all municipal financial matters, including the annual budget, financial management, policy, and planning, as defined in Town Bylaw Chapter 39, and hold a series of meetings leading up to Town Meeting to review warrant articles and prepare recommendations. ***(Continued on page 6)***

2021 FALL ANNUAL TOWN MEETING - CONTINUED

These recommendations help to inform Town Meeting members as they prepare to vote during Town Meeting. The public is encouraged to attend and participate in FWC meetings to learn more about the warrant process, Town Meeting procedures, and to gain a broader understanding of the Town budget and finances.

Upcoming FWC meetings:

- [October 4, 2021](#)
- [October 5, 2021](#)
- [October 6, 2021](#)
- October 12, 2021
- October 18, 2021
- October 19, 2021

Bylaw Review Committee Meetings

The Bylaw Review Committee reviews all proposed amendments to Town Bylaws, except those related to Town employees' and land use and zoning matters, as defined by Town Bylaw Chapter 85, Section 31. The Committee makes recommendations about proposed bylaws prior to their enactment by Town Meeting. The Bylaw Review Committee will be holding a public meeting on **Tuesday, October 5, 2021 at 7:00 p.m. at Town Hall** to review Articles 11, 14, and 17 and prepare recommendations for Fall Annual Town Meeting. To review the posted agenda, please visit the Town website calendar: www.dedham-ma.gov/calendar

PUBLIC SAFETY BUILDING UPDATES

What to expect October 4, 2021 (Monday) through October 8, 2021 (Friday):

- The project site remains closed to the public.
- The dewatering system remains in place and operational.
- On **Tuesday, October 5, 2021**, the remainder of the slab-on-deck concrete placement will take place for the roof level.
 - ***NOTE:** Please Expect trucks to be entering and exiting the site during this time to deliver concrete.
 - Crews completed the second floor concrete placement for the Fire Department on **September 29, 2021**.
- As of **Friday, October 1, 2021**, the installation of underground plumbing and electrical utilities is substantially complete.
- Installation of the perimeter foundation drain will continue next week along the east side of the site and working to the north side.
- Expect periodic entrance and exit of large trucks at the project site entrance, located at the intersection of Washington Street and Bryant Street. **Please expect minor traffic delays at this intersection.**
- No additional traffic impacts or pedestrian impacts are anticipated during this week.

Construction Hours:

- Crews will be onsite Monday through Friday: 7:00 AM to 5:00 PM

Click on images below to enlarge



Caption: Photo of active construction site taken from the north side of Town Hall on Friday, October 1, 2021.



Caption: Photo taken on Friday, October 1, 2021 of a section of the concrete slab on the second floor.

PUBLIC MEETINGS & COMMUNITY EVENTS THIS WEEK

Agendas and event information are linked below. Meeting information is also available on our website calendar



Monday, 10/4/21:

- **Finance & Warrant Committee** at 6:00 p.m. via Zoom
- **Dog Park Committee** at 7:00 p.m. via Zoom

Tuesday, 10/5/21:

- **Finance & Warrant Committee** at 6:00 p.m. via Zoom
- **Bylaw Review Committee** at 7:00 p.m. at Town Hall, Room 305
- **Designing Dedham 2030: Virtual Open House** at 7:00 p.m. via Zoom
- **Open Space & Recreation Committee** at 7:00 p.m. via Zoom
- **Cultural Council Information & Listening Session** at 7:00 p.m. via Zoom

Wednesday, 10/6/21:

- **Dedham Farmers Market**, 1:00 to 5:00 p.m. at First Church Green
- **Finance & Warrant Committee** at 6:00 p.m. via Zoom
- **Design Review Advisory Board** at 7:00 p.m. via Zoom

Thursday, 10/7/21:

- **Senior Flu Clinic #1** at 10:00 a.m. at American Legion
- **Select Board** at 6:30 p.m. via Zoom

Saturday, 10/9/21:

- **Fire Department Open House** at 11:00 a.m. at Fire Dept. Headquarters

Events shown as listed on the Town calendar as of 10/4/21. Don't forget to check out the [Dedham Public Library events calendar](#) and the [Dedham Public Schools calendar](#)!

LET'S STAY CONNECTED!



Sign up to receive news, updates, and other announcements, delivered right to your inbox from the Town of Dedham on our website. The best part is, you can select the topics you are interested in and update this information at any time!



Departments across Town have set up social media accounts to share information, as well as post about exciting news around Town. Visit our [Social Media page](#) to find the accounts you want to follow!