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Ames Senior Center Ribbon Cutting

The Dedham Council of Aging hosted a ribbon cutting ceremony to officially open and welcome the community to the new Ames Senior Center on Saturday, October 2, 2021.

Following years of advocacy, community support, and hard work by staff, elected officials, and local volunteers, Dedham has a new senior center. Built into the first floor of the refurbished and renovated Ames School, the fittingly named Ames Senior Center is conveniently located within Town Hall, just outside of Dedham Square.

[Please click here for the official press release.](#)



OCTOBER 2021



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|--|--------|--|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 9:00 am <u>Household Hazardous Waste Day</u> 10:00 am <u>Ames Senior Center Ribbon Cutting</u> |
| 3 | 4 6:00 pm <u>Finance & Warrant Committee</u> 7:00 pm <u>Dog Park Committee</u> | 5 6:00 pm <u>Finance & Warrant Committee</u> 7:00 pm <u>Designing Dedham 2030: Virtual Open House</u> 7:00 pm <u>Bylaw Review Committee</u> 7:00 pm <u>Open Space and Recreation Committee</u> 7:00 pm <u>Cultural Council Information & Listening Session</u> | 6 6:00 pm <u>Finance & Warrant Committee</u> 7:00 pm <u>Design Review Advisory Board</u> | 7 10:00 am <u>Senior Flu Clinic #1</u> 6:30 pm <u>Select Board</u> 7:00 pm <u>Board of Library Trustees</u> 7:00 pm <u>Conservation Commission</u> | 8 | 9 11:00 am <u>Fire Department Open House</u> |
| 10 | 11 | 12 7:00 pm <u>Dedham Square Planning Committee</u> | 13 6:00 pm <u>Planning Board</u> | 14 | 15 | 16 9:00 am <u>Cardboard Recycling Day!</u> 10:00 am <u>Annual Flu Vaccine Clinic</u> |
| 17 | 18 6:00 pm <u>Planning Board</u> | 19 10:00 am <u>Senior Flu Clinic #2</u> | 20 7:00 pm <u>Zoning Board of Appeals</u> | 21 6:30 pm <u>Select Board</u> | 22 | 23 |
| 24 | 25 | 26 | 27 6:00 pm <u>Planning Board</u> | 28 | 29 | 30 |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |

Public meetings are happening in person and online each week. [View more meetings and agendas by clicking here, or visiting the Town's calendar page.](#)

Did you know?

Candy corn was created in the 1880's and originally called "Chicken Feed".





DEDHAM CIVIC PRIDE BRINGS MORE PUBLIC ART TO TOWN

EAGLE PLANTERS AT OAKDALE SQUARE

Sitting outside the entrance to Veteran's Park in Oakdale Square, planted with fall mums, sit the newly commissioned painted planters. Civic Pride chose artist Cindy Prevett to work her magic on two of the old black pots that were up at the Civic Pride shed at the Endicott Estate.

Cindy, a Mass Collage of Art, and Framingham State College graduate, is no stranger to public art having painted for Civic Pride before. Her Civic Pride projects include the ladybug flower pots that sit in front of the main library and the utility box that is at the corner of Milton and Saw Mill Lane. Cindy also painted the piano in Dedham Square for the Dedham School of Music that sits in front of the Blue Bunny Bookstore.

Cindy will be working on two more pots for Civic Pride that will sit in front of the Barnes Memorial. Those pots will be ready in the Spring.





“BRUSH UP” JERSEY BARRIER PROJECT

Bright colors and designs, along with a welcoming message greet visitors to Dedham Square now that the first phase of the “Brush Up” Jersey Barriers Project is completed.

The public art project runs from the barriers in front of Horse Thieves Restaurant down to DeSario Training Systems. The design was created by Jamie Varasconi and Dedham resident Kate Bergeron, who make up “the collab.” Kate and Jamie have done murals, painted pots and furniture, and digital illustrations in the Greater Boston area.

This project was a partnership of Dedham Civic Pride, Dedham Public Art and “the collab.” Dedham residents Kate Bergeron, Liz Smith, Leslie Kepner, Gianna Bird, Janet Holmes, Paul Reynolds, Dianna Giakazov, and Peter Reynolds along with Amanda Kilton, Jamie Varasconi, Karissa Carson, and Nicole Burnor came out on a beautiful sunny day to help paint the design on the barriers. Once the painting was complete a protective coating was applied to the barriers to help project the artwork from the weather.

Dedham Savings Bank stepped in as a sponsor to help defray the costs of the police detail and supplies. Phase two of the project is scheduled to begin in the spring of 2022.



Dedham Annual Flu Vaccine Clinic Sat October 16th 10:00-3:00

Dedham Middle School
70 Whiting Ave

Pre-Register Online Required



OR Sign-up at:
www.dedham-ma/flu vaccine

Bring the Whole Family!

Clinic open for those with or without insurance ages 5 +
Masks req'd ages 2+ unless medical exemption

For more information or help registering online
contact Public Health Nurse 781-751-9220

Dedham Historical Society & Museum

Dedham Historical Society & Museum

Third Thursday Webinar

Thursday, October 21st, 7:00-8:00 p.m

Join us as we visit Pine Ridge Pet Cemetery in Dedham to learn about some famous animals and see how people have paid tribute to their pets. Pine Ridge includes a historical section that dates back to the early 1900s and is the oldest pet cemetery in the country that is owned and operated by an animal welfare agency. Hear about Anna Harris Smith who first purchased 26 acres in Dedham in 1906 and envisioned the cemetery complementing a shelter for neglected pets and a rest home for retired horses. This virtual “tour” will be led by DHSM president and professional tour guide, Joan Pagliuca.



For more information and to register, visit www.dedhamhistorical.org/current-events, or by using the QR code with your phone's camera.

To view past Third Thursday webinars, visit www.dedhamhistorical.org/past-events.



Endicott Estate



DHS Class of '51 Celebrates 70th Reunion!

Reunions serve to remind us of the value of friendship, community and tradition, and that is exactly what Dedham High School's class of 1951 did as they celebrated their 70th High School reunion at the Endicott Estate. Smiles and laughter abounded throughout the Estate as Dedham High's Class of '51 shared stories old and new. It was clear that while the date on the calendar has changed, the friendships these "cool cats" made, have withstood the test of time.



Class of 51 Favorites

- **Favorite Song:** "Stardust" By Billy Ward and His Dominoes
- **Favorite Athlete:** Ted Williams
- **Favorite Comic Strip:** *Li'l Abner*
- **Favorite Food:** Spaghetti and Meatballs



Engineering Department



Elm Street 7 Rustcraft Rd Sidewalk Improvements

Project

MassDOT's project is well underway and this past month the contractor has been busy with the installation of erosion control, clearing & grubbing and beginning the installation of drainage utility improvements. For additional information regarding this project the Town has set up a project webpage, which can be accessed by clicking [here](#). If you have any specific questions regarding the project please contact either of the following MassDOT RE Field Office Personnel:

- ◆ Donny Dailey, MassDOT Government Affairs, Donny.dailey2@dot.state.ma.us
- ◆ Laura Montiel, Resident Engineer, Laura.montiel@dot.state.ma.us

2021 Wet Weather Sewer Inspections

The 2021 Wet Weather Inspections project was completed in August at a total cost of \$273,572.41. Over the duration of this project, the contractor completed the following tasks:

- *Cleaning and TV inspection of approximately 116,000 linear feet (22 miles) of sewer main ranging in size from 6" to 24" in diameter.*
- *Cleaning and TV inspection of approximately 60 sewer laterals*

The Engineering Department will review the TV inspections in-house over the next several months to determine if any infiltration, inflow or structural defects need to be repaired under our ongoing sewer rehabilitation project.

Please find and follow the Engineering Department on Twitter at [@tod_engineering](https://twitter.com/tod_engineering).

The Engineering Department will be utilizing this Twitter account to post information related to our stormwater system and what we all can do as a Town to improve the water quality of waterways and natural resources.





MassDOT Project #608587 – Bridge St (Route 109) & Ames St

Construction activities are ongoing with MassDOT's contractor for the Bridge Street & Ames Street project. The project limits are along the State Highway's portions of Bridge Street (Dedham Town Line to Ames Street) and Ames Street (Bridge Street to Ames Street Bridge). The project work includes minor roadway widening, sidewalk reconstruction, resurfacing the roadway, re-striping the roadway and reconstruction of the signal at Bridge/Ames Street intersection. The project will include creating ADA-compliant ramps and include designating 5 to 6-foot wide shoulders as bike lanes.

The project is anticipated to be completed by the Spring of 2023.



Dedham Police Department



DEA National Drug Takeback

The Dedham Police Department will once again participate in the DEA National Drug Take-Back on Saturday October 23, 2021. Unused or expired medications may be disposed of in the parking lot area of the Dedham Police Department located at 600 High Street between 10 am – 1 pm. An officer will be present to accept the medications.

Why are the Dedham Police participating in this program?

- Unused or expired prescription medications are a public safety issue which can lead to accidental poisoning, overdose and abuse;
 - Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision;
 - The majority of teenagers abusing prescription drugs get them from family and friends, and the home medicine cabinet;
 - Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply.
 - Proper disposal of unused drugs saves lives and protects the environment;
- Take-back programs are the best way to dispose of old drugs.

The Dedham Police accept unused and expired drugs in the public lobby of the Police Station 365 days a years, 24 hours a day.

We encourage all to do some fall cleaning. Check your medicine cabinets for unused and expired medications. Bring them to the Dedham Police Station on Saturday October 23, 2021 between 10 am – 1 pm for safe disposal.



Dedham Police Department



Fighting Cancer: Pink Patch Project

The Dedham Police Department participated in the Pink Patch Project for the first time during 2021, <https://pinkpatchproject.com>. Patches can be purchased for \$10 each. In support of the fight against breast cancer, a donation to the Dana Farber Cancer Institute will be made from patch sale proceeds. A limited supplies of patches is available. Please contact School Officers Sullivan or Cronin, Deputy Chief Buckley or Chief d'Entremont to purchase a patch.



Dedham Police Department



#9PM Routine

On September 15, 2021, fifteen reports were received from community members related to vehicles being entered during the previous overnight. Those who commit these crimes may be members of organized groups who travel around to different communities and saturate a neighborhood during the hours of darkness checking for unlocked vehicles and stealing valuables left in vehicles. We urge all community members to adopt a 9 PM routine. Make sure vehicles are locked and remove all valuables. This simple nightly routine will help to protect you from being a victim of such crimes. If you should hear or see anything unusual, please call us at 781 326-1212 with as much descriptive information as possible.

#9PM Routine



LOCK UP

your car, house, windows,
garage, gate, shed



TURN ON

exterior lights, security
camera, alarm system



BRING IN

valuables from your car,
yard, patio



OCTOBER WELLNESS

WORK/LIFE BALANCE FOR MENTAL HEALTH



Bringing balance into our lives has a variety of benefits. Some of these benefits include: more productivity, less stress, decreased depression, better concentration and improved immune systems. Achieving balance can help us improve our personal and professional lives.

Here are some tips from Mental Health America (MHA) on balancing work & life:

At Work:

“Set manageable goals each day.” Be realistic about project deadlines. Make a “to do” list in order to organize your work and to prioritize important tasks.

“Take five.” Breaking away from a project for a quick moment will allow you to de-stress and return with a clear head.

“Communicate effectively.” Communicate with honesty and empathy. Suggest practical solutions or ideas. Respond rationally and calmly.

At Home:

“Unplug.” Be aware of the possibility of becoming overwhelmed by being available 24/7 through technology.

“Get support.” Talk with family and friends. Having strong support systems that you can rely on has been linked to stronger immune systems.

“Take advantage of your company’s Employee Assistance Program (EAP).” Employee Assistance Programs can save time and offer resources for a variety of things, such as: childcare, elderly care, referrals for mental health providers and more.

“Treat your body right.” Physical activity, good nutritional habits and good sleep keep us healthy in many ways. Benefits include stress management and less sick days.

“Get help if you need it.” Seek help if stress and feelings of being overwhelmed become too much to handle alone. If your health and/or happiness are in jeopardy, know that there are mental health professionals who can help.

For additional information on these tips and to see additional recommendations from Mental Health America (MHA), click here: [Work Life Balance](#)

West Suburban Health Group Website: westsuburbanhealth.com

NATIONAL FIRST RESPONDERS DAY

OCTOBER 28, 2021

Thank You!



Deadline to Submit Irrigation Meter Reads is Oct. 25th

Irrigation meter reads are due by **October 25, 2021**, as credits will only be reflected once a year on the November sewer bill.

Submissions will **ONLY be accepted electronically** through the mobile-friendly form available on the [Town of Dedham's website](#). To ensure accurate credit is applied to your account, please include a photograph of the meter reading. A photograph can be attached using the "Click Here to Upload" link on the form.

If you have questions or need assistance with the online form, please contact:

Derek Sergi
Utility Billing Clerk
(781) 751-9166
taxcollector@dedham-ma.gov

Common Irrigation Submeter Questions

How often do I have to submit a meter reading for my irrigation system?

To obtain an irrigation meter credit on your sewer bill, you must report your reading at least once per fiscal year.

Why do I have to submit my irrigation system meter reading?

Failure to submit your irrigation system meter reading each year may result in a cap (maximum) in your sewer bill credit, which will be estimated for the most recent 12-month period.

How can I participate in this program?

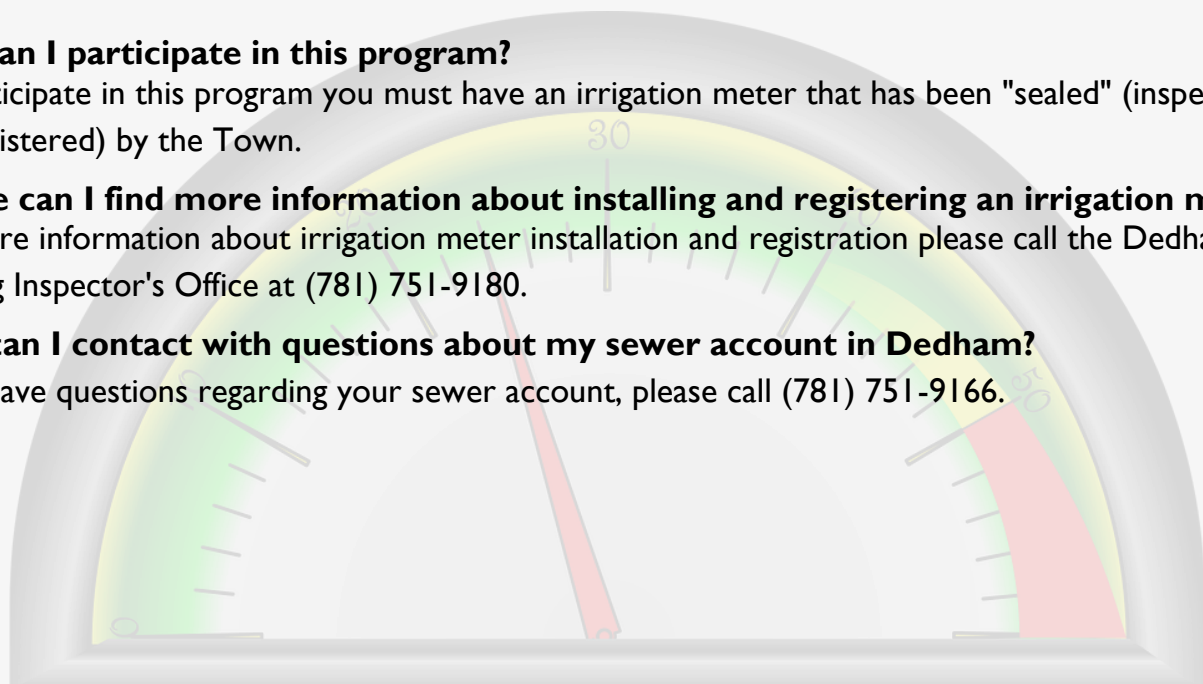
To participate in this program you must have an irrigation meter that has been "sealed" (inspected and registered) by the Town.

Where can I find more information about installing and registering an irrigation meter?

For more information about irrigation meter installation and registration please call the Dedham Building Inspector's Office at (781) 751-9180.

Who can I contact with questions about my sewer account in Dedham?

If you have questions regarding your sewer account, please call (781) 751-9166.





Town Hall Talk will be published monthly and will be available on the [website](#).

Please subscribe to receive notification of each new issue!

Town of Dedham, MA

450 Washington Street (Ames Building)

(781) 751-9100

OCTOBER

BREAST CANCER

AWARENESS MONTH

