

ENTERING

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GRAFTON

WHERE HEALTH HAPPENS

HEALTH HAPPENS IN GRAFTON

The Grafton Health Department with the help of the Greater Grafton Medical Reserve Corps and the Community Nursing Association of Grafton is happy to bring you our first edition of Health Happens in Grafton. The goal of this publication is to introduce our residents to programs and businesses that promote health and well being here in Grafton.

Obesity and poor heart health are two major public health issues threatening our communities today. We hope this guide can provide ideas for jump starting your wellness plan with opportunities to eat healthier and move more.

We hope you find the guide helpful. Even if you find one opportunity to improve your health we will consider the booklet a great success. After all, as you improve your individual health, you improve the health of our community. That is PUBLIC HEALTH...

Grafton Health Department

30 Providence Rd 01519
508-839-5335 ext. 1119
healthdept@grafton-ma.gov

Greater Grafton Medical Reserve Corps

A volunteer organization that assists the Health Department with medical and non medical staff when needed.
To join go to MAResponds.org
Or call 508-839-5335 ext. 1153

Community Nursing Association of Grafton Grafton Nursing Association

Provides free care for uninsured
Provides scholarships for students entering medical fields
Contact: Nancy at nhazen@verizon.net



TABLE OF CONTENTS

I.	Town Departments.....	4
II.	Schools.....	8
III.	Businesses.....	11
	A. Eating.....	11
	B. Exercise	13
IV.	Professionals.....	16
V.	Emergency Health.....	19
VI.	Pet Health.....	21
VII.	Suggestions from Friends	22
VIII.	Neighbors.....	23

TOWN DEPARTMENTS

Grafton Health Department

Grafton Memorial Municipal Center
30 Providence Road
Grafton, MA 01519
508.839.5335 ext. 1119
www.grafton-ma.gov

To protect the health, safety and well-being of the residents of the Town of Grafton.

- Town Flu Clinics
- Well Adult Clinics
- Sharps Collection
- CPR/AED, First Aid
- Emerging and Current Health Issues
- Annual Rabies Clinic

Grafton Council on Aging

Grafton Memorial Municipal Center
30 Providence Road
Grafton, MA 01519
508.839.9242
www.grafton-ma.gov

The Grafton Senior Center serves older adults (age 60+) and their spouses/significant others. There is no charge to use the Grafton Senior Center. Special classes with instructors may have a nominal fee attached.

Mission

Programs that enhance dignity and quality of life, support independence and encourage general wellness are developed, coordinated, and promoted to meet the needs of these individuals. The Grafton Senior Center also provides advocacy and assistance.

- Blood Pressure Check
- Book Club
- Chair and Matt Yoga
- Computer Lab
- Crafts
- Cribbage
- Daily Lunch
- Day Trips
- Jog Your Noggin
- Legal Counseling
- Manicures & Pedicures
- Meals on Wheels
- Organ Social
- Painting
- Pitch

Grafton Council on Aging (continued)

- Duplicate Bridge
- Educational Programs
- Rummikub
- Scrabble
- Senior Exercise
- SHINE
- Special Events:
 - Halloween Party
 - Holiday Party
 - Ice Cream Social
 - Picnics
- Tai Chi
- Pool Table
- Red Hat Society
- Transportation
- Volunteer Recognition, etc
- Stitch n' Bitch Quilt
- 65" TV with hundreds of videos
- Wellness Programs
- Wii
- Zumba Gold

You can obtain information on caring for an aging parent, securing help for an elderly neighbor, getting nutritious meals delivered to a senior's home, getting help parenting a grandchild, or learning more about prescription drug programs for elders.

Friends of the Grafton Elders (FOGE)

P.O. Box 186
Grafton, MA 01519
info@fogeinc.org

FOGE is a private volunteer-based organization committed to providing Grafton residents over the age of 60 with funding for services designed to meet their physical, social and psychological needs so as to enhance their longevity and quality of life.

www.800ageinfo.com

Elder Abuse Hotline 1-800-922-2275 (V/TDD)

Protective Services, Programs and Senior Services

1-617-727-7750 1-800-AGE-INFO

1-800-243-4636 or TDD/TTY 1-800-872-0166

Prescription Advantage

1-800-243-4636 or 1-877-610-0241 (TTY)

Grafton Police Department

28 Providence Road
Grafton, MA 01519
508.839.2858
www.graftonpolice.com

*Safety and Health Activities
Drug Take Back
Car Seat Safety
Grafton Night Out – 1st Tuesday in August*

Grafton Public Library

35 Grafton Common
Grafton MA 01519
508-839-4649
graftonlibrary.ma@gmail.com
www.graftonlibrary.org

The Grafton Public Library is a great resource for health information!

What kinds of health information can we offer you? Well, you can find all of these things at your public library (and much, much more!):

- *MiniFarming: self-sufficiency on ¼ acre.* By Brett L. Markham. (Non-fiction).
- *Basics. Pilates for the mind, body and spirit.* (2005). (Non-fiction DVD).
- *“The Right Way to Snack.”* Paul Piccuito and Travis Rathbone. Health. March 2013 v27 2 p118-123. (Magazine article).
- *Walking: the ultimate exercise for optimum health.* By Andrew Weil, M.D. & Mark Fenton. (Book on CD-recorded books can be great for commuters).
- *The Spa.* By Fay Weldon. (Fiction).
- *Erin Brockovich.* Universal Studios, c2000. (Fictional video on DVD).
- *Health and Nutrition Secrets that can save your life.* By Russell L. Blaylock. (Downloadable audio book available to download to a computer, and transfer to an MP3 player or iPod, or burn to a CD).
- *Tai Chi for beginners.* By Rebecca Stetson. (Downloadable movie available to download to a computer or MP3 player).

Grafton Public Library (continued)

- *The Alzheimer’s Prevention Program: Keep your brain healthy for the rest of your life.* By Gary Small. (Downloadable eBook).
- *“Living well with a chronic condition: how to turn your diagnosis into a prescription for healthy living.”* Elisabeth Deffner. *Vibrant Life.* March-April 2013 v29 12 p10(2). From: “The Health and Wellness Resource Center” (Electronic Journal article).
- We have age appropriate information on healthy eating, exercise and other health issues for young adults (6th-12th grade) and children (from birth to 5th grade). There really is something for everyone.

The Grafton Public Library also offers access to on-line databases which can be used at home or at the library. They provide access to high quality information from books, journals and other sources on a variety of topics. Some of the health related databases are, “Health and Wellness Resource Center”, “Gardening, Landscape and Horticulture Collection”, and “Teen Health and Wellness.” Click on <http://graftonlibrary.org/grafton/resources.asp> for details.

Thanks for reading.

Grafton Recreation Department

Grafton Memorial Municipal Center
30 Providence Road
Grafton, MA 01519
508.839.5335 ext. 1156
www.grafton-ma.gov

The Recreation Commission offers a comprehensive and varied program of public recreation activities, services and resources for Grafton residents. The Grafton Recreation Commission will strive to serve the needs of every individual in Grafton by offering diverse and quality programs and services and continually monitoring the changing needs and desires of our growing town. The Commission is a seven-member board appointed by the Selectmen to three-year terms.

Grafton Recreation Department *(continued)*

Winter & Fall

- Annual Road Race
- Family trips
- Haunted Forest trip for children in 7th & 8th grade
- Turkey Hunt
- Build a Scarecrow
- Ice- skating on Lake Ripple
- Grafton Celebrates the Holidays town wide event
- After school Dodge Ball
- Yoga classes for adults and children
- Certified babysitting classes
- Many after school programs
- Ski Programs
- Horseback lessons
- Fun with Lego's
- Outdoor Adventure
- Youth basketball for grades 4th -9th
- Jr Basketball for K – 3rd grade
- Adult Zumba
- Flag Football

Spring & Summer

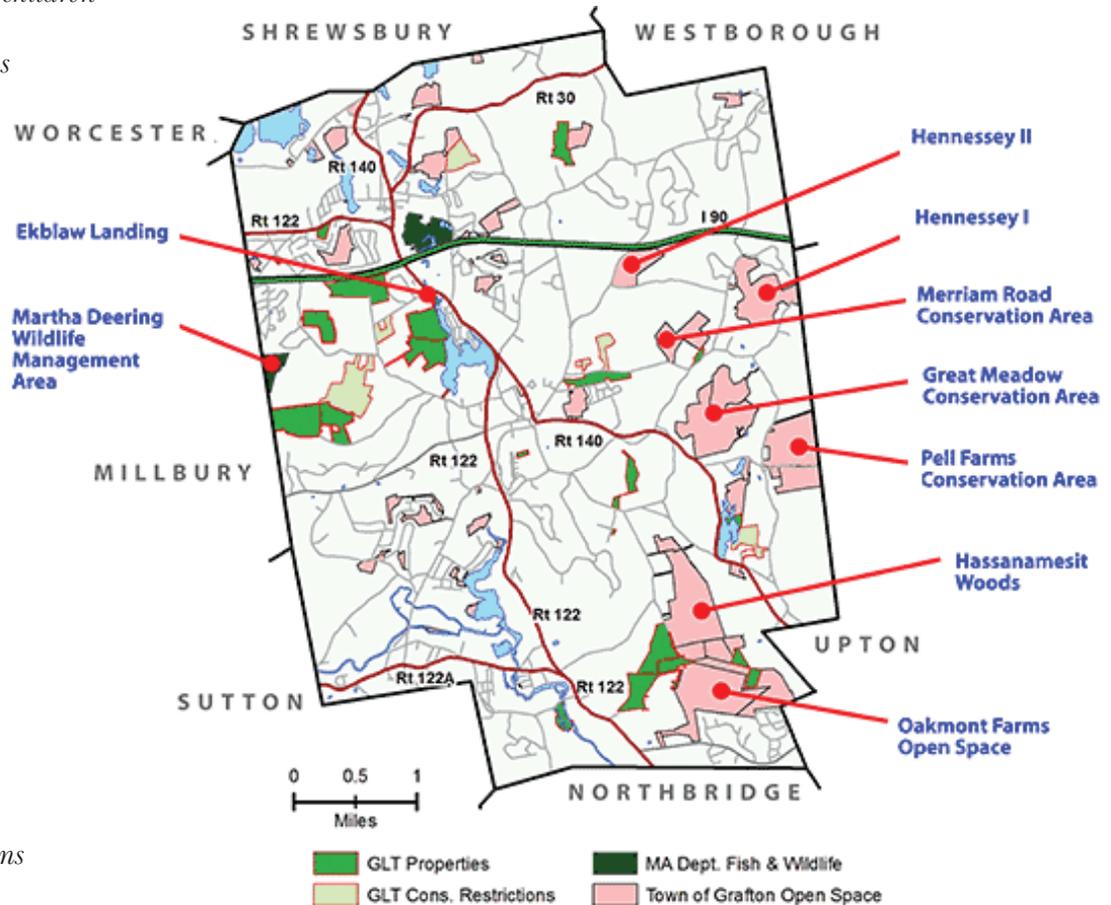
- Silver Lake Beach
- Swim lessons
- Family activities at the beach
- Full Day Program
- Half day parks program
- Outdoor Adventure
- Horseback riding
- Babysitting classes
- Adult & children golf lessons
- Farmer's Market
- Big Truck Day
- Tennis lesson for adults and children
- Concert series on the Common
- Family trips

Grafton Conservation Commission

Grafton Memorial Municipal Center
 30 Providence Road
 Grafton, MA 01519
 508.839.5335 ext. 1138
www.grafton-ma.gov

Grafton Conservation Commission *(continued)*

Launch a canoe or other craft at Riverview Park off Providence Road, at the boat launch on Goddard Street behind the High School or at Ekblaw Landing boat launch for Quinsigamond River and Lake Ripple located off 140/122. Hike at Hassanamesit Woods, Pell Farm, Hennessey, Brookmeadow, Merriam Road or any Conservation Land property. There is also Horseback Riding, Hunting and Mountain Biking.



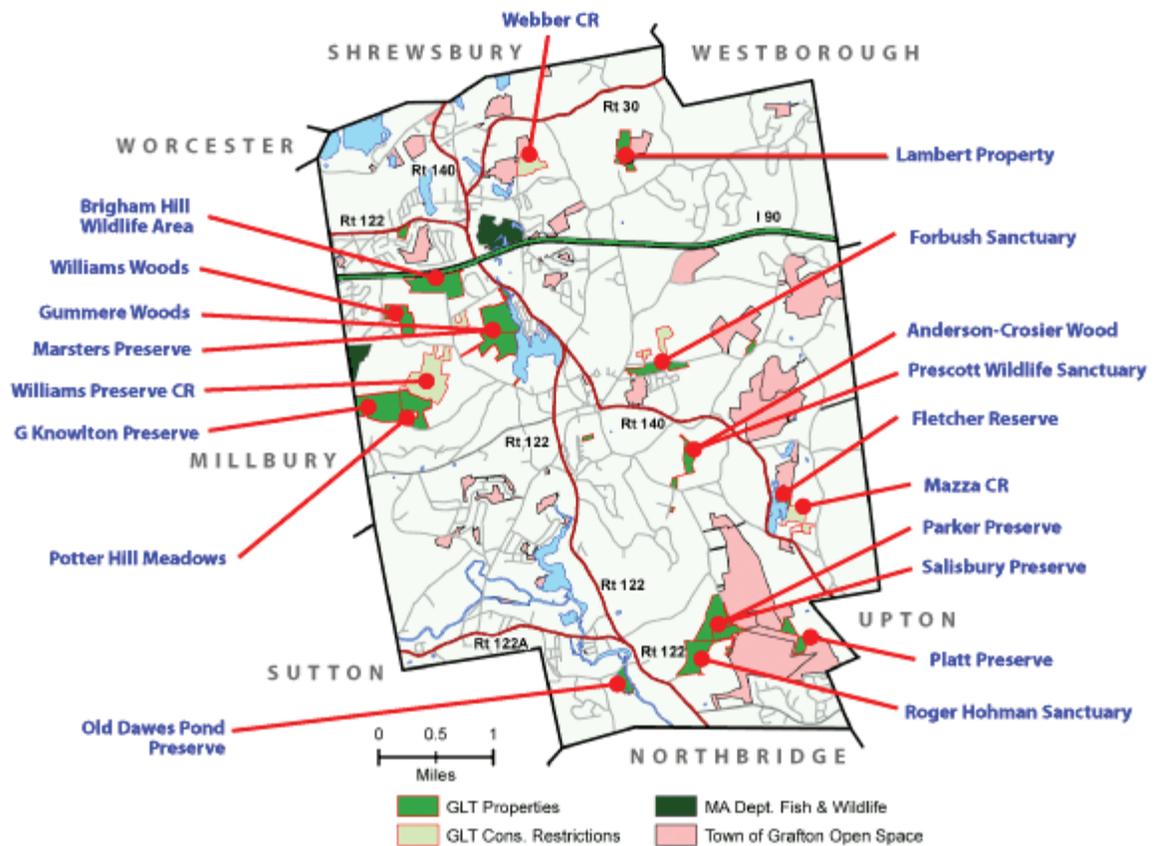
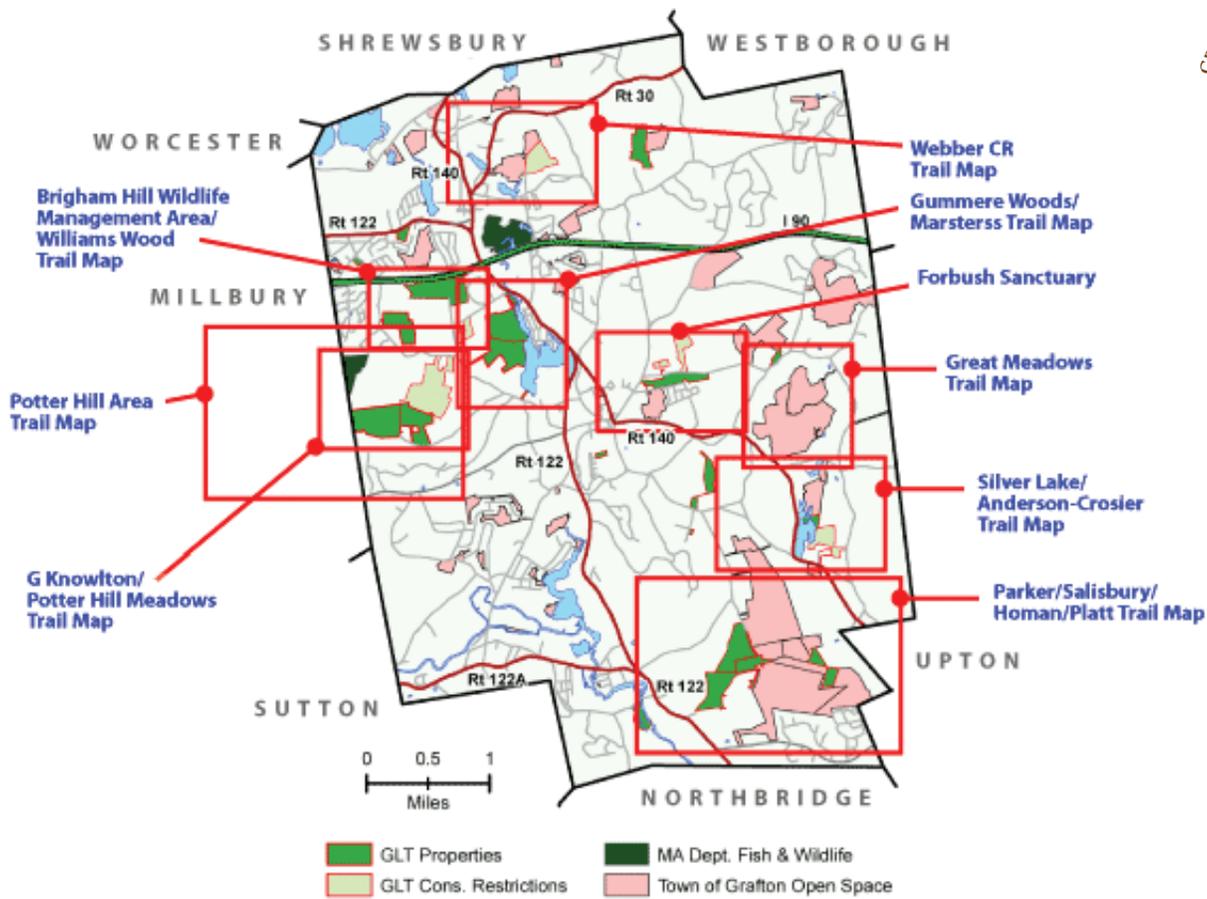
Grafton Land Trust

P.O. Box 114
 Grafton MA 01519
 508.839.7402 ext. 2
www.graftonland.org



Part of our Mission is

- Acquire and maintain open space in Grafton
- Work in partnership with town officials and others on conservation projects
- Create and maintain trails on select properties for public use



SCHOOLS

Millbury Street Elementary School

105 Millbury Street
Grafton, MA 01519
508.839.0757
www.grafton.k12.ma.us

North Street Elementary School

60 North Street
Grafton, MA 01519
508.839.5428
www.grafton.k12.ma.us

North Grafton Elementary School

46 Waterville Street
North Grafton, MA 01536
508.839.5484
www.grafton.k12.ma.us

South Grafton Elementary School

90 Main Street
South Grafton, MA 01560
508.839.5484
www.grafton.k12.ma.us

Grafton Middle School

22 Providence Road
Grafton, MA 01519
508.839.5420
www.grafton.k12.ma.us

Grafton High School

24 Providence Road
Grafton, MA 01519
508.839.5425
www.grafton.k12.ma.us

School Nurses

Located at each school.
Call the main number at your child's school and ask for the nurse's office. The School Nurse Leader is located at the high school.

Physical Education

Elementary School

One time a week

Middle School

One to two times a week

High School

Physical Education classes are broken down into 3 choices:

- 1. Lifetime – aerobic, walking, tennis, yoga, etc...*
- 2. Team sports – soccer, basketball, baseball*
- 3. Personal fitness – primar*

After school sports and clubs available

****Tennis and other courts are open to public when not used by students.****

Health

Comprehensive course offered in grade 10
The course covers a wide variety of Health issues i.e. self esteem, decision making, friendships, healthy and unhealthy relationships, sexual assault, reproduction, substance abuse, mental illness, safe driving, food pyramid, stress and depression, skin cancer, CPR, daily food logs and school food as an example of healthy choices.



School Nutrition at Grafton Public Schools

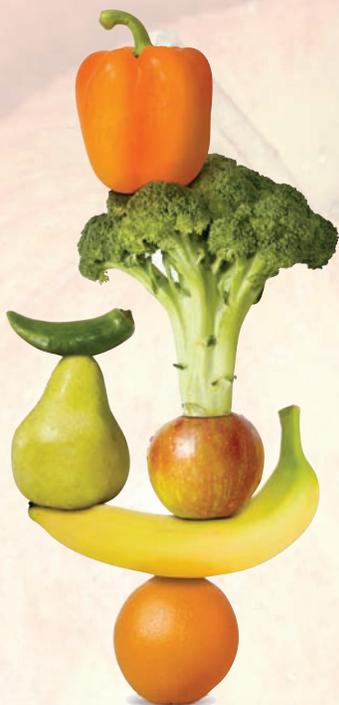
School meals are a healthy option, a great value and a huge convenience for busy families! Whitsons is pleased to be able to serve nutritious and delicious meals at Grafton Public Schools. We are committed to providing wholesome, high quality menus, prepared fresh daily from locally sourced ingredients whenever available and in season.

In order to better serve Grafton Public Schools, we have developed an online portal that allows parents, students and administrators to access menus, nutrition information, meal prepayment information, district news, events and general information on school meal programs.

You can reach this portal through the Food Services tab in the Grafton schools website: <http://www.grafton.k12.ma.us>



Did You Know???



- Products sourced by Whitsons have Zero Trans Fats unless naturally occurring.
- Our milk is rBGH free, fat-free or 1% and contains no high fructose corn syrup.
- We source chickens that are raised without the use of non-therapeutic antibiotics.
- We source products without artificial ingredients or High Fructose Corn Syrup (HFCS) wherever possible. Examples include breads, dressings, condiments, chocolate milk, etc.
- We offer fresh fruits and vegetables every day.
- We prepare our meals with low fat cheeses and lean meats.
- We feature whole grain pastas, rice, breads, pizza crust, pancakes, waffles and other grain products.
- We balance potato products and other starchy vegetable offerings with a primary focus on complex carbohydrates and non-starchy vegetables.
- We bake instead of fry.



Nutrition Education Programs



Elementary Schools:

Nutrition Safari makes learning about nutrition a fun, exciting adventure for our elementary students! Using our unique characters, each representing a different food group, we reinforce healthy eating and the importance of physical activity as part of a healthy lifestyle.



Middle School and High School:

Our secondary school nutrition program reinforces healthier eating, while providing a variety of menu options from which to choose.



Fruit/Vegetable of the Month Program:

In addition to the wide variety of vegetables and fruits offered on the daily menus, a different fruit or vegetable is highlighted each month, with additional menu offerings, posters and flyers.



Activity of the Month Program:

Various seasonally appropriate activities are highlighted each month on posters and flyers, to remind students of the importance of regular physical activity.



Gluten-Free Alternatives:

We provide gluten-free menu alternatives to accommodate students with a gluten allergy and/or sensitivities. Our goal is to enable children with food allergies and sensitivities to be free to enjoy great tasting, safe and healthy foods in the school lunchroom.



We Purchase Locally!!!

We are committed to supporting local farmers by sourcing produce locally whenever available and in season. That makes our produce fresher, tastier and better for you, while helping to conserve the earth's resources, one meal at a time.

Please visit the Grafton Public Schools Foodservice portal for a list of farms we purchase from: <http://www.grafton.k12.ma.us>.

For more information about these programs or any other questions, please contact our foodservice director at Grafton at (508) 839-7898.

BUSINESSES

A. Eating

Pecorino Country Cheese Shop

135 Westboro Road
North Grafton MA 01536
508.839.9200
www.pecorinografton.com



Pecorino offers a wide range of local and imported cheeses, which are available to taste and then cut to order for the customer.

When consumed in moderation, the health benefits of cheese can be substantial and can work as a “near perfect food”, containing essential nutrients, proteins, bioactive peptides, amino acids, fat, fatty acids, vitamins and minerals. Cheese is rich in bone-strengthening and cavity-fighting Calcium, which can also show a positive effect on blood pressure. Raw Milk Cheeses in particular have been found to play a role in cancer prevention due to the presence of disease fighting substances such as Conjugated Linoleic Acid and Sphingolipids.

Pecorino’s further offerings include fresh, organic flour breads and specialty foods with mostly all-natural and organic ingredients, such as extra virgin olive oils, hand-made tomato sauces, crackers and cookies. The staff feels strongly about educating their customers with regards to where the food comes from and who makes it.



Grafton Farmer’s Market

On the Common
Thursdays 2:00 - 6:30 (dusk)
Late June - October
info@graftonfarmersmarket.com
www.graftonfarmersmarket.com

The Grafton Farmers Market in Grafton, MA is a volunteer-managed, local producer market that provides local produce, fresh fruits and veggies, baked goods, artisanal foods, and hand-crafted items during the New England growing season.

Our Mission Statement:

- To provide fresh, local food directly from farmers to consumers.
- To help the local farming industry to remain healthy.
- To educate the community about healthy and sustainable living.
- To provide a social experience that builds community.

The goals of the Grafton Farmer Market go beyond simply selling produce, we seek to enrich our community. Grafton, and its surrounding towns, have many wonderful non-profit organizations that do amazing things. Each week one or two will stop by the Non-Profit Tent and tell you a little bit about themselves. Please support these organizations, because they support you! That all said, our number one goal is to just have fun!! Please stop by and check things out.



Houlden Farm

139 Old Westboro Road
North Grafton, MA 01536
508.839.2409
www.houldenfarm.com

Growing Schedules: June offers the beginning of the fresh produce... Peas, lettuce, and strawberries start out the season. Then they are followed by the long awaited "real" tomatoes grown in our green house. July brings our sweet corn & the rest of the veggies in season. All of our veggies are fresh and juicy because we care.

Flowers: Bedding plants, hangers, and veggie & herb plants ready to be put into the ground. At the end of May we offer hand made cemetery baskets. We have a wide variety from Herb Plants to Hanging Baskets.

Stop & Shop

100 Worcester Street
North Grafton, MA 01536



Healthy Ideas – It's Easy to Eat Healthy

Many of your favorite foods are Healthy Ideas – just look for the Healthy Ideas symbol on thousands of products throughout the store to know you're making truly healthy choices when you shop.

We're also work with our partners to bring you affordable meals and keep you inspired! Check back for special offers to make eating healthy easy for your family, and easy on your wallet.



Wong's Restaurant

62 Upton Street (Route 140)
Grafton, MA 01519

Healthy Food Choices (available in small and large except where noted)*

- Steamed mixed Chinese Vegetables
- Steamed Bacon Curd with Mixed Vegetables
- Steamed Vegetable Delight
- Steamed Chicken and Broccoli
- Steamed Chicken with Vegetables
- Steamed Shrimp and Vegetables
- Steamed Shrimp and Scallop Delight•

(Other dishes available steamed upon request)

Polish National Home

7 Main Street
South Grafton, MA 01560



*Weight Watchers meeting location.
Thursdays at 6:00pm*

Community Harvest

37 Wheeler Road
North Grafton MA 01536
1-774-551-6544
www.community-harvest.org
www.facebook.com/CHPINC



Volunteering is very easy and commitment free. We have drop-in hours Monday-Saturday 9am-noon from May-August. People can literally just show up during those hours, sign-in and look for someone with a yellow hat (indicating a staff or team leader) - we will put them to work, no gardening/farming experience required. The work

Community Harvest *(continued)*

to be done ranges depending on the time of year. May is mostly planting seedlings out in the fields, we tend in June, and the harvest goes July-August. All ages are able to make an impact by working on our farm, although youth under 16 need to be accompanied by an adult. May and June involve a lot of bending over but starting in July, we do need volunteers to wash vegetables and that does not require bending over.

If people are looking for more of a commitment, we are always in need of volunteer team leaders. Leaders help us supervise the groups of volunteers that help out on the farm, so it's more important for these volunteers to enjoy working with others than to have any farming or gardening experience. Ideal volunteers for this position can lead groups once a week or every other week. Opportunities for this role are mostly in the mornings in the spring and fall, but there is a smaller need throughout the summer as well. Stay-at-home parents are an excellent fit!

Sweetbriar Florist and Perennials

16 East Street
North Grafton MA 01536
508.839.1561 or 888.839.1561
www.sweetbriarperennials.com

*Herbal Soaps
Dried Herbs
Honey*



B. Exercise



Town Sports

- Grafton Soccer Club
www.graftonsoccerclub.org
- Grafton Little League
www.graftonlittleleague.org
- Grafton Pop Warner
www.eteamz.com/gpwchiefs
- Grafton Girls Softball
GraftonGirlsSoftball.com
- Grafton Youth Lacrosse
www.graftonlacrosse.com
- Fall Baseball
www.graftonlittleleague.org
- Grafton Youth Football
youthfootball@graftongladiators.com

Dance It Up, Inc.

Creative Minds
Healthy Bodies
Confident Dancers

36 North Main Street
North Grafton, MA 01536
508.839.1648
danceandplay@gmail.com
www.danceitup.com



Dance 'N Play®

Uniquely Magical Movement Program

Perfect for girls ages 2½ - 4

The one and a half hour long program has been developed to stimulate the minds and bodies of young, growing children. It introduces movement and music in a very unique style which encourages them and allows them to explore their vast imaginations and to develop gross motor skills at their own pace, through the use of props, costumes, music, lighting and creative movement. Dance 'N Play® was developed by educators to instill a love of movement and music, in a safe and nurturing. We use a variety of gross motor tools and props to make our class relevant to our dancers' growth.

Dance It Up, Inc. *(continued)*

Our classrooms include a rest-time area where students hear a story and have juice and a snack. Our class size is limited to ensure proper attention and time for each dancer. There is a special in-studio performance at the close of our year, in June. Parents and guests are welcome.

Patricia Brosnihan Dance Center

Fun and Educational Classes for All Ages

130 Ferry Street
South Grafton, MA 01560
508.839.3696
www.pbdancecenter.com



We offer all styles of dance for both serious and recreational dancers, ages 2½ through adult. These styles include, ballet, jaz, tap, hip hop and more!

Yoga on the Common

2 Grafton Common
Grafton, MA 01519
267.625.1707



Trek Stop

Bike Shop
49 North Main Street
North Grafton, MA 01536
508.839.9199
www.trekstop.com



Anytime Fitness

100 Worcester Street
North Grafton, MA 01536
508.839.0084
www.anytimefitness.com



Dance Soul Motion

156 Main Street
South Grafton, MA 01560
dominique@dancesoulmotion.com
www.dancesoulmotion.com

Dance Soul Motion, LLC is a yoga studio based in South Grafton open April 2013. Dance Soul Motion will be run by Dominique Salem Mastrototo, a lifelong Grafton resident with a passion for fitness, health and wellness. Miss Mastrototo has taught in the Grafton area before and has also spent time honing her craft at Boston based gyms and yoga studios. Dance Soul Motion offers classes throughout the week in styles ranging from yoga to Pilates and even Zumba. The space can accommodate up to 30 students at a time and creates an atmosphere of wellness from the moment you enter the space. Whether it is a fitness resolution, a longtime practice or the want to try something new, you will find your passion – and your fitness! at Dance Soul Motion.



Defense-Wise Martial Arts Fitness Center

Where Every Student Matters!

16 Ferry Street
 South Grafton, MA 01560
 774.275.0614
 www.defensewisemartialarts.com



We are a professional Martial Arts School that centers on Kenpo KARATE, with a complement of Yoga, Tai Chi, Nia, Kickboxing and other specialized classes in a SAFE, disciplined, fun, and clean environment. Defense-Wise is staffed by a team of mature and dedicated part time Instructors with many years of experience where the Martial Arts have become a way of life. We are passionate about teaching and sharing our knowledge with any student that is willing to learn so that the Martial Arts family may continue to grow and evolve. Our aim is to positively influence and help build a student's character while teaching self defense and various life skills as we promote fitness and good health. Our students are children, age 4 and above and adults of all ages.



Highfields Golf & Country Club

42 Magill Drive
 Grafton, MA 01519
 508.839.1945
 www.highfieldsgolfcc.com



- Golf
- Junior Golf
- Ladies and Mens Leagues
- Golf Outings
- Lessons
- Inner Club
- Functions

Introducing the first and only premier golf course community in Grafton, Massachusetts - The Highfields at Grafton. This new planned community is being developed by Magill Associates, one of the most respected names in home building for the Blackstone Valley. The entire community is set on several hundred acres of remarkably scenic, prime land boasting panoramic vistas and added privacy for homeowners!

IV PROFESSIONALS

Community Nursing Association of Grafton Grafton Nursing Association

P.O. Box 293
Grafton, MA 01519
Contact Nancy: nhazen@verizon.net



- Provides free care for uninsured
- Provides scholarships for students entering medical fields

Dr. Anthony Molanari Optometry

1 Hollywood Dr Ste 1
North Grafton, MA 01536
508.839.3616



Doctors

UMass Memorial Medical Group

100 Worcester Street
North Grafton, MA 01536
508.839.7307

Dr. Ainun Haq, MD

Internal Medicine
100 Worcester Street
Suite 60
North Grafton, MA 01536
508.839.7307

Dr. Lester P. Mietkiewicz, MD

Specializing Geriatric Medicine
100 Worcester Street
Suite 60
North Grafton, MA 01536
508.839.7307

Dentists

Charles A. Gagne, DDS PC

One Hawthorne Street
North Grafton, MA 01536
508.839.6464

Tina Theroux, DMD

82 Worcester Street
North Grafton, MA 01536
508.839.2262
www.tinatherouxdmd.com



Tina Theroux, DMD
Family & Cosmetic Dentistry

Welcome to the practice of Dr. Tina Theroux where we strive to exceed your expectations through our friendly staff, modern office and professional results. It is important to us that you feel comfortable while visiting our office. To achieve this goal, we have staffed our office with caring people who will answer your questions and help you to understand our dental treatments. You will also be comfortable knowing that our goal is to provide you with the most up-to-date treatments to help you look and feel your best.

Mark S. Polasky, DDS

200 Worcester Street
North Grafton, MA 01536
508.839.5461
www.markpolasky.com

We are an 11 person team serving the dental needs of the Grafton Community for over 20 years. We are a full service dental office that combines the latest and best high tech equipment with the caring and compassion that has treated so many of your friends and neighbors.

Leonard C. Miller, DMD

11 Ferry Street
Grafton, MA 01519
508.839.4191

James M. Danko, DDS

74 North Main Street
North Grafton, MA 01536
508.839.6068

Wellesley Therapeutics at Grafton

Physical Therapy | Sports Medicine

Wellness Programs

204 Worcester Street

Grafton, MA 01536

508.887.8888

www.wellesley-pt.com



For 28 yrs, Wellesley Therapeutics has been committed to delivering a superior level of treatment, provided in a one to one environment using the most recent and up to date methods and techniques.

If you are in need of physical therapy, we invite you to experience our expertise, guidance, and support through your rehabilitation process. Specializing in orthopedic and sports injuries, experienced and professional staff, all health insurance accepted, practicing in Metrowest since 1984, conveniently located next to Floral Elegance and Donut Star.

O'Malley Family Chiropractic

80 Worcester Street, Suite 2

North Grafton, MA 01536

508.839.0040

www.omalleychiro.com

O'Malley Health & Wellness Center is a modern facility known for its range of Chiropractic techniques and other services, such as

- *Traction*
- *Ultrasound*
- *Electrical Stimulation*
- *Natural Therapies including Heat and Cold*
- *Diet and Nutritional Supplements.*

Fazzino Chiropractic

202 Worcester Street

North Grafton, MA 01536

508.839.9100

Fournier Massage Therapy

212 Worcester Street

North Grafton, MA 01536

774.232.0568

www.fourniermassagetherapy.com

Fournier Massage Therapy specializing in Therapeutic Deep Tissues Swedish Relaxation and Pregnancy Massage.

New Beginnings Massage & Wellness

79 Worcester Street

Grafton, MA 01536

508.612.4804

jnewbeginnings.massagetherapy.com

New Beginnings is dedicated to helping you reach your highest "blue print" of health by listening to your goals and concerns. Our Therapists are committed to assisting you in reaching your fullest potential in health and wellness

Relax Already Therapeutic Massage

212 Worcester Street

North Grafton, MA 01536

508.839.3353

relaxalreadymassage@yahoo.com

www.relax-already-massage.com



Benefits

- *Reduces muscle tension and stiffness*
- *Relieves stress and aids relaxation*
- *Increases flexibility and improves joint range of motion*
- *Can help reduce the chance of injury before and after exercise*
- *Improves circulation of blood and lymph*
- *Strengthens the immune system*
- *Improves sleep*
- *Enhances the health and nourishment of skin*

Spirit of Wellness Organic Spa

202 Worcester Street
North Grafton, MA 01536
508.839.6466
www.graftonmassage.com

At Spirit of Wellness we use the highest quality organic products that are good for the Earth and our bodies. Our facials are customized to your skin type, relaxing and you will become educated in proper skincare. We also believe that by refocusing your thoughts you can promote healing in your body...Stress is underrated! Life is stressful, muscles hold that stress; massage balances out that stress. When you lengthen muscles through massage you create more space for your joints to move and fluid to flow, therefore decreasing pain... During and for some time after a massage, a hormone called Oxytocin is released bringing peace and contentment to an individual.

We promote health by teaching people to take better care of their bodies by easing body/mind tension, making people feel happy and at peace, offering high quality organic products, educating them about the benefits of proper organic skincare, and decreasing pain throughout the body.

Specializing in: Swedish Massage, Sports, Deep Tissue, Hot Stone, Reflexology and Pregnancy Massage. Also offering Organic Facials, Waxing and Manicures and Pedicures.

Miz'Mo Salon

3 Greenlawn Avenue
South Grafton, MA 01560
508.839.5530
Mizmosalon@aol.com
www.mizmosalon.com

Here at Miz'Mo Salon we offer a Health and Beauty night. We get a group of girls together and teach the basics of makeup, hair and skin care and also from time to time call in a nutritionist to talk about healthy choices. We also do weekly weigh ins with some of our clients. We also sell an all Natural Skin care line called Seriluna. Which we also educate on the importance of what we allow ourselves to put more natural choices in the surface of our skin because 60% of all lotions get absorbed into the blood stream of your body.

Babies inCommon

28 Grafton Common
2nd Floor
Grafton, MA 01519
617-686-0052
www.babiesincommon.com



They provide amazing services for mothers and moms to be. In a society that is influenced to use formula babies in common encourages and helps mothers to breastfeed and parent "naturally" in other ways as well. Babies in Common is a beautiful place in Grafton, MA (in the center of town, on Grafton Common) for parents and parents-to-be (and grandparents) to come for childbirth education, prenatal education and support, breastfeeding support and new parent support.

They offer:

- Childbirth and prenatal classes like natural childbirth, newborn basics and breastfeeding
- Breastfeeding support, both groups and one-to-one
- New moms and dads groups
- Baby massage class
- Baby signing class
- Potty training class
- Positive discipline class
- CPR and safety classes
- Special events

CVS Pharmacy

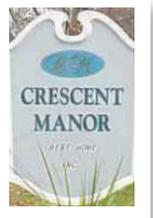
102 Worcester St./Country Plaza
North Grafton, MA 01536
508.839.2240



Minute Clinic now open no appt. needed

Crescent Manor

5 Crescent Street
Grafton, MA 01519
508.839.2124
gsb12345@aol.com
www.crescentmanorresthome.com
58 bed rest home



Substance Abuse Meetings

Grafton Evangelical Congregational Church
30 Grafton Common, Grafton, MA 01519
Universalist Unitarian Church
Grafton Commons, Grafton, MA 01519

EMERGENCY HEALTH

EMERGENCY READY KIT FOR THE HOME SHELTER IN PLACE FOR 72 HOURS

Town of Grafton

BASIC KIT SUPPLIES

- WATER, *one gallon per person per day, for 3 days*
- FOOD, *at least 3 day supply of non-perishable food*
- INFANT FORMULA, DIAPERS
- CAN OPENER, *non electric type*
- PAPER PLATES, CUPS, TOWELS, PLASTIC UTENSILS
- LIGHTER, MATCHES *in water-proof container*
- RADIO, *battery or hand crank with extra batteries*
- FLASHLIGHT, *regular or Led, with extra batteries*
- FIRST AID KIT
- WHISTLE, *used to signal for help*
- DUST MASKS, *to help filter pollutants in the air*
- PLASTIC AND DUCT TAPE, *used to build a shelter in place*
- TOWELETTES, GARBAGE BAGS, BAG TIES, *used for personal sanitation*
- WRENCH OR PLIERS, *to shut off utilities*
- PET FOOD & WATER, *Non-perishable, in water proof container for 3 days.*
- MEDICATIONS, *have a list of all needed and keep MEDS in one place*
- DOCUMENTS, *make copies of Health Care Proxy, insurance, id's, bank accounts, etc, and place in a water proof container*
- UN-SCENTED CHLORINE BLEACH, *9 parts water to 1 part bleach for sanitation. MEDICINE DROPPER, 16 drops bleach to 1 gallon of water for drinking. Let drinking water sit for at least a half hour*
- FIRE EXTINGUISHER
- PAPER, PENS, PENCILS – *toys and games for children*
- KEYS, *extra keys to house, car or anything else that is locked*
- PERSONAL ITEMS- *soaps, shampoo, tooth paste and brushes, combs, etc*
- CLOTHING, *LIST type of clothing for each person, 2 pair of shoes, etc*
- LIST *blanket or sleeping bag for each person and where they are kept*

- PLASTIC CONTAINER-*place as many of the above items in container. List other items in a notebook & where they are, and put notebook in container.*

*****In the event that you have to go to the Grafton Emergency Shelter, having these items ready will make it easier to get your "What Do I Need To Bring To the Shelter" kit ready.*

PROCEDURE: If You Are Asked To Evacuate To A Shelter Local Public Safety officials may deem evacuation necessary due to flooding, loss of electricity, or other emergencies

Town of Grafton

HOW DO I KNOW WHEN TO EVACUATE?

Listen to your local cable or radio station or CODE RED

WHERE DO I GO IF I HAVE NO PLACE TO GO?

CODE RED will direct you to where the Grafton Emergency shelter is. If you are not registered, go to the Town of Grafton, MA web site, click on their home page, click on CODE RED, fill out the emergency form, and SUBMIT it. Signage will direct you to where to park and where the entrance is. Remember to lock your car.

PLANNING FOR THE EVACUATION

- Follow directions given by your local Police Department and CODE RED.
- *If you do NOT have personal transportation, make arrangements with a friend, neighbor, or fill out the Grafton form at the Grafton Senior Center.
- Have assembled an emergency disaster kit. READ "What to take with you".
- Keep your car fueled if evacuation seems likely. Remember, gas stations may be closed during emergencies.
- Know how to shut off your home's electricity, water, & gas main switches.

WHAT TO DO IF ASKED/TOLD TO EVACUATE

- Gather all persons in your house together so you know where they are and they can help get supplies ready.
- Do not call your local police or fire department for information. Emergency workers will need these lines.
- Listen to CODE RED instructions, Turn to your local radio or cable stations or dial 2-1-1- for information on what to do.
- Turn off all lights, unnecessary appliances, lock windows, and doors.
- Check with your neighbors to see if they need assistance or a ride.
- Let someone know where you are going.

WHAT TO TAKE WITH YOU

- Essential items you will need for at least 3 days. Read your “READY KIT” instructions
 - Clothing for at least 3 days.
 - Toilet items, soap, toothbrush, toothpaste, shampoo, etc
 - Prescription medications, medical equipment, and important medical records.
 - Special dietary food
 - Sleeping bag, Blankets, Pillows, and towels. Toys, games for your children
 - Checkbook, credit cards, and cash
- HEALTH CARE PROXY**
- Only seeing-eye dogs or other service animals are allowed in the shelter. Make plans for you pets

DON'T FORGET YOUR PETS

Town of Grafton

- **PLAN IN ADVANCE** – IN a case of an emergency, only helping animals will be allowed in the Grafton Shelter. You will have to make plans for your pets, in the event you can not leave them at home.
- Formulate a number of plans. Check with friends or family members. Look for pet friendly hotels.
- You could develop a buddy system with neighbors, friends, and/or relatives, in which someone is available to care for or evacuate you pets if you are unable to do so.
- Check with your vet, to see if they have any plans in effect in case of emergencies.

“READY KIT”

- **FOOD** – A least 3 days worth in waterproof containers
- **WATER** – A least 3 days worth in waterproof \ containers.
- **MEDICINES & MEDICAL RECORDS** – Have a least 3 days worth of medication ready. Copy all important medical records including vaccinations. Place in a waterproof container or bag.
- **FIRST AID KIT** – Check with your vet as to what would be needed for your pet. Bandages, tape scissors, antibiotic ointment, flea & tick protection, latex gloves, alcohol & saline solutions, pet first aid booklet
- **COLLAR WITH TAGS, HARNESS, OR LEASH** – Your pet should always have a collar on with tags and identification should be on the collar. Include a spare in case one get lost or damaged.
- **IMPORTANT DOCUMENTS** – Pet’s name. Copies of pet’s registration information, adoption papers, vaccination documents & medical records in a plastic bag or container.
- **CRATE OR PET CARRIER** – If you need to evacuate in an emergency, take your pets with you. If you can not leave them at home, this is when you would use your back up plan for your pets.
- **SANITATION** – Include pet litter and box, newspapers, paper towels, plastic trash bags, and bleach. Have a small bottle of unscented bleach, for sanitation and to purify water, and (2) one gallon bottles to put your water in. Label one for drinking and the other one for sanitation. Sanitation, 9part waterto 1 part bleach. To purify water, 16 drops of bleach to 1 gallon of water and let stand for 30 minutes.
- **PICTURE OF YOU AND YOUR PET** – If you become separated from your pet the picture will document ownership and will help others in identifying your pet. Include information about the species, breed, age, sex, color, and distinguishing characteristics of your pet.
- **FAMILIAR ITEMS** – Put favorite toys, treats, and/or bedding in your kit.
- **PLASTIC TOTE BOX** – Store as many of the about items in your tote. List all other items in a notebook and where they are located. Place this notebook in the tote. Now your tote is ready for any type of emergency.

PET HEALTH

Tufts New England Veterinary Medical Center

200 Westboro Road
Grafton, MA 01519
508.839.5395

Located 45 minutes west of Boston, the Henry and Lois Foster Hospital for Small Animals provides 24-hour care for pets 365 days of the year. Since 1979, we have offered consultation, referral and emergency veterinary services for the care of dogs, cats and exotic pets.

With faculty specialists in every field of animal medicine and the region's most powerful diagnostic imaging capabilities, we are able to diagnose and treat even the most difficult and complex conditions.

Our veterinary specialties include MRI, ultrasound, CT and a state-of-the-art interventional radiology unit, facilitating surgical procedures such as the placement of stents and pacemakers. We also offer advanced critical care, anesthesia, pain management and advanced radiation oncology for animal cancer patients.

As a teaching hospital, we are on the forefront of cutting-edge medicine, and offer clinical trials to clients who are interested in exploring such options for their pets.

Beyond advanced medicine, the Foster Hospital also continually strives to perfect routine procedures such as minimally invasive spaying. Although most of our caseload is dogs and cats—with over 26,000 cases a year—our specialists treat animals as diverse as pet rabbits, parrots, iguanas and fish.

Behind the scenes, your pet receives the advantage of carefully orchestrated, team-based care. Our board-certified veterinarians, dedicated staff and students are energized to provide the very best in quality care with compassion. This is because the veterinarians at the Foster Hospital are not only highly trained specialists in their fields, they are animal lovers as well.

Richard F. Rodger, DVM

5 Waterville Street
North Grafton MA 01536
508.839.2293

Tufts Dog Walk in Grafton

Grafton, MA

This is a place where people let their dogs run free. Please pick up after your dog.

Grafton Equine Associates, PC

7 George Hill Rd.
Grafton, MA 01519
508-839-5448

Grafton Equine Associates is a large animal ambulatory veterinary service that provides care for horses, sheep and goat. The practice provides service to clients within a 30 mile radius of Grafton. If you are seeking veterinary services for your large animal, please call the office at 508-839-5448.



VII

SUGGESTIONS FROM FRIENDS

Exercise ideas

- *Weight Watchers at the Polish Hall*
- *Walk around the neighborhood*
- *Install Health Apps on your Smart Phones*
- *Treadmill*
- *DVD Exercise*
- *Weights*

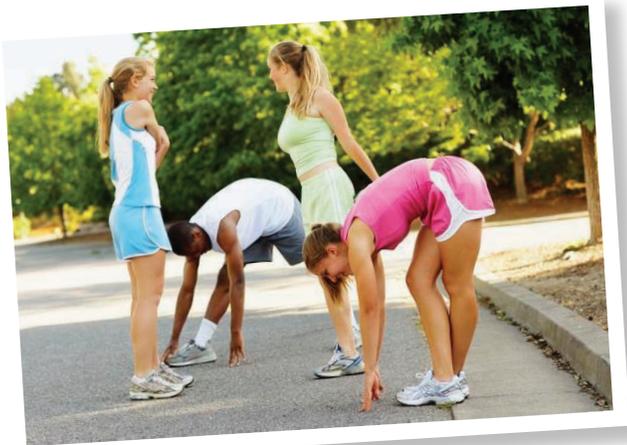
Amy Marr

Grafton Land Trust

Year Round Hiking Trails / Letterboxing
grafftonlandtrust.org

Charlton Family

Walking, playing basketball and swimming are the three ways my family stays fit and healthy in Grafton. Silverlake Beach is a great place to swim or a friends pool in the summer. YMCA for all season swim. Walking up North Street to the Gazebo and down Worcester Street to Carroll Road or the high school track (four miles) 5 times a week. Basketball at the high school or Nelson Park for an hour or so is great cardio exercise, too. Also, we always eat healthy meals low carb high in protein and lots of veggies and fresh fruits (Farmers Market in the summer and the vegetable stands around town are just GREAT!



Kristen M.

As the kids get older we try to do more physical activities together. Walks, biking, skiing, kyaking, swimming to name a few. My boys are now 4 and 7. They are very physical and busy. They play town sports but do not have a passion for anything specific yet. My husband plays hockey on a mens league in Westboro and Marlboro and coaches our boys soccer.

I recently took a training to become a BOKS leader and hope to start the program in Grafton. I need to start meeting with the schools and discuss and put a plan together to begin after Christmas vacation or for the 2013-2014 school year. For more information on the program you can take a look here www.bokskids.org.

Danielle Decker

We live in South Grafton and frequently ride our bikes down to SGES so the kids can play in the playground, ride their bikes and play some ball. We also planted our first vegetable garden this year which has been providing lots of healthy vegetables that we enjoy every day. We do occasionally bring our bikes to trails outside of Grafton (Millbury, Rutland, etc.) and wish there were some in town (or maybe there are and we just don't know about them)!

Michael Fridley

I walk my puppy all the way to the top of Brigham Hill and then into Williams Preserve for a walk through the forest and back to the house. It takes about an hour a day and we just love it! I am so grateful to the town for reaching an arrangement with the Williams' to allow access to their wonderful woods with its soft trails that are easy on your feet and the cool and quiet to be found there - it's beautiful!

VIII NEIGHBORS

All Access Fitness

904C Boston Turnpike Rd
(Route 9 East)
Shrewsbury MA 01545
508.845.3974
www.allaccessfa.com



Kick-boxing twice a week

Shrewsbury Health & Racquet Club

3 Tennis Drive
Shrewsbury, MA 01545
508.845.1000
www.shrewsburyclub.com



YMCA

4 Valente Drive
Westborough, MA 01581
508.870.1320
www.ymcaofcm.org



Red Rock Bar & Grill

66 West Main Street
Upton, MA 01568
508.529.0500
GoodEats@RedRockGrillandBar.com
www.redrockgrillandbar.com



Fresh ingredients, garden on site, volleyball out back, kayaking available.

Red Rock Warrior Challenge Triathlon.

H & H Dance Academy

Your Neighborhood Dance Studio
175 West Main Street
Millbury MA, 01527
508.865.0083
info@hhdanceacademy.com
www.hhdanceacademy.com



H & H Dance Academy prides ourselves in creating a family enriched environment for every student to enjoy and grow at their level. Our certified staff is professionally trained with many years of teaching experience and are passionate at what they do. The studio is equipped with three dance rooms, ample parking and our newly renovated waiting room. Each dance room is equipped with CCTV cameras with a viewing TV in the waiting room. Class viewings are scheduled. All classrooms are age appropriate and focus on teaching a love of the arts through a disciplined stress free environment. Children are invited to express themselves and gain all that dance has to offer.

Gymnastics Learning Center

574 Lake Street
Shrewsbury, MA 01545
508.792.1551
www.gymnasticslearningcenter.com



The Benefits of Gymnastics

Actively running, jumping, tumbling, and holding one's body weight up in various positions builds strength. The muscles work against gravity, using the child's own body weight as resistance. Practicing these skills over time builds strong, lean muscle tissue, giving a toned, healthy body able to rise to physical challenges, and aids in body control, balance, and posture.

Whitin Community Center

60 Main Street
Whitinsville, MA 01588
508.234.8184
www.ourgym.org



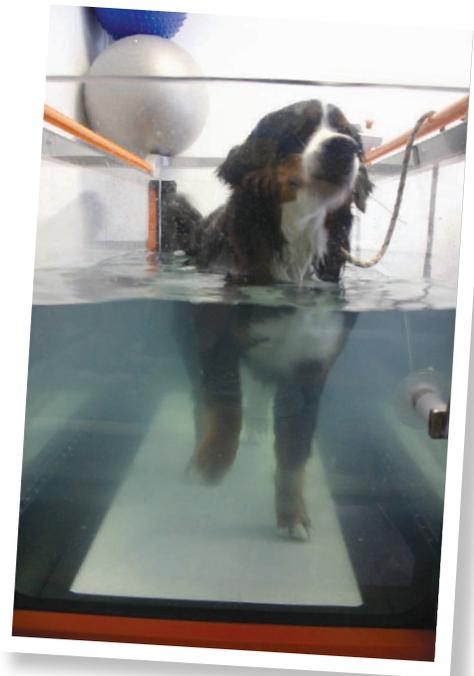
The Whitin Community Center is the Blackstone Valley's most complete family and recreation center featuring two swimming pools, a gym, a fitness center, an aerobics studio, a spinning studio, racquetball court, outdoor tennis courts, locker rooms and saunas, child care and after school programs, summer camps and a seven-acre park.

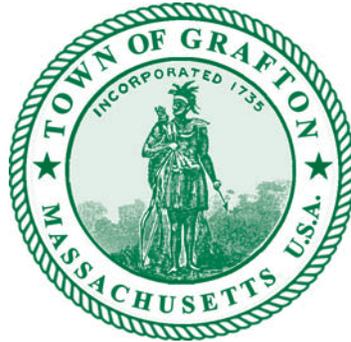
Northborough Canine Rehabilitation & Fitness Center

247E West Main Street
Northborough, MA 01532
774.262.8151
info@northborocaninerehab.com
www.northborocaninerehab.com



Northboro Canine Rehabilitation and Fitness Center helps rehabilitate and improve the general health and fitness of your canine companion. Rehabilitation and fitness programs can improve quality of life for all dogs from the patient recovering from surgery to the overweight or geriatric canine. Our services include Swedish massage, therapeutic exercise, and hydrotherapy. At NCRFC our goal is to reduce pain, enhance recovery from surgery, maintain in ideal body condition, and improve your pets' quality of life.





Notes



OUR FAMILY HEALTH

Doctor(s):

Dentist:

Pharmacy:

Emergency #'s:

Location to Meet:

Location of Emergency bag (kit):

Exercise Favorites:

Eating Well Favorites:

Eat Well...



Move More...



... Stay Healthy!

