Thank You from Town Manager Reed!
Submitted by Town Manager Richard T. Reed

My time serving as the Bedford Manager has come to an end. The last thirty years have seen many positive changes in the community. In that time span, Bedford solved its water supply needs by becoming members of the MWRA water system. We have made many improvements to our municipal and school buildings. We have been able to maintain municipal services without the need for a Proposition 2 ½ general override to increase taxes. We have improved our road network including the Middlesex Turnpike, Crosby Drive, the Great Road to support the large business and institutional presence base in Bedford. We have diversified our housing inventory to provide opportunities for a wider price range in home ownership and increased the availability of rental housing for younger professionals working in the area industries. We have also made strides in working with our neighboring communities in joint efforts and services for the benefit of this region of Massachusetts.

What I have loved most about my job is the daily opportunity to work with the great volunteers serving on Town boards and committees and an outstanding group of dedicated employees who have worked hard to serve you. In the current times when the political discourse is so polarized beyond Bedford’s borders, it is reassuring that our community can continue to listen to each other and reach common ground. This keeps the Town of Bedford on a path of continuous improvement making it a better place to live, work and raise our families.

Beginning in college, I realized that local government service would be my passion. I have been extremely fortunate to have worked in this fine community for the past thirty years while I have pursued my chosen life’s work in local government public service. I wish my current colleagues in Town government and my successor Sarah Stanton the best as they continue serving you.

Thank you Bedford!

Sweet Treat for Good Deeds
Chief Robert Bongiorno is pleased to announce that the Bedford Police Department is partnering with Bedford Farms Ice Cream to reward children for good behavior as they go back to school.

Police officers will hand out coupons for a free kid size ice cream cone to students who are “caught” doing the right thing. Examples include wearing a helmet while riding a bicycle and crossing the street correctly.

The coupon can be used at any of the Bedford Farms shops, which are located in Bedford, Burlington and Concord.

"We are proud to partner with Bedford Farms Ice Cream to issue tickets for good behavior throughout the community," Lt. James Graham said. "This gives our officers the opportunity to connect with our youth while highlighting the importance of safety as they go back to school."

Bike Share: A New Way to Get Around Town!
Submitted by Economic Development Coordinator Alyssa Sandoval

Borrow a bike for a quick errand, a ride down the Minuteman Bikeway or Narrow Gauge Rail Trail, or any fun outing! Bedford has joined a regional network of 15 communities (see bold portion of the map) to launch bike share with Lime, a private bike share vendor. Lime has strategically placed its distinctive, green bicycles at popular locations around Town including at the Town Center Complex (Mudge Way), Depot Park (120 South Road) and the bike racks at Memorial Park (160 Great Road) for everyone to use.

Residents rent the bikes using the downloadable Lime App on a smart phone, which scans a QR code on each bicycle. Using the app, users can also view a map that shows where the nearest bike is located. Renting a bike costs $1 for 30 minutes. To end the ride, riders lock the back wheel after parking responsibly, such as at a bike rack or the edge of a wide sidewalk area that leaves plenty of room for pedestrians to pass by. To learn more about Lime, see www.limebike.com/ or call customer service at 888-546-3345.

Residents are free to ride the bicycles to where they want to go. However, please use these sensible directions in parking the bikes:

Please do:
- Park a bike at or near a bike rack
- Park a bike at the edge of a wide sidewalk, leaving a clear path of travel on the sidewalk
- Park in an area designated by the Town as bike share parking (2-3 public parking lot spaces will be converted from car parking to bike share parking during riding months)

Please do not:
- Leave the bike on the ground
- Block the sidewalk for people walking
- Block driveways, crosswalks, loading zones, fire hydrants, etc.
- Block business entrances
- Do not park a bike in bus stops or in the street
- Do not park in parks (unless at bike racks areas), landscaped areas or gardens.

For more info on the program and parking guidance, see the Town website at: www.bedfordma.gov/bikeshare. The program is expected to run until May 2019 on a trial basis. A survey to gather feedback will be released in the Fall.
The Board of Health updated their “Minimum Standards for the Keeping of Animals Regulation” in April 2017. The changes to the regulation reflect residents’ input and allow for an easier permit application process.

This Regulation enables Bedford residents to have the opportunity to participate in the growing national trend for responsible, small scale agricultural production while also ensuring the protection of public health, safety and welfare in Bedford as well as preventing or mitigating nuisance conditions.

If you are interested in keeping backyard animals you should contact the Board of Health before bringing the animals home. The Board of Health will provide you with an application and information on the permitting process. A permit is required for anyone keeping seven (7) or more chickens or any number of domesticated animals or livestock (excluding household pets and wild animals).

Before obtaining your animals you may want to consider where the facility for the animals will be placed. Some important factors to consider are its distances from abutting property lines, abutting dwellings, watercourses, public ways and any sewage disposal areas. Before building any structures or shelters for the animals you should contact the Code Enforcement Department for additional guidance. Manure is required to be properly managed and not to be put out for scavengers or other animals. You may want to consider installing property barriers such as fencing or closely planted trees or taking other appropriate measures to discourage animals from escaping or wandering off. All such measures to discourage animals from escaping or wandering off. All animal facilities shall be securely fenced to prevent the escape of the animals.

We find most of our applicants are interested in keeping animals while also being a mindful good neighbor. As such, think about your plan for keeping animals. You may want to consider installing property barriers such as fencing or closely planted trees or taking other appropriate measures to discourage animals from escaping or wandering off. All animal facilities shall be securely fenced to prevent the escape of the animals.

The Board of Health wants to encourage backyard agriculture while perpetuating a healthy and safe environment where Bedford residents can enjoy their properties. Please contact the Bedford Board of Health at 781-275-6507 with any questions or visit our website www.bedfordma.gov/health and click on the Programs and Permits tab to view the Minimum Standards for the Keeping of Animals and the associated permit application.

A Grant Success!
Submitted by Town Manager Richard T. Reed

The Town of Bedford was recently awarded $250,000 under the Green Communities Program for energy efficiency projects to replace lighting at Town Center and the Davis School!

About 80 municipalities received a grant for this coming fiscal year. The maximum grant that one could be awarded was $250,000.

Eight out of the 80 communities including Bedford received the maximum grant award of $250,000.

Bedford Library Supports Your Reading Habit
Submitted by Library Director Richard Callaghan

Our Summer Reading Programs may have ended, but our staff is ready to keep that habit going all year long.

Looking for book recommendations after hours? Our website http://www.bedfordlibrary.net/ is a great place to start. You will find an array of new and featured titles right on the front page. Wander over to the Reader’s Corner (under the Resources tab), and you can even find a form to request a personalized book list. While there you can check out the lists of National Book Awards, the National Book Critics Circle Awards, and the Pulitzer Prize Winners. There are also a few links to our favorite websites for book lovers.

We offer book clubs that may be of interest to you and your friends. Each month, a different staff member selects a book of fiction or non-fiction that they are excited to share and discuss. We meet on the fourth Tuesday of the month at the Council on Aging, and everyone is welcome.

Liz Barbour of the Creative Feast will return this winter to demonstrate a selection of recipes from a variety of interesting cookbooks in our Feasting from the Cook Book Club.

The Home School Book Club meets in our Children’s Department once a month during the academic year on a Friday from 10:30am to 11:30am. This enthusiastic group of school-aged children and families reads and votes on the Massachusetts Children’s Book Awards nominees.

Duplicate copies in multiple formats of the books chosen for discussion are available at the Circulation Desk. Past titles from the Council on Aging and the Feasting from the Cook Book groups can be found on our website on the Book Club Resources page (under the Resources tab).

Recycling Reminder
Submitted by Recycling Coordinator Ed McGrath

The recycling world is in turmoil and we need your cooperation to ensure what you put out for recycling every Monday is free from contaminants. The reason for this is simple: money.

Briefly, last year China stopped all imports of recyclable materials because of contamination. In July of 2017, Bedford was receiving a credit for its recycling. By October, the Town was paying $25 a ton to process its recycling at the material recovery facility (MRF) in Billerica, and since February that cost has increased to $45 a ton.

Unfortunately, Bedford has a $45 cap in its contract with Republic Services that will end next June.

In addition, the MRF is initiating a disposal fee of $150 per ton for loads it considers too contaminated to run through the sorting process. With an average of about 5 tons per load, Bedford is at risk of incurring an additional $750 charge per load. On average, about 10 percent of what Bedford sends to the MRF is disposed of as trash, partly due to contamination.

“To control the Town’s costs, there are two steps residents can take to reduce contamination,” said Ed McGrath, Bedford’s Recycling Coordinator. “The first is to not put your recyclables in a plastic bag. The second is to empty and rinse all food containers… Republic will not pick up recyclables in plastic bags and containers that still have food waste.”

The two biggest contaminants are plastic film (shopping bags, case wraps, etc.) and food waste. Examples of plastic film include plastic wraps, beverage case wraps, dry cleaning bags, newspaper bags, pet food bags, package wrapping (e.g. from napkins, diapers, etc.), air pillows, and bread bags. These items can be recycled at most retail outlets with plastic shopping bags and are used to make plastic lumber products.

Items that should go in the recycling bin are: empty and flattened cardboard boxes, mixed paper, magazines and newspapers; aluminum and steel cans; glass bottles and jars; and plastic containers from the kitchen, laundry and bathroom. All glass, metal and plastic containers should be rinsed and emptied.
While we hear in the news and encounter in our daily lives the importance of public health, wellbeing and safety concerns, your Bedford Town departments help to address those through their services, programs, outreach and response. In an effort to be the most responsive to Bedford residents’ needs, a new program initiated by the Bedford Council on Aging (COA), Board of Health (BOH) and Fire Department (FD) sets out to determine the specific top medical responses to Bedford residents by local first responders. Utilizing data that was reported by the FD in the Town’s annual report and reported out to public safety regulatory agencies on a regular basis, we identified falls as a top emergency response by our first responders. Once we dove deeper into understanding this issue, we learned that multiple residents were making multiple calls for falls and often these responses resulted in a trip to the hospital.

The aftermath of a fall can be life changing. Many of us have older family members who have fallen, or maybe we know someone in our community who has fallen and has perhaps every time been helped up or suffered a traumatic brain injury due to a fall. In addition to the physical and emotional pain, many people need to spend at least a year recovering in a long-term care facility. Some are never able to live independently again. According to the Centers for Disease Control, each year, more than one in four older adults aged 65 and older will fall. Among older Americans, falls are the number one cause of injuries and death from a fall; and every day, 74 of those will die from a fall. In Bedford, reports of falls represent one of the top medical calls to our 911 dispatch center with 50% of 911 calls being from a fall. In Bedford, COA is offering two upcoming “A Matter of Balance” programs: Session 1: Fridays, September 7th – October 26th, 10 am – 12 noon and Session 2: Tuesdays, October 30th – December 18th, 1 – 3 pm. Each session is one day a week for 8 weeks. The program will run through June 2019 and will include comprehensive outreach and one-on-one services for Bedford Residents.

More specifically, funding will be used to perpetuate periodic meetings among the Town partners and provide for additional hours for a COA Social Worker, a Firefighter and BOH Public Health Nurse to conduct concerted in-home outreach and safety checks of Bedford residents who have been known to fall or are at risk for falls. Following a safety check, safety and falls prevention equipment (e.g. slip proof rugs, grab bars, etc.) may be recommended to be installed in your home. The grant may be able to pay for installation of this identified equipment. If you would like a free home evaluation for safety and/or falls hazards for yourself or a family member, please contact the BOH at 781-275-6507 or FD at 781-275-7262.

Additionally we are developing outreach brochures on falls prevention and how residents can keep their homes safe and contracting with “Minuteman Senior Services” to provide “A Matter of Balance”, an evidence-based, award-winning falls prevention program designed for adults. In an effort to provide access to the “A Matter of Balance” program, funding has been allocated for transportation by one of our two call-for-service in-Town shuttles, the DASH or BLT.

Participants in “A Matter of Balance” will learn to: view falls as controllable, set goals for increasing activity, make changes to lessen the risk of falls at home, exercise to increase strength and balance and get up after a fall. Bedford COA is offering two upcoming A “Matter of Balance” programs: Session 1: Fridays, September 7th – October 26th, 10 am – 12 noon and Session 2: Tuesdays, October 30th – December 18th, 1 – 3 pm. Each session is one day a week for 8 weeks. The program is free of charge but classes fill quickly and you must pre-register with the COA by calling 781-275-6825. Two additional “A Matter of Balance” sessions will be held in the spring of 2019. Help us take a stand against falls and participate in our programs to prevent falls!

August is National Immunization Awareness Month, which kicks off the start of immunization season. Immunization season is highlighted by influenza vaccinations, which should be received annually, and is available for everyone 6 and older. There is also a high-dose vaccine available for those 65 and older. There is excitement that the Flu Mist is now a recommended vaccine option for those indicated to receive it, typically people age 2-49. Be sure to check the Bedford Board of Health’s 2018-2019 Flu Information webpage to learn when Town flu clinics will be held and to find out which type of flu vaccines will be available at each clinic.

Immunization season aligns with going back to school. Getting back to school is a good time to check in with your child’s provider for which vaccines may be due. Remember that certain cancers can be prevented by receiving the 3-dose HPV vaccine series, with the first dose recommended to be given between 9 and 12 years old—your pediatrician can give guidance about the series. The Bedford Board of Health will be holding flu vaccine clinics in the High School and Middle School in October—check the Bedford Board of Health’s 2018-2019 School-based Flu Clinics webpage for dates and access to registration forms to be completed and submitted by certain deadlines.

Ask your doctor if it is appropriate to receive other vaccines. It is recommended that adults receive the Tdap (tetanus, diphtheria, pertussis) vaccine every ten years except for women who are pregnant, where it is recommended that the vaccine is given with every pregnancy. This vaccine prevents Whooping Cough, which can be deadly for an infant that is infected. Older adults or those with certain conditions should receive the pneumonia series vaccines. Older adults should also consider receiving the new shingles vaccine (2-doses), which is highly effective at preventing the occurrence of shingles.

Again, receive your annual flu shot and ask your family’s providers about other vaccines. Consider visiting the following website for more vaccine related information: www.cdc.gov/vaccinations.

Bedford Recognized for Safe Routes to School Initiative

Bedford Public Schools and the Safe Routes to School/Healthy Bedford Task Force were recently honored by the Massachusetts Department of Transportation as a Silver Level Partner for their contributions toward creating a more sustainable Massachusetts. Selectman Margot Fleischman was present to receive the award on behalf of the Healthy Bedford/Safe Routes to School Task Force at an awards ceremony at the State House. Bedford has been participating in the Safe Routes to School program since 2008, and this is Bedford’s third award.

Safe Routes to School works with schools, communities, students, and families to increase safe biking and walking among elementary and middle school students in the Commonwealth. To learn more about the program visit www.massdot.state.ma.us/saferoutestoschool/home

To learn more about Bedford’s Safe Routes to School program visit www.bedfordma.gov/healthy-bedford/pages/safe-routes-to-school and don’t forget to mark your calendar for International Walk and Bike to School Day on Wednesday, October 10! Watch your school news for more details.

The Bank of America is a proud sponsor of Bedford’s Safe Routes to School Initiative.
Vaping is the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device. The aerosol can contain harmful and potentially harmful substances, including cancer-causing chemicals. E-cigarettes come in many different sizes, types and colors. Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, small electronic devices such as USB sticks, and other everyday items. The products that are designed to resemble small electronic devices are often compact and allow for discreet carrying and use – at home, in school hallways and bathrooms, and even in classrooms.

E-cigarettes have become very popular among teens and are now the most commonly used form of nicotine among youth in the United States. In Massachusetts, almost 24% of high-school students report currently using e-cigarettes, and nearly half tried them at least once. More high school students used e-cigarettes than all other tobacco products combined and they used them nine times more often than adults.

The teen years are a critical time for brain development, which continues until about the age of 25. Young people who use nicotine products in any form, including e-cigarettes, are at great risk for long-lasting effects. Nicotine is addictive and has a negative impact on teen brain development, including increased risk for depression, mood disorders, and future substance misuse. According to the Centers for Disease Control and Prevention, e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products. E-cigarettes have not been approved by the Food and Drug Administration as a smoking cessation device.

Simply talking with your child about these products can help protect them. Let them know that you care about them and think vaping is not safe. For more information on e-cigarettes and how to talk to your kids about the risks, visit: http://makesmokinghistory.org/dangers-of-vaping/parents/

If your child is vaping, talk with your child’s health care provider about specific resources for teens that address tobacco/nicotine addiction. Smokefree Teen is a website from the U.S. Department of Health and Human Services geared toward helping teens quit tobacco/nicotine. Visit www.teen.smokefree.gov. For more information contact Jessica Wildfong, Prevention Services Coordinator at 781-275-7727 ext. 4331 or email jessicaw@bedfordma.gov.

Adapted from:
2016 Surgeon General's Report: E-Cigarette Use Among Youth and Young Adults
National Institute on Drug Abuse; National Institutes of Health; US Department of Health and Human Services: June 2017, Drug Facts-Electronic Cigarettes

---

**Code Red**
Submitted by Assistant Town Manager Michael Rosen

The Town of Bedford utilizes the CodeRED Notification System - an ultra-high-speed telephone communication service - for emergency notifications. The CodeRED system allows us to send critical communications that require immediate action, and is capable of dialing the entire Town within minutes.

The message will play when answered by a live person or an answering machine and makes three attempts to connect to each number. If you opt in for text message and/or email alerts in the CodeRED database, those will also be sent.

**Caller ID**
The calling number will display 866-419-5000 for emergencies, and 855-969-4636 for non-emergencies, to hear the last message delivered, simply dial the number back.

**Hearing-impaired citizens**
For those who are hearing-impaired, the sign-up form offers a TDD option for tone delivery of CodeRED messages. Messages delivered to phone numbers marked TDD will only be delivered in a TDD/TTY format.

**Privacy**
Your contact information remains private and will only be used for communications.

---

**Your Input is Needed: Tri-Town Efficiency and Regionalization Transit Study**
Submitted by Assistant Town Manager Michael Rosen

Mobility is the future of our region. The towns of Bedford, Burlington, and Lexington are currently evaluating the effectiveness of the current transit services operating in their communities. The Tri-Town Efficiency and Regionalization Transit Study is a joint effort to assess the overall mobility needs of these three towns and to identify possible coordination opportunities that could enhance transit service and efficiencies through shared resources.

Community participation is vital to the success of this study. Whether you are an existing transit user or simply an interested citizen, we encourage you to attend the upcoming public meeting session scheduled for September 19, 2018 at 7pm in the Reed Room located in Town Hall at 10 Mudge Way, Bedford, MA. Also, please visit www.bedfordma.gov/transitsurvey to complete the transit survey.

---

Stay Current with Bedford News
Subscribe to News and Announcements on the Town Website at www.bedfordma.gov
You can also receive notices about recently posted agendas & minutes.