

BERLIN COMMUNITY SERVICES DIVISION

BERLIN RECREATION & PARKS DEPARTMENT

The Recreation and Parks Department continues to offer recreational programs to the community. A four season recreation program is offered to the community. Funding for these Recreation and Parks services are provided by a combination of municipal dollars, grants and community contributions, and user fees. Programs are offered to children and adults. Costs for our programs are designed to be family friendly.

USDA SUMMER FOOD PROGRAM

The Berlin Recreation & Parks Department continued the USDA Summer Food Program this year. Many children in Berlin receive free or reduced-price meals during the school year, but many of these children do not get enough to eat during the summer months. The USDA Summer Food Service Program (SFSP) ensures that children continue to have nutritious food during the summer. Approximately 1000 meals were served this summer.

Lunch, served at 12:00 noon consisted of a nutritious sandwich or cold lunch item, dessert, and milk. Mid afternoon snacks were fruit or a light snack with beverage and was served at approximately 2:30. All meals highlighted wholesome and nutritious food. This program was open to all children in the community regardless of income level. Meals were served to all school age children and youth up to age of 18. Meals were

provided Monday through Friday at Brown School, Glen Avenue Park, Community Field, and Brookside Park playgrounds. We also provided meals to the Northern Forest Heritage Park Children's Program. Meals were free to all children.

The USDA Summer Free Meal Program is a community program open to all school aged children, teens included, providing nutritional summer meals to children regardless of race, color, nationality, origin, sex, age, or disability. All children receive the same meal benefit and there is no discrimination in operation of the food service. Children with food allergies should tell meal attendants prior to receiving a meal. The Summer Food Service Program, sponsored by the U.S. Department of Agriculture, is the largest federal resource available for local programs that combine meal time with recreational and educational activities. The Summer Food Service Program for Children is a federally funded program operated nationally by the U.S. Department of Agriculture (USDA) and administered by a State Agency. Eligible sponsors such as non-profit organizations, schools and local governments serve nutritious meals and snacks free to children during the summer months. Summer programs are located at approved sites.

The Summer Food Program was sponsored by the Berlin Recreation & Parks Department in partnership with Tri - County CAP Senior Center and the USDA.

Sergeant Randy Scott Rosenberg Memorial Highway Dedication

A warm and friendly group of people joined together on May 31, 2010 to remember the distinguished Sergeant Randy Scott Rosenberg. At the behest of his family, Unity Street from Mason Street to Glen

Avenue was renamed in honor of this patriot. Music and speakers were coordinated to honor this local hero and remember his bravery. The Recreation and Parks Department, the Planning Department and the Public Works Department all joined together to execute this project.

THE CLiF Program and Berlin Summer Reading Program

The Children's Literary Foundation Summer Readers program visited the Berlin Recreation & Parks Playground program this summer. CLiF's summer program is a program that was created to help keep reading a part of children's activities over the summer months.

The CLiF Program included;

Storytelling Presentation: A CLiF representative traveled to Berlin and presented a fun, interactive storytelling presentation to the children.

Books for Children to Keep: Each child who attended the program was able to select a few new books to keep for their own from a wide selection of brand-new fiction and non-fiction children's books.

Approximately 100 children attended and enjoyed a funny and active storytelling hour and took a special free book home.

The Department also assisted the Berlin Public Library with its summer reading program kick off that was held at the recreation center. Recreation staff assisted library staff with games, prizes and more to encourage children to read during the summer.



Dedication of Sergeant Randy Scott Rosenberg Memorial Highway May 31, 10:00 a.m. Unity St. Botanical Gardens

While serving in the Middle East, Randy gave his full last measure for our Nation. Please join us in showing our Appreciation at this Community Event.

***Memories of this Young
Patriot Will Last Forever with
Those Who Were
Fortunate Enough to Have
Had the Opportunity to
Know Him***

DEPARTMENTAL PROGRAMS

Many departmental programs are traditional recreation programs that have been sponsored by the department for many years. Traditional sports are perennial favorites. Farm League baseball and playground programs are always busy locations. This year it is estimated that about 500 visits to playgrounds took place. Little tykes play groups are popular with about 100 children participating.

Tennis Beginner Baseball
K-4 Basketball Camp
Farm League Baseball
Student Craft Program
Adult Craft Program
After School Craft Program
Girls Softball
Babe Ruth Baseball
Little Tykes Play Program

K-1 Soccer
2nd-3rd Field Hockey
2nd-3rd Soccer
Craft of the Month
Special Events
Open Gym Program
Indoor Jogging Program
Community Yard Sale
Easter Egg Hunt
Cosmic Bowling
Boys Hockey
Girls Hockey
Glen Ave. Gazebo Rentals
Senior Exercise
Snowboard/Ski Program
Gym Rentals
Senior Walking

Approximately 6000 participants enjoyed department programs

MAINTENANCE & PARKS SERVICES

The maintenance division of the department continued to provide year round maintenance and program support to the properties of the department as well as other city and community properties. Parks and playgrounds, athletic fields, and a large variety of municipal land are maintained by the department.

INTER-DEPARTMENTAL SERVICES

City Hall – Plowing and Shoveling
Library – Plowing and Shoveling, Mowing
Police Department – Plowing
District Court Building – Plowing, Maintenance
Bartlett School Playground – Mowing

School Playground Equipment -
Maintenance/Replacement
School Athletic Field Maintenance & Game Preparation

OUTSIDE AGENCY SUPPORT

Main Street Support Each year the Main Street program receives maintenance support from the recreation department.
Northern Forest Heritage Park / Rotary Park
The recreation maintenance crew mows Rotary Park annually. The crew also plows and shovels at the Heritage Park / Brown House property annually.
Relay for Life The maintenance staff assist in the setup of the Relay for Life. We provide manpower and various site amenities like staging, tables, etc.

BERLIN PUBLIC HEALTH AND HOME HEALTH NURSING SERVICES EMERGENCY MANAGEMENT

PUBLIC HEALTH SERVICES

In an effort to keep our department current and up to date with public health trends and needs, the Public Health services offered through the department were in keeping with the ten primary public health goals:

TOP TEN GOALS

1. **Prevent** public health problems
2. **Protect** the public from health problems
3. **Promote** healthy behaviors
4. **Monitor** health status
5. **Mobilize** community action when needed
6. **Respond** to disasters
7. **Assure** quality medical care
8. **Reach Out** to the community
9. **Research** new ideas and insights
10. **Lead** in the development of sound health practices

HEALTH OFFICER

The health officer's responsibility is to enforce public health laws, perform inspections and respond to emergency situations in the community. Restaurant inspections, foster care inspections, school inspections, and day care inspections are just some of the work of the health officer.

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Many inspections are required by law, while some are prompted by citizen complaints. Inspections are provided to protect citizens, business owners, building tenant and others of the danger of not providing sanitary, healthy services and conditions.

BERLIN HOME HEALTH NURSING

The City of Berlin Home Health Nurses provide individuals with skilled nursing services, occupational, physical and speech therapy services, and home health aide assistance in their homes. The Home Health program provides services to private pay patients, Medicare, Medicaid and private insurance patients. The goal of Home Health services is to allow patients to stay in their homes with dignity and family support while receiving quality medical support. The Berlin Home Health Nurse Program services are provided to residents of Berlin, Dummer, Milan, Errol, Gorham, Shelburne, and Randolph

Respectfully Submitted,
Laura Lee Viger
Community Services Director

PUBLIC HEALTH CLINIC CLINICAL STATISTICS

Our local Public Health Clinic provides Preventative clinics and promotion of healthy behaviors all year long. On a daily basis citizens can come to our Main Street offices for assistance from a nurse. This service provides basic health information and testing services on a walk in basis to the public. Citizens can monitor health conditions at a reasonable cost to compliment their doctor visits. Our nurses also do onsite business to Isaacson Steel, Walmart, the Berlin and Gorham Senior Centers, the Holiday Center and Northern Lights Housing to name a few locations.

PUBLIC HEALTH NURSING SERVICES

Clinic	People Served
Walmart Blood Pressure Clinics	295
Flu Vaccination	758
Public Cholesterol Clinics	294
ISSI Flu Clinic	75
Head Checks	149
Pneumonia Vaccination	2
Hepatitis B	2
Mantoux (TB) Testing	194
In – Office Foot Clinic	196
Northern Light Foot Clinic	15
Cornerstones Foot Clinic	15
Northern Lights Blood Pressures	89
Diabetic Screening	269
Holiday Center Blood Pressures	128
Gorham Resource Blood Pressures	216

Typical clinics include blood pressure monitoring, blood sugar monitoring, foot

clinics, flu vaccination clinics and other preventative services. These clinics are done in our office as well as at community settings such as Isaacson Structural Steel, Northern Lights Housing and Walmart.

As a public department supported by tax dollars we work to promote public health activities in all our citizens. During the past year we participated in the Community Services Wellness Fair, the Woman's Wellness Day and the AVH Health Fair. At these events we distribute information, do on site blood pressure / blood sugar testing and provide a general display of the services of the department to inform the public of our services and how to access them.

EMERGENCY MANAGEMENT The H1N1 Pandemic

The Health Officer, in her role as Emergency Management Director continued to work with the City, region and State to prepare for emergencies that could affect our citizens. This year we saw the rise of H1N1 flu across the country and the world. Based on our well trained staff and significant planning the Department was instrumental in providing information, support, and medication to residents in the area. Our staff coordinated materials and supplies, ad campaigns about hand washing, cough etiquette, cleanliness and medication clinics and recruited and coordinated clinics and volunteers to insure public safety was upheld during this true public health emergency. Close coordination between the City Health Department, NH Public Health Network and Department, Coos County Family Health, and the Androscoggin Valley Hospital resulted in a safe and effective response to H1N1 in our area.