

BERLIN HEALTH DEPARTMENT AND HOME HEALTH SERVICES

The City of Berlin Health Department has had a busy year serving our community in multiple ways. The City was granted a \$5,000 Harvard-Pilgrim Food Fund Grant (a one-time grant) meant to help communities promote fresh fruits and vegetables and their health benefits in areas where there is little access to healthy food choice or a “food desert” if you will. With this grant, a gardener was able to work in newly developed garden spots at Brookside Park and Community Field and the existing sites at Brown School and Friendship Park were used as well to bring the fun, exercise and healthy choices of fresh vegetables to children making use of the USDA Summer Lunch Program and the Recreation Program. Children helped plant, care for and eat the vegetables grown.



The garden at Brown School – staff photo

Brookside Park partnered with the City to offer 18 garden sites in all so their residents could plant vegetables as well. The grant allowed monies to buy sheds to store tools, hand tools, rakes, rain barrels and other gardening items. The Berlin Fire Department helped with filling rain barrels when the weather was not cooperating. Granite United Way used a grant to promote underfunded needs in the community to purchase seedling

and seeds and Roundtable Farms donated many different types of tomatoes, squash, artichokes and other vegetable that children and others planting gardens for the first time might not have ever tried before. We will soon be having a class at Brookside Park to show healthy ways to use some veggies and to preserve veggies for later use.

The Public Health Clinic and Homecare Services provided many health services to the community. During the flu season 193 flu shots were issued to our homebound patients, their caregivers, employees and community members at large. We provided the following services in our community and the surrounding areas:

Physical Therapy	664
Occupational Therapy	138
Speech Therapy	15
Home Health Aides	1661
Skilled Nursing Visits	3639
B12 Injections	63
Cholesterol testing	122
Blood Pressure Screening	132
Office Medication Injections	20
TB tests	44
Foot Clinic	349
Total	6768

We look forward to working with consumers and community partners in the coming Fiscal Year.

Angela Martin-Giroux
Director of Health & Welfare