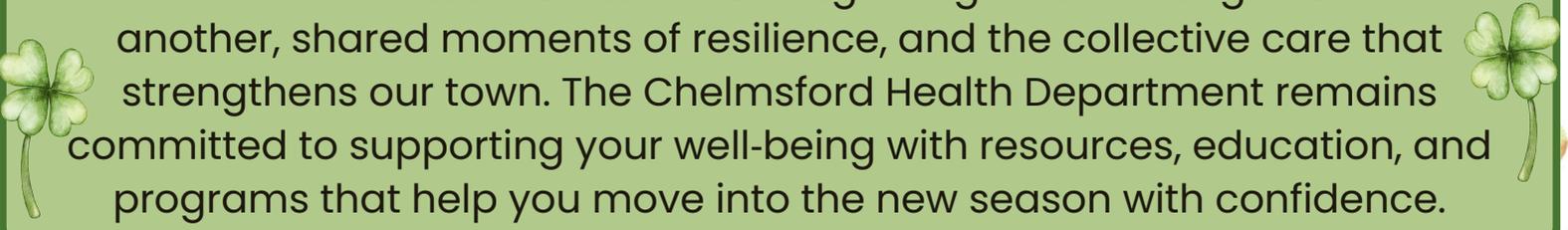




Chelmsford Health Department's MARCH 2026 Newsletter

March brings with it a quiet sense of renewal as longer days and the first signs of spring begin to lift our community's energy. Even as winter lingers, Chelmsford continues to shine—through neighbors looking out for one another, shared moments of resilience, and the collective care that strengthens our town. The Chelmsford Health Department remains committed to supporting your well-being with resources, education, and programs that help you move into the new season with confidence.



Colorectal Cancer Awareness

Increasing education about colorectal cancer is essential, as it is one of the most preventable yet often least prevented cancers. This includes understanding prevention strategies, recognizing risk factors, and knowing the importance of early detection through regular screenings. A helpful lesser-known tip is that screening doesn't always require a colonoscopy—at-home stool-based tests, including FDA-approved stool DNA options, are valid first-line screening tools for many adults at average risk. Early detection dramatically improves outcomes, since screenings can identify precancerous polyps before they develop into cancer, making timely testing one of the most effective ways to reduce risk. Colorectal cancer's preventability underscores the importance of staying up to date with routine screening

Developmental Disabilities Awareness

March reminds us that Developmental Disabilities Awareness is about inclusion, understanding, and creating space for everyone to thrive. This month encourages our community to recognize the strengths and contributions of individuals with developmental disabilities while promoting equal access to opportunities and support. Together, we can build a more welcoming Chelmsford for all. By learning, listening, and advocating, each of us plays a meaningful role in fostering true community belonging.



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Public Health
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call or text 988, anytime**

UPCOMING EVENTS!

MEDICAL SHARPS DROP-OFF DAY

Chelmsford residents are invited to safely dispose of medical sharps at our next collection day on Thursday, March 12, from 9:00 AM to 4:00 PM at the Chelmsford Health Department, 50 Billerica Road. Please bring needles, syringes, lancets, auto-injectors, and similar items in a rigid plastic container with a securely taped lid. No registration required. Help keep our community safe by disposing of sharps properly.

SEEKING DONATIONS FOR LOCAL FAMILIES

The Chelmsford Health Department, in partnership with the Billerica, Tewksbury, and Tyngsboro Health Departments, is collecting new items to support new and expecting families at an upcoming community event. Donations such as onesies (newborn–24 months), sleep sacks, diapers and wipes, pacifiers, baby blankets, teething toys, baby books, hand-knit baby items, and hand sanitizer are greatly appreciated. Donations may be dropped off in the Chelmsford Town Hall front lobby.

Breathe Together, Heal Together

A FREE beginner-friendly meditation series for those in recovery and their loved ones. Every Wednesday, 4 pm - 5 pm
Chelmsford Center for the Arts



SOBER KARAOKE

Join us for Sober Karaoke on March 13th from 7:00–10:00 PM at the Chelmsford Center for the Arts. Enjoy a welcoming, substance-free space to sing, cheer on friends, and connect with the community. **Free pizza** will be provided, and all are welcome—whether you take the mic or just come to enjoy the music.

Community Drop-In Hours

The Chelmsford Health Department now hosts Drop-In Hours on the last Thursday of every month, with the next session on March 26th, from 1:00–3:00 PM. Residents are welcome to stop in for free, one-on-one assistance with forms, applications, housing support, SNAP, MassHealth, fuel assistance, and more. No registration needed—we're here to help!

Pulse Check from Public Health Nurse, Darcy Beall

Nutrition, Sleep, and Hydration—Oh My! As we step into March and edge closer to spring, it's the perfect time to give your daily habits a gentle reset. Nourishing meals, consistent sleep, and proper hydration can make a big difference in mood, energy, and overall well-being. Try adding one extra fruit or vegetable to your day, aiming for 7–9 hours of restful sleep, and keeping a water bottle nearby to sip throughout the day. Small choices made consistently can help you feel your best as the seasons change. If you'd like support making healthier habits stick, the Chelmsford Health Department is always here to help.