

THE EDGARTOWN WELLNESS
COMMITTEE'S



March Newsletter



AWARENESS DAYS:
BRAIN INJURY AWARENESS MONTH
DEVELOPMENTAL DISABILITIES AWARENESS MONTH
NATIONAL NUTRITION MONTH



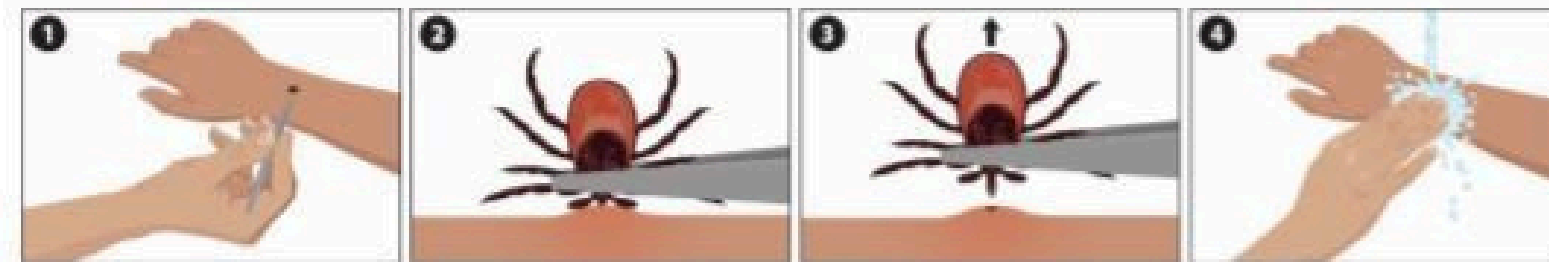
March 25th-31st: Tick Bite Prevention Week

Tick Bite: What to Do

Ticks bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/ container.



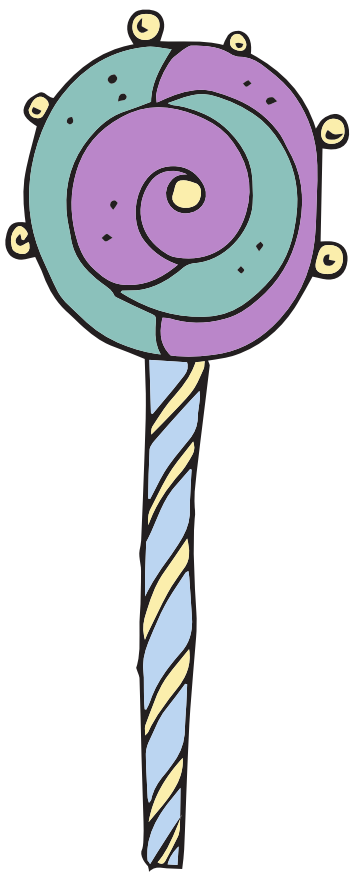
Consider calling your healthcare provider

In general, CDC does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your healthcare provider if you live in an area where Lyme disease is common.

Watch for symptoms for 30 days

Call your healthcare provider if you get any of the following:

- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain



March 2nd: Read Across America/Dr Seuss Day

March 6th: Dentist Day in the USA

Vineyard Smiles will be at school on March 18th and 19th. Please remind your student's parents to sign them up for a dental cleaning if they have not had one in the past 6 months.

March 18th: Global Recycling Day



Vineyard Events

-Vinyasa Power Yoga with Colleen Macsuga
Saturday, March 01, 2025 , 9:00am-10:00am

-Homemade Bagels with Vineyard Baker
Saturday, March 01, 2025 , 10:00am-12:00pm
preregister with the Farm Institute



-American Sign Language Practice Group
Tuesday, March 04, 2025 , 5:00pm-6:00pm

-Good Shepherd Parish Community Supper (Dine-in or Take-out)
Thursday, March 06, 2025 , 5:00pm-6:00pm

Walk the Halls Daily from 3-5
Thursday Pickleball for Edgartown Staff



-All Ages Chess Club

Saturday, March 08, 2025 , 2:00pm-3:30pm

-Mahjong- Chilmark Library

Tuesday, March 11, 2025 , 3:00pm-4:45pm

-Oak Bluffs Library: Game Night at the Barn

Wednesday, March 12, 2025 , 7:30pm-10:00pm

-Stitch Society: Fiber Craft Group (West Tisbury Library)

Thursday, March 20, 2025 , 6:00pm-7:00pm



Kid's Heart Challenge
formerly known as Jump rope for Heart

Details to follow....Thank you to all who participated in the Get Fit in Feb Challenge! The results are being tallied