

Representative Mark Falzone

Representing the People of Lynn, Lynnfield, Saugus, and Wakefield

The Beacon: Issue 2, September 28, 2009

Dear Neighbor,

I hope you will enjoy reading this, the second edition of my new email newsletter, *The Beacon*, and that you will find it informative. It will continue to run every other month, and I always welcome your feedback. This month, I would like to share with you some information about the H1N1 virus.

I was pleased to hear comments from so many of you in answer to my first newsletter. I have worked to address all of these responses, and hope that you will continue to give me feedback about these issues and any others which concern you. It is through this feedback from my constituents that I am able to best represent the needs and interests of our district.

The H1N1 Virus:

With flu season nearly upon us, another outbreak of the H1N1 virus (also known as swine flu) has become a worrisome possibility for us all. Officials at all levels of government have been preparing for this possibility, from President Obama down to our local cities and towns, and working to strengthen our response and educate our public. This fall, it's worth knowing a little bit more about H1N1 and what you can do to stay healthy. To discuss this issue, I hosted Mary Clark, Director of the Emergency Preparedness Bureau under the Massachusetts Department of Public Health, on my local access cable show *The Beacon*. In that role, she oversees state and local emergency preparedness and response for the Department, and possesses a wealth of knowledge about the virus and what we can all do to avoid illness.

The H1N1 virus which surfaced this spring is a human version of a virus usually only found in pigs and occasionally in humans. It first appeared in April, infecting over 1 million people in the United States and killing over 2,000 throughout the world. Only a doctor can diagnose H1N1, but the symptoms are similar to those of the typical flu: chills, body aches, headaches, fever, and sometimes vomiting and diarrhea. H1N1 is treated in the same manner as seasonal flu, meaning patients must get plenty of rest, drink lots of fluids, and eat healthy foods.



The Beacon:

The Beacon is a bi-monthly newsletter written by Representative Mark Falzone. It will focus on current events and issues relevant to the 9th Essex District.

If you would like to suggest a topic for a future newsletter, please reply to this email with the word SUGGEST in the title.

Contact Me:

Office Phone:
(617)-722-2020

Office Fax:
(617)-722-2186

Email:
Rep.MarkFalzone
@state.ma.us

Mailing Address:
Rep. Mark Falzone
The State House
Room 527A
Boston, MA 02133

Ms. Clark recommended that you should wash your hands frequently with soap and hot water to avoid catching H1N1. Most importantly, if you feel flu-like symptoms, avoid touching others and passing on your illness. Remember to stay home if you feel sick and keep sick children home as well. Although the vaccine for H1N1 is not yet fully developed, samples have been shown to be effective in tests, and a vaccine is expected to be available to the public in October. President Obama has urged everyone to get a vaccine when it becomes available.

The Massachusetts Department of Health Emergency Preparedness has plans in place to mitigate health crises when they occur, including programs that have been activated to deal with H1N1. Coordinators from the department regularly work with local, regional, and statewide public and private health providers to educate and train officials responding to emergencies. They also work to ensure efficiency in emergency situations, facilitating communication between hospitals and other health professionals. During a pandemic like H1N1, the Massachusetts Department of Public Health and your local health department distribute the most up-to-date information on television and radio broadcasts, as well as their [website](#).

If you are interested in learning more about the H1N1 virus and the programs that are in place through the Emergency Preparedness Bureau, I encourage you to watch my show on your local access cable network.

- Lynn: Thursdays at 5:30 PM, Comcast Channels 3 and 16 and Verizon Channels 36 and 38
- Lynnfield: Thursdays at 7 PM, Verizon Channel 29 and Comcast Channel 8
- Saugus: Thursdays at 11 AM, Channel 8
- Wakefield: Fridays at 7 PM and Sundays at 6:30 PM, Comcast Channel 16, Verizon Channel 42, and RCN Channel 13.

Libraries:

In these last months my colleagues and I in the Massachusetts Legislature worked to assemble a responsible budget for Massachusetts in the coming year. This was a difficult budget cycle, and we had to make many tough choices, between eliminating important and useful programs, cutting assistance to those who need it most, and raising taxes on hardworking citizens. As Chairman of the Library Legislative Caucus I also worked to ensure that our state and local libraries receive the funds they need.

Libraries are essential to communities, especially in times of fiscal crisis, providing resources for students, job seekers, and small businesses, and learning and recreational opportunities for families. While these vital

In District Office Hours:

Saugus Senior Center
66 Central Street
Fridays
8:30am-10am

Wakefield Senior Center
30 Converse Street
Fridays
10:15am-11:15am

Lynnfield Senior Center
525 Salem Street
Fridays
11:30am-12:30pm

Just drop in: No
appointment needed!

resources did not receive the all funding that they requested, we were able to achieve an increase of \$500,000 in the Supplemental Budget for State Aid to Public Libraries, money that will go directly into communities. 112 legislators joined me in advocating for this increase, including area Representatives Clark, Ehrlich, Fennell, and Walsh.

Contact Me:

Please also feel free contact my office with any questions or concerns. I can be reached by calling 617-722-2020, or by sending a letter to:

Representative Mark Falzone
The State House, Room 527A
Boston, MA 02133

Additionally, every Friday morning I hold weekly office hours in the district where anyone can come, without an appointment, to meet with either myself, my Chief of Staff Bob Smith, or another of my aides. These are:

8:30 – 10 AM: Saugus Senior Center at 466 Central Street
10:15 – 11:15 AM: Wakefield Senior Center at 30 Converse Street
11:30 AM – 12:30 PM: Lynnfield Senior Center at 525 Salem Street

If you would like to discuss any issue, or if you are having a problem that you would like assistance with, I encourage you to stop by.

Sincerely,

Mark Falzone
State Representative
Representing the people of Lynn, Lynnfield, Saugus, and Wakefield

If you would like to be removed from this list, please reply to this email with the word REMOVE in the title. If you would like to suggest a future topic for the newsletter, or ask a specific question, please reply to this email with the word SUGGEST in the title.

The Beacon | Representative Mark Falzone | (617)-722-2020 | Rep.MarkFalzone@state.ma.us