



Town of Concord

Town Manager's Operations Report

2025 Volume 9/May 9, 2025

General Administration

Town Clerk

Voter Registration Deadline for Annual Town Meeting is May 23rd at 5:00pm

Residents who are U.S. Citizens and at least 18 years old by June 2nd and are not already registered to vote at their current address must do so before 5:00pm on Friday May 23rd in order to be eligible to vote at the June 2, 2025 Annual Town Meeting.

There are three ways to register to vote:

1. in person at the Town Clerk's Office
2. by mail (must be postmarked by May 23, 2025)
3. online: <https://www.sec.state.ma.us/OVR/>

Once you have registered to vote at your current address, you do not need to re-register, but you should return your census annually to remain on the active voter list.

Voter Inactivation Date for Census Nonrespondents is Monday, June 2, 2025

Second notices were sent to census nonrespondents in late April. Voters who do not respond to the census before the first Monday in June must be moved to an inactive voter list, according to State Law. This does not remove your right to vote but will require that you show evidence of living in Concord when you go to the polls. If you or someone listed in your household has moved, please include a forwarding address or have the voter sign so that we can remove them. Census webpage can be found here:

<https://concordma.gov/381/Census-Annual-Town>

Police Department

Calls for Service

Thursday, May 1st - Wednesday, May 7th 2025

- Log items: **526**
- Traffic enforcement: **41**
- Motor vehicle stops: **31**
- Motor vehicle crashes and/or paper exchanges: **8**
- Arrests: **1**

On May 3rd, officers assisted with Drop Off/Swap Off and two events held at Temple Kerem Shalom and Nashoba Brook School.

On May 4th, officers assisted the Community Bike Rodeo at the Thoreau School.

Inspector Paladino and Officer Simpson attended the Massachusetts Juvenile Police Officers Association (MJPOA) New England School Safety Conference in Norwood, MA from May 6th-7th.

Sergeant Harington and Detective Rodriguez attended a 2025 Firearms Legal Update class in Acton, MA held on May 7th.

Health Division

Mental Health Awareness Month

May is Mental Health Awareness Month

Each year, millions of Americans face the reality of living with a mental health condition. In fact, *1 in 5 U.S. adults* experience mental illness annually, and *1 in 6 youth aged 6-17* face a mental health disorder each year. Yet, many do not receive the care and support they need. At the Great Meadows Public Health Collaborative, we believe mental health is essential to overall health. This May, we join communities across the nation to raise awareness, fight stigma, and advocate for access to mental health care and support services.

If you or someone you know is struggling, help is available:

📞 Call or text the **Massachusetts Behavioral Health Helpline** at **(833) 773-2445**

💬 Live chat: www.masshelpline.com

Available 24/7, 365 days a year — free, confidential, and no insurance required.

Together, we can build a stronger, healthier community—because no one should have to struggle alone.

Positive thinking isn't just feel-good talk—it's a powerful tool for mental wellness!

From reducing stress and anxiety to improving physical health and boosting self-confidence, a positive mindset can make a real difference.

Practicing gratitude, focusing on your strengths, and embracing optimism can lead to:

- Lower stress levels
- Stronger emotional resilience
- Healthier habits
- Greater happiness and life satisfaction

Let's celebrate Mental Health Awareness Month by nurturing a more positive outlook—for ourselves and our communities.

The Power of Positive Thinking in Mental Health

As we observe Mental Health Awareness Month, it is important to highlight the role that positive thinking plays in supporting emotional and physical well-being.

A positive mindset can significantly reduce stress and anxiety, enhance emotional resilience, and promote healthier lifestyle choices. Research shows that individuals who maintain an optimistic outlook are more likely to experience improved self-esteem, better physical health outcomes, and greater life satisfaction.

The Great Meadows Public Health Collaborative encourages individuals and communities to explore the benefits of positive thinking as part of a holistic approach to mental health. Practicing gratitude, focusing on personal strengths, and cultivating a growth mindset are simple but impactful steps we can all take to foster well-being.

Download our latest infographic to learn more about how positivity can contribute to a healthier, more resilient you.

Concord and Mental Health Awareness

Mental health first aid and training is being offered on May 24th from 9-3 pm in collaboration with the Concord Library. Other collaborations include promotion of our Concord Community Clinician with Eliot services, and the Yellow Tulip Project with Recreation and Council on Aging. The Concord Behavioral Health Collaborative and Great Meadows Public Health both have mental health flyers available.

Tourism

Patriot Pass

On Monday May 5th the Visitor Center revived the Patriot Pass (formerly called Explore and Learn). This is a combination ticket for admission to our Daily 1 pm walking tour and admission to the Concord Museum. We are excited to partner again with the Concord Museum on this project.

Natural Resources

Garlic Mustard Pull

Patriot Pass

Adult: \$32
Senior: \$24
Youth: \$16

Take a deep dive into Concord's remarkable history with the Patriot Pass. Through this discounted package you'll enjoy:

Admission to the Concord Museum:

- See the original lantern from Paul Revere's famous midnight ride.
- Explore dozens of objects that witnessed the day the "shot heard round the world" changed the course of history.
- Learn what it was like to live through the Revolution in the new special exhibition, *Whose Revolution*.
- Plus, view original objects owned by some of Concord's influential thinkers from Henry David Thoreau's writing desk, to Emerson's study, to Louisa May Alcott's tea kettle.



A guided historic walking tour with the Visitor Center through the streets of Concord:

- This 75-minute tour is a perfect introduction to Concord and its rich history, tracing the areas earliest beginnings to the 21st century.
- Explore the venerable streets and byways of old Concord, hearing the voices of those who have come before us while appreciating the silent stones, memorials, and buildings they have left behind.
- Learn the fuller stories of all the people of our town.



GARLIC MUSTARD PULL



Saturday, May 10th – Sunday, May 25th

The Division of Natural Resources and the Concord Land Conservation Trust are again hosting an event to pull garlic mustard from trails and conservation lands in 2025. Garlic mustard is an invasive plant in many areas throughout Town and is easy to recognize and pull! The Garlic Mustard Pull is scheduled to start on Saturday, May 10th and continue through Sunday, May 25th.

The Division of Natural Resources will train you on garlic mustard identification and supply yard waste bags for garlic mustard pulled from public areas.

Individuals, families, neighborhood groups, clubs, & organizations should contact the Division of Natural Resources for route assignments, garlic mustard identification training, and yard waste bags.

Please feel free contact DNR with any questions at nr@concordma.gov or call 978-318-3285

Your participation is welcomed and appreciated!!

Council on Aging

Health and Wellness

Lifestyle Series

We recently kicked off a three-part series discussing lifestyle choices that support a healthy, happy brain. In March, we heard from Sarah Turcotte of Bridges by EPOCH about implementing proactive habits to facilitate brain health. In April, Our COA nurse Caroline offered a workshop about how to improve sleep hygiene. Seniors learned valuable tools to change habits that interfere with sleep quality and create new, nightly rituals that promote a restful slumber. Later in the month, seniors enjoyed a presentation by Dr. Dumichel Harley, with the Mass General Hospital, Center for Health Outcomes and Interdisciplinary Research (MGH CHOIR). Dr. Harley discussed the connection between chronic pain and cognitive decline, and eligible clients had the opportunity to enroll in this ongoing research study.

A workshop about diabetes, and how to mitigate its effects on the body, was also presented in March by COA nurse Caroline. Twenty seniors were in attendance, and learned easy, accessible tips to stabilize their blood sugar levels and eat well without depriving themselves.

Free monthly hearing screenings are now available to seniors at the COA! At Home Hearing Healthcare, a mobile hearing clinic, will visit the COA monthly to provide complimentary hearing screening, hearing aid cleaning, and video ear exams.

The COA has also added a new foot care service to the monthly rotation. Owned and operated by registered nurses, Footcare Focus will visit the COA monthly to assess and treat common foot and nail disorders. Foot care is popular at the COA, and this vendor was brought in to alleviate wait times and waitlists.

COA Tea Party

The COA Tea Party is well known among seniors as the Boston Tea Party. Pinkies were out and tea sandwiches and sweets abounded when over 70 residents sat down on Tuesday afternoon. For the second year, the COA was supported by the wonderful volunteers from KAYAK, the travel search site whose tech offices are on Baker Avenue. KAYAK likes to “Do Good” for their community and Concord seniors appreciate their white glove (er, actually blue glove) service.



