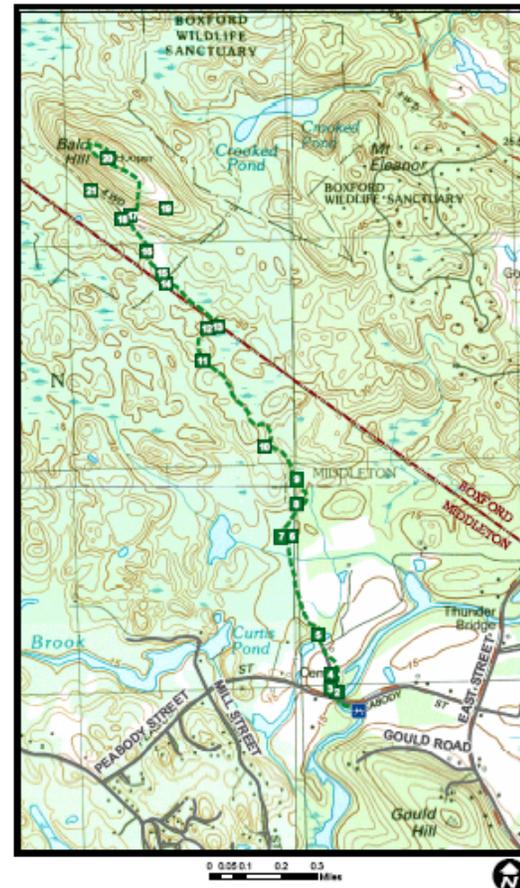




“Hiking for Health and History” Town of Middleton, MA



Presentation-Overview

- Conception of project
- Mission of project
- Outline of project
- Gaps and Strengths of Project
- Future ideas for Project

Bits of Info about Middleton

- Northshore town adjacent to Lynnfield, Peabody, Boxford, Topsfield, Danvers, North Andover, North Reading
- Approx 200 acres of open space and conservation land protected.
- Rural community, but rapidly growing.” Approx. 14.50 sq miles.
- ***Largest projected town growth (population) in Massachusetts over next 20 years (57% projected): Current Pop=8400***
- Masconomet Tri-Town Regional Junior High and High School (Boxford, Middleton, Topsfield)-Among Top 20 public schools in MA.
- Country back roads mixed with Route 114=not much pedestrian safe travel routes (ex. Sidewalks), therefore not much accessibility to public for physical activity along roads.

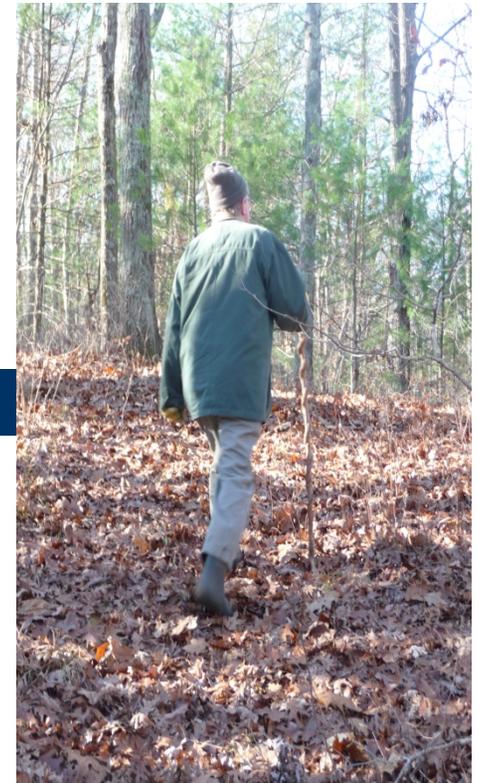
Bits of Info about Middleton (con't)

- Home to famous Richardson's Ice Cream
- Some Unique Facilities permitted by BOH in town: Coco Key Water Park, Tom Sawyer Root beer Bottling Plant, Milk and Ice Cream Production Plant.



Conception of Project

- 2007: Health Director participated in a council on aging and resident hike, aka as “Pikes Hike”
- Conservation Agent and Health Director have similar visions: Making a trail booklet & getting people outside and active!



Existing Programs: Pikes Hikes, Middleton Stream Team Discovery Walks



Existing Programs: Pikes Hikes, Middleton Stream Team Discovery Walks



Conception of Project (con't)

- How can we do this?
Go big, small, or somewhere in between.
- Intertwine missions of our departments.
- How much will it cost???
- Do we have the resources??

Initial Answers for Project (con't)

- Initial Answer: Yes, it was possible.
- Initial Decision: Map each trail with use of Global Positioning System (GPS) unit and create an attractive trail map for users.
- Initial Cost Answer: Minimal, mostly through in-house services (hikes) already conducted.
- Initial Resource Answer: Use existing resources (Staff, Volunteers, GPS unit, Printers)

Initial Mission for Project

The overall goals are to increase public awareness of protected open spaces and natural resource areas within Middleton; to promote efforts in conservation; to increase physical activity opportunities for the public; and to promote awareness of public health topics.

Therefore, For the Health Department?

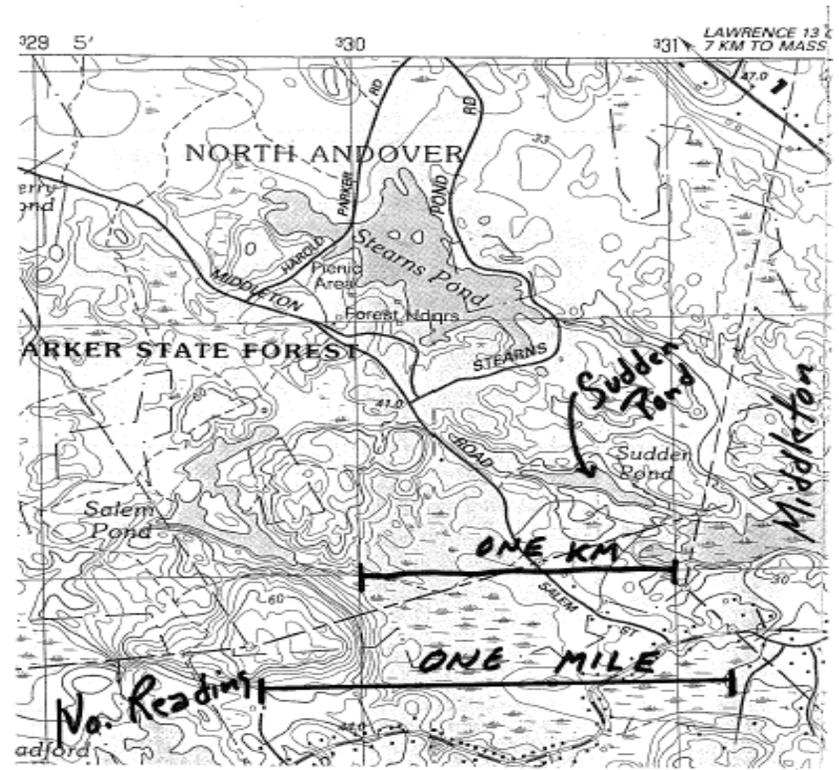
- Increase physical activity and access to areas for physical activity.
- Decrease obesity and associated risk factors and other health related issues.
- Promote wellness and awareness on public health topics

Other personal reasons.

- Get the public outside, get kids active, see what is beyond our house walls, off the couch and off the TV!
- Since I moved to Middleton,,,,,,,,,,,,,where do I go and where “can” I go?

Initiation of Project

- Build off existing, in place, program (Pike's Hikes)
- Identify trails and paddles (Ipswich River) to map for booklet
- Explore grants and partnerships to expand program



Initiation of Project (Con't)

- 16 Trails Identified
- Conservation Agent started to GPS
- Grant-Identified: APPLY



Include-Trails and Paddles within Middleton



Grant Identified & Criteria

- Grant opportunity with the Essex National Heritage Commission (ENHC)
- *ENHC grant application criteria: for projects that increase and enhance the public's awareness of the area's historic, cultural, and natural resources and that foster interpretive opportunities among the organizations responsible for their stewardship and promotion. All applicants in this category are required to form a partnership with at least one other organization.*



ESSEX NATIONAL
HERITAGE AREA

Grant Requirements Con't

- *Eligible projects in this category include, but not limited to, brochures, exhibits, public art installations, performance arts, audio and visual programs, trail maps, and signage.*



We're already on the right track!!

- We already had partnerships between the Health and Conservation Departments
- Our initial mission intended to promote awareness of natural resources
- We wanted to produce a trail map



Apply for Grant-YES

- Amount requested \$5,000 (max amount)
- Conservation Agent and Health Director complete grant application, attached letters of recommendation /support, and examples of our current project upon which to expand.
- Applied for grant on 2/25/2008
- Revised our initial mission statement to adapt to grant guidelines to include promoting historic resources within the community

Letter of Support- GO A LONG WAY



- Town Administrator
- Ipswich River Watershed Association
- Middleton Stream Team
- Middleton Historical Society
- Essex County Greenbelt
- Boxford Trail Association

Essex National Heritage Commission
221 Essex Street, Suite 41
Salem, MA 01970

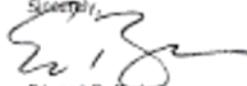
January 29, 2008

To Whom It May Concern:

I am writing in regard to the ENHC Partnership grant application submitted by the Town of Middleton Health Department and Conservation Commission. The Essex County Greenbelt Association is pleased to provide this letter of support for the Town's proposed project.

As a land conservation organization, we applaud the Town of Middleton for taking the initiative to better inform citizens about natural areas, hiking and walking paths, and nature study opportunities in their community. Lack of information is a limiting factor when introducing people to the outdoors. The booklet the town plans to create with this funding will provide detailed information about natural history on the properties, along with accurate trail maps. Some of the trails travel across Greenbelt properties, and we are delighted that this project will introduce more people to our properties and land conservation work.

We believe this is a very worthy project under the ENHC Partnership grant program, and urge your favorable action. Thank you.

Sincerely,

Edward O. Becker
Executive Director

Develop content for trail brochure

- Trail Maps
- Natural Resource Information
- Public Health Information
- Historical and Cultural Information- *NEW*
- List of waypoints describing points of interest along trails
- Pictures

Grant Awarded!!!

- May 13, 2008-Town of Middleton Health and Conservation Departments awarded grant.
- Amount awarded \$2,500 (50% of max applied for)
- Length of grant period to complete project- 1 year (July 2008-July 2009)=
Get Moving!!



What this meant:

- We now had a DEADLINE!
- We were being held accountable!
- If we did not get the project done, NO FUNDING!
- That we had an end in sight with deliverables needed.

Developing the booklet:

Conservation Agent

- Continue to conduct hikes, but record GPS data of trails
- Record waypoints along trail to which users can refer to about historical or natural resource features
- Draft historical articles about land areas and resource areas that encompass the trail

Developing the booklet:

Health Department

- Compile GPS data and send to GIS Mapping Company, Mapping Sustainability LLC.
- Middleton Public Health Nurse: Identify and Draft public health articles
- Compile Data, articles and develop booklet.
Purchase of brochure software (smartdraw.com)

Developing the booklet:

Combined efforts

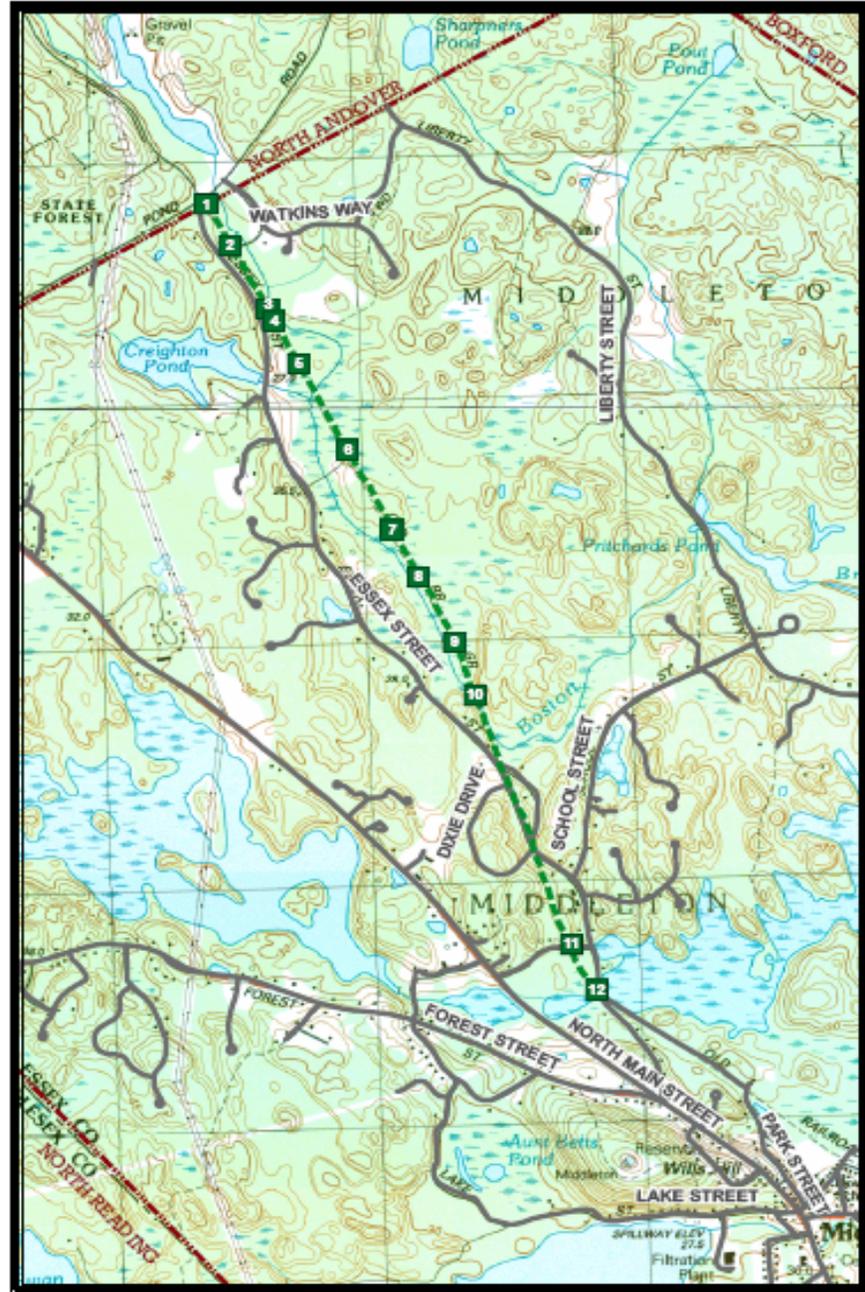
- Agree to a name that encompassed our mission and the grant... "Hiking for Health and History"
- Review, edit, and finalize maps, articles, etc.
- Obtain land permission for some trails that cross private land
- Identify trail logo for markers along trails
- Utilize grant funds accordingly to complete project

Producing trail maps

- Once trails were GPS'd, data was sent to GIS consultant for mapping
- Consultant produced color maps based on USGS maps
- Waypoints and streets were added to the plan

Example of Trail Map

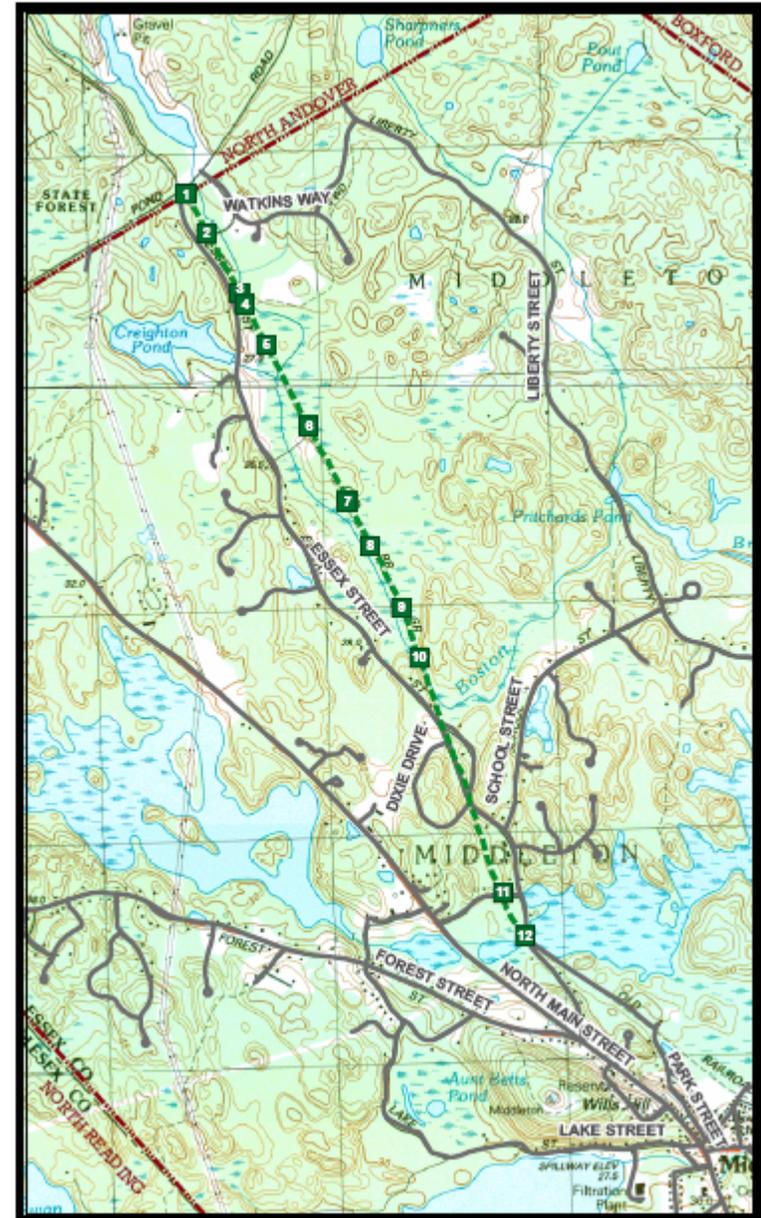
Railway Trail-
Sharpners Pond Road
to Debush Avenue



Example of Waypoints

Way Points Sharpners to Emerson Brook

- 2 - Stone abutments of RR bridge where channel of Boston Brook crosses east to west
- 4 - Road crossing to Richardson pasture fields in woods southeast of Watkins and Silas Meriam Ways
- 5 - Stone abutments of RR bridge where floodplain of Boston Brook are connected, water flows east to west
- 6 - Road crossing from Richardson's fields on Essex Street, there is an interesting woodland trail to the east that will take you to North Liberty Street
- 9 - Farmers ancient road crossing, causeway to east leads to gravel pit probably used for RR fill in the 1846-1847



Example of pictures within booklet of trails, featured waypoints, and points of interest



Example of pictures within booklet of trails, featured waypoints, and points of interest



Example of pictures within booklet of trails, featured waypoints, and points of interest



Public Health Articles included in Booklet

- National and local mission statement of public health
- Obesity
- Benefits of Physical Activity
- Flu Information
- Tick borne diseases
- Tick Tips
- Arboviruses (WNV & EEE)
- Heart Health
- Sun Safety
- Diabetes

Example of Public Health Article

Diabetes

Diabetes is a condition that results when the body does not utilize insulin properly, resulting in the levels of blood sugar getting too high. Both genetic and environmental factors such as obesity and lack of exercise play a role in controlling diabetes.

Insulin is a hormone made by beta cells inside the pancreas. With each meal, beta cells release insulin to help the body use or store the blood glucose it gets from food.

Type I diabetes is when the pancreas does not make insulin. The beta cells have been destroyed and therefore the need of insulin injections. The person must also monitor their blood sugar levels in order to administer the correct dose of insulin. The person must also have a controlled diet plan. Each carbohydrate needs to be accounted for in order to maintain a healthy blood sugar level.

Type II diabetes is non-insulin dependent. The body continues to make the insulin; it just is unable to release it. Oral medicine helps release the insulin into the blood. People who have this form of diabetes may be able to control their blood glucose by losing weight, following a controlled diet plan and exercise. This type of diabetes usually happens to people over the age of 40 and who are overweight.

The potential complications for diabetes are cardiac and circulation problems, loss of vision, poor healing secondary to poor circulation, problems with your feet secondary to poor circulation and liver damage.

You can help control your diabetes by eating well. A registered dietician whose specialty is diabetes will help you put together a food plan right for you. It is important to eat whole grains and legumes, as well as non-starchy fruits and vegetables. Choose water over any other drink. Try to eat fish 2-3 times a week and eat lean cuts of meat. One portion of meat is equivalent to a deck of cards.

It is recommended to exercise at the same time everyday for the same duration. A person should exercise at least three times a week for about 30–45 minutes. Be sure to consult your doctor before starting an exercise program.

Walking is a great exercise. When you plan to take a walk, be sure your shoe or sneakers fit well. Remember to always wear socks. Wear a medical alert bracelet indicating that you have diabetes. In case there is a problem when you are exercising this will insure you get proper medical help.

With the proper diet, exercise, and medicine, a person can control their diabetes

Example of Public Health Awareness Information- Tick Awareness Card

					
Larvae	Nymph	Male Adults	Female	Male Adults	Female
DEER TICK <i>Ixodes scapularis</i>			AMERICAN DOG TICK <i>Dermacentor variabilis</i>		
 Massachusetts Department of Public Health Division of Epidemiology and Immunization 617-983-6800 www.state.ma.us/dph <i>Design courtesy of Cape Cod Cooperative Extension</i>					

Example of Public Health Information within article-”Benefits of Physical Activity”

AGE	BEGINNER 60% - 70%		INTERMEDIATE 70% - 80%		ADVANCED 80% - 90%	
	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *
to 19	121 - 141	20 - 24	141 - 161	24 - 27	161 - 181	27 - 30
20 - 24	119 - 139	20 - 23	139 - 158	23 - 26	158 - 178	26 - 30
25 - 29	116 - 135	19 - 23	135 - 154	23 - 26	154 - 174	26 - 29
30 - 34	113 - 132	19 - 22	132 - 150	22 - 25	150 - 169	25 - 28
35 - 39	110 - 128	18 - 21	128 - 146	21 - 24	146 - 165	24 - 28
40 - 44	107 - 125	18 - 21	125 - 142	21 - 24	142 - 160	24 - 27
45 - 49	104 - 121	17 - 20	121 - 138	20 - 23	138 - 156	23 - 26
50 - 54	101 - 118	17 - 20	118 - 134	20 - 22	134 - 151	22 - 25
55 - 59	98 - 114	16 - 19	114 - 130	19 - 22	130 - 147	22 - 25
60 - 64	95 - 111	16 - 19	111 - 126	19 - 21	126 - 142	21 - 24
65 - 69	92 - 107	15 - 18	107 - 122	18 - 20	122 - 138	20 - 23
70 - 74	89 - 104	15 - 17	104 - 118	17 - 20	118 - 133	20 - 22
75 - 79	86 - 100	14 - 17	100 - 114	17 - 19	114 - 129	19 - 22
80 - 84	83 - 97	14 - 16	97 - 110	16 - 18	110 - 124	18 - 21
85 +	81 - 95	14 - 16	95 - 108	16 - 18	108 - 122	18 - 20

Example of Public Health Information within article-”Benefits of Physical Activity”

Number of calories burned in 10 minutes			
Exercise/Activity	Your Weight (lbs)		
	120-130	160-170	190-200
Walking 2 mph (30 minutes per mile)	30	40	45
Walking 3 mph (20 minutes per mile)	40	50	60
Walking 4 mph (15 minutes per mile)	55	70	85
Aerobic dance	60 to 105	75 to 140	90 to 165
Bicycling (outdoors)	40 to 145	50 to 195	60 to 230
Bicycling (indoor stationary)	25 to 145	30 to 195	40 to 230
Callisthenics	40 to 105	50 to 140	60 to 165
Dancing	30 to 80	40 to 150	45 to 120
Jogging 5 mph (12 minutes per mile)	90	115	135
Jogging 6 mph (10 minutes per mile)	105	140	165
Skating (cross country)	60 to 145	75 to 195	90 to 230
Swimming	50 to 125	65 to 165	75 to 200

Creating a partnership to develop a trail logo for the community

- Project accepted by Masconomet Regional High School Art Class for creation of logo artwork that represents our trail program

Logo development



Students describing their artwork



Choosing the final logo

- Tough decision
- We liked all of them
- Colors, shapes, theme
- Balance of our mission
(activity, nature)

Logo Chosen



Mark Trails, Maintain Them, Post Signage

- Continue marking trails with markers
- Use existing hiking groups and new volunteers to continue to maintain trails (pruning, etc.)
- Post signage at entrance of trails

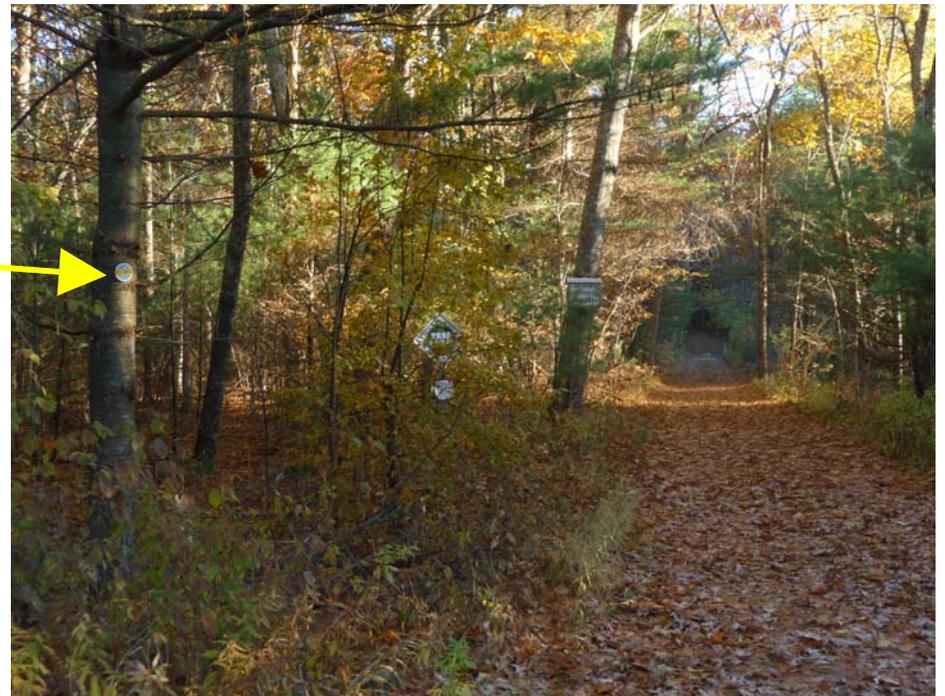
Example of Trail Signs



Marking our trails



Marking our trails



Promoting our project

- Newspaper articles
- Middleton Earth Day
- Wellness Fair at schools
- Conservation Day
- Art class projects
- Web posting

Promoting our project (pics)

Hiking for Health & History in Middleton



This booklet contains a compilation of hiking trails, also known as Pike's Hikes, and canoe trips that travel through many areas of the beautiful landscapes within Middleton. As you guide your way through this booklet and trails, you will find rich points of history about the land, the environment, our natural resource areas, and present and past land use.

Additionally within, you will find health information that can increase your awareness on topics such as Lyme Disease, the benefits of physical activity, West Nile Virus, diabetes, obesity, and more.

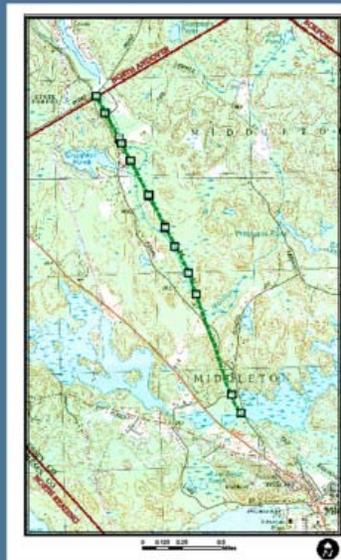
When we see land as a community to which we belong, we may begin to use it with love and respect.

-Aldo Leopold-

This Booklet was made from a partnership between the Middleton Health and Conservation Departments and partially funded by a grant from the Essex National Heritage Commission
Printed on Recycled Paper
Version 2000-1



Town of Middleton
Health and Conservation
Departments
195 North Main Street
Middleton, MA 01949
www.middletonvt.org



Way Points (Shapfners to Emerson Brook)

- 010 - Shapfners Pond Road ER bed is just a hundred feet or less east of Essex Street
- 011 - Essex abutments of ER bridge where abutment of Boston Brook across road to west
- 012 - Richardson stonehatched side hillside, which is easily ascended, perhaps made for a walk on so
- 013 - Road ascending to Richardson pasture fields in woods southeast of Wetland and Old Middleton Ways
- 014 - Essex abutments of ER bridge where floodplain of Boston Brook are somewhat, water flows east to west
- 015 - Road ascending from Richardson's fields on Essex Street, there is an interesting woodhatched trail to west that will take you to Marsh Library Street
- 016 - Road/woodhatched from Cowlight's Pond on Essex Street where Boston Brook flows from the west
- 017 - Pasture ancient road ascending, lower down 2002
- 018 - Pasture ancient road ascending, some way to east bank to (ground) probably used for RR 42 in the 1840-1847
- 019 - Essex abutments of ER bridge, (road) road bridge road where Boston Brook abutment flows back from road to east across ER bed
ER bed between Essex Street about 1100 with, north of vegetation 50
Old Essex Street large to east about 1100 with, and north Essex Street and limited ER bed which, lower Essex Street and continues south, between Marsh bridge to Danah Road
- 020 - Danah Avenue, lower side to in corner of it and 20 Way Point Shapfners to Emerson Brook December 2002

ESSEX RAIL WAY, SHAPFNEERS POND ROAD TO EMERSON BROOK

This section of the Essex Rail Way (ER), active from 1848 to 1920 from Lawrence to Salem, is all down hill but you won't notice. Railroad engineers were always looking for an or low grades. Here they built along Boston Brook in its floodplain. There was an Wetland Protection Act then so they built for long stretches right through wetlands, so you'll see they did here. As you proceed imagine the passing countryside, largely without trees, as seen from several trains daily back and forth between Lawrence and Salem. This is one of the easiest trails in our booklet and while closely paralleling Essex Street for the first couple of miles pass through rich wildlife habitat.

The following narrative mentions a few features to look out for.

Pack on the shoulder of the Shapfners Pond Road, "Nike Site Road", North Andover, so dubbed by locals during the reign of President Lyndon Johnson when it was built by the Defense Department. This road was built from Route 114 to a planned circle here. The road was finished; the base never started. Two generations of kids learned to drive on this wide road going nowhere. Leave your car just east of the end of Essex Street between it and Boston Brook, and then look for a path going south on the old railway bed close to Essex. If you want to go north just cross Shapfners Pond Road and follow the line parallel Salem Street for about a mile and a half into North Andover.

The land between Essex Street and the ER bed for 1700 feet down to Richardson's pasture is Middleton Conservation/Open Space land. A few hundred yards from the start you'll come to stone abutments where there was an ER bridge crossing between Boston Brook and wetland. A crude log bridge for people has replaced it. Be careful.

Very soon you'll come to a rather barrier of stones and barbed wire, which is easily climbed over. Note the absence of low vegetation for the next mile or so where Richardson Essex's young stock and non-millennia grass spring to fall. Cover eat young trees and bushes including poison ivy.

Keep a sharp eye out as you proceed for signs of low ramps from insulated caneways perpendicular to the ER used by farmers on Essex Street to pass over the tracks to their wet meadows. You'll find a couple still in use by Richardson Farms employees and cover to access back pastures.

Further down, the trail is shaded for some distance by mature White Pines, just beyond this grove. If you look hard to the west, you may see a weed filled wetland bench coming in from Cowlight's Pond, on Essex Street (WP 20). Note the surface all along the ER. The rough had porous stones are "clinker" impurities in coal that wouldn't burn. You also find occasional pieces of coal that dribbled from the coal car. The tracks on the Middleton section of the ER line have long been removed. You may find signs here and there of cross ties and the spikes that attached the rails to them. While daydreaming on this walk we've heard train whistles.

Now, on both sides are wetlands, floodplains of Boston Brook, which is Middleton's largest tributary to the Ipswich River. Its headwaters are the heights of Boston Hill in North Andover. Some old Middleton locals and maps call it "Beesley Brook". During floods the water flows periodically down both sides of the ER bed. The wetlands have been dominated by Red Maple until the heaviest started damming in the late 1900's. See how many of their stems you can find on route. Note the standing tree corpses. Eed, also called or Swamp, Maple's like water, but can't take it year round. Keep an eye out for heaver ferns and ledges. In winter snows you may see other tracks and slides. This stretch down to Old Essex Street is a favorite playground of otters.

See WP 35. This marks a major caneway from Essex Street to what once was a large gravel pit a couple hundred feet east of the ER. We think that fill for the ER came from it. If you judge you can safely cross at times of low water on the heaver ferns here, walk east over it and the caneway and

Look to the east and west and notice how the floodplain is narrowing. The oak covered highland to the southwest is closing and producing a valley between it and the ER bed. Here the upland on either side gets close enough to allow for a road crossing under the Wetland Protection Act. On the highland just across the brook an eight-houses subdivision was approved in 2006. In the future when built you'll be able to see large houses across the brook after the oak leaves fall. Almost eight square miles of watershed pour through the 100-foot wide constricted here.

Soon you'll once again encounter stone abutments of an ER bridge replaced now by a questionable wooden one. Proceed carefully over single file. In a few minutes you'll come to Essex Street. Bear southwest and continue on Old Essex Street. In the 1800's a straightened section of Essex Street was built on the old ER bed. The more scenic route for now is Old Essex.

You are leaving the map trail for a bit. Old Essex joins "New Essex" again shortly. Cross Essex diagonally and pick up the ER and proceed down through walls of ledge blasted by Mack powder. Alfred Nobel hadn't yet invented dynamite when this line was built. See if you can find shell holes in the exposed ledge. Imagine swarms of men, horses, steam, and early steam engines in this canyon landing out rocky fill for how we put parts of the line.

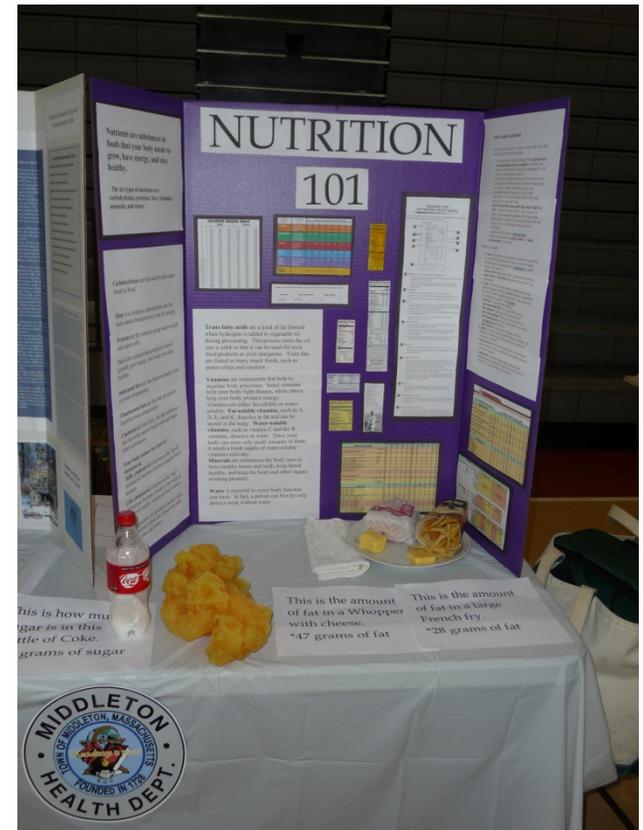
If you want to continue cross over Danah Avenue and proceed on north, use the gradual turn southwestward. If you are still tiring to go, cross Essex Street at Boston Brook and continue southeast to Middleton's center. Another 2 1/2 miles will take you to Danvers. See trail description and map for the remainder of the ER, Emerson Brook to Danvers, on the next page.

We often do the Shapfners Pond Road to Old Essex Street or Danah Avenue (WP 030 - 040) in reverse of the route described here. It is a nice three mile round trip up and back in. **Always** observe with different wildlife.

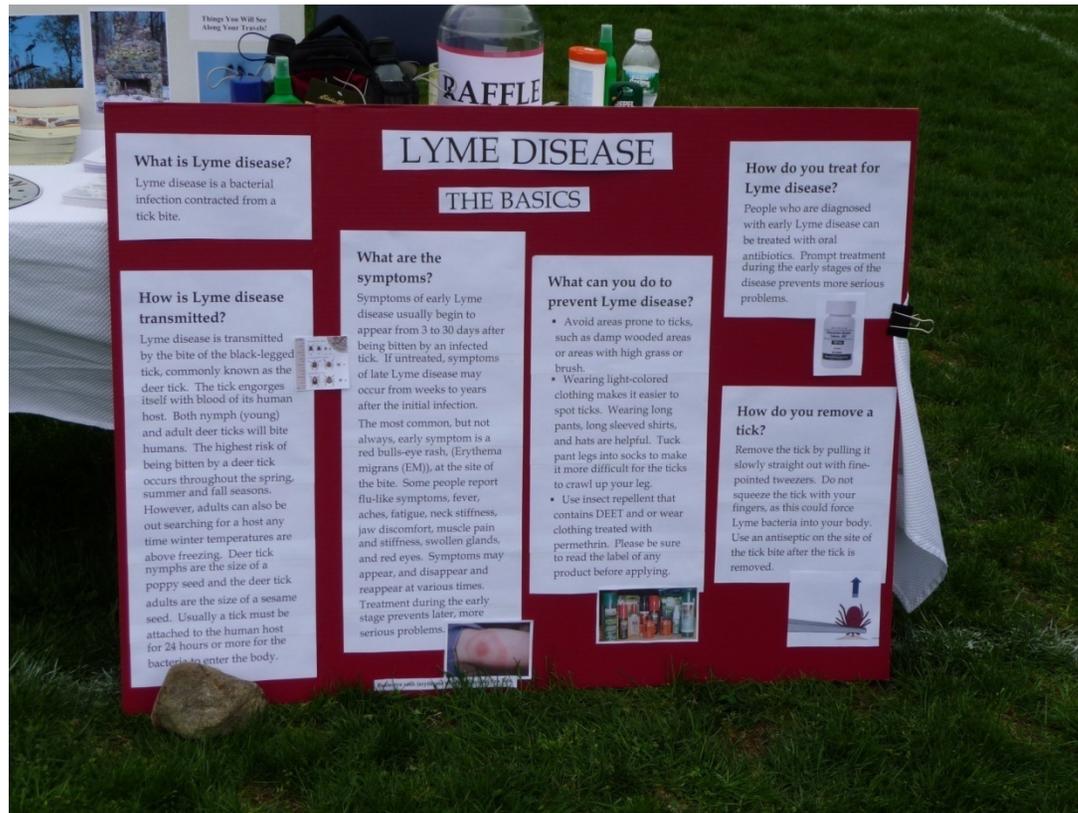
Promoting our project (pics)



Promoting our project (pics)



Promoting our project (pics)



Promoting our project (pics)



Promoting our project (pics)



Sticker-Decal



Booklet Considerations , Requirements, challenges, benefits.

Requirement- Booklet must contain ENHC logo (grant requirement)



ESSEX NATIONAL
HERITAGE AREA

Challenge- Booklet pages-creating pages that fit back and front for print within booklet

Benefit-having a booklet that is flexible and possible to fit in ones pocket

Amount of pages, font size to fit content

Finalizing the booklet for print

The Town of Middleton, once part of Salem, was incorporated in 1728. Middleton covers approximately 14.50 square miles. The town and other organizations have successfully managed to save approximately 200 acres of open space and conservation land for the protection of natural resources and for the enjoyment by individuals through hiking, canoeing, bicycling, photography, and education.

The "Hiking for Health & History in Middleton" is the first version produced in print for individuals to explore and learn about the wonderful community natural areas that surround them or which they may visit.

With these pages you will find:

- + Trail maps with guided walks and paddles
- + Descriptions of natural resources you may observe
- + Pictures of natural landforms and human history places of interest that can be seen along your hikes or paddles
- + Public Health information for increased awareness

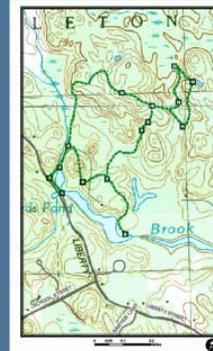
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Printed on Recycled Paper
Version 2009-1



Town of Middleton
Health and Conservation
Departments
195 North Main Street
Middleton, MA 01049
www.middletonhealth.org



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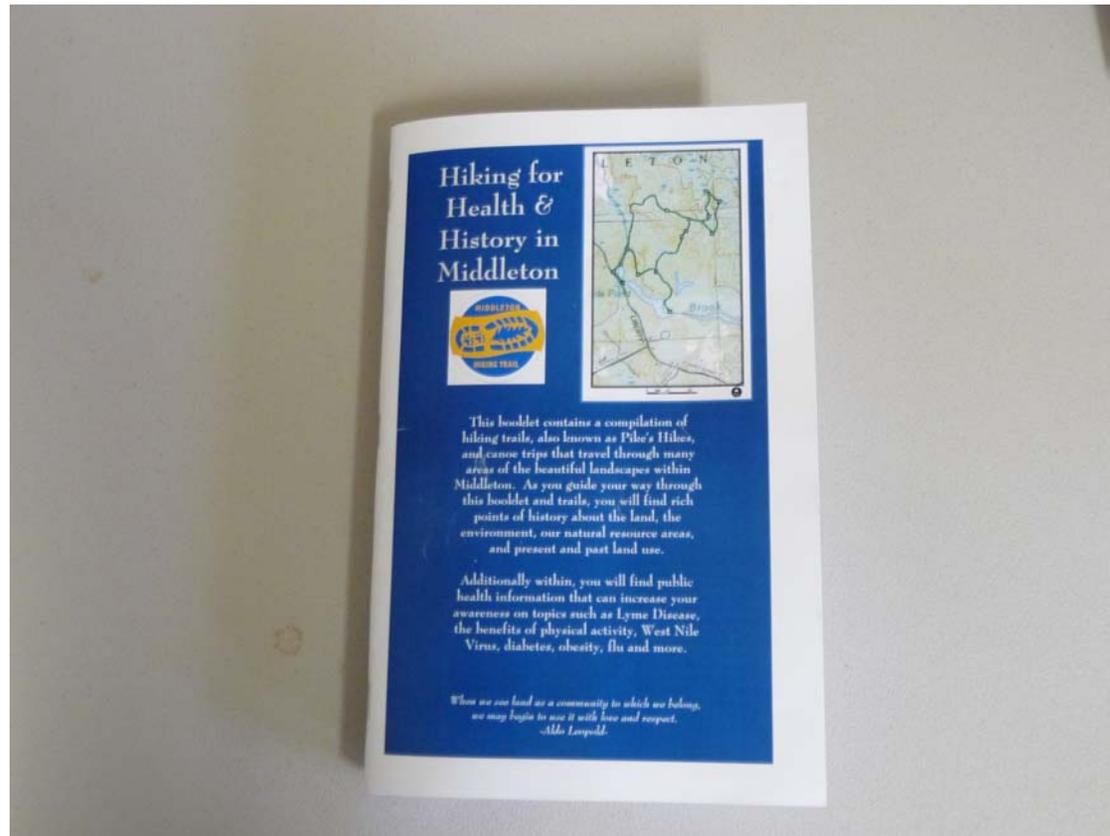
*When we see land as a community to which we belong,
we may begin to use it with love and respect.
-Aldo Leopold-*

Grant
Logo

Printing the Booklet-Another partnership!!

- Printing (currently in progress) by Middleton House of Correction press room. Labor by inmates at no cost to town. Purchase of ink toners only.
- Plan to print 500 copies available at no cost to the public.

The trail booklet



What Next!!

- Continue promotion of booklets
- Dedicate webpage on town website for trail booklet for trail maps for downloading to public on home computers.
- Future-Trail booklet Edition #2, include additional trails
- Continue to work with future land development to obtain land easements for future open space for recreation areas and for trails

Future-Rails to Trails program

- Expand access to trails to increase access to areas for physical activity, such as rails to trails program. Use this program to jump start larger programs (three abutting towns are currently constructing rails to trails which we could connect to)



Kick Start of Program

- Reward: First 50 people to hike each trail using booklet can come into Health Department and complete evaluation survey and receive a reward.



Evaluation of Program

- The effectiveness of the project will be evaluated through a survey to determine if individuals have:
 - ✓ Increased public awareness of protected open spaces and natural resource areas and associated historical background information
 - ✓ Increased physical activity
 - ✓ Became more aware and educated on public health issues

Middleton, “Mass in Motion”

- Support *Mass in Motion* public health campaign and adopt it locally as Middleton in Motion, with use of this program.
 - * Move More -Trail Project
 - * Eat Better-Next phase of Health Departments Projects:

Promote and steer committee to establish Middleton farmers market, and work with existing food establishments to offer reduced cost healthy foods to youth to assist in efforts to reduce childhood obesity.

- Initiate public involvement by initiating a “Rails to Trails” planning steering group (community based group, not municipal) to start a rails to trails program/project within Middleton.

A walk along a featured trail



The End! Questions????



- Derek Fullerton, RS, CHO
Director of Public Health-Town of Middleton
healthdirector@townofmiddleton.org
- Traci Mello, RN, MSN
Public Health Nurse-Town of Middleton

www.middletonhealth.org