

IMPACT Melanoma

As many of you know, our region has partnered with IMPACT Melanoma, a national non-profit organization dedicated to skin cancer prevention, to make sunscreen more accessible to residents! Sunscreen dispensers are being installed at local parks in Northborough, Southborough, and Westborough. The dispensers are filled with all-natural SPH 30 broad-spectrum UVA/UVB sunscreen.

According to the American Cancer Society, melanoma is the fifth most common cancer, among males and females. Exposure to UV radiation can be greatly minimized by applying broad-spectrum sunscreen, as well as seeking shade, wearing protective clothing, and avoiding indoor tanning. We hope this initiative will bring awareness to skin cancer prevention and increase sunscreen use throughout our town. For more information about melanoma, visit: www.cdc.gov/cancer/skin/

IMPACT is a national non-profit organization dedicated to working to reduce the incidence of skin cancer and melanoma. Committed to skin cancer prevention and early detection, we provide a variety of award-winning programs which aim to raise awareness and educate the public about skin cancer, as well as support services for those struggling with the disease. In response to the Surgeon General's 2014 Call to Action to address skin cancer as a major public concern, IMPACT Melanoma launched a pilot program called Practice Safe providing free sunscreen throughout Boston parks and Massachusetts beaches. Following the success of the pilot program, the Practice Safe Skin initiative has expanded across the country to offer cities and businesses the ability to purchase and provide this public safety program. To get involved or learn more, visit: www.impactmelanoma.org



MassMen

Massachusetts recently released a new project, MassMen. The MassMen Project promotes wellness and empowers working-aged men across the state to take action to feel better emotionally, physically, and spiritually. For more information, visit: www.mass.gov/massmen. MassMen aims to reduce the stigma and increase awareness of common mental health challenges, addiction and problem gambling, workplaces challenges, relationship conflict, racism and discrimination, and housing and financial insecurity. The website has a number of free and anonymous self-screeners including screeners for adolescent depression, alcohol use, bipolar, gambling, depression, disordered eating, generalized anxiety, opioid misuse, psychosis, post-traumatic stress, substance use, and overall wellbeing. There are also many resources for men seeking mental health, emotional support, and suicide prevention service (www.mass.gov/info-details/massmen-resources-for-help). This project is funded by the Department of Health Suicide Prevention Program and brought to the residents by the Riverside Trauma Center, a service of Riverside Community Care.

