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Community Health Survey

We want to hear from **YOU!** Take the MA Community Health Survey and make your voice heard to help build a healthier community. We want Newton residents to take the survey so that the needs and priorities of the Newton community show up in the data. Survey results will be used to improve programs, make decisions about funding and resources, and support policies to improve health inequities. The survey is available in 11 languages, easy to take, and anonymous.

[Take the Survey](#)



[Scan to take survey](#)

It's Time for Your Flu Shot!

October is a great time for apple pie, pumpkins, Halloween, leaf peeping and ... flu shots! October is an ideal time to get a flu vaccine before the flu season reaches its peak. Anyone can get the flu, and getting a flu vaccine is the single best way to protect yourself and your family. Even healthy people can get very sick from the flu and spread it to friends and loved ones.

There are many places to get a flu vaccine in and around Newton including your healthcare provider, pharmacies, and urgent care clinics. For a list of these locations and more resources please visit www.newtonma.gov/flu.

There are limited spots available for Newton HHS Flu Clinics. Individuals 18 years and older are able to sign up for the flu clinics.

[Register for HHS Flu Clinics](#)

October is Domestic Violence Awareness Month

First observed in October 1981, Domestic Violence Month is held each October as a way to unite advocates across the nation in their efforts to end domestic violence. In his [proclamation](#), President Biden emphasized that it is important for us to change the social norms that permit domestic violence, provide meaningful support to survivors, and express gratitude to those working diligently on prevention and response efforts.

Click [HERE](#) for more information regarding domestic and sexual violence resources.

Events

Persevere in Purple Day!

On October 27th, join The Purple Wing Project and students across Newton as we wear the color purple to bring awareness to domestic violence and resources for the community. The Purple Wing Project is a youth-led organization based in Massachusetts. Their mission is to advocate, raise funds, and spread awareness to bridge the intersection between domestic violence and gun safety. They took action in the wake of the Supreme Court case, *United States v. Rahimi*, a pending case that contends an individual's ability to possess firearms under the Second Amendment while subject to a domestic violence restraining order. They are currently in collaboration with many local and regional organizations including, but not limited to REACH Beyond Domestic Violence, The Second Step, RESPOND Inc., Moms and Students Demand Action, Love Life Now Foundation, The Massachusetts Coalition to Prevent Gun Violence. Please help "purple out" Newton on October 27th!

Community Forum on Domestic Violence

On July 31, 2023 the City of Newton partnered with [REACH Beyond Domestic Violence](#) and [The Second Step](#) for a virtual conversation about domestic abuse including types of abuse and warning signs, addressing misinformation and

supporting someone in an unsafe relationship.

[Virtual Conversation Recording \(Passcode: Qx^8cswg\)](#)

[Virtual Conversation PowerPoint Presentation](#)

If you are concerned for yourself or a loved one, REACH Beyond Domestic Violence has a confidential online chat available [here](#).



October is Breast Cancer Awareness Month

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer (including metastatic breast cancer) and the importance of early detection and access to timely, high-quality care. Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men. About 42,000 women and 500 men in the U.S. die each year from breast cancer.

Are you up to date on your breast cancer screening? Early detection saves lives! Mammograms can often show a breast lump before it can be felt. Contact your healthcare provider to schedule an appointment.

When should I start
getting mammograms?



While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes. Learn how to do a self-exam [here](#).

October is Youth Substance Use Prevention Month

In his [proclamation](#), President Biden emphasizes that it is important to rededicate ourselves to building a better future for America's children by providing families, educators and communities with access to life saving resources. According to SAMHSA's 2020 National Survey on Drug Use and Health, 8.2% of adolescents drank alcohol in the past month and 13.8% used illicit drugs in the past year. Early intervention is vital for youth. Every year that substance use is delayed while the adolescent brain develops, the risk of addiction and substance misuse decrease.

SAMHSA's national youth substance use prevention campaign "[Talk. They Hear You.](#)" helps parents and caregivers, educators, and community members get informed, be prepared, and take action to prevent underage drinking and other substance use.



Click [HERE](#) for more information regarding health and wellness resources that are available to young people, aged 14-25 years old. And learn more about the [Newton Coalition for Community Wellness \(CCW\)](#), a new coalition dedicated to addressing substance use with compassion, care and connection.

Fuel Assistance Program

The ABCD (Action for Boston Community Development, Inc.) Home Energy Assistance Program, also known as Fuel Assistance, provides financial assistance to income-eligible households for heating bills.

NEW APPLICANTS can now [apply online](#) for the 2023-2024 heating season.

RETURNING APPLICANTS should have received recertification paperwork in the mail.

All residents can receive support with their application from the Newton Social Services Division. Call 617-796-1420 with questions or to schedule an appointment.

Looking for the updated COVID-19 Vaccine?

Newton Health & Human Services is partnering with the Holtzman Medical Group to offer the [updated 2023-2024 Moderna COVID-19 vaccine](#) for individuals 6 months and older. Due to shipping delays that are affecting clinics nationwide, there is a limited number of vaccines for individuals aged 11 and younger. You can also check [vaccines.gov](#) for other clinic locations near you. The Holtzman clinics will be taking place in the Druker Auditorium at the Newton Free Library located at 330 Homer Street, Newton, MA 02459.

To register for the clinic and see available appointments, visit <https://www.holtzmanmedical.org/covid19>.

For any questions regarding the clinic contact the Holtzman Medical Group directly at (781) 770-4064 or email barb@holtzmanmedical.org

Health and Human Services
1000 Commonwealth Ave
Newton, MA 02459
(617) 796-1420
www.newtonma.gov/health
health@newtonma.gov



City of Newton | 1000 Commonwealth Avenue, Newton, MA 02459

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