

Programs & Services Committee Agenda BUDGET City of Newton In City Council

Wednesday, May 8, 2019

7:00PM Room 211

PLEASE BRING YOUR BUDGET AND CIP BOOKS

BUDGET & CIP DISCUSSIONS:

- CITY CLERK
- SENIOR SERVICES
- HEALTH & HUMAN SERVICES/WEIGHTS & MEASURES
- CITY SOLICITOR

Referred to Finance and Appropriate Committees

#542-18(2) Submittal of the FY 2020 Municipal/School Operating Budget

<u>HER HONOR THE MAYOR</u> submitting in accordance with Section 5-1 of the City of Newton Charter the FY20 Municipal/School Operating Budget totaling \$430,284,381 passage of which shall be concurrent with the FY20-FY24 Capital Improvement Program (#542-18 & 542-18(3)).

EFFECTIVE DATE OF SUBMISSION 04/16/19; LAST DATE TO PASS THE BUDGET 05/31/19

Referred to Finance and Appropriate Committees

#542-18 Submittal of the FY 2020 to FY 2024 Capital Improvement Plan

<u>HER HONOR THE MAYOR</u> submitting the Fiscal Years 2020 to 2024 Capital Improvement Plan pursuant to section 5-3 of the Newton City Charter.

Referred to Finance and Appropriate Committees

#542-18(3) Submittal of the FY 2020 – FY 2024 Supplemental Capital Improvement Plan

HER HONOR THE MAYOR submitting the FY 2020 – FY 2024 Supplemental Capital Improvement Plan.

The location of this meeting is accessible and reasonable accommodations will be provided to persons with disabilities who require assistance. If you need a reasonable accommodation, please contact the City of Newton's ADA Coordinator, Jini Fairley, at least two business days in advance of the meeting: ifairley@newtonma.gov or (617) 796-1253. The city's TTY/TDD direct line is: 617-796-1089. For the Telecommunications Relay Service (TRS), please dial 711.

Programs & Services Committee Agenda BUDGET Wednesday, May 8, 2019 Page 2

Referred to Programs & Services and Finance Committees

#150-19 Transfer of \$100,000 to the Law Department's Claims & Settlements Account

HER HONOR THE MAYOR requesting authorization to transfer the sum of one hundred thousand dollars (\$100,000) from the Law Department's Full-time Salaries Account to the Law Department's Claims & Settlements Account for future claims settlements.

Respectfully Submitted,

John B. Rice, Chair

Category	Event	Description	# of Attendees
Youth Service's	Summer Internship Program (7/18 - 8/18)	Community internship placements and weekly workshops regarding workplace communication, critical thinking and problem solving, teamwork and relationship building, interview skills, resume writing, and financial literacy	70
	Happiness Workshop (9/28, 10/18, 12/18)	Workshops at Newton South teaching high-school students how to manage stress, define personal happiness and think toward the future.	97
	PTSO Presentation (3/19/2019)	Presented to high school parents and students at Newton North on planning for summer jobs, internships, and volunteer opportunities.	100
	Youth Commission Stress and Mental Health Survey	Designed and implemented survey for high school students to determine causes of stress in and out of school and responses to stress. YC presented findings and recommendations to School Committee.	300
	April Vacation Workshop (4/16 - 4/19)	Pilot program of workshops for 8th and 9th graders to help them identify personality strengths and set goals for the future. Covers workplace communication, teamwork and relationship building, interview skills and resume writing.	22
social services	Social Services case management	Provided case management to residents needing assistance with food insecurity, housing/shelter, financial assistance, SNAP applications, legal assistance, support groups, substance use prevention and treatment, WIC, emergency oil/ fuel assistance, mental health treatment and more. 806 referrals made to 634 unique clients.	806
	Basic Supplies Provided	Hygiene kits and food backpacks distributed at community locations.	1,715
	Case n	nanagement and supplies data current through 3/31/2	19
	Library Staff Training (7/24/18)	Presented to library staff de-escalation techniques in collaboration with Employee Assistance Program.	75
	Conquering Your Clutter (3/29/19 + 4/5/2019)	A two-part clutter reduction workshop taught participants skills and techniques to manage clutter.	68
		Volunteers trained to become hoarding support group peer facilitators.	9

Second Nurture (2/28/2019) Collaboration with Second Nurture, a nonprofit which encourages adoption communities for support. A Survival Guide to Parenting Teens (5/1/19) Parenting expert Joani Geltman shares strategies with parents to limit risky behaviors among teens. BP Screening, answering health-related questions, referrals (dates vary) (dates vary) (dates vary) (full roops, and community members (1/17/2019) Sasic CPR/ AED training for seniors, Boy Scout (asselinan House. Camp Inspections Vearly camp inspections (1/17/2019) Sasiman House. Camp Inspections Flu shots administered to residents, employees, students and staff of the Newton Public Schools at community and school-based sites. Adoption information for faith-based community in collaboration with parents to limit risky behaviors among teens. 80 ### Parenting expert Joani Geltman shares strategies with parents to limit risky behaviors among teens. 80 ### Parenting expert Joani Geltman shares strategies with parents to limit risky behaviors among teens. 80 ### Parenting expert Joani Geltman shares strategies with parents to limit risky behaviors among teens. 80 ### Parenting Teens (5/1/19) ### Parenting Teens (5/1/1	Category	Event	Description	# of Attendees
Health Maintenance Clinics (2x month) referrals Community CPR training (dates vary) Falls Prevention Bingo (1/17/2019) Camp Inspections Flu Clinics Fl	social services		collaboration with Second Nurture, a nonprofit which encourages adoption communities for	25
Clinics (2x month) Community CPR training Basic CPR/AED training for seniors, Boy Scout Troops, and community members Falls Prevention Bingo (1/17/2019) Camp Inspections Flu Clinics Flu Shots administered to residents, employees, students and staff of the Newton Public Schools at community and school-based sites. Addience specific info on health effects of ecigarettes and vaping presented at January Just Think Expo at North, Generation Citizen at middle schools, NPS Wellness Committee and Newton After School Association Conference. UMass Amherst at Mount Ida Presentation to public health in Newton. Training for Newton Camp Counselors in Collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Vearly and complaint-driven inspections 241 98 241 98 241 98 67 8 Camp County Prevention at Casselman House. 8 6,022 208 208 208 208 208 208 208				80
Clinics (2x month) Community CPR training Basic CPR/AED training for seniors, Boy Scout Troops, and community members Falls Prevention Bingo (1/17/2019) Camp Inspections Flu Clinics Flu Shots administered to residents, employees, students and staff of the Newton Public Schools at community and school-based sites. Addience specific info on health effects of ecigarettes and vaping presented at January Just Think Expo at North, Generation Citizen at middle schools, NPS Wellness Committee and Newton After School Association Conference. UMass Amherst at Mount Ida Presentation to public health in Newton. Training for Newton Camp Counselors in Collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Vearly and complaint-driven inspections 241 98 241 98 241 98 67 8 Camp County Prevention at Casselman House. 8 6,022 208 208 208 208 208 208 208				
Troops, and community members 98				241
Casselman House. Camp Inspections Flu Shots administered to residents, employees, students and staff of the Newton Public Schools at community and school-based sites. Flu Clinics Flu Shots administered to residents, employees, students and staff of the Newton Public Schools at community and school-based sites. Addience specific info on health effects of ecigarettes and vaping presented at January Just Think Expo at North, Generation Citizen at middle schools, NPS Wellness Committee and Newton After School Association Conference. UMass Amherst at Mount Ida Presentation to public health students and faculty about local public health in Newton. Training for Newton Camp Counselors in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Yearly and complaint-driven inspections 260		,	-	98
Flu Clinics Flu Shots administered to residents, employees, students and staff of the Newton Public Schools at community and school-based sites. Audience specific info on health effects of ecigarettes and vaping presented at January Just Think Expo at North, Generation Citizen at middle schools, NPS Wellness Committee and Newton After School Association Conference. UMass Amherst at Mount Ida Presentation to public health students and faculty about local public health in Newton. Training for Newton Camp Counselor in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Yearly and complaint-driven inspections 6,022 6,024 6,025 6,026		_	·	8
Public Learn Flu Clinics students and staff of the Newton Public Schools at community and school-based sites. Audience specific info on health effects of ecigarettes and vaping presented at January Just Think Expo at North, Generation Citizen at middle schools, NPS Wellness Committee and Newton After School Association Conference. UMass Amherst at Mount Ida		Camp Inspections	Yearly camp inspections	52
Schools, NPS Wellness Committee and Newton After School Association Conference. UMass Amherst at Mount Ida Description Camp Counselor Training (June 2019) Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Restaurant inspections: Housing, Pools, Tanning Camp Counselor Training (June 2019) Rearly and complaint-driven inspections Schools, NPS Wellness Committee and Newton After School Association Conference. Presentation to public health students and faculty about rocamp Counselors in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. 180 (est) 180 (est) 180 (est) 180 (est) 180 (est) 180 (est) 200	Public Health	Flu Clinics	students and staff of the Newton Public Schools at	6,022
Mount Ida about local public health in Newton. Training for Newton Camp Counselors in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Housing, Pools, Tanning Training for Newton Camp Counselors in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. 180 (est) 180 (est) 180 (est) 180 (est)			cigarettes and vaping presented at January Just Think Expo at North, Generation Citizen at middle schools, NPS Wellness Committee and Newton	208
Camp Counselor Training (June 2019) Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. Rat Prevention (9/27/18, 2/21/2019) Restaurant inspections Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Training for Newton Camp Counselors in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety information. 180 (est) 180 (est) 180 (est)			·	18
2/21/2019) about rodent prevention techniques. Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Yearly and complaint-driven inspections 2/21/2019) Newton restaurants are inspected on a frequency based on their food safety 626			Training for Newton Camp Counselors in collaboration with Parks and Recreation to teach basic CPR/AED skills and summer health safety	180 (est)
2/21/2019) about rodent prevention techniques. Newton restaurants are inspected on a frequency based on their risk level and given a grade on their inspection based on their food safety Other inspections: Housing, Pools, Tanning Yearly and complaint-driven inspections 2/21/2019) Newton restaurants are inspected on a frequency based on their food safety 626				
	Environmental Health			50
		Restaurant inspections	based on their risk level and given a grade on their	626
Includes estimated inspections for May/June 2019.		Other inspections: Housing, Pools, Tanning	Yearly and complaint-driven inspections	260
		I	ncludes estimated inspections for May/June 2019.	

Category	Event	Description	# of Attendees
	Opioids and Our Community (10/25/2018)	Community forum with workshops to discuss how the opioid epidemic is impacting our community	30
	Shredding/Drug Takeback Day (11/17/2018, 4/27/2019)	Community members can dispose of unwanted medications. This is to prevent medications being used for other purposes.	768
Newton Path	Wondering about Weed (11/29/2018)	Experts Dr. Kevin Hill and Dr. Nicole Danforth discussed the science behind marijuana use and its impact on youth and adults.	70
	Medication Disposal Lunch & Learn (7/18/2018)	Presentation at senior center lunch to discuss safe medication disposal and how it prevents misuse of medications.	12
	Narcan Training (groups and individuals, dates vary)	Provided information on opioid use disorders and narcan to nine groups and 43 individuals. Coupled with harm reduction techniques and resources. Provided to residents, community and city staff.	138
	Improbable Players (5/14/2019)	A play about the opioid epidemic and paths to recovery	50 (est)
6	QPR (8/31/18, 3/14/19)	Suicide Prevention training for non-professionals	69
Newton Cares	Generation Citizen (March/April 2019)	Presented to 3 different classes of 8th grade students working on citizen engagement around mental health.	50
46	Newton Creates (6/4/19)	Create a community mosaic to raise awarnss about mental health & resources.	100 (est)
nedical Reserve Corps	Representative Kennedy's Volunteer Fair (12/4/2018)	Recruit potential MRC volunteers and educate the community about emergency preparedness.	20
	Orientation	Held quarterly to introduce prospective volunteers to the Newton MRC and assist with application process.	34
	Psychological First Aid (1/15, 1/26, 2/15/2019)	3-day training on how lay individuals can best help people who have been impacted by crisis	12
	Stop The Bleed (2/26/2019)	Volunteer training to teach how to use a tourniquet and pack a wound. Includes hands-on learning.	10
	Emergency Dispensing	Introduce MRC volunteers to the function and job specifications they may fill during an EDS activation. Included lecture and roleplay.	22

Category	Event	Description	# of Attendees
MRC	First Care (4/11/19)	Hybrid training for volunteers including basic CPR/Choke Save for adults and children, Stop The Bleed and how to be an effective bystander in emergencies.	19
Human Rights Commission	Human Rights Awards (12/4/18)	Awards presented to teens and community members for their work as human rights advocates	60
ARIGHTS CHARCI	Genocide Exhibit (April 2019)	Photographic and fact display in the new City Hall hallway exhibition area.	n/a
Human	Pride Flag Raising (6/4)	Annual Pride Month event at City Hall	80 (est)
	Statistic	Description	Students
	Health Room Visits	Students in the 23 school buildings visiting the health office for any health need	61,836
	Unique student visits	All students who have visited the health room at least once.	9,276
	Screenings	Vision, hearing, scoliosis, BMI, SBIRT.	17,819
School Health	Return to class rate	Students who return to class after a health room visit	94%
	Professional Development	The school nurses participated in additional training from content experts on topics including mental health, emergency prep, substance use prevention, food allergies, student safety and specific medical conditions.	17
		*All School Health data current as of April 2019.	
	Platform	Description	Followers
Community Outreach	Social Media	Regular social media posts on Facebook, Twitter and Instagram about programs and public health concerns	1,517
	Newsletters	Wrote 1-2 e-newsletters per month to a growing general audience and topic specific lists (mental health/substance use and faith-based).	1,132



Visit our Website

Vaping and "Juuling"



It hides in plain sight, disguised to look like a sleek flash drive. Mint, Crème, Mango, Fruit and Cucumber are among the flavor choices. And it's the most popular e-cigarette out there.

It's the Juul, and if you have teens or pre-teens in your house or work with them, it's a product you want to be aware of.

To start with the basics, a Juul is a type of e-cigarette that contains nicotine. Using one is called "juuling" or vaping. The Juul company's marketing materials indicate the product is manufactured to help adults quit smoking regular cigarettes. However, a growing number of teens who aren't yet legally old enough to purchase the products are using them in numbers startling enough to catch the attention of Food and Drug Administration Commissioner Scott Gottlieb.

"E-cigs have become an almost ubiquitous – and dangerous – trend among teens. The disturbing and accelerating trajectory of use we're seeing in youth, and the resulting path to addiction, must end," Gottlieb said in a Sept. 12, 2018 statement about steps the FDA is taking. Newton North prevention/intervention counselor Alison Malkin said, "we know some teens in Newton are using these products." The

schools are taking steps to prevent the behavior, and to provide resources to those who need them. In Newton, wherever smoking is prohibited, vaping is also prohibited, including schools.

"What's particularly concerning is that often students don't realize the Juul contains nicotine, and that nicotine is quite harmful for teens because of the addictive quality and their brains are still developing," Malkin said.

Malkin encourages parents have conversations with their teen about Juuling. Resources for how to start a conversation are available through school counselors, nurses, and at www.newtonma.gov/ecigs

"Ask them questions," Malkin said. "Share your worries. Let your kids know your expectations, and what the consequences may be."

Working Together to Control Rats

Since January, 38 residents have called the Health and Human Services Department about rats. The calls are an uptick in the number of people Newton's Health and Human Services Department (HHS) has heard from in previous years.

"We're taking this very seriously," said Health and Human Services Commissioner Deborah Youngblood.

Commissioner Youngblood and Chief Operating Officer Jonathan Yeo recently met with about 60 residents in Nonantum, where many in the neighborhood are concerned about rat sightings.

What steps can you take to deter rats from living on your property?

- Make sure your property is clean
 - Clean grills, store woodpiles neatly 12-inches off the ground, pick-up dog and cat feces
 promptly, and make sure garbage is always kept in securely covered carts. Get your cart
 replaced if it has holes (Call Customer Service at 617-796-1000)
- Rodent-proof sheds and garages using durable materials such as ¼-inch mesh, metal hardware, or sheet metal to eliminate all gaps greater than ¼ inch.
- Reduce or eliminate accessible food, water, and potential shelter for rodents.
- Do not leave pet food outside
- Remove bird feeders that rodents can access and keep birdseed off the ground
- Keep compost securely covered.
- Look for burrows, tracks, droppings, and chew marks on your property
- Hire a licensed pest control company if you need to eradicate a rodent infestation. Consider using the least toxic effective pest control measures possible, talk to your pest control expert about this.
- If you rent and see signs of rodents, tell your landlord.
- City of Newton environmental health inspectors are available to speak with residents about their property. Call HHS at 617-796-1420.

The City of Newton is also working citywide to address rodents. We have a pest management company to identify and address any problems in public buildings. HHS is providing information to all food establishments about best practices and an information sheet for all contractors will also be distributed when they pick up work permits.

The City has also set-up online reporting to collect information and respond if appropriate.

Want more information or to send a report? Visit our website at www.newtonma.gov/ratinfo

Opioid Event Oct. 25

Join us on Thursday October 25th from 6:30-8:30pm for "Opioids and Our Community". The event will feature a forum with Deborah Youngblood, Commissioner of Health and Human Services, Brian Deleskey, Newton South Prevention and Intervention Counselor, and Scott Weiner, MD at Brigham and Women's Hospital. Workshops will follow the panel discussion. The event is free and light refreshments will be served. To register, click here or on the button below.

Register Here

Get your FREE FLU VACCINE Here

Room 106C, Newton City Hall



Tuesday, October 30 - 5 pm - 7 pm Wednesday, October 31 - 11 am - 1 pm Thursday, November 1 - 1 pm - 3 pm Friday, November 2 - 9 am-11 am

- Open to Newton residents ages 6 months and up.
- · No appointment needed.
- Regular, quadrivalent flu vaccine will be offered.
- Insurance information requested, but not required. If you do not have insurance, you will still be vaccinated.

Questions? (617) 796-1420

WWW.NEWTONMA.GOV/FLU

The Happiness Workshop

Some Newton South students this fall will spend some time reflecting on what makes them happy, how to find joy in their lives and stress less during a



series coordinated by Newton South guidance staff and the city's Youth Services Director, Quinn Etchie. Students will meet weekly during the school's free period for extracurricular activities. The idea for the weekly workshop came from the school's One School One Book program and is loosely based on the book Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment Book by Tal Ben-Shahar. Live vicariously through the students and check out some of the resources they'll be learning about:

Apps (free to download and free to use online, but offer opt-in paid

membership)

Calm - Good for short meditations and assisting with sleep. Has "stories" section plus music for different moods.

Headspace - Offers short mindfulness exercises tailored to mood and situation. Originally developed for teens and kids.

Stop, Breathe, Think - Meditations and mindfulness activities as short as one minute, tailored to skills like taming anxiety and sleeping well.

Aura - Three-minute meditations and soothing music. Wide range of "channels" for different mindfulness and meditation exercises.

Books

Happier - Tal Ben-Shahur

The Book of Joy - His Holiness The Dalai Lama, Archbishop Desmond Tutu, and Douglas Abrams

Save the Date: Marijuana Forum

Join us **next month** for an informational marijuana forum at The Mount Ida Campus of UMass Amherst. **Mayor Ruthanne Fuller** will present a post-election update about where Newton stands when it comes to marijuana. She will introduce local experts **Kevin Hill, MD**, of Beth Israel Hospital and **Nicole Danforth** and **Elizabeth Booma, MD** of Newton-Wellesley Hospital. With expertise in both adults and youth, this forum will offer something for everyone wondering the answers to these marijuana questions and more:

- Will retail marijuana shops be located in Newton? If so, how many and where?
- It's legal for adults now -- what are the implications if I choose to use?
- What are the risks for adults and youth who use marijuana?
- How do I convince my kids to delay marijuana use?

Wednesday, Nov. 28, 2018
6:30 to 8 p.m.
The Mount Ida Campus of UMass Amherst
Campus Center
777 Dedham St., Newton

Sign Up for Mayor Fuller's Email Updates

Looking for the latest news about happenings at City Hall and around Newton? Input your email address HERE to receive Mayor Ruthanne Fuller's Email Updates. To see archived editions of the Mayor's Email Updates, visit the City of Newton website at

http://www.newtonma.gov.

sign up today!

MAYOR FULLER'S EMAIL UPDATES

www.newtonma.gov

City of Newton Health and Human Services 1000 Commonwealth Ave. Newton, MA 02459 617-796-1420

STAY CONNECTED







Visit our Website

Newton Health and Human Services Department March Newsletter

Rats In Newton: Facts to Know



Rats are and have been a part of the Massachusetts ecosystem since the area was originally settled in the early 17th century. They are a "cosmopolitan" species commonly found in most urban areas, including Newton and other neighboring communities due to readily available food sources. Discouraging rats from living in our city will be most successful as a community effort. Here are some things to look for to determine if there are rodents on your property:

Rat Burrows: These are holes in the ground 4-6 inches in diameter

where rats may be living. Look for burrows under fences, buildings, homes and cement slabs surrounding structures. You can test whether the burrow is active by filling in the hole with dirt and checking to see if it is cleared quickly.

Rat tracks: In the winter, you may be able to spot rodent tracks leading to or from a burrow.

Droppings: Rats can leave 40 -50 droppings per day and are larger than mouse droppings (approx. ³/₄ inch in diameter)

Smudge marks (body oils) on walls

Sound of movement in walls and attics

Family pets staring intently at a blank wall

There are many things you can do to prevent a rodent infestation on your property. Here are some helpful tips:

- 1. Maintain your property in a sanitary manner.
- Keep grills clean
- Store woodpiles neatly with a 12-inch ground clearance
- Remove dog and cat feces promptly
- **2. Rodent proof all accessory structures** (ex. sheds) and garages using durable materials such as ¼ inch mesh, metal hardware, or sheet metal. Eliminate all gaps greater than ¼ inch.
- 3. Reduce or eliminate rodent accessible food, water, and harborage (potential shelter).
- Do not leave pet food out at night
- Remove birdfeeders that rodents can access.
- Remove water sources
- Keep compost securely covered
- 4. Thin vegetation and keep grass and shrubbery cut short.

- 5. Routinely inspect the property for evidence of rodents, including burrows, tracks, droppings, and chew marks.
- 6. If you live in rental housing and you see signs of rodents, tell your landlord.
- 7. Share this information with your neighbors. Rodent problems are a community issue. Working together will help eliminate this problem.

If you discover rodent infestation on your property, contact a licensed pest control company for assistance. To report a rodent sighting, visit www.newtonma.gov/rodentreport.

Questions? Contact the Newton Health and Human Services Department at 617-796-1420.

Prevention Resources

Conquer Your Clutter

Is your home cluttered beyond recognition? Are you worried you may be collecting too much stuff? Do you need help?

Join Patty Underwood, LICSW and Karin Lehr, LICSW on March 29th and April 5th for workshops on decluttering. You will come away with tools to begin decluttering and learn to help reduce behaviors that encourage collecting.

Sessions will run from 1PM-2:30pm and will take place at the Newton Free Library in Druker Auditorium.

Visit <u>tinyurl.com/conquerclutter</u> for FREE registration.



Register Here

City of Newton Health and Human Services 1000 Commonwealth Ave. Newton, MA 02459 617-796-1420

STAY CONNECTED







Visit our Website

Newton Health and Human Services Department April Newsletter

Adult Use Marijuana

With the legalization of recreational marijuana in Massachusetts, Newton will have eight recreational marijuana dispensaries. If you're 21 or older, you may be considering trying marijuana. The safest option is not to use marijuana. However, if you choose to use marijuana, use responsibly. Here is some information to consider.



- Don't drive under the influence of marijuana. It's illegal and unsafe marijuana negatively affects the skills you need to drive safely including reaction time, coordination, and concentration, and increases the risk of a motor vehicle crash.
- Don't use marijuana around children and keep it secured from kids and pets. Children are at higher risk for poisoning from marijuana, especially with edibles.
- · Check THC content and start small. The amount of THC in marijuana has been increasing steadily over the past few decades. The higher the THC content, the stronger the effects on your brain and behavior. Legally purchased marijuana is labeled with the amount of THC it contains.
- Don't combine marijuana with alcohol or medications. Using alcohol and marijuana at the same time will result in greater impairment, and marijuana may change how your medications work.
- Don't use marijuana if you're pregnant, breastfeeding, or planning to get pregnant soon. THC is transferred via the bloodstream/placenta and breastmilk. Learn more about the health effects of marijuana and get tips for talking to your teen about delaying marijuana use on our website.

Edibles

If you are considering using marijuana, it's important to know that smoking marijuana has different health effects than eating marijuana – also called an edible. Smoke from marijuana contains many of the same toxins, irritants, and carcinogens as tobacco smoke. Smoking marijuana can lead to a greater risk of bronchitis, cough, and phlegm production.

Edibles take longer to produce an effect. People who are expecting quick results

(as with smoking marijuana) may believe the initial dose wasn't enough to have an effect and consume additional doses. This can lead to people consuming very high doses and result in negative effects like anxiety, paranoia, and, in rare cases, an extreme psychotic reaction (e.g., delusions, hallucinations, talking incoherently, and agitation). If you decide to try edibles, follow these tips:

- Edibles can take up to 4 hours to take effect start low and go slow. Start with one serving (or less) and wait several hours to see how it affects you before taking more.
- Edibles can cause effects that last longer than expected. How they affect you depends on your age, your metabolism, the amount you eat, and medications or alcohol used at the same time.
- · Carefully read the product label, which will tell you serving size and amount of THC in each serving size (in Massachusetts, an individual serving size of any marijuana product cannot contain more than 5 mg of THC), cannabinoid profile, and directions for use.
- · Kids and pets (and unsuspecting adults) can mistake marijuana products for regular food or candy. Store your products safely and securely and out of reach of children and pets.

Information adapted from MDPH, CDC, and NIDA.

Curious about the status of marijuana stores in Newton? Click here to check the Planning Department's website for updates.

Upcoming Events!

Click the picture for details.

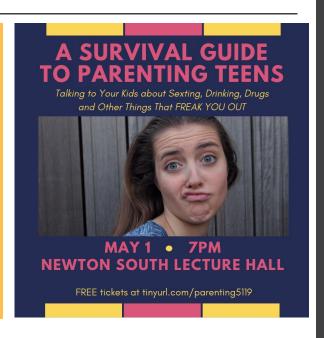
PAPER SHREDDING & DRUG TAKE-BACK DAY

April 27

8 am – noon 115 Rumford Ave.

FOR MORE INFO OR TO RESERVE A TIME CALL 617-796-1660

Drug take-back: No liquids, aerosols or sharps (sharps can be disposed of in a separate container at Rumford) **Paper shredding**: limit 4 paper boxes or 8 paper bags per car





rabies. You can also 'your dog at the same time!

\$20.00 Fee (cash or check - payable to attending vet).

Saturday, May 4th, 2019

9:00am - 12:00pm Fire Station #4 **195 Crafts Street** Newtonville

Questions? (617) 796-1420

All pets must be caged or leashed, and escorted by someone over age 14.



"End of the Line"

A play about the opioid epidemic and paths to recovery.

Tuesday, May 14 @ 7:00 pm **NNHS Little Theatre**

Free tickets at: tinyurl.com/ipnewton19

(617) 796-1420

City of Newton Health and Human Services 1000 Commonwealth Ave. Newton, MA 02459 617-796-1420

STAY CONNECTED









City of Newton, Massachusetts Office of the Mayor

Telephone (617) 796-1100 Telefax (617) 796-1113 TDD (617) 796-1089 E-mail rfuller@newtonma.gov

To:

Councilor Leonard Gentile, Chair Finance Committee

Councilor John Rice, Chair, Programs & Services Committee

From:

Maureen Lemieux, C.F.O

Date:

May 3, 2019

Subject:

Law Department Budget

Unfortunately, the FY2020 Budget that you received contains an error in the Law Department Budget. The Org Chart is correct, but the Personnel Detail is not.

Ali Giuliani, our City Solicitor has realigned some of the positions in the department as a result of the retirement of our former Deputy Solicitor, Ouida Young. Of particular note, Marie Lawlor has been promoted to Deputy City Solicitor for Government Services.

I will be submitting a request to amend the budget when you begin your deliberations as a Committee of the Whole, but, wanted to make sure that I informed you of this error.

David A. Ossa, Cald

on to way a purp for



City of Newton, Massachusetts Office of the Mayor

#150-19
Telephone
(617) 796-1100
Telefax
(617) 796-1113
TDD
(617) 796-1089
E-mail
rfuller@newtonma.gov

April 8, 2019

Honorable City Council Newton City Hall 1000 Commonwealth Avenue Newton Centre, MA 02459

Councilors:

I respectfully submit a docket item to your Honorable Council requesting authorization to transfer the sum of \$100,000 from Acct # 0110801-511001 Law Department Full Time Salaries to Acct # 0110893-5725 Law Department Claims & Settlements for future claims settlements.

Thank you for your consideration of this matter.

Sincerely,

Ruthanne Fuller Mayor

Rutham Fuller

2019 APR -8 PM 4: 15

2019 APR -8 PH 4: 1