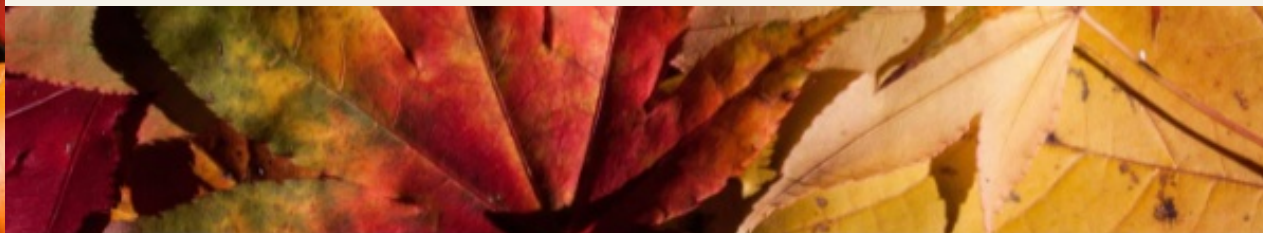


City of Newton, MA



Public Health
Prevent. Promote. Protect.



October News from HHS



It's Time for Your Flu Shot!

It's October, time for apple pies and pumpkins, Halloween, leaf peeping and ... flu shots. While this year is different in many ways it is still important that everyone gets a flu shot. Not only does the flu shot protect ourselves and our loved ones from getting sick, it also prevents hospitalizations in an already strained healthcare system.

Newton HHS has an upcoming flu clinic open to anyone over 6 months. We will have regular and high dose flu vaccines available.

Monday November 8th 4:00 pm - 6:00 pm [REGISTER](#)

There are many other 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 please visit www.newtonma.gov/flu.



FREE FLU CLINICS!

Newton City Hall War Memorial Auditorium

6 mo.+ Monday **November 8th** 4:00 pm - 6:00 pm

- Appointments preferred, walk-ins accepted
- Insurance information requested but not required
- Regular and high-dose will be available

Register at www.newtonma.gov/flu

Questions? Call 617-796-1420 or email health@newtonma.gov

newtonma.gov/flu

COVID-19 Emergency Housing & Utility Relief Program

The City's new COVID-19 Emergency Housing & Utility Relief Program will provide eligible households with up to two months of rental or mortgage assistance and up to \$700 of utility assistance, with proof of an overdue notice from the utility company (heat, hot water, or electricity). The program will cover 70% of a household's monthly rent or mortgage payment, with a maximum monthly assistance amount of \$2,500 per household. For homeowners, those that reside in a deed-restricted affordable ownership unit, are eligible to receive mortgage assistance.

To be eligible to receive assistance, households must currently live in Newton, have had a negative economic impact caused by COVID-19 (and can demonstrate this financial hardship), and have a total household income at or below 80% of the area median income (AMI) at the time of application and/or recertification to the program. Household income restrictions apply.

Applicants need to complete an online application. To begin the process, applicants should contact Metro West Collaborative Development, which is administering the program on behalf of the City. Contact Robyn Rufo at: robyn@metrowestcd.org (preferred method) or at 857-999-6532.

The program flyer is available

for download below:

[English](#)

[Chinese](#) □□□□

[Portuguese](#) [português](#)

[Russian](#) [русский](#)

[Spanish](#) [español](#)



Fuel Assistance 2021-2022

The ABCD Home Energy Assistance Program, also known as Fuel Assistance, is now accepting new applications for assistance with heating bills for income-eligible households.

This heating season begins in November 2021 and ends in April 2022.

Our Social Services team is available to help you with the application and answer any questions you may have about the program. Call our office at 617-796-1420 to learn more.

[Visit our website](#)

October is Domestic Violence Awareness Month

On September 30th, Newton Social Services along with [REACH Beyond Domestic Violence](#), [The Second Step](#), [Newton-Wellesley Hospital](#) and [Jewish Families & Children's Services Journey to Safety Program](#) collaborated on a program called "How to Help & Be Helped: Recognizing Unhealthy Relationships and Finding Support."

Watch the presentation to learn about different kinds of abuse, how to safely assist someone in a controlling relationship, and where to find support resources in Newton:

[How to Help & Be Helped Presentation](#)
[How to Support a Friend Resource Guide](#)
Program recording can be accessed [here](#).

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



Upcoming Programs

City of Newton, MA



Co-hosted in partnership with
City of Newton, Health & Human Services
and Families for Depression Awareness



ADDRESSING FAMILY STRESS AND DEPRESSION

Does your family have the tools they need to address life's stressors?
Join us to learn about self-care and mental health so you can help your
family get on the path to wellness.

Free virtual workshop
for parents and caring adults!

Tuesday, October 26, 2021

6:30 pm to 8:00 pm ET

Register today!

<https://bit.ly/NewtonFFDA>

Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Visit www.familyaware.org to learn more.

[Register Here](#)



**Newton Commission On Disability
Mental Health Subcommittee
&
Newton SEPAC**

present a virtual screening and discussion of the documentary film

**RESILIENCE: THE BIOLOGY OF STRESS
& THE SCIENCE OF HOPE**

courtesy of **The Federation for Children with Special Needs**

Thursday, October 28th, 2021

7 PM- 9 PM

Register [here](#) for free webinar

This documentary explores the birth of a new movement among pediatricians, therapists, and educators, among others, who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease.

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACE's) and the birth of a new movement to treat and prevent toxic stress. Toxic stress manifests in a range of conditions from heart disease and cancer to substance abuse and depression. Extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior.

Experts and practitioners profiled in RESILIENCE demonstrate that what is predictable is preventable. Physicians, educators, and social workers speak about childhood stressors like divorce, abuse, and neglect and new strategies that work to break the cycles of adversity and disease.

Closed Captioning will be provided

For more information on the Newton COD please go to: <https://www.newtonma.gov/COD>

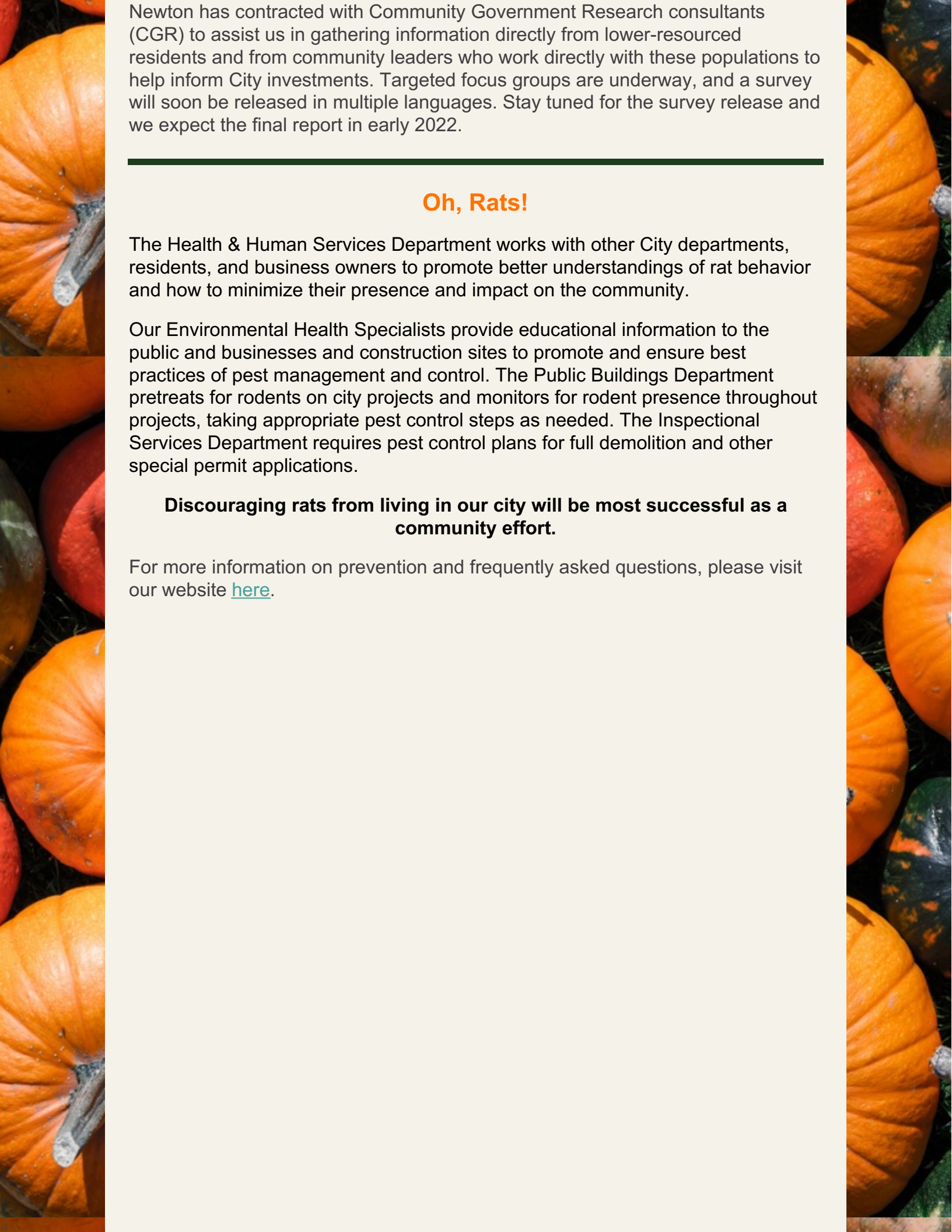
Reasonable Accommodations will be provided to persons with disabilities requiring assistance.
Please contact the City of Newton's ADA/Section 504 coordinator for assistance at least two business days in advance of the event at jfairley@newtonma.gov or at 617-796-1253.
For telecommunication relay service please dial 711 or call City Hall@#39;s TTY/TTD line at 617-796-1089.

October 10th is World Mental Health Day

[Register Here](#)

COVID Recovery Community Needs Assessment for Low-income Residents

The City of Newton is embarking on a community needs assessment to guide our investment decisions for a portion of the funds received from the American Rescue Plan Act 2021 (ARPA) to help with recovery from the COVID-19 pandemic. The City of Newton will direct a portion of its ARPA funds to develop and/or enhance programs and initiatives that address the immediate and longer-term needs of lower-income residents who have been negatively impacted by this crisis.

A decorative border of pumpkins and gourds surrounds the text. The pumpkins are in various shades of orange and red, with some green gourds interspersed. The background is dark, making the pumpkins stand out.

Newton has contracted with Community Government Research consultants (CGR) to assist us in gathering information directly from lower-resourced residents and from community leaders who work directly with these populations to help inform City investments. Targeted focus groups are underway, and a survey will soon be released in multiple languages. Stay tuned for the survey release and we expect the final report in early 2022.

Oh, Rats!

The Health & Human Services Department works with other City departments, residents, and business owners to promote better understandings of rat behavior and how to minimize their presence and impact on the community.

Our Environmental Health Specialists provide educational information to the public and businesses and construction sites to promote and ensure best practices of pest management and control. The Public Buildings Department pretreats for rodents on city projects and monitors for rodent presence throughout projects, taking appropriate pest control steps as needed. The Inspectional Services Department requires pest control plans for full demolition and other special permit applications.

Discouraging rats from living in our city will be most successful as a community effort.

For more information on prevention and frequently asked questions, please visit our website [here](#).

TIPS ON PREVENTION

ELIMINATE FOOD SUPPLY

- Do not leave pet food out at night
- Remove birdfeeders that rodents can access
- Remove water sources
- Make sure your compost is maintained and covered.



MAINTAIN YOUR PROPERTY

- Keep grills clean
- Store woodpiles neatly with a 12-inch ground clearance
- Remove dog and cat feces promptly
- Thin vegetation and keep grass and shrubbery cut short.
- Pick up fallen tree fruit.

RODENT-PROOF STRUCTURES

- Don't give rats a place to live. Cover openings that are greater than ½ inch in diameter with concrete, sheet metal or wire mesh.
- Keep trash containers and/or dumpsters closed at all times, tightly sealed and emptied frequently

WHAT TO LOOK FOR

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. ¾ inch in diameter)

SMUDGE MARKS (body oils) on walls

SOUND of movement in walls and attics

FAMILY PETS staring intently at a blank wall

For professional advice and/or possible treatment options, contact a licensed pest control company.

Share this information with your neighbors.
Rodent problems are a community issue.
Working together will help reduce this problem.

City of Newton, MA



Public Health
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[Report a Rodent Sighting Here](#)

Questions about Boosters?

Wondering if you're eligible for a booster dose? Check the COVID-19 Booster Eligibility Checker on the Massachusetts state website:

[Booster Information](#)

[Looking for Your Vaccination Card?](#)

Go online to the Massachusetts state website and find out how to get a copy of your vaccination record!

Request a Copy of Your Vaccine Card

Food Calendar

For October's food calendar, click [here](#).

NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10-12 Grab & Go	2 1-6 Centre St. Food Pantry	3 10-12 Grab & Go 12-7 Newton Food Pantry	4	5 10-12 Grab & Go 10-1 Arabic Baptist Food Pantry	6 11:30-2 Centre St. Food Pantry
7	8 10-12 Grab & Go	9 1-6 Centre St. Food Pantry	10 10-12 Grab & Go 12-7 Newton Food Pantry	11 VETERANS DAY	12 10-12 Grab & Go	13
14	15 10-12 Grab & Go	16 1-6 Centre St. Food Pantry	17 10-12 Grab & Go 12-7 Newton Food Pantry	18	19 10-12 Grab & Go 10-11 Mobile Market (Post 440) 10-1 Arabic Baptist Food Pantry 1-2 CSFP (Senior Center)	20
21	22 10-12 Grab & Go	23 1-6 Centre St. Food Pantry	24 10-12 Grab & Go 12-7 Newton Food Pantry	25 THANKSGIVING	26 CLOSED	27
28	29 10-12 Grab & Go	30 1-6 Centre St. Food Pantry				

CSFP-APPT ONLY
(Commodity Supplemental Food Program)
Residents age 60+ Income guidelines
Call Emily Kuhl for info:
617-796-1672

Grab & Go Details:
Mon-Wed-Fri 10am-12 Noon
Newton North (theater entrance)
Newton South (lot on the right under the overhang)

Newton Food Pantry 1000 Comm. Ave. 617-796-1253
newtonfoodpantry@gmail.com (shop 2x/month)
12 PM - 3 PM By Appointment Only
3 PM - 7 PM Walk-Ins
Centre St. Food Pantry 11 Homer St. 617-340-9554
info@centrestfoodpantry.org (shop 1x/month)
1 PM - 2 PM Senior Hour, 2:30 PM - 6 PM All Ages
Arabic Baptist Food Pantry 187 Church St. 617-723-9766
arabicbaptistboston@gmail.com (shop 2x/month)

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

