



Staying Healthy This Thanksgiving!

Thanksgiving is right around the corner! To enjoy a happy and healthy Thanksgiving, remember to take precautions like wearing a face covering, washing your hands, opening windows to increase air circulation, and getting a COVID-19 vaccine and/or booster if you are eligible. All adults and children age 5 and older can get a COVID vaccine, find appointments at vaxfinder.mass.gov. Before you start thawing your turkey, communicate in advance with guests about your COVID-19 ground rules and the precautions you're taking. Keep a guest list with contact information just in case!

Stay home and cancel plans if you don't feel well and get tested for COVID-19, even if you have mild symptoms and even if you are fully vaccinated. Traveling this year? Be sure to check local [transmission rates](#) and [travel guidance](#) in advance.

Looking to score some Black Friday deals? Consider curbside pickup and ordering online to avoid crowds. There are many ways to gather with family and friends while minimizing the risk of spreading illness including outdoor activities like walks, outdoor games, or even having a picnic Thanksgiving (weather permitting)!

Let's ensure that everyone has a safe and healthy Thanksgiving!

[More Holiday Tips!](#)

HOLIDAY

Recipe for Thanksgiving 2021



Makes: One Happy and Healthy Holiday

Ingredients:

Vaccination
Mask
Hand Soap
Hand Sanitizer
Outdoors
Communication
Safe Travels

Steps:

Get vaccinated. Children and adults age 5 and up should get a COVID-19 vaccine.

Wear a mask. Wear a cloth or surgical face mask over your mouth and nose when grocery shopping or in other public indoor settings, or when serving food.

Wash your hands before eating or serving food.

Outdoors is safer than indoors—enjoy a picnic or other outdoor activities, weather permitting.

Communicate in advance with guests about your COVID-19 ground rules and the precautions you're taking. Cancel plans if you're sick.

Safe Travels. If possible, delay travel if you are not vaccinated. If traveling with unvaccinated family members, avoid crowds, wear a mask, and get tested.

During COVID-19, Have You Struggled With:

- Loss of Income
- Paying Bills
- Housing
- Childcare
- Transportation
- Accessing Services



Enter to
win one
of 4 \$50
gift cards!

Please share your experiences with us so the City of Newton can plan new programs to assist you and your family.

(English): www.research.net/r/NewtonNeedsSurvey

(Translations): www.research.net/r/NewtonNeedsSurveyTranslated

Please complete the survey by **November 30**

City of Newton, MA



Public Health
Prevent. Promote. Protect.

The survey is available in Spanish,
Simplified Chinese, Russian, & Brazilian
Portuguese

City of Newton Health & Human Services



Survey - ENGLISH

Survey - TRANSLATIONS

Are you between the ages of 18-24, living in Newton and need support securing employment?

The City of Newton in partnership with MassHire Metro South/West Career Centers and the Charles River Chamber is offering an opportunity for any unemployed or underemployed individual who secures employment of up to 20 hours/week or more with a qualifying Newton employer.

In addition to employment, young people between 18-24 are eligible to receive support with the application process, receive individualized employment coaching and professional / job skill training by Newton Youth Services and MassHire.

Please contact Meghan Murtagh, Asst. Director of Youth Services to apply or for additional information; mmurtagh@newtonma.gov or 617-796-1436.

**Newton is
HIRING**



**ARE YOU BETWEEN THE AGES OF 18-24
& UNEMPLOYED OR UNDEREMPLOYED
LIVING IN NEWTON?**

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In addition to employment, young people between 18-24 are eligible to receive individualized employment coaching and professional / job skill training through a partnership with Newton Youth Services and MassHire.

To apply or learn more, call or email
Meghan Murtagh, Assistant Director of
Youth Services at 617-796-1436 |
mmurtagh@newtonma.gov

NEWTON HIRES

Understanding Tween & Teen Depression



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



UNDERSTANDING DEPRESSION IN TWEENS AND TEENS

You could be the adult a young person turns to when they're struggling! Do you know how to respond if a young person needs help with their mental health? Join us to learn about resources geared toward middle school youth and their families.

Free virtual workshop
for parents and caring adults!

Thursday, November 18, 2021

6:30 pm to 8:00 pm ET

Register today!

<https://bit.ly/TDNewtonFDA>

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.

You could be the person a teen turns to when they're struggling!

Do you and the adults in your community know how to respond if a teen needs help with their mental health?

This virtual workshop is hosted by the City of Newton, Health & Human Services. The program will be facilitated by Families for Depression Awareness and delivered by a licensed mental health professional.

Participants will learn how to recognize depression in teens, get teens help and find treatment, communicate effectively with teens about depression, and access community resources. Our staff will work with the event organizers to customize the material to your group's specific needs.

Register



2021 CITY OF NEWTON HUMAN RIGHTS AWARDS

Honoring Indigenous People's Day Newton Committee, Renande Loayza, Regina Wu, and Newton High School students Peter Dukakis, Martie Fairchild, Michael Farquharson, Rose Giroux, Olivia Helfrich-Tapia, Ellyssa Jeong, Tiana Lugo, Ashlynn Saint-Preux, and Natalie Taw for their commitment to human rights work.

December 2, 2021 6:00 PM

Register to attend this ceremony via Zoom at:
www.newtonma.gov/HRC



[Register to Attend](#)

Thanksgiving is National Family History Day

Thanksgiving is a great time for sharing stories with family members. And there are lots of projects out there to help you start those conversations. At the Health Department we encourage you to use your story telling and family interviews to create a portrait of the health in your family tree. Don't wait until it's too late to have these conversations.

Information about specific diagnoses, ancestry, and the age and reason some relatives died can help your health care provider keep you as healthy as possible. Although some diseases run in families, having a family history of a disease doesn't mean that you'll definitely get it. The information can be a piece of the puzzle in how your health care provider predicts your risk and takes steps to keep you and your family healthy.

Your family members might be hesitant to talk, but starting the conversation is important. Explaining that you're putting together a family health portrait that will benefit the entire family might help them feel more comfortable. Click below for tips and questions to get you started.

[Family Health History](#)

Looking for a COVID-19 vaccine?

Find a COVID Vaccine

It's Not Too Late to Get a Flu Shot!

Find a Flu Shot

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. 617-796-1233
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
arabicbaptlistboston@gmail.com(shop 2x/month)

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

City of Newton, MA



Public Health
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