



# DECEMBER NEWS FROM HHS

## Staying Healthy This Holiday!

The holiday season can be joyful, but it can also be stressful—and that might be compounded by COVID-19. You are not alone. Here are some tips for positive coping strategies and ways to stay healthy this season.

### Mental Health and the Holidays

The holiday season can bring joy to many, but it can also be a stressful time of year. Stress, anxiety, and loneliness may be compounded by the COVID-19 pandemic. If you are feeling stressed, start by acknowledging and accepting your feelings, and take steps that make you feel safe.



If you are feeling isolated this holiday season, reach out or ask for help if you need it.



Setting boundaries can help you feel more in control of the season's celebrations, in a way that is best for you.



Use positive coping strategies that can support your mental health—like practicing mindfulness, exercising, eating well, spending time in nature, and getting enough sleep.



Do what you can to stay healthy by getting vaccinated or a booster if you are eligible, and by wearing a mask or practicing social distancing where advisable—indoors and in crowds.

### Additional Resources

CDC Mental Health Resources  
[HowRightNow.org](https://www.howrightnow.org)

National Alliance on Mental Illness  
[NAMI.org](https://www.nami.org)

National Suicide Prevention Lifeline  
800-273-8255

Public Health Communications COLLABORATIVE

**More Holiday Tips!**



# Guide to Home Antigen Tests for COVID-19



Vaccination is the best way to protect yourself from COVID-19. Testing should be used as part of a layered risk reduction strategy along with vaccination, wearing a mask, staying home when sick, and avoiding crowds.

## When to Use an Unsupervised Home Antigen Test

- If you have COVID-19 symptoms
- If you are a fully vaccinated close contact, you are not required to test. If you choose to test, test **no earlier than three days after exposure and ideally around five days after exposure.**
  - If you are an unvaccinated close contact, PCR tests are recommended.
- You are planning to attend a gathering, **test on the day of the event.**

	Symptomatic	Close Contact (No Symptoms)	No Exposure No Symptoms
POSITIVE 	Currently Infected with COVID-19. Isolate at Home	Currently Infected with COVID-19. Isolate (you may confirm with a PCR*)	Presumed Infected with COVID-19. Isolate (you may confirm with a PCR*)
NEGATIVE 	Confirm with a PCR test*. Isolate while waiting for result	Presumed not Infected with COVID-19 <small>If fully vaccinated, no need to quarantine. If not vaccinated, quarantine based on <a href="#">DPH guidance</a></small>	Not Infected with COVID-19. Continue to follow usual precautions.

\*If the PCR test is done within 2 days of the antigen test and the results don't match, use the result of the PCR test.

Detailed Guidance at: [www.newtonma.gov/covid19](http://www.newtonma.gov/covid19)

City of Newton, MA



**Public Health**  
Prevent. Promote. Protect.

## Winter is Coming! Are You Prepared?

Don't wait until it's too late! Prepare for winter weather now.

- Know what to do before, during, and after a winter storm.
- Have emergency supplies in place at home, at work, and in the car.
- Stay off the road during and after a winter storm.
- Have a carbon monoxide alarm in place, especially if using alternative heating devices.
- Use safe heating devices.

[More Winter Weather Resources](#)

# WINTERIZE Your Home



*Your home isn't the only one that can be winterized.  
Your neighbors and those most vulnerable might need your help too!*

weather.gov



## Upcoming Programs

# Boost Mental Wellness with Tech



## Thursday, January 6 at 7pm



On Thursday, January 6 at 7pm, the Newton Free Library will be hosting a virtual program. Join Amber P. Knight for a program that will provide attendees with tools, tips and hacks on using tech to get past feelings of overwhelm. Learn to thrive during times of uncertainty and change.

Amber P. Knight is a classically trained actress and public speaker. She has presented for the National Alliance on Mental Illness (NAMI) and the Dauten Family Center for Bipolar Treatment Innovation at Massachusetts General Hospital. Her talks are about her experiences living with Bipolar Disorder.

This program is cosponsored by the City of Newton Department of Health and Human Services and NAMI Newton Wellesley.

Register to Attend

## CAREER EXPLORATION PANEL SERIES

Newton Youth Services in partnership with Newton Public Schools will be launching five career panels exploring the following career industries: medical, trades, STEM, business/marketing and municipal services. Panels will include various careers, as well as traditional and non-traditional pathways to these careers.

### Medical Industry

JANUARY 7

Register to attend: <https://us02web.zoom.us/j/86967983558>

### Trade Industry

JANUARY 21

Register to attend: <https://us02web.zoom.us/j/83530401531>

### STEM Industry

FEBRUARY 4

Register to attend: <https://us02web.zoom.us/j/82697507774>

### Business & Marketing

FEBRUARY 11

Register to attend: <https://us02web.zoom.us/j/86221570764>

### Municipal Services

MARCH 4

Register to attend: <https://us02web.zoom.us/j/83085805046>



All panels will be held via Zoom Webinar from 10:20-11:10 a.m. Pre-registration is not required!

For more details or questions please contact Asst. Director of Youth Services, Meghan Murtagh, at [mmurtagh@newtonma.gov](mailto:mmurtagh@newtonma.gov) or 617-796-1436

Register to Attend

## Traveling this Holiday?

Some guidance has changed for international travel.

## Looking for a COVID-19 vaccine or booster?

16 & 17 year old's are now eligible for booster doses  
(at least 6 months after second dose)

Find a COVID Vaccine

DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 10-12 Grab & Go 12 -7 Newton Food Pantry		<b>2</b>	<b>3</b> 10-12 Grab & Go 10-1 Arabic Baptist Food Pantry
<b>5</b>	<b>6</b> 10-12 Grab & Go CHANUKAH ENDS	<b>7</b> 1-6 Centre St. Food Pantry	<b>8</b> 10-12 Grab & Go 12 -7 Newton Food Pantry		<b>9</b>	<b>10</b> 10-12 Grab & Go
<b>12</b>	<b>13</b> 10-12 Grab & Go	<b>14</b> 1-6 Centre St. Food Pantry	<b>15</b> 10-12 Grab & Go 12 -7 Newton Food Pantry		<b>16</b>	<b>17</b> 10-12 Grab & Go 10-11 Mobile Market (Post 440) 10-1 Arabic Baptist Food Pantry 1-2 CSFP (Senior Center)
<b>19</b>	<b>20</b> 10-12 Grab & Go	<b>21</b> 1-6 Centre St. Food Pantry	<b>22</b> 10-12 Grab & Go 12 -7 Newton Food Pantry		<b>23</b>	<b>24</b> CLOSED CHRISTMAS (OBSERVANCE)
<b>26</b>	<b>27</b> 10-12 Grab & Go NORTH ONLY	<b>28</b> 1-6 Centre St. Food Pantry	<b>29</b> 10-12 Grab & Go NORTH ONLY 12 -7 Newton Food Pantry		<b>30</b>	<b>31</b> CLOSED NEW YEARS (OBSERVANCE)

**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  
arabicbaptistboston@gmail.com(shop 2x/month)

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

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