

February News

FROM HHS



February is Heart Month

#OurHearts

February is American Heart Month

Love your heart.
Learn more about
keeping it healthy.



Hearts are the focus during the month of February, and not just because of Valentine's Day. February is also American Heart Month!

You have the power to protect yourself against heart disease. Devoting some time every day to care for yourself can go a long way toward protecting your heart health. By moving more, preparing healthier meals, getting enough quality sleep, and taking a moment to de-stress you can help your heart.

And you don't have to do it alone! Track your heart health stats with your family and encourage each other to make healthy choices. Healthy hearts means more time to spend with loved ones.

[Learn More](#)

Upcoming Programs

HOW TO PAY FOR COLLEGE SERIES!

Are you the first in your family to go to college?
Have you heard words like FAFSA, Loans, Grants,
and Work-Study but don't know where to start?

**The final workshop of our
College Financing Series:**

COLLEGE ACCEPTANCE & FINANCIAL AWARD REVIEW *HOW TO MAKE THE BEST DECISION FOR YOU*



Thursday, February 17

6:30-8:00 p.m.

Zoom Webinar



**Presented by MassBay Community College in partnership with
City of Newton Youth Services & The Village Bank**

**It is highly encouraged but not required, that the high school
senior attend the workshop in addition to
parent(s)/guardian(s).**



To register please go to :
https://us02web.zoom.us/webinar/register/WN_quWo-lbLRHmei9nv71PR-g

After registering, you will receive a confirmation
email containing information about joining the
webinar.

www.newtonma.gov/youth

Register

Supporting Transition Age Youth Workshop Series

In partnership with Newton Wellesley Hospital's Resilience Project and the Cole Resource Center, Youth Services will be offering a two-part workshop series titled "Supporting Transition Age Youth," on **Wednesday, March 9** and **Wednesday, March 23** from **6:30-8:00 p.m.** via Zoom webinar.

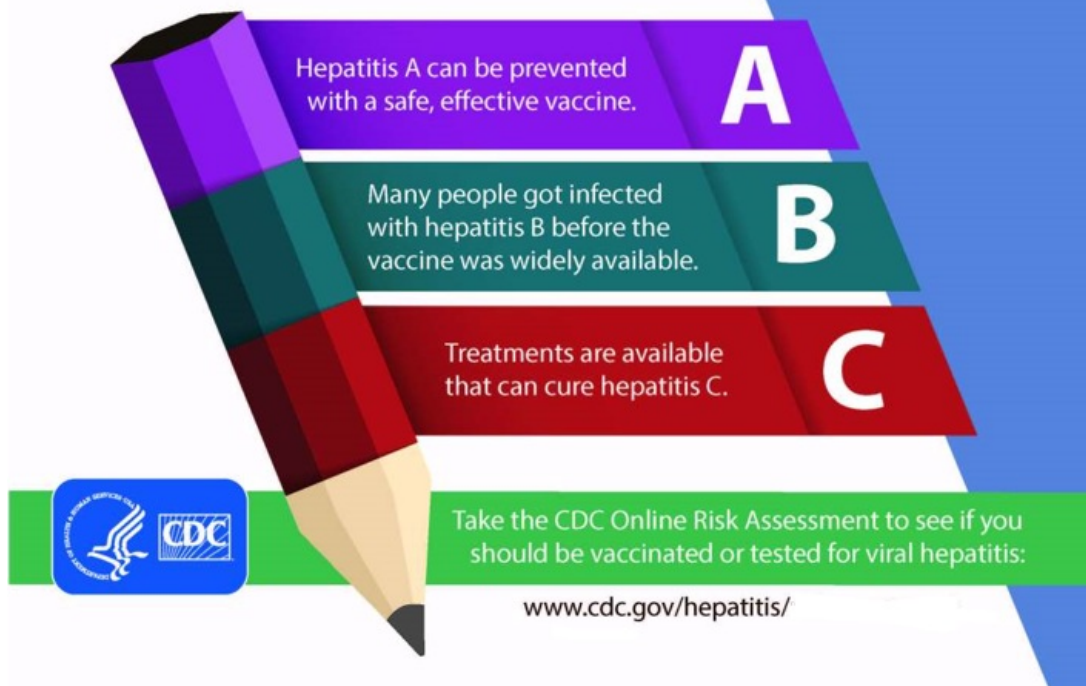
Talks will focus on both general considerations for supporting adolescents with post-high school transition and supporting the successful post-high school transition for youth with mental health and unique learning needs. Discussion topics will include: the college decision, available employment programs, public assistance programs, mental health resources, and more.

Register

Do You Know Your ABC's?

KNOW THE ABC'S OF VIRAL HEPATITIS

More than 4 million people in the US are living with viral hepatitis. Most don't know it!



Hepatitis means inflammation of the liver. Hepatitis is often caused by a virus, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Hepatitis A & B can be prevented with a vaccine. Hepatitis C is often transmitted by shared needle use. Learn more about each type of Hepatitis below:

Hepatitis A

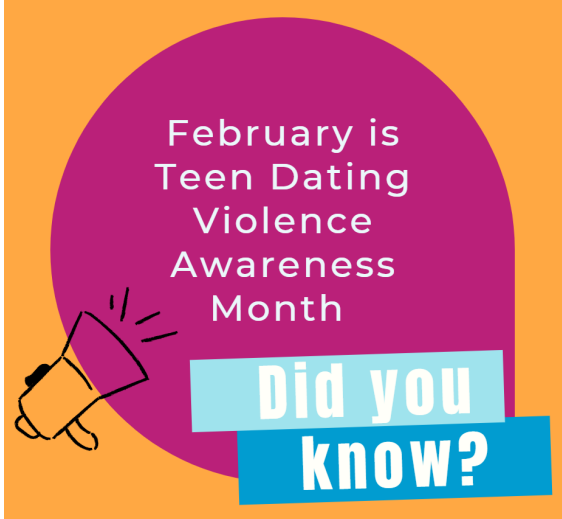
Hepatitis B

Hepatitis C

February is Teen Dating Violence Awareness Month

1 in 3 teens in the US will experience some form of abuse by someone they are in a relationship with before they become adults.

Topics like dating abuse and unhealthy relationships can be difficult to talk about, especially for young people. As teens and



young adults learn how to navigate relationships, parents and other adults (ex. teachers, coaches, and aunts/uncles) — like you — play a pivotal role in modeling healthy relationship behavior.

Need a place to start? Take a look at the guide below:

[Parent Discussion Guide](#)

Keep up with the Youth Commission

Interested in what the Newton Youth Commission is up to? Sign up for their newsletter!

[Sign Up](#)

You're not alone ♥ **HELP IS AVAILABLE**

National Suicide Prevention Lifeline 1-800-273-TALK (8255) (Veterans press 1)	Disaster Distress Helpline 1-800-985-5990
SAMHSA's National Helpline 1-800-662-HELP (4357)	Behavioral Health Treatment Services Locator findtreatment.samhsa.gov

SAMHSA

Access Your MA Digital Vaccine Record

MyVaxRecords is a secure and private platform called SMART Health Card, which is also used by many other states for similar vaccine verification programs. SMART Health Cards are paper or digital versions of your COVID vaccination record. They allow you to keep a

Access Your COVID-19 Digital Vaccine Card Using My Vax Records



It works just like your paper CDC record card

Get one at MyVaxRecords.mass.gov



[Access My Record](#)

FEBRUARY 2022

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

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 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, 2:50 PM - 6 PM All Ages
Arabic Baptist Food Pantry 187 Church St. 617-723-9766
arabicbaptistboston@gmail.com (shop 2x/month)



City of Newton, MA



Public Health
Prevent. Promote. Protect.