

# APRIL NEWS

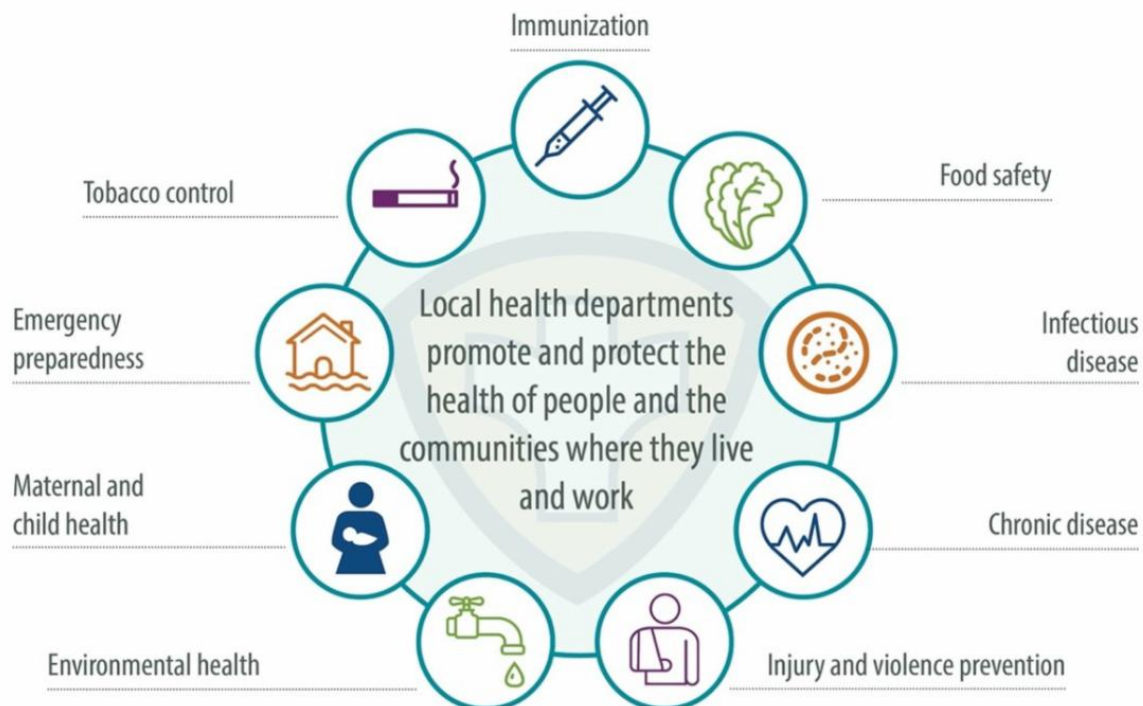
From Newton HHS

## Public Health Is Where You Are!

April 4-10 is National Public Health Week and it's a time to recognize and reflect on the contributions of public health workers across the country.

Do you know the many faces of local public health? Local public health workers don't just administer vaccines, they perform a wide range of roles to protect and promote the health of our communities.

## Local health departments impact our lives every day



[Learn More About Public Health Week](#)

## Upcoming Programs

### Supporting a Healthy Relationship with Technology

Thursday April 14th 6:30 - 7:30 pm

Register

#### ***Supporting a Healthy Relationship with Technology, Thurs. April 14 at 6:30 pm.***

As a parent, caregiver or supportive adult, it can be daunting in these digitally driven times, where our kids were born natives and as adults, we are desperately trying to keep up.

This Zoom webinar, led by [Katie LeClerc Greer](#) a nationally recognized digital safety expert, will update parents, caregivers and supportive adults on the latest tech trends, safety issues, social media concerns, and tips on how to help our kids have a productive and healthy relationship with technology.

Please make every effort to attend this webinar as it will NOT be recorded.

***Trades Industry Careers: Exploring the Industry & Broadening the Definition of Success*** presented in partnership with Massachusetts Girls in Trades, IBEW Local 103, Pipefitters Local 537, Columbia Construction and the Carpenters Union, on ***Wednesday, April 27, from 6:30 – 8:00 p.m. via Zoom webinar.***

Explore the skilled trades industry from professionals working in the field. From education, training programs, career growth and more, this program will broaden post-secondary pathways!



#### **Trades Industry Exploration: Broadening the Definition of Success**

Explore the skilled trades industry from professionals working in the field. From education, training programs, career growth and more, this program will broaden post-secondary pathways!

Wednesday, April 27, 6:30 p.m. via Zoom Webinar

Register

## Save the Date!

Are you a high school student looking to apply for a summer job but do not know where to start? Join Youth Services for two virtual workshops;

Part 1: **“How to Find and Apply for a Summer Job,”** Monday, May 16, 6-7 p.m. and

Part 2: **“Preparing for an Interview and Accepting a Job,”** Monday, May 23, 6-7 p.m.

This workshop series will share resources and tips on how to find a summer job, will review the components of an application, share tips for preparing for an interview and review the components of accepting a job, including obtaining a work permit. Additional



[Visit the Youth Services Page](#)

## Don't Attract the Rats!

Learn what you can do to make your home unattractive to rats.

Like all animals, in order to thrive rats need three things: **FOOD, WATER, & SHELTER**. The best way to make your house unattractive to rats by taking away sources of food, water, and shelter. Click on each image to learn more about sources of food, water, and shelter in your home:



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

For professional advice and/or possible treatment options, contact a licensed pest control company. A good company will be able to evaluate your property, give you a personalized pest control plan, and work with you until the pests are gone.

[Prevention Tips & More Info](#)

[What To Do If You See Signs of Rats](#)

## Alcohol Use Among Girls & Young Women: A Concerning Trend

For at least the past two decades, data showed that boys and young men were more likely to drink than girls and young women. However, an unsettling trend has taken hold: Data now show that girls and young women, ages 12 to 20, are drinking more alcohol than their male counterparts.

By educating young people and adults about the risks and consequences of alcohol use, we can work to continue the downward trend and address gender patterns of underage drinking and risky alcohol use. Parents and other caring adults play an important role in young people's decisions to consume



alcohol, so it is imperative that adults support girls and young women as they work to protect their mental and physical health.

Substance Abuse and Mental Health Services Administration (SAMHSA) [Prevention and Treatment of Anxiety, Depression, and Suicidal Thoughts and Behaviors Among College Students](#) and the HHS Office on [Women's Health](#) and [Girls Health](#) websites have information to help caring adults navigate the mental health challenges girls and young women face as they transition to adulthood.

### SAMHSA Fact Sheet

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## Second Booster?

Following updated recommendations from the FDA and the CDC, the MA Department of Public Health announced that all residents aged 50 and older or individuals who are younger with certain medical conditions may now access a second COVID-19 booster. Individuals with questions about the booster or their eligibility should contact their healthcare provider.

Those eligible for a second booster include:

- Individuals 50 years of age and older at least 4 months after getting a first booster
- Individuals 18 and older with [certain medical conditions](#) may get a second Moderna booster at least 4 months after first booster
- Individuals 12 and older with [certain medical conditions](#) may get a second Pfizer booster at least 4 months after the first booster.

Per the CDC, individuals 18 and older who received a primary vaccine and booster dose of J&J COVID-19 vaccine at least 4 months ago may now receive a second booster dose using an mRNA (Pfizer or Moderna) COVID-19 vaccine.

For individuals who are unable to use [Vaxfinder](#), or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line (M-F, 8:30am - 6:00pm, Sat-Sun 9am - 2pm) is available for assistance by calling 2-1-1 and following the prompts. This service is available in English and Spanish and has interpreters available in approximately 100 additional languages.

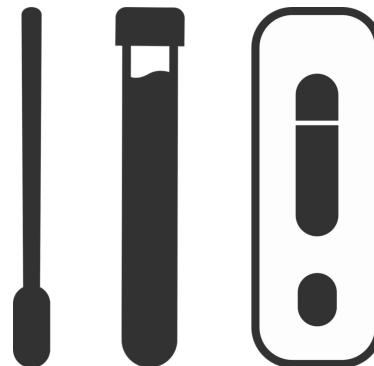
[Find a Vaccine](#)

[Read the Full Statement from the MA Dept. of](#)

## Get Your COVID Tests FREE Through Insurance

Most people with a health plan can go online, or to a pharmacy or store to purchase an at-home over-the-counter COVID-19 diagnostic test authorized by the FDA at no cost, either through reimbursement or free of charge through their insurance.

The test will either be free directly at the point of sale, if your health plan provides for direct coverage, or by reimbursement if you are charged for your test. Be sure to keep your receipt if you need to submit a claim to your insurance company for reimbursement. If your plan has set up a provider network through which you can obtain a test with no out-of-pocket expense, you can still obtain tests from other retailers outside that network. Insurance companies are required to reimburse you at a rate of up to \$12 per individual test (or the cost of the test, if less than \$12).



[Learn More](#)



### Feeling overwhelmed?

We understand. Hey Sam is a support line for young people, staffed by young people.

Text for any reason, 9AM - 9PM.

**text: 1-877-832-0890**



Samaritans, Inc. has launched "Hey Sam," a dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are struggling, need someone to talk to, or need support. Volunteers ages 15-24 will be responding to the messages that come in through this line, available from 9am-9pm every day. Text us at **1-877-832-0890** and check us out online at:

[Hey Sam](#)



# GRAB & GO MOVING TO 2 DAYS A WEEK STARTING 4/4

APRIL 2022

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

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

**Grab & Go Details:**  
**WED & FRI 10AM-12 NOON**  
**Wed- 2 day bag & Fri- 5 day bag at Newton North (theater entrance)**

**Newton Community Freeedge**  
Open 24/7  
420 Watertown St. (parking lot of Central Drapery & Dry Cleaning)

**Newton Food Pantry** 1000 Comm. Ave. 617-796-1255  
newtonfoodpantry@gmail.com (shop 2x/month)  
12 PM - 5 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. 617-725-9766  
arabicbaptistboston@gmail.com(shop 2x/month)

## Grab & Go Food Program

Good luck to all the Boston Marathon runners!



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(617) 796-1420



City of Newton, MA



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