

# JULY NEWS

from Newton HHS

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## Summer is Here!

Do you need help accessing food, places to cool off, mental health referrals or other services for your family this summer? See below for some local resources! If you have questions or would like additional support please contact the City of Newton Health & Human Services Department at 617-796-1420.

[Project Bread Summer Eats \(Under 18\)](#)

[Social Services Page](#)

# Newton Health & Human Services Summer Resources

## FOOD

**West Suburban YMCA**  
276 Church Street  
Starting Tues. June 21 - FREE  
Lunch & Snacks for youth under  
age 18  
Monday - Friday  
Lunch: 11:30 AM - 1:30 PM  
Snack: 2:30 PM - 3:30 PM

**Newton Farmers Market**  
June 25 - October 18  
*Tuesdays* 1:30 PM - 6:00 PM at  
Cold Spring Park 1094 Beacon St  
*Saturdays* 9:30 AM - 12:30 PM at  
Newton North 352 Lowell Ave  
**\*\* Use Your SNAP & HIP benefits  
for FREE PRODUCE! \*\***

## STAY COOL

**Gath Pool & Crystal Lake**  
Open June 13  
Gath Pool - 256 Albemarle Road  
Crystal Lake - 30 Rogers Street  
Scholarships available!

**West Suburban YMCA**  
June - August  
Join the Y every Saturday this  
summer, for a free visit, and check  
out if they're the right place for you!

City of Newton, MA



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

## MENTAL HEALTH SUPPORT

**Riverside Emergency Services**  
If you or a loved one is experiencing  
a mental health crisis this summer,  
call **1-800-529-5077**

\*Newton has a dedicated Mobile  
Crisis Intervention Clinician through  
Riverside to serve youth in the  
community.

**Samaritans**  
Suicide Prevention  
Call or text 877-970-4673  
Youth: Text Hey Sam for peer-to-  
peer support at 877-832-0890

## FAMILY RESOURCES

**Families for Depression Awareness**  
[www.familyaware.org](http://www.familyaware.org)

**The Resilience Project at Newton-  
Wellesley Hospital**  
[www.nwh.org/resilienceproject](http://www.nwh.org/resilienceproject)

**If you need additional  
support accessing food,  
financial resources, mental  
health referrals, or any other  
needs, please contact the  
City of Newton Health &  
Human Services Department  
at 617-796-1420 and ask for  
Social Services.**

## Keep Your Cool ~In Hot Weather~!

July has brought some pretty high temperatures. It's important to know how to stay safe this summer and beat the heat! Heat-related deaths and illnesses are preventable. Despite this fact, more than 600 people in the United States are killed by extreme heat every year. This resource should provide helpful tips and information to help you stay safe in the extreme heat this summer.

[Learn More](#)

# KEEP YOUR COOL IN HOT WEATHER!

[www.newtonma.gov](http://www.newtonma.gov)

Newton Health & Human Services

## STAY HYDRATED

Drink plenty of water, even if you don't feel thirsty. Replace soda, alcohol, and juice with water when possible.



Especially during midday when the sun is the strongest

## WEAR LOOSE CLOTHES



Wear lightweight, loose clothing and a hat to protect your skin and prevent overheating.

## FIND A COOL SPACE



Consider your options for a cool space that allows for physical distance from others, and how you will get there/back

## AVOID THE SUN

## STAY COOL

Use a fan at night to bring in cool air from outside. Close curtains and blinds during the day to cool rooms. Avoid extreme temperature changes, like taking a cold shower immediately after overheating.



Keep in touch with family & friends. Learn the symptoms of heat illness. Check local news and the City of Newton website for heat info

## DO NOT LEAVE CHILDREN OR PETS UNATTENDED

Cars can overheat quickly to deadly temperatures.



Avoid sunburn. Wear SPF 15+ sunscreen to protect your head and face if you must be outside.



## BE INFORMED

## USE SUNSCREEN

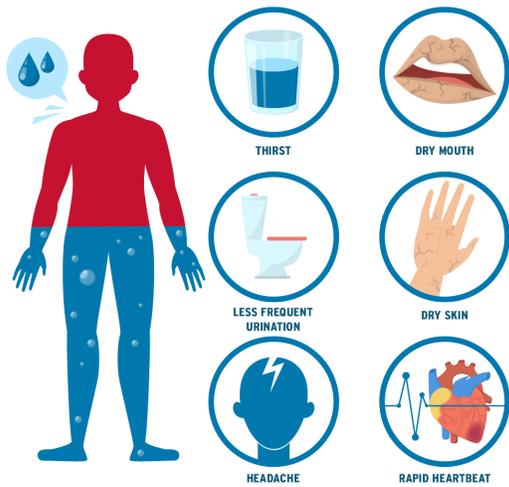
### Do you know the signs of dehydration?

- Thirst
- Dry Mouth
- Rapid Heartbeat
- Less Trips to the Restroom
- Dizziness / Headache
- Dry Skin

### What can you do?

- Drink cool, nonalcoholic beverages
- Rest
- Take a cool shower or bath

# DEHYDRATION SYMPTOMS



- Seek an air-conditioned environment
- Wear lightweight clothing

## Water Safety

Swimming is a fun and healthy way to beat the heat — as long as you are prepared and do it in a safe place. Massachusetts is home to many lakes, ponds, oceans, and other natural bodies of water. Keep these tips in mind when you're planning a visit.

- Look for signs that say "No Swimming."
- Call 911 immediately if you think someone is drowning.
- Do not try to rescue someone from the water unless you are trained in water rescue.
- Always swim with a buddy and swim in locations with a lifeguard when possible.
- Ask someone in your group to stay sober, out of the water, and alert while keeping an eye on other people in the water.
- Learn more about water safety and how you can keep everyone safe.



## Summer Food Safety

Summer promises sunshine, heat, and carefree gatherings with families and friends. It also coincides with an increase in food poisoning as warmer temperatures cause foodborne germs to thrive. When shopping for groceries or eating outside, make sure to refrigerate perishable food within 1 hour if it's 90°F or warmer. Read these tips on keeping food safe this summer, whether you're grilling, planning a party, or attending a fair or festival.

## HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year

128,000

Estimated annual hospitalizations from foodborne illnesses

Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

### Basic Tips

CLEAN

**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE

**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK

**USE A FOOD THERMOMETER.**

**Burgers: 160°F**

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL

**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F** with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE: CDC

USDA

Ad Council

For more summer food safety tips, go to **FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## Fight the Bite!

Ticks are tiny bugs most likely found in shady, damp, brushy, wooded, or grassy areas (especially in tall grass), including your own backyard. Ticks are more than pests; they can carry diseases which can make you very sick, like Lyme Disease.

One of the most important things you can do is check yourself for ticks and wear inspect repellent. Favorite places ticks like to go on your body include areas between the toes, back of the knees, groin, armpits, neck, along the hairline, and behind the

ears. Remember to check your children and pets, too. Properly remove any attached ticks as soon as possible.

Visit the Massachusetts Department of Public Health website to learn more.



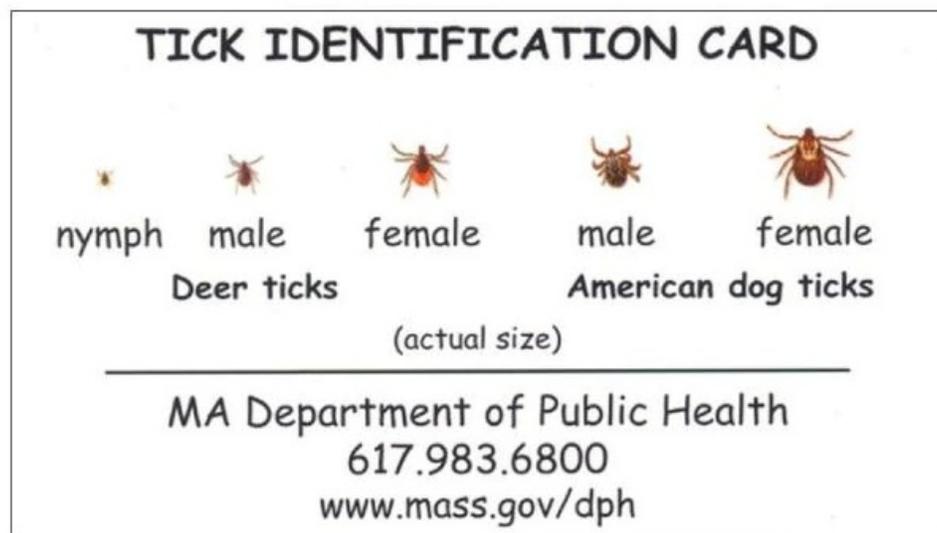
Deer ticks and dog ticks are found throughout Massachusetts. Ticks do not fly or jump. They attach to animals or people that come into direct contact with them.

#### Deer Ticks

Black-legged ticks, sometimes called deer ticks, are responsible for spreading Lyme disease and other viruses. Both nymph (young) and adult black-legged ticks will bite humans. The highest risk of being bitten by this kind of tick occurs throughout the spring, summer, and fall seasons.

#### Dog Ticks

Dog ticks are responsible for spreading Rocky Mountain spotted fever. In general, only the adult dog tick will bite humans. The highest risk of being bitten by a dog tick occurs during the spring and summer seasons.



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**Are You a Nurse Looking to Join a GREAT Team?**

Our School Health Services division is hiring full time and substitute school nurses for the upcoming school year. Find a rewarding career and excellent benefits with our School Health Services team!

School Nurse

Substitute School  
Nurse

Assistant Director of  
School Health  
Services

Health and Human Services  
1000 Commonwealth Ave  
Room 107A  
Newton, MA 02459  
[health@newtonma.gov](mailto:health@newtonma.gov)  
(617) 796-1420

City of Newton, MA



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



City of Newton | 1000 Commonwealth Avenue, Newton, MA 02459

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