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### It's Time for Your Flu Shot!

October is a great time for apple pie, pumpkins, Halloween, leaf peeping and ... flu shots! October is an ideal time to get a flu vaccine before the flu season reaches its peak. Anyone can get the flu, and getting a flu vaccine is the single best way to protect yourself and your family. Even healthy people can get very sick from the flu and spread it to friends and loved ones.

There are many places to get a flu vaccine in and around Newton including your healthcare provider, pharmacies, and urgent care clinics. For a list of these locations and more resources please visit [www.newtonma.gov/flu](http://www.newtonma.gov/flu).

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### Upcoming Events

For more events in October, visit our website [HERE](#).

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### October is Domestic Violence Awareness Month

#### Recognizing Unhealthy Relationships and Finding Support

On Tuesday, October 25th at 7:00 pm, join NWH's Domestic/Sexual Abuse Council, [The Second Step](#), [JF&CS's Journey to Safety Program](#), [BARCC](#), and [REACH Beyond Domestic Violence](#) to learn how to recognize abuse within intimate partner relationships and gain resources to support loved ones who might be in an unsafe relationship. This is a FREE virtual event. Register [HERE](#).

If you are concerned for yourself or a loved one, REACH Beyond Domestic Violence has a confidential online chat available [here](#).



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## Need Help Paying For College?

The **FAFSA (Free Application for Federal Student Aid)** is now open and accepting applications. It is highly recommended that all college bound young people complete the FAFSA. This application determines eligibility for federal and state aid (loans), grants, scholarships, and work study. The Massachusetts Educational Financing Authority (MEFA) offers **FREE** workshops, one-on-one support, and information about college financing and the FAFSA application.

### *FREE webinars & support:*

#### **Financial Aid 101**

(Multiple Dates)

These MEFA webinars will provide information and clarity on the entire college financial aid application process. You'll learn about financial aid applications and types of financial aid, the factors that determine your aid eligibility, how colleges determine the amount of aid to offer, and the detail of financial aid offers. Live transcription will be available. [CLICK HERE.](#)

#### **FAFSA Festival**

Tuesday, October 25, 2022 | 4:00pm - 8:00pm

Join MEFA to receive help with your FAFSA. Experts will be available to meet with you one on one in a private break-out room to answer your questions and walk through any components of the application on which you need assistance.

[CLICK HERE.](#)

Additional resources: [CLICK HERE.](#)

*If you or a family member needs assistance or has questions about the FAFSA application, please contact Meg Murtagh, Youth Services, 617.796.1436 or email [mmurtagh@newtonma.gov](mailto:mmurtagh@newtonma.gov).*

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## Fuel Assistance Program

The ABCD (Action for Boston Community Development, Inc.) Home Energy Assistance Program, also known as Fuel Assistance, provides financial

assistance to income-eligible households for heating bills.

**This heating season begins in November and ends in April.**

NEW APPLICANTS can now [apply online](#) for the 2022-2023 heating season.

RETURNING APPLICANTS can either complete a recertification on their own, or call the Social Services Division for assistance at 617-796-1420.

[Learn More](#)

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## October is Breast Cancer Awareness Month

Are you up to date on your breast cancer screening? Early detection saves lives! Mammograms can often show a breast lump before it can be felt. Contact your healthcare provider to schedule an appointment.

- Women 40 and older should have mammograms every 1 or 2 years.
- Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare provider whether mammograms are advisable and how often to have them.



While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes. Learn how to do a self-exam [here](#).

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## Child Tax Credit & Stimulus Payment

If your household did not receive the child tax credit or third stimulus payments from 2021, there's still time to claim those benefits for eligible families!

Households with low or no income can complete a simplified tax filing tool at [GetCTC.org](#). The deadline to apply is **November 15<sup>th</sup>**!

Call the Social Services Division if you need assistance at 617-796-1420.

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## Looking for a COVID-19 Booster Dose?

Find updated bivalent COVID-19 boosters at multiple locations in Newton and

across the Commonwealth including where you received previous vaccines like doctor's offices, hospitals, pharmacies, and statewide vaccination sites. Find a location near you at [vaxfinder.mass.gov](https://vaxfinder.mass.gov).

Massachusetts also offers in-home COVID-19 vaccinations for anyone who has difficulty getting to or using a community clinic, including young children. In-home vaccination appointments can be scheduled by calling (833) 983-0485, Monday through Friday, from 9:00 a.m. to 5:00 p.m. Appointments can also be scheduled directly on the CDR Health Patient Portal page at [patientportalma.com](https://patientportalma.com). Learn more [here](#).

[Booster Information](#)

Health and Human Services  
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Newton, MA 02459  
(617) 796-1420  
[www.newtonma.gov/health](https://www.newtonma.gov/health)  
[health@newtonma.gov](mailto:health@newtonma.gov)



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