

NOVEMBER NEWS

From Newton HHS

Save a Life: Donate Blood!



We are experiencing an ongoing national blood crisis with the supply at its shortest in over a decade. Donated blood is critical for trauma victims in emergencies, and also for other medical treatments, including transfusions for people with cancer. It takes just 15 minutes to donate and to save up to three lives.

Newton Health and Human Services is partnering with the MGH Blood Donor Center and hosting a mobile blood drive tomorrow **Tuesday November 15th**, from 8:30 a.m. to 2:00 p.m. in the War Memorial Circle at City Hall, 1000 Commonwealth Ave.

THERE ARE STILL APPOINTMENTS AVAILABLE

For more information, see [frequently asked questions](#), [eligibility criteria](#), and [tips for a successful donation](#).

Register

Give Back This Holiday

Newton Neighbors Helping Neighbors is hosting a Thanksgiving Gift Card Drive. [Donate](#) November 1st-19th to help support a Newton family this holiday season!

Donate to Village Bank to support holiday gift donations to Newton youth!

- Make a tax-deductible cash donation to the [Rotary Club of Newton](#)
- Drop off a new, unwrapped toy or a gift card at any of the [Village Bank Newton locations](#).



NewCity Church & St. Paul Episcopal Church are hosting a **FREE Thanksgiving community meal** on Tuesday November 22 at 6:30 PM. Register [HERE](#).

Don't forget there are several food pantries in Newton that can offer support throughout the year. For a list of pantries in Newton, visit the social services website below.

The City of Newton Health & Human Services Department wishes everyone a happy holiday! Please call the Social Services Division at 617-796-1420 or visit our website, below, if you need support this season.

Visit Our Website

Increasing Number of RSV Cases

Massachusetts, the Northeast and much of the US are seeing increases in respiratory illness in infants and children. Most of these illnesses are caused by respiratory viral infections, including common seasonal viruses like respiratory syncytial virus (RSV) and influenza.

Infants and children may be particularly susceptible to seasonal respiratory viral infections during the 2022-2023 fall and winter because they have had limited previous exposure to these respiratory viruses. We anticipate that there could be more respiratory illnesses as RSV continues to spread and influenza season

ramps up.

[Learn More About RSV](#)



The Department of Public Health and the Massachusetts Chapter of the American Academy of Pediatrics want to remind parents and families about steps to take to prevent illness and stay healthy this season:

- **Vaccinate your children ages 6 months and older against influenza and COVID-19** as soon as possible. Children 5 and older who had their primary series more than 2 months ago should receive an updated COVID-19 booster as soon as possible. **Remember, you can get a COVID-19 vaccine and flu shot at the same time.**
- **If your infant has been offered treatment with protective antibodies** due to their prematurity or another condition, keep on schedule with their monthly treatments.
- **Practice hand hygiene** frequently with soap and water or hand sanitizer. **Cover coughs and sneezes** with a tissue, or if a tissue is not available, cover them with an elbow, not a hand.
- **Clean high touch surfaces** in your home frequently with household disinfectants.
- **Keep children home from daycare or school** who have fever, especially with a cough, difficulty breathing or shortness of breath, congestion, runny nose, or sore throat, until they are fever-free for 24 hours without medications that reduce fever.
- **Avoid social gatherings if you or your children are ill .**
- **Contact your pediatrician or healthcare provider if you believe your child needs medical care.** Your provider can offer advice on whether your child needs to be evaluated in person, tested for COVID or flu, and the best location (doctor's office, urgent care, emergency room) for care.

[Find a Flu Shot](#)

[Find a COVID Vaccine](#)

Teen Stress Survival Guide Workshop

NEWTON TEENS, JOIN US!



ASK YOURSELF:

- Are you feeling pressure from school, family, friends, and/or work??
- Did you know that untreated stress can lead to mental health conditions like depression?

This workshop led by Families for Depression Awareness staff will teach teens how to identify symptoms of stress and identify strategies to manage it, as well as how to find help if things start to feel like “more than just stress.”

December 14th from 6:30 PM - 8:00 PM
Druker Auditorium, Newton Free Library

Offered by City of Newton Youth Services in partnership with Families for Depression Awareness, The Newton Free Library, and The Newton Youth Commission.

[Register](#)



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.

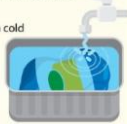
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

SO DON'T WASH YOUR TURKEY!!

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PreguntealeaKaren.gov for questions in Spanish.



Thanksgiving is National Family History Day

Thanksgiving is a great time for sharing stories with family members. At the Health Department we encourage you to use this time to create a portrait of the health in your family tree. Don't wait until it's too late to have these conversations.

Information about specific diagnoses, ancestry, and the age and reason some relatives died can help your health care provider keep you as healthy as possible. Although some diseases run in families, having a family history of a disease doesn't mean that you'll definitely get it. The information can be a piece of the puzzle in how your health care provider predicts your risk and takes steps to keep you and your family healthy.

Your family members might be hesitant to talk, but starting the conversation is important. Explaining that you're putting together a family health portrait that will

benefit the entire family might help them feel more comfortable. Click below for tips and questions to get you started.

Family Health History

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

City of Newton, MA



Public Health
Prevent. Promote. Protect.



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