

JANUARY NEWS

FROM NEWTON HHS

2023

January is National Blood Donor Month!

Join us in recognizing the importance of giving blood and platelets, while celebrating the lifesaving impact of those who roll up a sleeve to help patients in need! **Thank You!**

NATIONAL
**BLOOD
DONOR**
MONTH  2023

**Thank you
TO THE
7 MILLION
BLOOD
DONORS
each year**





If you are looking to donate or haven't given blood and have questions, check out our website for information on where to donate and answers to frequently asked questions.

[Find a Blood Donation Center](#)

Upcoming Events

[Know Your Rights & Bystander Training](#)



 **Tuesday January 24**  **6:00 PM**  **via Zoom**

KNOW YOUR RIGHTS TRAINING

Participants will learn the basics of Massachusetts anti-discrimination law in employment, housing, and public accommodations.

BYSTANDER TRAINING

Participants will learn specific tools for responding to uncomfortable situations at work and practice bystander intervention with hypothetical scenarios.

NEWTON HUMAN RIGHTS COMMISSION

**Presented by MA Commission Against Discrimination
in partnership with Newton Human Rights Commission**

[Attend Training](#)

Zooming to Success: Leveraging Virtual Technology for Career Growth and Development

Tuesday, January 31, 2023, 7:00pm-8:00pm

Free, Virtual Event for All Ages and Career Levels

Hosted by Newton Wellesley Hospital, learn tips and strategies to boost your career using modern technology. Topics include virtual networking, leveraging online platforms such as LinkedIn, and mastering the virtual interview to land the job.

Register

Mass General Brigham
Newton-Wellesley Hospital

Zooming to Success

Leveraging Virtual Technology for Career Growth and Development



Join us for tips and strategies to boost your career using modern virtual technology. Topics include virtual networking, leveraging online platforms such as LinkedIn, and mastering the virtual interview to land the job.

Keynote presentation by a Staffing Services Industry Leader followed by Q&A with an expert panel.

Tuesday, January 31, 2023
7:00-8:00 pm
Free, virtual event for all ages and career levels

[Click here to register](#)

For questions about this event, please email NWHCollaborative@partners.org

Interested in finding a job or paid internship for the summer?
Join Youth Services for two, in-person, prep workshops for TEENS during February break!

LET'S GET TO WORK!

Tuesday, February 21
10:30-12 Noon

- How to apply for a job?
- Learn strategies & tips for cover letter & resume writing
- Prepare for an interview




Thursday, February 23
1:00-2:30 p.m.

- I got the job, what's next?
- Onboarding documents
- Work Permit Application

City Hall, War Memorial
1000 Commonwealth Ave.

REGISTER!

CITY OF NEWTON YOUTH SERVICES
NEWTONMA.GOV/YOUTH



Let's Get to Work

Tuesday, February 21, 2023,
10:30am-12:00pm

Thursday, February 23, 2023, 1:00pm-
2:30pm

City Hall, War Memorial, 1000
Commonwealth Ave.

Join Youth Services for two employment-focused workshops in preparation for summer and post high school employment, as well as internship opportunities. Interested young people do not need to register for both dates.

Register

Career Exploration Event Series

Dates: February 16, March 23, April 27, & May 18
Thursdays, 6:00pm-7:00pm

Newton Free Library, Druker Auditorium

Join Newton Youth services and the Newton Free Library for a four-part series exploring careers through in person discussions with professionals working in the industry. Industry exploration includes STEM (February), Medical (March), The Trades (April), and Human Services (May).

Allergen Update

If you or someone in your household is allergic to sesame, an important change is taking place to help you quickly identify foods that contain sesame. As of January 1, 2023, sesame is required to be labeled as an allergen on packaged foods, including dietary supplements.

Sesame joins eight other foods already declared as major food allergens by federal law. The nine major food allergens are:

- Milk
- Eggs
- Fish, such as bass & flounder
- Crustacean shellfish, such as crab & lobster
- Tree nuts, such as almonds & walnuts
- Peanuts
- Wheat
- Soybeans
- Sesame



IMPORTANT NOTE Even though the requirement that sesame be listed on the label as an allergen is in effect as of January 1, 2023, you still may find food products for sale that don't list sesame as an allergen on the label.

The law establishing this sesame labeling does not require food products that were already on their way to the store or in stock before 2023 to list sesame as an allergen on the label. Therefore, these food products do not need to be removed from the marketplace or relabeled to declare sesame as an allergen.

[Learn More](#)

Need to Catch Up on COVID-19 Vaccines?

HHS is partnering with the Holtzman Medical Group to offer the updated, bivalent COVID-19 booster vaccine. These clinics are open to anyone ages 6 Months and older (ages 6 months - 5 years will be Moderna only).

To register and to find more eligibility

Newton HHS
Holtzman Medical Group

COVID-19 Booster Clinics

(Ages 6 months - 5 years Moderna only)
By appointment only

Mon 1/23 from 3-6pm

Tues 1/24 from 3-6 pm

Tues 1/31 from 3-6pm

Newton Free Library Druker Auditorium
330 Homer Street Newton, MA 02459

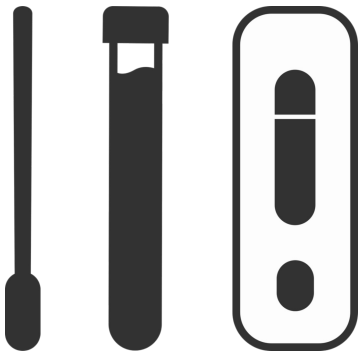
Register now at:

www.holtzmanmedical.org/covid19

information, please visit the HMG website:

Register

Looking for Free At-Home COVID-19 Tests?



If you're looking for free home COVID-19 tests, the Biden Administration has made free at-home COVID-19 rapid antigen tests available to all residents through a new web-based ordering platform run by USPS. Each household is eligible for four (4) testing kits through this program.

Order My Tests

Health and Human Services
1000 Commonwealth Ave
Newton, MA
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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