

# April News

From Newton HHS

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## Do You Know the Many Faces of Public Health?

April 3rd-9<sup>th</sup> is National Public Health Week! Local public health departments don't just administer vaccines; they perform a wide range of roles to ensure the health of our community.

- **Help prevent the occurrence and spread of disease.** Public health nurses aim to prevent and target the cause of disease outbreaks and develop a response, as evidenced by COVID-19!
- **Keep food and environments safe.** Newton is home to over 350 restaurants, which if not monitored for food safety, could lead to outbreaks of foodborne illness. Environmental specialists complete over 500 restaurant inspections a year to make sure everyone who visits our restaurants stays healthy!
- **Uphold standards we know improve our community's health.** Inspectors examine summer camps, tobacco retailers, swimming pools, tanning salons, and many more!
- **Prepare for emergencies.** Local health departments provide education on Naloxone administration, emergency preparedness kits, and CPR & AED training. They coordinate with emergency response departments to ensure we are prepared for a variety of situations.

# Local health departments impact our lives every day



## April is Donate Life Month

Checking YES can save a life. Nearly 5,000 people in Massachusetts are waiting for life-saving organ transplants. Signing up to be an organ donor means you may someday be able to help others in need. Just one donor can provide lifesaving organs for to up to eight people. It's as easy as checking 'yes' when you renew your license at the RMV! Register as an organ donor and learn more about organ and tissue donation at: [DonateLife.net](http://DonateLife.net)

### **Renewal – Kidney Donation**

Renewal helps patients and their families navigate the complex process of kidney transplant; from finding a donor to arranging the transplant and beyond. While also supporting donors to make sure their donation is as simple and safe as it can be. [Learn more.](#)

### **Be the Match – Bone Marrow Donation**

Did you know 70% of patients who need a transplant don't have a blood stem cell donor match in their family? A bone marrow transplant may be the best or only hope for someone who has been diagnosed with blood cancers, like leukemia and lymphoma, and other life-threatening diseases. The Be the Match campaign helps to grow the registry of potential bone marrow donors. You can join the registry today if you are between the ages of 18-40 years old and meet certain health guidelines. 90% of donations are for blood stem cell collection, which is done non-surgically. It's like donating blood! To join the Be the Match registry, [click here.](#)

### **Donate Blood**

The US is 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 for other medical treatments, including transfusions for people with cancer. All types are needed now, especially type O positive and O negative, as well as platelet donations. It takes just 15 minutes to donate and can save up to three lives.



### **Mobile Blood Drive**

Health & Human Services is partnering with Mass General Blood Donor Center for a Mobile Blood Drive on Friday April 14<sup>th</sup> from 8:30am-2:00pm at City Hall.

**All donors will receive a FREE 10<sup>th</sup> Anniversary Boston Strong t-shirt!** You can also enter the raffle drawing for **2 tickets to Boston Calling Music Festival** on 5/27!

To schedule an appointment [click here](#). Find a list of donation centers around Newton [here](#). For more information, see [frequently asked questions](#), [eligibility criteria](#), and [tips for a successful donation](#).

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## **April is Stress Awareness Month**

Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress?

Stress is how the brain and body respond to any demand. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful. Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Here are five things you should know about stress (click on image for more information):





# 5 Things You Should Know About Stress

1. **Stress affects everyone.**

2. **Not all stress is bad.**

3. **Long-term stress can harm your health.**

4. **There are ways to manage stress.**

5. **If you feel overwhelmed by stress, ask for help from a health professional.**





[nimh.nih.gov/stressand anxiety](http://nimh.nih.gov/stressand anxiety)

## Are you a current MassHealth member?

Did you recently receive a blue envelope and need help completing your renewal? Reach out to our Social Services team for assistance at 617-796-1420!



## Upcoming Programs

  **CAREER EXPLORATION EVENT SERIES GRADES 7-12**

Newton Youth Services and the Newton Free Library will be hosting four career exploration events in the following career industries: STEM, Medical, Trades, and Human Services.

All events will be held from 6:00-7:00 p.m. at the Newton Free Library!

### STEM Industry

Thursday, February 16

Explore various careers in the STEM industry from professionals working in information technology, engineering, architecture, and chemistry.

### Medical Industry

Thursday, March 23

Explore the many patient facing careers in the medical industry, while also learning about the different levels of education required. Careers include; doctor, nurse practitioner, nurse, and patient care assistant.

### Trades Industry

Thursday, April 27

Learn about the skilled trades industry and the different career pathways from trades unions to job training programs. Career exploration includes; automotive technology, electrical, carpentry, and more.

### Human Services

Thursday, May 18

Careers include; social work, education, child care, probation officer, mental health specialist, and more.

To register **CLICK HERE** or scan the QR code:



These events are intended for students in grades 7-12. Parents are welcome to join, but please note this is a student focused event.

For more information please contact:  
Megan Coffey, Newton Free Library at [mcoffey.nts@nmlib.net](mailto:mcoffey.nts@nmlib.net)  
Meghan Murtagh, Newton Youth Services at [mmurtagh@newtonma.gov](mailto:mmurtagh@newtonma.gov)

## Career Exploration Speaker Series – Building Trades Industry

Thursday April 27th, 6:00 - 7:00 PM  
Newton Free Library, Druker Auditorium  
*Intended for grades 7-12*

Join Newton Youth services and the Newton Free Library for the third event in the Career Exploration Speaker Series, where we will learn more about the building trades careers through speakers working in the industry.

Careers include; carpentry, plumbing, electrical and project management.

[Register](#)

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## Digital Citizenship Academy

Wednesday, April 12, 6:30-8:00 p.m.

Middlesex District Attorney Marian T. Ryan, in partnership with Youth Services and the Newton Youth Commission, will be offering a Civic Online Reasoning program – “Digital Citizenship Academy” for high school students, as part of the April Youth Commission meeting. The program includes information on how to fact-check online claims, investigate websites' credibility, and how to optimize online search activities. DA Ryan will also speak about their career as a DA and answer any questions youth may have. Interested attendees are asked to register, as well as bring their personal computers to the workshop.

[Register](#)

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**Secure Document Shredding & Drug Take Back Day**  
April 8, 2023 from 8am- 12pm  
Newton Resource Recovery Center



Newton's Secure Document Shredding & Drug Take Back Day will be held on Saturday, April 8 from 8am-12pm at the Resource Recovery Center (115 Rumford Ave, Auburndale).

Advance sign-up is required, and space is limited. Call Newton City Hall at 617-796-1000 to make an appointment.

Here are a few things to note:

- Staples may be left in documents.
- Quantity is limited to 4 document boxes OR 8 paper bags per household.
- This secure event will be overseen by the Newton Police Department and is drive-through service only. Residents are required to remain in their cars during collection for everyone's safety.
- Bring your expired or unused prescription medications to be properly disposed. Please note vitamins and over-the-counter medication are safe to go in the trash.

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## FREE Narcan Training

Join FEMA on Thursday, April 13th, from 1:00PM to 2:30PM EST for a virtual Naloxone training for where we will learn the procedural application of administering Naloxone. The training will be led by certified Naloxone trainer who will cover some of the important trends related to drug overdose, the need for awareness, responsible citizen response, and best practices for Naloxone. The training is advertised to first responders but it is open to the public, so

anyone can join!

Zoom Meeting Information:

Narcan Training for First Responders and Emergency Managers

Date/Time: Thursday, April 13th at 1PM – 2:30PM EST

Zoom Webinar Link: [CLICK HERE](#)

Meeting ID: 160 294 8683

Passcode: 600767

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**Good luck to all  
Boston Marathon  
runners!**



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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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