~January 2020~

Listed below are some interesting events or possible opportunities related to local community health issues to share with community friends and partners. This is not an all-inclusive list, but seeks to represent a wide range of local opportunities that may impact the health of Somerville residents. For an electronic copy, visit http://www.challiance.org/InTheCommunity/SomervilleHealthAgenda.aspx

To be added to the distribution list, email address below.

In good health,
Lisa Brukilacchio, Somerville Community Health Agenda/Community Health Improvement, Cambridge Health Alliance,
Phone: 617-591-4433 or lbrukilacchio@challiance.org

Check out the CHA Instagram!

A Healthy Built Environment

Learn more about the zoning overhaul at www.somervillezoning.com.

New City ordinance requires landlords to share information on rights and housing resources for tenants facing eviction. Find more here.

A new City program can help provide support for replacement of old lead pipes. Learn more.

Learn about Next Wave/Full Circle student photo essay project, “Whose Somerville”, on the impact of gentrification in the City, currently on display at City Hall.

For information on rodent control, contact Georgina at gsilveira@somervillema.gov or request to be added to the mailing list.


Neighborhood Life Expectancy Project (USALEEP) allows you to explore life expectancy based on geography. (and RWJF tool to easily enter your address for estimates.)

Stay up to date on Union Square traffic changes, from the City https://www.somervillema.gov/departments/union-square-infrastructure

Citywide Construction Newsletter: The City offers a newsletter with an overview of all construction in the City. Particularly as large-scale GLX construction begins this year, there may be impacts to residents in terms of traffic, noise, and other quality of life issues. Email construction@somervillema.gov with “Construction Newsletter” in the subject line.

Stay up to speed on changes related to the Green Line Extension (bridge closings, tree removals, etc.)? At the City website’s special GLX page or Join the GLX Community Working Group’s Google Group, from Union Square Main Streets.

Keep tabs on the Somerville High School renovations at http://go.somervillema.gov/highschool/

Sign up at the City website for notices on affordable housing ownership opportunities and/or rentals in the future. Currently one condo available for purchase. For purchases, you must have taken a first-time homeowners class. For information on both, visit the inclusionary housing section of the city website.
Get City Alerts - Sign up! City of Somerville alerts keep you updated about snow emergencies, public safety announcements, etc. somervillema.gov/alerts.

Positive Mental Health, Substance Abuse and Violence Prevention

McLean Hospital program looks at role of spirituality in mental health counseling.

January 13th, 6:30-8:30pm
The Ethical Underpinnings of a Meditation Practice
1035 Cambridge St, Cambridge, Suite 21A
Monthly lecture series at CHA Center for Mindfulness and Meditation. Details here.

Jan 16th, 6:30pm
Screening of “From My Heart to Yours”
9 New Washington St
As part of the monthly MOAR meeting, the City of Somerville and Somerville Media Center share documentary film that offers an intimate look at how the availability and use of opioids impacts the lives of many and their journey towards recovery. For more information or to RSVP, please email mmitchell@somervillema.gov

January 27th, 6-7pm
4th Monday Monthly Community Meditation Sits
1035 Cambridge St, Cambridge, Suite 21A
In person community meditation and compassion sittings. More info here.

Jan 30th, 5:30-7:30pm
Community Game Show and Discussion Event with results of the 2018-2019 Middle School Student Health Survey
Connexion, 149 Broadway, East Somerville
Be part of this interactive experience learning about the results & participating in a World Style Café discussion with stakeholders and youth. Light refreshments will be provided.

10 ways to Beat the Winter.

Tufts Mental Health Taskforce recommendations, focus on mental health recommendations on campus.

Check out upcoming offerings at the CHA Center for Mindfulness and Compassion, including Jan-March Mindfulness-Based Stress Reduction in Cambridge and Feb-March Mindful Self-Compassion 8-week courses. Scholarships available, as well as discounts for Tufts and Harvard Pilgrim members, limited discounts for CHA Staff. Details found at www.chacmc.org/courses.

CHA Opioid Use Disorder Helpline for CHA Primary Care patients and those who do not have primary care providers at CHA can be contacted at 617-591-6600. Connect with a CHA addiction nurse case manager who can offer information and connection to care. Evaluations and treatment, including medication, are available at CHA care centers. More info here.

A collection of mindfulness related apps for all ages and situations: https://www.chacmc.org/apps
Or audio recordings, in English, Spanish and Portuguese to help introduce you to opportunities through guided experiences or support your own ongoing practices: https://www.chacmc.org/audio

Mental Health First Aid trainings for the community - Cambridge Health Alliance is offering FREE Mental Health First Aid classes, designed to give members of the community the skills and knowledge to help an individual who is experiencing a mental health or addictions challenge or is in crisis.” Modeled after CPR, this is a certification training that addresses common mental health concerns and challenges and how to assist someone. For additional information, explore www.mentalhealthfirstaid.org. For future local dates, please contact Kerry Mello at kmello@challiance.org. These courses are being offered with
federal funding support from SAMHSA to the Cambridge Health Alliance for the communities of Cambridge, Chelsea, Everett, Malden, Medford, Revere, Somerville, and Winthrop.

To make it easier for the transgender community to navigate the Cambridge Health Alliance system, staff created a guide to transgender services. This guide helps people connect with providers and see what services are available. Please share this link with people in the community who you think can benefit.

NAMI’s Family-to-Family is a free 12-week course for family caregivers of individuals with severe mental health conditions that discusses clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope effectively. Offers resources, insights, coping skills and genuine support for families. Volunteer teachers equip participants with the knowledge they need to navigate the mental health system. New class beginning in Lexington, March 7th, 7-9:30pm. To pre-register or learn about other classes, visit: https://namimass.org/programs/nami-family-to-family

Grief Recovery After a Substance Passing (GRASP) Chapter meetings in Somerville on 2nd Monday of each month, 7-8:30pm. Please call or email for info and to pre-register: Michael or Maureen Foster, 617-499-0529, fosterhse@comcast.net

Elder Mental Health Outreach Team of Somerville-Cambridge Elder Services serves at-risk older adults in the community. It provides home based case management, short term counseling services and local support groups, in an effort to build collaborations and resources for seniors. Referrals to EMHOT can be made by calling the SCES Aging Information Center at 617-628-2601.

Second Monday of each month, 7-8:30pm
Grief Recovery After a Substance Passing was founded to help provide sources of help, compassion and most of all, understanding, for families/individuals who have had a loved one die as a result of substance abuse or addiction. Visit http://grasphelp.org/ for more information. For the Somerville GRASP Chapter Please call or email for information or to pre-register: Michael and Maureen Foster, 617-699-0529, fosterhse@comcast.net

Tuesdays 6:00pm–7:30pm, CHA Everett Care Center, 391 Broadway, Suite 204, Everett
Fridays 12:00pm–1:00pm, CHA Malden, 1st Floor Conf Room A/B, 195 Canal Street, Malden
SMART (Self-Management and Recovery Training). It uses tools based on scientifically tested methods for addiction recovery. Addresses all kinds of addictive behaviors using a four-point approach: Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings and Behaviors and Living a Balanced Life. It is a wonderful complement to AA or NA and an alternative for those who have not connected with spiritually focused self-help groups. Free and open to the public. Free parking available on site. Visit www.challiance.org/smart_recovery and www.smartrecovery.org for more information.

Third Thursdays, 6:30pm MOAR Middlesex East Monthly Meeting
Lions Club, 9 New Washington St. For more info, call MOAR at 617-423-6627 or visit www.moar-recovery.org

Questions about elder self-neglect or programs that can help? Call the SCES Aging Information Center during business hours at 617-628-2601 to receive free advice and guidance, or submit your questions through the Request Information page at www.eldercare.org

First, third, and fourth Mondays, 7:30-9:30pm. NAMI support groups for family members and friends of people with mental illness are offered three times/month by NAMI. Trained volunteers who are caregivers facilitate the groups. Free at 3rd floor Conference Center at CHA-Cambridge Hospital, 1493 Cambridge St, Cambridge. For information or to attend, contact Elizabeth@nami-cambridgemiddlesex.org or 781-646-0397. http://bit.ly/CHANAMI.

Somerville Overcoming Addiction is a grassroots community action group made up of parents that have lost children to addiction, parents of active users, people in long term recovery, people working in the field, and many others that have all been affected by addiction. The group’s mission is to connect the community with addiction support and recovery services, fight to lift the stigma of addiction, and eliminate to overdose fatalities in Somerville. https://www.facebook.com/somervilleovercomingaddiction

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

Learn to Cope Support Group meets Mondays, 7-830pm at Spaulding Rehabilitation Hospital, 1575 Cambridge St, Cullinane Center. Free parking - please use Lot E past the visitor lot on Hovey Ave. This support group is free and offers a unique format that has experienced facilitators who have been there, resources, informational material, guest speakers (in long term recovery or professionals in the field), overdose education, and most of all, hope! Appropriate for the parents, family members, spouses, and caregivers of people who have addictions to opiates, alcohol, or other drugs. For more information call 508-738-5148 or visit [www.learn2cope.org](http://www.learn2cope.org)

To find a list of local AA meetings, call 617-426-9444 or visit [http://www.aaboston.org/](http://www.aaboston.org/)

MA Smokers' Helpline – Call 1-800-QUIT-NOW (1-800-784-8669) to access free telephone counseling in English or Spanish (interpreters available for other languages). Interactive website at [www.makesmokinghistory.org](http://www.makesmokinghistory.org) . Supports for teens-and for parents to talk with teens about Vaping.

Access to Healthy Food and Physical Activity for Healthy Weight and Chronic Disease Prevention

**Somerville Winter Farmers Market**, Saturdays, 9:30am-2pm starting December 7th
Arts at the Armory, 191 Highland Ave, Somerville, MA

**Hours for Project SOUP Food Pantry at 165 Broadway**: closed Monday, and open Tuesday 12-4pm, Wed 10am-3pm, Thursday 2-7pm and Friday 10am-3pm—and **adding Saturday, 9am-12pm**. For information, call 617-776-7687

1st Saturdays, 11am-1pm and 3rd Wednesdays 7pm
**Mission Church Shepherd's Kitchen Food Pantry**
130 Highland Ave, Trull Lane side of 130 Highland Ave. Bring your own bags

First Wednesday each month, 4-6pm
**Dormition Family Table Meals**
Dormition Church, 29 Central St, Somerville (off Somerville Avenue)
All welcome to share in this hot **meal every 1st Wednesday of the month**. 617-625-2222
Seeking volunteers to assist.

January 10th, 6:30pm
**Hearty Meals for All**
Somerville Community Baptist Church, 31 College Ave, Somerville
Community Dinner 2nd Friday of each month, [https://heartymealsforall.org/](https://heartymealsforall.org/)

January 22nd, 5-7pm (**4th Wednesday each month**) 
**Come to the Table Community Meal**
149 Broadway, Somerville
All welcome to a community meal, open to all. Meet new people, try some new-and familiar foods. Art activities for children of all ages and live music. Bring your own bag to take home food. Supported by Connexion, Somerville Homeless Coalition/Project Soup, Somerville Food Security Coalition, Somerville Community Health Agenda/CHA, City Health & Human Services/Shape Up Somerville, and other partners. **Volunteers welcome 3-7:30pm**, if interested, contact ericaalvims@gmail.com

Comment before May 2020 for equitable dietary guidelines. Advocate for reducing sugar and adding water to the Dietary Guidelines for Americans. Learn more from Salud America. Reducing food waste, which is estimated at 40% of food in the US. How to article from NPR.

An international study looks at the [association of watching TV and childhood obesity](http://www.heartymealsforall.org/).
**Somerville Cambridge Elder Services** offers a variety of nutritional services including home meal delivery for a suggested donation of $1.50, as well as congregate meals and nutrition education. To learn more, contact the program at 617-628-2601 or at [www.eldercare.org](http://www.eldercare.org).

**Elizabeth Peabody House Food Pantry** currently serves community members, supplying fresh produce, meat, dairy, and non-perishables. Open every Wednesday from 5 to 7 p.m at the Elizabeth Peabody House, 277 Broadway, Somerville. Guests welcome once per month, served on a first-come-first-served basis. Bring a picture ID. People with gluten allergies, seniors, and those with disabilities can make appointments prior to distribution time by calling 617-623-5510 ext. 103. Volunteer opportunities: Mondays, 9:50 am – 12:30 pm, Wednesdays, 10:30 – 2:30 pm, and Wednesdays, 4:30 – 7:30 pm.

Did you know that **Project Soup can arrange for delivery if you are eligible elderly or disabled**: [https://www.somervillehomelesscoalition.org/programs/food-services/](https://www.somervillehomelesscoalition.org/programs/food-services/)

Interested in getting up to 50% off of local restaurant food, check out **Food for All**.

**Evening Meals available in Malden**, Tuesday through Friday, 5:30-6:30pm, location varies. No residency requirement. (Tuesday take out only.) Wed & Thurs 213 Main St, Friday, 493 Main St Malden. [http://www.breadoflifemalden.org/where-we-serve/](http://www.breadoflifemalden.org/where-we-serve/) 781-397-0404 office phone, 781-475-9060 mobile.

**Somerville Parks & Recreation Department** has options for the whole family! Figure skating lessons, Capoeira Angola (an Afro Brazilian martial art disguised as a dance), a fitness or sports program or clinic, or swim programs, Somerville Parks & Recreation has you covered. Register and learn more about the many Somerville Parks & Recreation programs at: [www.somervillerec.com](http://www.somervillerec.com).

**Move your Body. Bolster your Brain**—NYT article on benefits of exercise.

**Walk-Ride Day**—sign up on 4th Fridays for this Green Streets Initiative to promote healthy sustainable commuting. Register at GoGreenStreets.org. Discounts available!

**Positive Child and Youth Development**

January 8th-30th, Wed 9-10:30am and Thurs 3-4:30pm  
**SFLC January Drop-In Playgroups**  
SFLC Center, 42 Prescott Street  
Discover & Learn playgroups for families with children, birth-5 years old. Session 2 registration begins Jan 7th and 8th and is ongoing till groups are full. **Register online** at or call 617-625-6600 ext 6990.

Jan 9th 7-8:30pm  
**Sharing Our Stories Support Group**  
Cummings Building, 42 Prescott St  
Raising a child who does not always fit in can be challenging. Sharing our Stories is a free, open-ended support group for families with young children who have special needs. The group offers adults the opportunity to share joys, concerns, frustrations, questions and resources about their experiences. Interpretation available upon request; please call (617) 629-5476.

Jan 16th, 6-8pm  
**Serve and Inspire SPS Volunteer Orientation**  
Cummings Building, 42 Prescott St  
Are you new to volunteering with the Somerville Public Schools? learn about district schools and how SPS volunteers serve, inspire, and support student learning. Contact SPS Volunteer Coordinator Jen Capuano at icapuano@k12.somerville.ma.us or call (617) 629-5475 for more information, accommodations needed to attend, and to RSVP.

January 30th, 6-7pm  
**Course Planning for 8th Grade Families**  
Somerville High School Auditorium, 81 Highland Ave  
All 8th grade families are invited to Somerville High School to learn about the high school course selection process and to meet their students’ future high school counselors. Interpretation will be
provided. Please visit https://somerville.k12.ma.us/schools/somerville-high-school/welcome-somerville-high-school for more information about the grade 8 transition to high school timeline and for answers to some of your Somerville High School questions.

New guidelines from the American Academy of Pediatrics focus on screening for autism in 18-24 month old children, as well as support for adolescents and young adults. CHA Chief of Pediatrics, Greg Hagan is cited in related article.

Suggestions for guiding adolescent safety plan for communicating with parents. To learn more about the “X plan”, visit here.

Nature Garden Playschool at the Growing Center: Wonder, Joy and Changes. Read a recent blog post.

The Somerville Partnership for Young Children (SPYC) launched a new website providing information for families to see if they may be eligible for tuition assistance funds. The goal of SPYC, a collaboration between Somerville Public Schools, Head Start, and participating child care and preschool partners, is to expand access to high quality early education for Somerville children and families.

Interested in volunteering with the Somerville Public Schools? SPS volunteers serve, inspire, and support student learning. Contact SPS Volunteer Coordinator Jen Capuano at (617) 629-5475 or jcapuano@k12.somerville.ma.us or for more information.

Somerville Hub – includes resources for raising kids. Includes new Shape Up Under 5 materials related to Eat, Play and Sleep tips for children under 5 and their caretakers. Information and referrals on how to access Somerville programs, family services, and family-friendly places in the city. Walk-in service: 42 Prescott Street, Phone: 617-625-6600 x6965, Online: http://somervillehub.org

Fridays, 9-11am: IMPACT: Arts and Conversation Group @ SFLC Center 42 Prescott St. IMPACT (Immigrant Multilingual Parents Art and Conversation Together) is a weekly arts and conversation group for immigrant families with children in the Somerville Public Schools looking to connect with other families in the community. In partnership with the Beautiful Stuff Project and with support from Somerville Health Foundation.

Do you have a new baby at home? SomerBaby is a program to welcome Somerville’s youngest residents and connect families to the many resources that Somerville has to offer, strengthening social and community connections and starting babies on a path of lifelong health and learning. For more information, or to refer someone or yourself, contact Flor or call 617-629-5476 to set up a visit including a welcome bag for the baby with information and resources for you and your family!

Riverside Early Head Start welcomes new referrals. For more information visit: http://www.riversidecc.org/child-family-services/early-childhood-services/early-head-start/

Visit the Somerville Media Center’s website to learn more about registering for youth programs! www.scatvsomerville.org/youth.

The Somerville Public Library hosts a range of activities for all ages- sing along, yoga, story time, writing, and more! See the full calendar here.

Documents and resources to assist immigrant families in better understanding rights as a community member, to help inform decisions for your family are available at One Somerville, on the SPS website.

To learn about the range of activities and resources available to support families, check out the Somerville Family Learning Collaborative at www.somerville.k12.ma.us/families. Options include: Parent/Guardian Support Groups, Parent Child Home Visiting, Playgroups, Family and Community Liaisons, Parent/Guardian English Classes and more! Or call 617-625-6600x6965.

Volunteer with Somerville Public Schools
Volunteers matter in the Somerville Public Schools. Want to volunteer? Apply online or call for more information about meaningful opportunities to support student learning in our schools and in our summer programs. Visit www.somerville.k12.ma.us/volunteer for more information or contact Jen Capuano, SFLC Volunteer Coordinator at jcapuano@k12.somerville.ma.us or 617-629-5475.
Stay connected with the Somerville Public Schools website home page (www.somerville.k12.ma.us) and the Somerville Hub website calendar (http://somervillehub.org/events).

Visit regularly or sign up for weekly Somerville Public School updates, which include a range of community interest areas, at www.somerville.k12.ma.us/events. Scroll to the bottom and click the envelope icon labeled “Subscribe.” Visit www.somerville.k12.ma.us/submit_event and fill out the online form with the details of your events. Add it to your list of outreach venues!

Environmental Health

January 11th is the 33rd NOFA/MA Winter Conference: A Toxin Free Future at Worcester State University. Workshops, local luncheon and more! Info here. https://www.nofamass.org/events/wc

January 17th, deadline for applying to Climate Forward Ambassadors program, starting in February. The Climate Forward Ambassadors program educates Somerville community members about climate change and local solutions, providing them with information and skills to better engage in local climate action. No prior knowledge of climate change is required and any Somerville resident, high school age or older, is eligible to apply. To apply, simply complete this short application form by Friday, January 17th.

January 25th, 9am-5pm
3rd annual Seed Sovereignty Symposium
Round the Bend Farm in Westport, MA.
The educational symposium will be accompanied by a Seed Swap, Variety Tasting and Sensory Analysis training, and round-table discussions about current projects. Register here.

Detailed map of NE auto emissions found here.

Somerville Climate Forward: The plan, which is now online, includes 13 priority action areas that set Somerville on a path to be a resilient and carbon neutral city. Collectively, the actions in the plan will reduce energy use in buildings, advance low-carbon mobility, help us better prepare for flooding and extreme heat, and make progress towards cleaner electricity for all.

Communities Responding to Extreme Weather (CREW) is helping the community prepare for climate change and extreme weather events like heat waves, hurricanes and flooding. Want to learn more about emergency preparedness or help your neighborhood prepare for climate impacts? Visit the CREW website at www.climatecrew.org or www.facebook.com/climatecrews. Watch for Climate Preparedness Week (Sept 24th-30th)

350MA.Org - 350 Massachusetts is a volunteer-led, campaign-focused initiative connecting and organizing a strong grassroots coalition to address climate change and build a just and secure future beyond fossil fuels. Meetings are held every two weeks at First Church Cambridge, 11 Garden Street (Harvard Square). The meeting schedule can be found on the 350 Massachusetts website.

To learn more about the Lead Paint Safe Somerville program and related resources for helping to protect kids from lead poisoning, visit https://www.somervillema.gov/departments/programs/lead-paint-safe-somerville

Financial Health, Jobs and Access to Resources

Learn about activism against wage theft in Somerville. From Somerville Media Center news.

Explore the Opportunity Atlas, tracing the roots of affluence and poverty.

Health Care For All, is a good source of information on health care options, including for residents without documentation. https://www.hcfama.org

City of Somerville Teen Snow Shoveling Program. If you are a Somerville teen 13 years or older, the City of Somerville invites you to consider being part of the Teen Snow Shoveling Program. The program is a paid program for youth to provide seniors in the community with snow shoveling assistance after a snow storm. Teens and seniors are paired for the season, and after each storm, the senior contacts their
assigned teen to request shoveling services. Contact Jennifer Mancia at (617) 625-6600, x2406. Visit https://www.somervillema.gov/departments/programs/teen-snow-shoveling-program for more information including details on how to apply.

The proposed federal changes to public charge regulations that were planned to go into effect on October 15th are temporarily delayed due to court injunctions. At this time, until further notice, the US Citizenship and Immigration Services (USCIS) state that foreign born individuals (immigrants and their families) are not currently considered a “public charge” for receiving various benefits listed and participation will not affect immigration or permanent status. These programs include: WIC Nutrition Program, SNAP, school meals, food assistance programs, fuel assistance programs, housing benefits, child care services, Head Start, MassHealth insurance plans, free or low-cost medical care at clinics or health centers. For more information, see the “Public Charge Fact Sheet” at https://www.uscis.gov/news/fact-sheets/public-charge-fact-sheet. Also, CHA has gathered info and resources at the CHA Immigrant Resources page.

More resources available from Protecting Immigrant Families on updates on Public Charge impacts.

The Somerville Office of Housing Stability accepts inquiries from Somerville residents regardless of income or housing status. Complete this form to be contacted: https://tinyurl.com/OHS-Referral.

Income, Wealth and Health issue brief from Robert Wood Johnson

Community Jobs Board: Check out the local jobs bank where local job openings are posted after First Source staff has had contact with an employer. Visit http://somervillecdc.org/community-jobs-board. To receive information on local training and educational opportunities, contact firstsourcejobs@SomervilleCDC.org or visit https://www.facebook.com/somervillefirstsource?fref=ts

First Source Program has numerous job-related programs usually taking place at the Somerville Community Corporation office at 337 Somerville Ave, that require pre-registration. Contact Danyal at 617-410-9917 to learn more, register or if you have any questions or concerns.

Explore ABLEnow accounts, which create a way to create accounts for individuals with disabilities to be able to cover certain expenses with limited impact on eligibility for benefit programs. More here.

Lead Paint Safe Somerville. Renters! Funding is available to make your home lead-paint safe. Lead paint can be dangerous, especially for kids. Landlords may receive a three-year, forgivable loan to address lead-paint hazards in their rental units. Income restrictions apply. City staff can help discuss the program with your landlord. Learn how the City can help make your home lead-paint safe by visiting www.somervillema.gov/lead or calling 617-625-6600 ext. 2584. Translation services are available.

The Somerville Public Library hosts many events for you and your family to enjoy. To see the full schedule, please visit somervillepubliclibrary.org.

People of all ages often have questions about things like genealogy, local history, or even direction for finding resources for homework assignments. Somerville’s librarians can provide help and recommend resources. email them or call them at 617-623-5000 or fill out an online question form

Visit the Tufts website to learn about neighborhood opportunities such as a range of events, as well as the Osher Lifelong Learning Center: https://www.tufts.edu/info/neighbors

For people over 60 who need legal assistance, try the MA Senior Legal Help line Toll Free Number: (866)778-0939. Website: www.larcma.org Hours of Operation: Monday-Friday 9-5 EST


The Clearinghouse provides free health promotion materials for Massachusetts residents, health care providers, and social service providers.
CHA is recruiting for the **free Community Health Worker/Volunteer Health Advisor** training program to be held starting Saturday January 18th for 7 sessions through March 2020. The goal of the Volunteer Health Advisor (VHA) program is to engage, train and empower individuals to help improve the health of our communities. VHAs act as a bridge between the community and CHA, and are front line public health workers who have a close understanding of the community they serve. To learn more details and to apply by **January 8th**, complete the online application found [here](#).

Jan 9th, 6-7:30pm
**Hate Crime Forum**
Cross St Center, 165 Cross St
Panel discussion to better understand what is happening locally, in Somerville and around the State. Chief of Police, David Fallon and Superintendent of Schools, Mary Skipper and others will discuss reported instances and any trends in Somerville. Panelists will be provide additional information on the potential trends as well as discussing some of the barriers to reporting. If you would like to attend this forum, please RSVP to nsalamoun@somervillema.gov.

Jan 20th, 10am
**Martin Luther King Jr Annual Celebration**
East Somerville Community School, 50 Cross St.
Musical performances by El Sistema Somerville and the Somerville High School World Percussion Ensemble, as well as readings by the winners of the student essay contest. A keynote address will be given by Aba Taylor, a social justice educator, facilitator and organizer. Following the speaking program, the Beautiful Stuff Project will facilitate the creation of a community mosaic. This year the Somerville Human Rights Commission will hold a drive to benefit Project Soup during the event. Attendees are invited to bring toiletries such as shampoos, toilet paper and soap.

Guide for honoring native land through acknowledgement.

To make it easier for the transgender community to navigate the Cambridge Health Alliance system, staff created a [guide to transgender services](#). This guide helps people connect with providers and see what services are available. Please share this link with people in the community who you think can benefit.

CHA offers medical exams for immigrants (needed to become a permanent resident). Learn more [here](#).

Did you know that CHA has a [Facebook page](#) in Portuguese to share health tips and CHA updates with patients in their own language? Currently, 16% of our primary care patients receive their care in Portuguese (more than 20,000 unique patients), and the community is growing!

Find an [Immigrant Resource Guide](#) on the [CHA website](#)

If you need to reach the **Somerville Police** directly, call 617-625-1600