

~February 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

A Healthy Built Environment

February 3rd, 4-6pm

Winter Hill Community Meeting

Winter Hill Brewing Company, 328 Broadway

Hosted by ward 4 Councilor Jesse Clingan and Winter Hill Brewing Company. Learn more at [SomervilleVoice.Somervillema.gov](http://SomervilleVoice.com)

February 3rd, 6:30-8pm

Spring Hill Sewer Separation Community Meeting

Somerville High School Cafeteria, 81 Highland Ave

Join the City Engineering Dept and Councilors Ewen-Campen and Niedergang for discussion of upcoming sewer and roadway infrastructure upgrades in the Spring Hill Area, a project to mitigate flooding, reduce waterway pollution and upgrade infrastructure in Somerville. For more information, contact [Haleemah Qureshi](mailto:Haleemah.Qureshi@cityofsomerville.com) or call 617-625-6600x5411

February 5th, 6-8pm

Vision Zero Community Open House

Somerville Public Library, 79 Highland Ave

Learn about draft plan for making the City a safer place, and share your ideas for reducing and eliminating transportation-related injuries and fatalities in the City. Report your safety concerns. Learn more and comment on the [draft Vision Zero Action Plan](#).

The City Planning Board is still accepting **public comments on the SomerVision 2040 plan**. Comments can be sent to planning@somervillema.gov, go [here](#) to read the proposed plan.

Orange Line Service changes due to repairs and upgrades: continuing from January, starting Fridays at 8:45pm during the weekends of February 7-9 and 14-16, for Orange Line service between Sullivan Square and Tufts Medical Center, shuttles will run between Sullivan Square and Haymarket. For details and accessible van information, visit the [related MBTA site](#).

February 12th, 6-8pm

Gilman Square Community Meeting

Winter Hill Community School, 115 Sycamore St

The Mayor, City Councilors, City Staff and Gilman Square Neighborhood Association invites the public to [presentation and discussion](#) of conceptual designs for multi-modal transportation and future development in Gilman Square.

February 12th, 6pm

State meeting on improvements to McGrath Highway and Mystic Ave

East Somerville School, Cross St

To address safety for all users of these state highways, this meeting is being held by the state to discuss related improvements. For more info, visit the state site [here](#), entering #608562 for the project #.

Save the date, March 3rd, 6pm, **Rodent Control Meeting**, at City Hall. More info [here](#).

January 31st, **Walk-Ride Day**—sign up on 4th Fridays for the Green Streets Initiative to promote healthy sustainable commuting. Register at www.GoGreenStreets.org. Discounts available for participants who try alternative commuting options!

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

February 3rd, 6:30-8:30pm

“I Can’t Breathe: Meditation as an Embodied Justice Practice with Dominique Malebranche, PhD.

1035 Cambridge St, Cambridge, Suite 21A

Monthly lecture series at CHA Center for Mindfulness and Meditation. [Details here](#).

Feb 6th, 5pm

Screening of From My Heart to Yours

Council on Aging, 167 Holland St

The City of Somerville & Somerville Media Center are offering this 2nd in a four session series of screenings and follow up discussion of a short film documentary that takes an intimate look at how the availability and use of opioids impacts the lives of many and their journey towards recovery. For more info or to RSVP, contact [Matt Mitchell](#). Will also be shown on March 6th, 6:30 at Connexion, 149 Broadway.

February 24th, 6-7pm

4th Monday Monthly Community Meditation Sits

1035 Cambridge St, Cambridge, Suite 21A

In person community meditation and compassion sittings. More [info here](#).

The Suicide Prevention Resource Center has released the [Effective Suicide Prevention Model](#) to develop tailored prevention efforts. Learn about the three elements: strategic planning, keys to success and a comprehensive approach to adapt the model to your situation or setting. Includes a short video.

Coming up starting in April, **Savvy Caregiver Training** to help family caregivers navigate the challenges of dementia. Offered by Somerville-Cambridge Elder Services, in partnership with Mt Auburn Hospital, the class will be held on Fridays from 9-11:30am, starting April 10th, to be held in Waltham. Open to residents of Cambridge, Somerville, Waltham and surrounding communities, To learn more call 617-628-2601 x 3123 or email nmeyer@eldercare.org

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.

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>

The MA Domestic Violence SafeLink: a 24-hour multilingual hotline at 877-785-2020.

Families for Depression Awareness 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](tel:508-738-5148) or visit www.learn2cope.org

To find a list of **local AA meetings**, call 617-426-9444 or visit <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 . **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

February 3rd, 10am-12pm

Food Stamp Application Walk in Hours

Council on Aging, Holland St Center, 176 Holland St

Social workers host walk in hours to help facilitate the application process for SNAP/Food Stamps with new kiosk. No appointment required, please bring valid ID and proof of income. For more information, contact Ashley at 617-625-6600x2318

February 5th is **Winter Walk & Roll to School Day** across MA, including in Somerville, to promote healthy and active lifestyles and reduce environmental impact. [To learn more.](#)

Have you been noticing the **new Nutrition Facts labels on food and beverage products**, required as of the new year? It includes “added sugars”, more realistic serving sizes, with information on both single and full serving calories, etc. [An article that describes the changes.](#) from Robert Wood Johnson Foundation.

Somerville Winter Farmers Market, Saturdays, 9:30am-2pm starting December 7th

Arts at the Armory, 191 Highland Ave, Somerville, MA

[Survey](#) available in English, Spanish, Portuguese, Haitian Creole and Arabic to help inform the City's Health and Human Services efforts to make it easier for all residents to get groceries. All entries are eligible for chance to win a \$50 gift card.

From the Trust for America's Health: A recent [Rudd Center FACTS report](#) examined the children's beverage market and whether the drinks advertised are as healthy as companies say. The Children's Drink FACTS report found that only 38% of children's drink sales were for healthier, unsweetened drinks. The [State of Childhood Obesity website](#) published a [Q&A](#) with experts from the Rudd Center to discuss the findings. More obesity resources are available in TFAH's report [The State of Obesity: Better Policies for a Healthier America, 2019](#).

February 1st, 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

February 5th, 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.

February 5th, 7-9pm
Urban Gardening Talk with Lindsay Allen
Remnant Brewing, 2 Bow Market Way
Hosted by Somerville Public Library and Remnant Brewing
Join a talk with Lindsay Allen, the rooftop farm manager at Boston Medical Center will share her 10 years of experiences related to food justice and her passion for growing and distributing food in urban landscapes.

February 14th, 6:30pm
Hearty Meals for All
Somerville Community Baptist Church, 31 College Ave, Somerville
Community Dinner 2nd Friday of each month, <https://hearty-meals-for-all.org/>

February 26th, 5-7pm (*4th Wednesday each month*)
Come to the Table Community Meal- Thanksgiving Eve
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

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

Organic seed sales, to support garden programs at the Somerville Community Growing Center, provide High Mowing Seeds from Vermont. To learn more about this opportunity to grow your own organic produce and support local programs, [visit here](#). Deadline for orders is March 1st.

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](#).

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

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/>

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/> 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.

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

Visit the Diversity Data Kids [website](#) for the most recent **Child Opportunity Index 2.0**. [Related article](#) on how childhood opportunity varies by neighborhood. NE in general has higher opportunity index for children than other parts of the country.

February 6th, 4:30-6:30pm

Making Sense of Climate Change in Early Childhood

The Amphitheater, Lesley University Porter Campus, 1815 Mass Ave, Cambridge Health Alliance Join a dynamic panel of experts who look closely at working with young children on understanding and combating climate change. Explore curriculum, work with families, children's literature, and classroom practices focused on making sense of climate change in early childhood classrooms. Hear from teachers, academics and activists on how to meaningfully support children in their understanding of and advocacy for climate change. For more info and to register for free workshop [here](#),

February 6 and 7, tours from 8:15-10am and 12:15-2pm

Somerville High School Open House and Tours

Somerville High School, 81 Highland Ave

Get an inside look during these open house tours, meet staff members, learn about curriculum and tour the building. Tours start with a brief introductory meeting in the Auditorium, followed by guided classroom visits.

February 12th, 6-8pm

Serve and Inspire Volunteer Orientation

SFLC Cummings School Building, 42 Prescott St, Rm 12

Learn about volunteering in Somerville Public Schools. Please contact Volunteer Coordinator [Jen Capuano](#) at 617-629-5475.

February 13th 7-8:30pm

Sharing Our Stories Support Group--Final Session***

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; facilitated by Amy Bamforth, LICSW, please call (617) 629-5476.

February 24th, 6:30-8pm

Meeting the Needs of Children with Autism Workshop

West Somerville Neighborhood School, 177 Powder House Boulevard

The Somerville Special Needs Parent Advisory Council welcomes Leslie Hughes from MA Advocates for Children for this workshop on what professionals need to know about special education law and writing evaluation reports. This workshop for staff and interested parents provides an overview of legal standards, evaluation rights and procedures and special education service options for children with autism spectrum disorder.

February 27th, 5-7pm

Legal Services Clinic

SomerViva- Office of Immigrant Affairs, 42 Cross St

Meet representatives from SomerViva for information and resources and make an appointment for a free legal consultation with representatives from Greater Boston Legal Services and the Harvard Immigration and Refugee Clinical Program (HIRC). Call Irma Flores at 617-625-6600 x2122 or email iflores@somervillema.gov to register for a legal consultation appointment.

February 28th, 3-4pm

In this Together: A Support Group

SFLC Center, 42 Prescott St

Somerville Public Schools and City of Somerville employees who have young children are invited to this free support group. Join other working parents, fellow school and city employees, to share ideas, frustrations, resources and more. Will meet one Friday a month in Feb (March 27th, April 17th and May 22nd), facilitated by Amy Bamforth, LICSW.

Looking for ways to be creative on half-day Wednesdays? Sign up for **SMC's Media Exploration Adventures!** Each session includes targeted, hands-on, collaborative media production activities where youth develop their media skills in a fun, safe, supportive environment. The class also includes snack and a brief parent showcase with a light dinner from 5:30-6:00pm. Sign up for one or all of them! Program held at the Somerville Media Center (90 Union Square). Fees vary; scholarships available. Youth eligible for free or reduced lunch can attend for free. Visit www.somervillemedia.org/youth-media-2/media-exploration-workshops/?mc_cid=324a737c00&mc_eid=eb2a28602b for dates and to register. To learn more about Somerville Media Center and other great SMC programs, visit www.somervillemedia.org/.

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.

The National PTA has a range of resources related to [access to mental health services for students and families](#).

It is estimated that [up to ¼ of children with autism may be undiagnosed](#), from Ed Week.

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 at 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 [Sylvia](#) 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

February 5th, 7-8:30pm

Nature's Best Hope

Harvard University Science Center, 1 Oxford St, Cambridge

Join Grow Native for 1st in a series of monthly talks, with presenter Doug Tallamy, speaking on how to reverse declining biodiversity and to explain why we, ourselves, are nature's best hope. Free to all.

March 10th, doors open at 6, film at 6:30

The Need to Grow Movie Screening and Discussion

Somerville Theatre, 55 Davis Square

Join Mothers Out Front Healthy Soils Group and Farmers to You for first local screening of this documentary looking at pioneering work of climate activists and innovators in the regenerative farming and healthy food movements. Shows how to improve nutrition of food and increase capacity of the soil to drawdown carbon from the atmosphere. Q&A following the movie. Limited seats, available for purchase in advance [here](#).

The [Somerville Community Growing Center](#) is polling the community regarding the **Growing Center's theme for 2020**. Every year, the Growing Center selects a theme around which to develop and orient programming, and is seeking input from Somerville families about this year's theme. Visit [this link](#) to vote.

A CHA geriatric psychiatrist describes prescribing getting outdoors for his patients, [in article from AFAR](#).

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

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

Census jobs are still available! Paid training starts in March for pay starting at \$27.50/hour. Fill out applications online [here](#).

Free seeds available on two dates: visit the Community table for the **Seed Swap**, at the Somerville Winter Farmers Market on Feb 22nd and March 21st, coordinated by the Friends of the Community Growing Center. At the Center for the Arts at the Armory, 9:30am-2pm; bring along some seeds to share---or just find some to take home to nurture this season!

New City ordinance requires landlords to share information on **rights and housing resources for tenants facing eviction**. Find [more here](#).

The new effective date for **federal changes to public charge regulations** is February 24th, following the Supreme Court ruling that lifted the injunction (in all but IL). This means that certain changes of the "Totality of Circumstances Factors" will go into effect, though legal challenges continue. To learn more and to help offset related fears, please explore available resources. Not all immigrants are impacted; to find information, review the brief document from [Protecting Immigrant Families](#). Also, CHA has gathered info and resources at the CHA Immigrant Resources page, which were updated on January 27th. Benefits that are NOT impacted include: WIC, school lunches, food banks, shelters, child care assistance, and many more. To find free or low cost support legal supports, visit <https://www.immigrationadvocates.org/nonprofit/legaldirectory/>

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>.

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://somerillecdc.org/community-jobs-board>. To receive information on local training and educational opportunities, contact firstsourcejobs@SomervilleCDC.org or visit <https://www.facebook.com/somerillefirstsource?ref=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.somerillema.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 somerillepubliclibrary.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](tel: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 **Harvard Museums of Science and Culture** offer some free options: [The Museum of Natural History](#), [Semitic Museum of Ancient Near Eastern Archaeology](#), [Collection of Historical Scientific Instruments](#)

The **Clearinghouse** provides free health promotion materials for Massachusetts residents, health care providers, and social service providers.

[Health Disparities/General Health/Community Resources](#)

For clear and useful tools for helping people understand the **impact of the Public Charge Rule Implementation going into effect on February 24th**, refer to info from Protecting Immigrant Families <https://protectingimmigrantfamilies.org/know-your-rights/>

March 3rd is the MA Presidential Primary voting day known as Super Tuesday, which includes MA. To learn more about the overall primaries process, learn more [here](#). Locally, Early voting is possible February 24th to February 28th. Register to vote in the primaries by February 12th. For Somerville voting information, visit [here](#).

Boston's annual listing of top doctors, including 17 from CHA this year! See [the list here](#).

In the interest of dismantling racism, this [piece on white supremacy culture](#) highlights attitudes and behaviors that can be damaging through continuing to promote white supremacy thinking.

March 7th, 7:30pm **"Silent No More"**, live theatrical performance featuring a collection of inspiring life stories by individuals with hearing loss, at Regent Theater at 7 Medford St in Arlington, hosted by No Limits productions. Tickets required (\$25); email rsvp@nolimitsfordeafchildren.org. (Also for ASL interpreters and captioning). For more info: [visit here](#).

Watch for **US Census updates**; invitations will be mailed out March 12-20th to direct people to the online census. The City has brought on staff to help to reach “hard to count” populations, which are a priority for outreach. These include: Immigrants, children under 5, renters, college students, seniors, people with disabilities and people experiencing homelessness. If you or your organization have any questions, contact [Meredith Gamble](#).

[Vision, Values and Voice](#), a toolkit for communications, from the Opportunity Agenda to “move hearts and minds on social justice issues.”

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

Check out the [CHA Instagram!](#)

