

## ~March 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](mailto:lbrukilacchio@challiance.org)

### A Healthy Built Environment

#### **CHA Urgent Care Center opens April 30<sup>th</sup>.**

After careful consideration and community input, the Somerville Hospital Emergency Department is closing April 30, 2020. An Urgent Care Center is opening in its place the same day. This is part of a robust health improvement plan ([learn more](#)) created with the City of Somerville to meet the city's changing health needs. **CHA Urgent Care will be open every day, 9 a.m. - 9 p.m.** It will offer walk-in services, perfect when you can't see your primary care provider, and will accept all forms of insurance.

March 3<sup>rd</sup>- VOTE in Presidential Primary. For more information, visit [www.somervillema.gov/elections](http://www.somervillema.gov/elections).

March 3<sup>rd</sup>, 6pm

#### **Rodent Issues Special Committee Meeting**

City Hall, 93 Highland Ave

Public meeting of the Rodent Issues Special Committee. View agenda, video stream, and minutes at [http://SomervilleCityMA.iqm2.com/Citizens/Detail\\_Meeting.aspx?ID=3088](http://SomervilleCityMA.iqm2.com/Citizens/Detail_Meeting.aspx?ID=3088).

More info [here](#).

March 4<sup>th</sup>, 6pm

#### **Somerville Section 8 Voucher Incentive Program Kickoff**

Central Library, 79 Highland Ave

Come learn how you can receive an incentive payment for renting in Somerville to Section 8 or other voucher holders! New increased Section 8 payment standards mean significantly higher rents for landlords! For questions or more information, please contact Eben Forbes at the Somerville Office of Housing Stability, (617) 625-6600 2583 x

March 14<sup>th</sup>, 12-3pm

#### **Census Kickoff Fair: Make the Census Count**

Argenziano School.

A family friendly kickoff to the federal census process. It is critical to have an accurate count in response the census to insure continued federal funding which supports basic needs and community infrastructure, as well as determines state representation in Congress. This event will include free food, games and activities and staff to help people fill out their census. If you would

like to volunteer to help, please contact Community Services Manager Jennifer Mancia at 617-625-6600 ext. 2406 or [jdutra@somervillema.gov](mailto:jdutra@somervillema.gov).

Mid-March- **Federal census invitations** start showing up in the mail; complete the census as soon as it arrives- it is online this year for the first time! The Census is also hiring for positions with flexible hours to support census efforts with hourly pay starting at \$25 per hour. Visit [www.2020census.gov](http://www.2020census.gov) for more information.

March 16<sup>th</sup>, 6:30-8pm

**Community Meeting to Discuss Remaining Somerville High School Construction**

Somerville High School Cafeteria

Join representatives of the City Council, School Committee, Somerville High School Building Committee, and Infrastructure and Asset Management Department on Monday, March 16, for a community meeting to discuss construction progress and remaining work to be done on the Somerville High School Building project

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

Help make **special city parks such as Milk Row Cemetery, Prospect Hill Tower and Old Powder House at Nathan Tufts Park available for public visits** twice a month May through October. Docents needed; no experience required. Students may join to be a Junior Docent for community service. To apply, send a letter to Brandon Wilson at the City's Historic Preservation Commission at [bwilson@somervillema.gov](mailto:bwilson@somervillema.gov) or to City Hall at 93 Highland Ave, Somerville MA 02143. Questions? Call 617-625-6600x2532

**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](#).

**Walk-Ride Day**—sign up on 4<sup>th</sup> Fridays for the Green Streets Initiative to promote healthy sustainable commuting. Register at [www.GoGreenStreets.org](http://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](mailto: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](http://somervillema.gov/alerts).

### Positive Mental Health, Substance Abuse and Violence Prevention

March 2nd, 6:30-8:30pm

#### **Navigating “isms” in professional practice: Integrating social justice and compassion in difficult conversations, with Charmain Jackman**

1035 Cambridge St, Cambridge, Suite 21A

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

March 6<sup>th</sup>, 6:30pm

#### **Screening of From My Heart to Yours**

Connexion, 149 Broadway

The City of Somerville & Somerville Media Center are offering this 2<sup>nd</sup> 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](#).

March 23rd, 6-7pm

#### **4<sup>th</sup> 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 10<sup>th</sup>, 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](mailto: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](http://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 617-591-6000. 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 on the CHA website [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](http://www.mentalhealthfirstaid.org) . For future local dates, please contact Kerry Mello at [kmello@challiance.org](mailto: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 7<sup>th</sup>, 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 2<sup>nd</sup> 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](mailto: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](http://www.challiance.org/smart_recovery) and [www.smartrecovery.org](http://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](http://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](http://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 3<sup>rd</sup> floor Conference Center at CHA-Cambridge Hospital, 1493 Cambridge St, Cambridge. For information or to attend, contact [Elizabeth@nami-cambridgemiddlesex.org](mailto: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 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](http://www.familiesaware.org)

**Learn to Cope Support Group** meets Mondays, 7-8:30pm 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](http://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](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](#)

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 7<sup>th</sup>**  
Arts at the Armory, 191 Highland Ave, Somerville, MA

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

March 4th, 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 1<sup>st</sup> Wednesday of the month**. 617-625-2222  
Seeking volunteers to assist.

March 13th, 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/>

March 25th, 5-7pm (4<sup>th</sup> 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](mailto: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

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](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/>

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](http://www.somervillerec.com).

**Walk-Ride Day**—sign up on 4<sup>th</sup> Fridays for this Green Streets Initiative to promote healthy sustainable commuting. Register at [GoGreenStreets.org](http://GoGreenStreets.org). Discounts available!

Positive Child and Youth Development

March 3<sup>rd</sup>, 10-11:30am

**Early Childhood Health and Mental Health**

SFLC Center, 42 Prescott St

Join Somerville's Early Childhood Advisory Council (ECAC) for a conversation on the "Landscape of Somerville's Early Childhood Health and Mental Health" with early childhood advocates, providers and partners. Presenters include Lizzie Feigenbaum, Riverside Early Childhood Services, Dr. Greg Hagan, Chief of Pediatrics, CHA and Dr. Lee Robinson, Director of Training, Child and Adolescent Psychiatry Fellowship, Child Psychiatrist, Clinic for Healthy Child Development, CHA.

March 10<sup>th</sup> 5:30-7:30pm

**Somerville Summer Camp and Activities Fair**

East Somerville Community School, 50 Cross St

Learn about summer camps, recreational and learning opportunities for Somerville youth at this informational fair co-sponsored by the Somerville Family Learning Collaborative and SomerPromise. Representatives from various organizations in Somerville and the surrounding area will be on hand to share information and answer questions.

March 12<sup>th</sup>, 6:30-8pm

**Basic Rights: Understanding the IEP**

West Somerville Neighborhood School

Join the Somerville Special Education Parent Advisory Council (SSEPAC) for a workshop presented by the Federation for Children with Special Needs. The "Basic Rights: Understanding the IEP" workshop focuses on the Individualized Education Plan (IEP), how a plan is developed, the IEP process, and why a plan is important in supporting a student with special needs.

March 18<sup>th</sup>, 6:30-8pm

**Gender in Early Childhood**

SFLC Center, 42 Prescott St

This workshop is the first in a three-part series, "Raising Young Children in Somerville: A Family Workshop Series." Join SFLC and Somerville Partnership for Young Children (SPYC) staff to learn and discuss different topics around parenting and child development. In "Gender in Early Childhood," talk with early childhood educator Dr. Ellie Friedland about what gender is and is not, what children's gender role behavior does and does not mean, and how we can best support the growth and development of all children. To register for the workshop(s) and childcare, please contact [sfn@k12.somerville.ma.us](mailto:sfn@k12.somerville.ma.us) or 617-625-6600 x6990. Interpretation available.

March 19<sup>th</sup>, 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](mailto:Jen.Capuano@somervillepublicschools.org) at 617-629-5475.

March 25<sup>th</sup>, 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](mailto:iflores@somervillema.gov) to register for a legal consultation appointment.

March 27<sup>th</sup>, 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, future dates April 17<sup>th</sup> and May 22<sup>nd</sup>, facilitated by Amy Bamforth, LICSW.

**Parenting Journey** has upcoming groups starting in Somerville this spring. Find more information [here](#).

Save the date! April 18<sup>th</sup>, 10am-1pm for **the Healthy Kids Day Event** at the [Somerville YMCA](#) at 101 Highland Ave! All welcome for this annual event with activities and resources for families with children.

**2020 Somerville Summer Guide** for Summer Programs and Camps, Local Activities, Teen Jobs and Afterschool Programs in and around Somerville!

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](http://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/](http://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](#).

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](mailto: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.riversideecc.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](http://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](http://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](http://www.somerville.k12.ma.us/volunteer) for more information or contact Jen Capuano, SFLC Volunteer Coordinator at [jcapuano@k12.somerville.ma.us](mailto:jcapuano@k12.somerville.ma.us) or 617-629-5475.

Stay connected with the **Somerville Public Schools website home page** ([www.somerville.k12.ma.us](http://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](http://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](http://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

March 4th, 7-8:30pm  
Harvard University Science Center, 1 Oxford St, Cambridge  
Join Grow Native for 1<sup>st</sup> in a series of monthly talks, with presenter. Free to all.

March 10<sup>th</sup>, 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](#).

[Green gentrification](#), does fighting climate change make cities more vulnerable to this potential?

**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](http://www.climatecrew.org) or [www.facebook.com/climatecrews](https://www.facebook.com/climatecrews). Watch for Climate Preparedness Week (Sept 24th-30th)

**350MA.Org** - [350 Massachusetts](http://www.350mass.org) 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](http://www.350mass.org).

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

#### **Free Citizenship Classes, Somerville Central Library 79 Highland Ave**

The Somerville Public Library and St. Mark Community Education Program are offering a free, twelve-part Citizenship Interview Preparation Class for residents seeking to apply for American citizenship. Classes will be offered on Saturdays from 9:30 a.m. to 12:30 p.m., from March 7 through May 23. Prospective students must have a basic understanding of English and hold a legal permanent resident card for five years, or three years if married to an American citizen. Students can register in person March 7 during the first class. Please contact Brigid Pigott at 617.623.5000 ex 2935 or [bpigott@minlib.net](mailto:bpigott@minlib.net).

[BabySteps Savings Plan](http://www.babysteps.org) is rolling out from the state. As of January 1st, 2020, every child born or adopted across Massachusetts is eligible for a 529 U. Fund college savings account with a free \$50.00 seed deposit through the BabySteps Savings Plan. This is an effort to make higher education more accessible for children across the commonwealth and to make sure saving for higher education is valued like any other necessity required for nourishing a growing child.

**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: visit the Community table for the **Seed Swap**, at the Somerville Winter Farmers Market on March 21<sup>st</sup>, 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! Or use SNAP benefits to purchase organic seeds.

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

The effective date for **federal changes to public charge regulations** was 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](#). Benefits that are NOT impacted include: WIC, school lunches, food banks, shelters, child care assistance, and many more. To find free or low cost legal supports, visit [here](#).

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://somervillecdc.org/community-jobs-board>. To receive information on local training and educational opportunities, contact [firstsourcejobs@SomervilleCDC.org](mailto: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](#).

The **Somerville Public Library** hosts many events for you and your family to enjoy. To see the full schedule, please visit [somervillepubliclibrary.org](http://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](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](http://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

**March 3<sup>rd</sup> 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 24<sup>th</sup> to February 28<sup>th</sup>. Register to vote in the primaries by February 12<sup>th</sup>. For Somerville voting information, visit [here](#).

March 7<sup>th</sup>, 7:30pm  
"Silent No More"

Regent Theater at 7 Medford St in Arlington

live theatrical performance featuring a collection of inspiring life stories by individuals with hearing loss, hosted by No Limits productions. Tickets required (\$25); email [rsvp@nolimitsfordeafchildren.org](mailto:rsvp@nolimitsfordeafchildren.org). (Also for ASL interpreters and captioning). For more info: [visit here](#).

March 21<sup>st</sup>, 4-6pm

**Tibetan Mental Health Panel & Workshop**

TAB Hall, 46 Clinton St, Chelsea

Insights from Conventional Western and Traditional Tibetan Medicine, presented by TYB and TAB.

Watch for **US Census updates**; invitations will be mailed out March 12-20<sup>th</sup> 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](#).

Check for updates on the **Coronavirus (Covid-19)**: locally with the [City of Somerville](#), or with state [MA Department of Public Health](#) or the [Center for Disease Control](#) to stay informed.

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

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!](#)

