



MYSTIC VALLEY
Public Health Coalition

November 2024 Newsletter

The Mystic Valley Public Health Coalition works to build the collective responsibility of creating and sustaining environments where communities can thrive in supportive and healthy spaces.

Flu and Covid-19 Vaccines

Stay Healthy this Season: Tips for Flu and COVID-19 Prevention

As we head into colder months, flu and COVID-19 cases are on a rise, making it more important than ever to protect yourself and those around you. Taking precautions keep us healthy and reduce the spread of these contagious illnesses. Here are some simple, yet effective ways to stay safe this season:

Prevention Tips

- **Get Vaccinated**
 - One of the most effective ways to protect against both flu and COVID-19, is getting vaccinated. Flu shots are recommended to get in early fall, while updated COVID-19 boosters are available and provide added protection. Both vaccines can reduce the severity of illness if you do get sick.
- **Practice Good Hygiene**

- Washing your hands often, using hand sanitizer, and avoiding face-touching are key ways to prevent illness. It's also helpful to clean frequently touched surfaces, like door handles, phones, and keyboards, at home and work.
- **Wear Masks in Crowded Places**
 - Masks can help reduce the spread of respiratory illnesses. Wearing one in crowded indoor spaces, especially during high-transmission times, can help keep you and others safe.
- **Stay Home if You Feel Sick**
 - If you experience symptoms like fever, cough, or body aches, it's best to stay home to prevent spreading germs to others. Rest, hydrate, and take care of yourself. Wait to return to work or school for when you feel better.
- **Boost Your Immune System**
 - Keeping your immune system strong is a key way to stay healthy. Try to get sufficient sleep, stay hydrated, eat nutritious foods, and manage stress. Small lifestyle adjustments make a big difference.

Helpful Information

Flu and COVID-19 symptoms can be similar. Testing can help you know which virus you have and get the right care. Vaccines for flu and COVID-19 can be taken at the same time, and studies show no increase in side effects. People who are at higher risk, including older adults, children, and those with certain health conditions, should take extra precautions to stay protected.

Resources

Pharmacies and Clinics:

- <https://www.cvs.com/immunizations/flu>
- <https://www.walgreens.com/topic/pharmacy/seasonal-flu.jsp>



Stay safe and healthy this season,

The Public Health Youth Leadership Group

Recovery Resources and Events

The MVPHC partners with The Bridge Recovery Center in Malden. Through this partnership, the MVPHC Regional Recovery and Outreach Subcommittee meets monthly at the Bridge to discuss current resources and programming across the region to bring back to their communities.

Check out these events coming up this month in our communities and at The Bridge!

November						
SUN	MON	TUE	WED	THU	FRI	SAT
 <p>239 Commercial St Malden MA 781-480-4937</p>	 <p>mva malden overcoming addiction</p>				<p>1</p> <p>10:30am Gratitude & Goals 11:30am Yoga with Laura 12pm Mark Scribner Financial Workshop 4pm Recovery Dharma 5:30pm Mindful Movement with Ken 6:30pm Friday Night Speaker & Fellowship</p>	<p>2</p> <p>4:30pm Zumba 7pm Check Up from the Neck Up All Recovery Meeting</p>
<p>3</p> <p>Sunday Funday Football, Food & Fellowship 1pm Patriots' vs Titans 3pm Art: Affirmation Making for World Kindness Day 4pm All Recovery Meeting</p>	<p>4</p> <p>10am Trip to Phoenix Gym 10:30am Gratitude & Goals 12:30pm Friendsgiving Planning 12:45pm Meditation 1pm Coffee with a Coach 2pm Yoga with Jess 3:30pm Art with Ruthie 4pm Recovery Dharma 6:30pm Bridge to Hope</p>	<p>5</p> <p>10:30am Gratitude & Goals 12pm Coffee with a Coach 2pm Community Meeting 3:15pm Volunteer Meeting 6pm A New Beginning for Women 7pm Men's 12 Step</p>	<p>6</p> <p>10:30am Gratitude & Goals 11:30am Yoga with Jess 12:45pm Meditation 1pm Community Fridges 3pm Daily Reflections 6:30pm A Woman's Way 7:30pm Gambler's Anonymous Meeting</p>	<p>7</p> <p>10:30am Gratitude & Goals 12pm Job Search & Resume Building 2pm Daily Reflections 4pm CAPRESS Meeting 6pm New Member Introductions 7:30pm NA Ultimate Weapon Fellowship</p>	<p>8</p> <p>10:30am Gratitude & Goals 11:30am Yoga 12:45pm Meditation 12:30pm Coffee with a Coach 1pm Music Therapy 4pm Recovery Dharma 6:30pm Friday Night Speaker & Fellowship</p>	<p>9</p> <p>5:00pm Peer to Peer Discussion Group 7pm Check Up from the Neck Up All Recovery Meeting</p>
<p>10</p> <p>Sunday Funday Football, Food & Fellowship 1pm Patriots' vs Bears 4pm All Recovery Meeting 5pm Vision Boards</p>	<p>11</p> <p>Closed for Veteran's Day</p> <p>VETERANS DAY HONORING ALL WHO SERVED</p>	<p>12</p> <p>10am Recovery Coach Workshop @ BCTH 10:30am Gratitude & Goals 12pm Coffee with a Coach 2pm Peer Leadership Workshop 2pm Reiki 6pm A New Beginning for Women 7pm Men's 12 Step</p>	<p>13</p> <p>World Kindness Day 9am-12pm Community Fridges 10:30am Gratitude & Goals 11:30am Yoga 12pm RADIC Malden Square 1:30pm Forestdale Park 3pm Principles & Values 5pm Community Meeting 6:30pm A Woman's Way 7:30pm GA Meeting</p>	<p>14</p> <p>10:30am Gratitude & Goals 12pm Job Search & Resume Building 4pm CAPRESS Meeting 6pm New Member Introductions 7:30pm NA Ultimate Weapon Fellowship</p>	<p>15</p> <p>10:30am Gratitude & Goals 11:30am Yoga with Laura 12:45pm Meditation 12:30pm Coffee with a Coach 4pm Recovery Dharma 5:30pm Mindful Movement with Ken 6:30pm Friday Night Speaker & Fellowship</p>	<p>16</p> <p>4:30pm Celebrate Recovery 7pm Check Up from the Neck Up All Recovery Meeting</p>
<p>17</p> <p>Sunday Funday Football, Food & Fellowship 12pm PRSC Pool Tournament 1pm Patriots' vs Rams 4pm All Recovery Meeting</p>	<p>18</p> <p>10:30am Gratitude & Goals 12:45pm Meditation 1pm Coffee with a Coach 2pm Yoga with Jess 3:30pm Art with Ruthie 4pm Recovery Dharma 6:30pm Bridge to Hope</p>	<p>19</p> <p>10:30am Gratitude & Goals 12pm Coffee with a Coach 2pm Community Meeting 3:15pm Volunteer Meeting 6pm A New Beginning for Women 7pm Men's 12 Step</p>	<p>20</p> <p>10:30am Gratitude & Goals 11:30am Yoga 12:45pm Meditation 1-3pm Community Fridges 3pm Daily Reflections 5pm Community Meeting 6:30pm A Woman's Way 7:30pm GA Meeting</p>	<p>21</p> <p>10:30am Gratitude & Goals 12pm Job Search & Resume Building 4pm CAPRESS Meeting 6pm New Member Introductions 7:30pm NA Ultimate Weapon Fellowship</p>	<p>22</p> <p>10:30am Gratitude & Goals 11:30am Yoga with Laura 12:45pm Meditation 12:30pm Coffee with a Coach 4pm Recovery Dharma 6:30pm Friday Night Speaker & Fellowship</p>	<p>23</p> <p>5:00pm Peer to Peer Discussion Group 7pm Check Up from the Neck Up All Recovery Meeting</p>
<p>24</p> <p>9am-5pm Sabah Bowl Flag Football @ Charlestown High Sunday Funday Football, Food & Fellowship 1pm Patriots' vs Dolphins 4pm All Recovery Meeting 5pm Vision Boards</p>	<p>25</p> <p>10:30am Gratitude & Goals 12:45pm Meditation 1pm Coffee with a Coach 2pm Yoga with Jess 3:30pm Art with Ruthie 4pm Recovery Dharma 7pm SMART Recovery Meeting</p>	<p>26</p> <p>BRC Friendsgiving Celebration! 1pm Friendsgiving Meal 2-4pm Reiki 6pm A New Beginning for Women 7pm Men's 12 Step</p>	<p>27</p> <p>10:30am Gratitude & Goals 11:30am Yoga 12:45pm Meditation 1-3pm Community Fridges 3pm Daily Reflections 5pm Community Meeting 6:30pm A Woman's Way 7:30pm GA Meeting</p>	<p>28</p> <p>Closed for Thanksgiving</p> <p>Happy Thanksgiving</p>	<p>29</p> <p>10:30am Gratitude & Goals 12:45pm Meditation 1pm Music Therapy 12:30pm Coffee with a Coach 4pm Recovery Dharma 6:30pm Friday Night Speaker & Fellowship</p>	<p>30</p> <p>7pm Check Up from the Neck Up All Recovery Meeting</p>

PRIZE FOR BEST
TEAM NAME!

COSTUME
CONTEST: PRIZE
FOR BEST THEME!

50/50
RAFFLE!

RAFFLES!



BOWL A THON

*Malden Overcoming Addiction
Fundraiser*

TEAMS OF 4-6 BOWLERS | \$125 PER TEAM

SUNDAY, DECEMBER 8

6:00-8:30PM

TOWN LINE LUXURY LANES

665 Broadway, Malden, MA

TEAM REGISTRATION DEADLINE: FRIDAY, NOVEMBER 29

BOOK NOW BY TEXTING 781-888-8186 OR EMAILING
MTAM@MALDENOVERCOMINGADDICTION.ORG

Reading Events



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

GET CERTIFIED IN YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

Parents - Grandparents - Adults who Work with Youth - Teachers - School Staff - Coaches - Camp Counselors - Group Leaders

JOIN US

**NOV. 12, 19, 26 &
DEC. 3 FROM 6-8 PM
READING PUBLIC LIBRARY**

Registration link below

<https://lp.constantcontactpages.com/ev/reg/eejnck9>

Join the Reading Coalition for Prevention & Support for Youth Mental Health First Aid (MHFA). This course teaches you how to identify, understand and respond to signs of mental health and substance use challenges among youth.

Instructor: Taunya L. Jarzyniecki, LMHC, LADAC-I.

Registration link:

<https://lp.constantcontactpages.com/ev/reg/eejnck9>



Join us

PROVIDERS BREAKFAST

Join us for an opportunity to meet Reading Public Schools staff (clinicians, counselors and school nurses), local healthcare providers, mental health clinicians and the Reading Coalition for Prevention & Support. Let's network!



Friday
Nov. 15



The Event starts
at 8:30 AM

A light breakfast will be provided. We will meet at 62 Oakland Rd, RMHS in the 2nd floor library.



READING
MEMORIAL HIGH SCHOOL



READING
PUBLIC SCHOOLS



RSVP

<https://lp.constantcontactpages.com/ev/reg/ue44nxq>



Winchester Events

Are The Kids Alright?

Wed. Nov 6
7pm

Griffin Museum
67 Shore Road, Winchester

Free Community Event!



Dr. Allison Baker, MD

Guest Speaker

Smartphone Sense

A community discussion to explore the impact of smartphones and social media on youth mental health and why community connection matters more than ever.

► Q&A, Discussion and Resources

Presented by:



About the speaker

Dr. Baker is a child, adolescent and adult psychiatrist. She serves on faculty at Massachusetts General Hospital and Harvard Medical School.



Melrose Events

Save the Dates

Screenagers Movie Series

**Growing Up
In The
Digital Age**

October 17th

Next Chapter

November 14th

**Under The
Influence**

December 5th

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? SCREENAGERS reveals how tech time impacts kids' development and also offers solutions on how adults can empower their kids to best navigate the digital world and find balance.

Location: Milano Center

Time: 6:30-8:00pm

***Free for all parents and grandparents**

***Popcorn will be available**

***Walk-ins welcome, registration not required**

To watch the trailers and learn more about the movies, scan the QR code



MELROSE
EDUCATION FOUNDATION



PARENT UNIVERSITY

Parent U is a morning of workshops for parents, caregivers, and community members focused on education, parenting, community engagement, and related topics.

PARENT U IS A FREE EVENT!

Parent U workshops include:

- The Science of Reading
- Is Your Kid Ready for K?
- Healthy Friendships
- Understanding and Supporting Anxiety
- Talking to Kids about Race

MELROSEEDFOUNDATION.ORG



SATURDAY

November 23

8:00 AM - 12:00 PM



MELROSE HIGH SCHOOL

Learning Common
360 Lynn Fells Parkway



15+ WORKSHOPS

For parents, caregivers,
and community members



FIND OUT MORE

melroseedfoundation.org

More Events

Stoneham Festival of Trees

For this event, people may purchase raffle tickets for trees decorated by groups/organizations that may contain things such as: resources, small gifts, gift cards, etc.

Keep an eye out for finalized dates and advertisements!

Local Events

Are you hosting an event that serves our students or families? Could folks benefit from the work that you're doing? Would you like to get the word out to collaborators in the region?

Submit your upcoming events here and we will feature them in the future editions of our newsletter. Use the button directly below.

Submit Events for a Future Feature Here!

Mystic Valley Public Health Coalition

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United States of America



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