

The CAMBRIDGE LIFE

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Supporting Cambridge's Vulnerable Populations



Q&A with New City Manager Yi-An Huang

City Staff Providing Critical Support to those in Need

Multi-Service Center Staff Help Residents Overcome Barriers

Pandemic Inspires New Approaches to Food Insecurity

Multilingual Highlights Pg. 14-20

Affordable Housing Basics At a Glance

The U.S. Department of Housing and Urban Development (HUD) generally defines affordable housing as housing in which the household is paying no more than 30% of their gross monthly income for their housing costs which include rent or mortgage and utilities. Some programs may require an occupant to pay up to 40% of their gross household income toward their housing costs.



*Affordable Housing
Frost Terrace &
Inman Crossing.*
Photos by Robert
Benson Photography.

Categories

Federal and State Subsidized Housing.

Generally requires an applicant to be at or below 50% of the Area Median Income (AMI). Some programs allow an applicant to have an income up to 80% of AMI. Applicants can have zero income.

Income based Housing. Requires an applicant to meet minimum and maximum income guidelines.

Types

Mobile Section 8/Tenant Based Voucher. This subsidy follows the tenant and can typically be used anywhere in the United States. Voucher holder finds their own unit that must be approved by the housing authority/agency.

Site Based Housing/Public Housing. All units in the building or development are subsidized. If the tenant moves out of the unit, the subsidy does not follow them.

Project Based Housing. Some units in a building are subsidized, but the whole building is not. Similarly to site based or public housing, if the tenant moves, they do not have a subsidy.

Mass Rental Voucher Program (MRVP): These may be mobile/tenant based or project based. A mobile MRVP voucher can only be used in MA.

The Who

Housing Authorities. Most towns in MA have a Housing Authority. Housing Authorities receive funding for vouchers and public housing from HUD and/or the MA Department of Housing and Community Development (DHCD). Housing Authorities administer vouchers, fund project-based units, and develop and maintain public or site-based housing.

Housing Agencies. In Massachusetts, there are 9 Regional Administering Agencies (RAAs). These non-profit agencies administer a variety of housing subsidy programs. They also administer the state's financial assistance program (Residential Assistance for Families in Transition; RAFT) and, have varying other services. Metro Housing|Boston is the regional agency for Cambridge residents.

Where and How to Apply for Affordable Housing in Cambridge

There are 5 primary applications that residents should complete when seeking affordable housing in and around Cambridge.

- **Cambridge Housing Authority (CHA).** Apply directly to CHA for a mobile Section 8 voucher as well as Cambridge site based and Cambridge project-based units. cambridge-housing.org/applicants
- **CHAMP (Common Housing Application for Massachusetts Programs).** Centralized application for all MA state-funded public housing. camb.ma/CHAMP

The next 3 applications can be found on the Metro Housing|Boston website, metrohousingboston.org/apply-for-section.8.

- **Regional Housing application.** One application that goes to all regional housing agencies for Sec 8 mobile vouchers.
- **Regional Housing Project Based application.** Apply for project-based units in Metro Housing region.
- **Centralized Section 8 application.** One application that will go to most housing authorities throughout the state. It does not go to Cambridge-apply directly to CHA.

In addition, for residents with incomes between 50% and 120% of AMI, the Cambridge Community Development Department offers two income based rental programs as well as homeownership programs. To find out more, visit cambridgema.gov/applyforaffordablehousing.

Conclusion

Applying for housing can be confusing and overwhelming. In addition to the information above, there are other programs and housing opportunities that may be available. For more information, please contact the Office of the Housing Liaison at: mpensak@cambridgema.gov.

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Affordable Connectivity Program

This new federal program helps low-income households offset monthly costs of a new or existing internet service.

Are you getting your \$30/month internet discount?

This new federal program helps low-income households offset monthly costs of a new or existing internet service. Eligible households can also get a one-time discount of up to \$100 for a laptop or tablet purchased from a participating provider. If you participate in any of these programs, you automatically qualify:

- SNAP • Medicaid • Federal Public Housing Assistance • Lifeline • WIC • Supplemental Security Income • Veterans Pension/Survivor Benefits

To apply, visit AffordableConnectivity.gov or call 1-877-384-2575.



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Access Digital Versions of *The Cambridge Life* and other publications at Cambridgema.gov/digital. This interactive site often includes additional or updated information related to articles in print issue, as well as videos and other photos.



A Q&A with Cambridge's New City Manager Yi-An Huang

- The City Manager is appointed by the City Council
- The City Manager serves as the City's Chief Executive Officer
- Yi-An Huang began working for the City on September 6, 2022

Cambridge Welcomes New City Manager Yi-An Huang

“I am really excited to serve this city that I love. We are a city with such energy, diversity, and ambition – it’s an amazing honor to be in this position!”

– Cambridge City Manager Yi-An Huang

What were some things that most interested you about the position of Cambridge City Manager?

I was really excited about the opportunity to serve this city that I love. I have three children in Cambridge Public Schools and this will be the community that shapes them as they grow up. I hope that they will be inspired by what’s possible, and to see our diverse community come together to build a better city for everyone. We are a city with such energy, diversity, and ambition – it’s an amazing honor to be in this position!

What are some of the things you enjoy about living and raising a family in Cambridge?

I grew up in the Boston area, but Cambridge has been my home since I left for college. My partner and I met at school and had our first date at the Au Bon Pain in Harvard Square. I proposed on the Weeks Bridge, and we were married in Memorial Church. Our children were born in the city and I’ve spent many beautiful mornings and afternoons in our amazing parks and playgrounds. I especially love Paine Playground, which is a hidden gem north of Broadway. And I’ve loved this community – the passion of so many people who want to make a difference in the world. There is such a rich civic and community landscape, and I’m thrilled to be able to be a part of it.

What do you enjoy in your spare time?

We have three children and a dog, and so there isn’t a lot of spare time! In this phase of life, my hobbies have become very practical! I love cooking, and it’s gotten even more fun with kids. There are few things more rewarding than a smiling kid saying that you’ve cooked their new favorite dish. They’re now getting old enough to help. We started with scrambled eggs and are now moving on to pancakes, so I’m hoping that I’ll soon have assistant chefs in the kitchen!

What do you hope to accomplish in your first few months as City Manager?

I know it’s going to be a busy fall! I hope to work hard to build a strong working relationship with the City Council and also the community. There are so many issues that we want to work on, and I’m excited to work with our fantastic City staff to start getting things done. But I know that a big part will be having a foundation of understanding and trust. I’m especially hoping to reach out more to people who don’t traditionally come to City Hall and to include more voices in the conversation as we make important decisions.

What do you see as some of the greatest challenges and opportunities facing Cambridge?

Running a city is really hard! We are facing deep challenges – housing, climate change, transportation, and building a more equitable and just society. How do we rise to the moment with ambitious goals, urgent action, and strong execution? And how do we do this in a way where we are moving forward together as a community, rather than being pulled apart? I think that’s the greatest challenge and opportunity we are facing.

How do you think your prior work experiences will inform your work as the Cambridge City Manager?

I loved the nine years I spent at Boston Medical Center, and one of the amazing parts of the culture was a relentless focus on running a better organization to accomplish our mission. I learned how much is under the hood of a complex operation and how to build a culture of learning, accountability, and continuous improvement. There’s a lot of great work happening already, and I hope to both support that good work and find new opportunities for delivering results for all of our residents.

You’ve been meeting with City leaders prior to starting your new position. How has that gone?

I’ve been so grateful for the summer, and the opportunity to start building relationships, especially when we are all in a better mood! It would have been so much harder to start in the middle of winter! I’ve spent a lot of time listening and learning with City leaders, the City Council, and folks in the community who have reached out. It’s been really energizing, and I’ve seen some of the challenges that we are currently facing, but also how much our deeper values and goals are aligned. I hope to build on that and I’m looking forward to even more conversations since I know there are so many people I haven’t been able to meet with yet.

Tell us about your leadership approach and how you envision interacting with the community?

The City works for the people and with direction from the City Council. My hope would be that it feels like the City, our community, and the Council are on the same team, tackling the serious challenges that we are facing together. That doesn’t mean that we will always agree, but it should feel like we are in the same boat, working to find consensus, and ultimately rowing together in the same direction. I hope to welcome feedback, input, and guidance from the community – I know that I’ll make mistakes, and my approach has always been to be honest and transparent, learn, and try to improve.

Q&A on Cambridge's New Community Safety Department with Director Christina Giacobbe

- This new department will help support Cambridge's most vulnerable residents by providing an alternative, non-public safety response to non-violent, and behavioral crisis calls.
- Call 911 to report a crime, fire, medical emergency, or behavioral health crisis. Calling 911 is always preferred but texting 911 directly is an alternative option.
- Call or text the new 988 number for emotional distress or suicidal thoughts.

CAMBRIDGE ALTERNATIVE RESPONSE PROGRAM



1. CALL

An individual experiencing or witnessing a crisis calls 911.



2. DISPATCH

A City of Cambridge dispatcher identifies Cambridge Alternative Response as the appropriate resource and dispatches an Alternative Response Team to the scene instead of Fire, Police or traditional EMS.



3. RESPONSE

The Alternative Response Team uses their combined knowledge and experience to assess the situation and work with the individual in crisis to decide what happens next.



4. SUPPORT

The Alternative Response Team uses their knowledge of community resources to connect the individual in crisis with additional supportive services for follow-up.

Featuring the City's Alternative Response Pilot Program

The Community Safety Department will coordinate community driven solutions that enhance safety and wellness in the community by providing key programs and services targeted at the most vulnerable populations.

The new Community Safety Department (CSD) will be comprised of non-public safety personnel who can coordinate programs and provide key community services that focus on behavioral health crisis (mental health, developmental disabilities, and substance use), violence prevention and intervention, and overall wellness. CSD will also manage an alternative response pilot program launching this fall, in which field teams will respond to non-violent and behavioral health crisis calls to 911. While calling 911 is always preferred, text to 911 is available if calling is not an option. A new 988 number is also available for anyone experiencing emotional distress, behavioral crisis, or suicidal crisis, or for individuals worried about a loved one and not sure how to support that person.

What is a Community Safety Department and why is the City creating one?

The Community Safety Department is an independent new department that will supplement the important work being done by existing Cambridge public safety agencies and other departments. Similar to other community safety agencies and programs, CSD will seek to provide evidence-informed services that are rooted in harm reduction and trauma-informed principles which are grounded in the belief that all people deserve respect, autonomy, dignity, and opportunity.

The City is establishing this department in response to a City Council policy order to develop an unarmed alternative response program, as well as in response to community concerns about supporting Cambridge's most vulnerable residents and enhancing violence prevention efforts.

What is the new 988 number and when should it be used?

People can still call 911 to report a crime, fire, medical emergency, or a behavioral health crisis. In July, a new 988 was launched for calls related to, or from anyone in emotional distress or suicidal crisis. The 988 number can also be used by an individual who is concerned about a loved one to request a check-in, or to get them help. Trained counselors, who are not clinicians, are available to provide free, confidential emotional support to all callers. 988 centers will work closely with local 911 centers to coordinate an emergency or alternative response as needed. In addition, people can also call the City's non-emergency number at 617-349-3300.

How will the Community Safety Department Improve Services to the Community?

CSD will collaborate with area non-profits, community safety agencies, and other local partners to develop additional programs and services through community engagement, focus groups, analyzing data, and

establishing an advisory group to identify gaps in services to the most vulnerable populations. These services may include providing mutual aid services, community-based skill building and training, and providing aftercare and proactive community response to community members experiencing a behavioral health crisis.

How will it be determined if the police responds or CSD responds?

Non-violent crisis calls without scene safety concerns will get a CSD response. However, as with all response plans for emergency services, scene safety for all is the first priority. If there is a scene safety concern, such as possible weapons or potential threat, police will respond and stabilize the scene first, then determine what additional resources are necessary.

What type of training will CSD personnel undergo?

Employees of the department will undergo various training based on their role. Some training identified as best practice for alternative response programs include: Crisis Management; De-escalation Techniques; Trauma-informed Response; Motivational Interviewing; CIT (Crisis Intervention Training); Harm Reduction; CPR & First Aid; Domestic Violence Prevention & Response; Needs Assessment & Safety Planning; Youth Engagement; Peer Support; Bystander Training; Racial Equity; and Local Community Organizations & Resources Training.

How can I find out more about working at the Community Safety Department?

Visit the City's job page to view open positions by the Community Safety Department at [Cambridgema.gov/jobs](https://cambridgema.gov/jobs). For more information, contact Christina Giacobbe, cgiacobbe@cambridgema.gov.



City Staff Provide Critical Support to Cambridge's Most Vulnerable Populations

- Cambridge Public Library has a social worker who can help in person or over the phone. The social worker speaks English, Spanish, and Haitian Creole.
- Staff at the Cambridge Senior Center can assist with resources and information.
- Social workers at 911 Call Center and Cambridge Police also provide support.

Commitment to Equity, Access, and Inclusion



The City's commitment to providing a comprehensive array of programs, resources, and services that are accessible to all in the Cambridge community, especially our most vulnerable populations, has led to the addition of social workers in several departments.

Library Social Worker Meets with Residents at their Local Branch or by Phone

Hundreds of community members walk through the doors of the Cambridge Public Library (CPL) and Branch locations daily to discover, create, and utilize the Library's many resources. One of the Library's newer resources – the addition of a social worker in March 2021 – reflects the City's commitment to equity, access, and inclusion. It is also part of a greater effort to support community members by strategically placing resources where they tend to congregate.

Marie Mathieu, a licensed clinical social worker based at Central Square Branch Library, meets with community members at Branch locations and speaks in English, Spanish, and Haitian Creole. Over the past year, she has helped over 300 clients navigate the complex web of systems to register for benefits and supports, systems that are often an insurmountable barrier to life saving resources for the people who need them the most. Marie has also helped clients access critical food and mental health resources, and apply for housing and jobs. Four social work interns supplement the Library's social services and were instrumental in piloting a Care Call initiative, which allows community members to sign up for weekly check-in calls. Additionally, Marie has trained CPL staff on how to support the vulnerable community, expanding the library's ability to effectively help those in need.

Cambridge Police Social Workers Support Officers in their Work with Vulnerable Residents

The Cambridge Police Department's (CPD) Clinical Support Unit (CSU) has two licensed clinical social workers – Elana Klein and Sabrina Voegelin – who, along with Dr. James Barrett, a psychologist and CSU Director – provide critical support for officers, primarily those working in the Family and Social Justice Section, as they work directly with residents and their families. CSU staff provide formal training, help officers understand how certain health conditions can affect a person's behavior, and support community prevention programs.

Photo Opposite page: COA Executive Director Susan Pacheco (right) and COA Director of Client Services Vincent McCarthy (left) greet a client of the Senior Center. **(Above):** Library Social Worker Marie Mathieu meets with a client.

The CSU also reaches out directly to residents, particularly members of vulnerable populations who interact with officers, or are referred to the department. The main goal of the CSU is to work with those who are at-risk for involvement in the criminal justice system and to divert and deflect them away from jail and into needed supports and services. This past year, CSU staff worked on over 900 unique cases.

Emergency Communications Social Worker Helps Dispatchers with Certain 911 Calls

The City's Emergency Communications Department is committed to providing timely assistance to those most in need and has placed a Licensed Social Worker in the Emergency Call Center to assist dispatchers in handling calls to 911 and the non-emergency line, that have a mental health component or emergency.

Connecting Cambridge Seniors to Social Services

The Cambridge Council on Aging (COA)'s Client Services team takes a case management approach to helping any Cambridge resident age 60 and older with accessing the resources they need. COA offers a variety of social-based services, and while it does not provide direct clinical or medical services, COA staff can refer seniors to local agencies that do.

When meeting with seniors, COA staff consider each personal situation carefully to determine whether a client could benefit from housing resources, food access, mental health or cognitive support, financial management, or medical attention. If staff determine that a senior needs resources related to their health or safety, they coordinate with community partners, including Somerville-Cambridge Elder Services, licensed social workers in Cambridge Housing Authority's Senior Housing, Cambridge Police Department, or the state's Protective Services.

"Our goal is for seniors to be able to maintain a level of independence and quality of life," says Susan Pacheco, Executive Director of COA. "We also focus on providing ongoing social support to seniors. When people are isolated, their physical and mental health quickly declines, so connection is critical to wellbeing."

The Cambridge Almshouses and Avon Home for Children



From the beginning of English settlement in New England through the Revolutionary War, people in need turned to families, neighbors, and their church for help. Any without support became the town's responsibility; children might be bound out as apprentices or servants, and adults hired as laborers. War and financial depressions forced more people into poverty, and towns began to gather their poor together in almshouses (poorhouses) on town farms.

Cambridge's first two almshouses were in existing buildings: the first in Harvard Square in 1779, and its successor in North Cambridge in 1786. The third, built in 1818 near today's Sennott Park, burned in 1836. The fourth was built on land purchased by the town in 1838. The 11 acres along the Charles River, from Western Avenue almost to River Street, accommodated an Almshouse and town farm. The property's value increased substantially, and in 1849, the town sold it to a publisher who converted the brick Almshouse into a book manufactory that became the nucleus of the Riverside Press.



The Almshouse building still stands at 45 Matignon Avenue and has been home to École Bilingue since 2005. Photo ca. 1965.

Cambridge Historical Commission. Staff photo

A panoramic view of the Cambridge Almshouse (at right) and the Town Farm. Photo ca. 1900.

Cambridge Historical Commission. Source unknown.



A new town farm soon opened near Alewife and Tannery Brooks. The City awarded the contract for a new poorhouse to the team of Rev. Louis Dwight, a leader in the prison reform movement, and Gridley J.F. Bryant, a prolific Boston architect. Completed in 1851, the new building was constructed of gray-green and ocher ledgestone quarried by the Almshouse residents. The central core contained offices and communal rooms. Men and women were segregated: they slept in different wings, attended separate workshops, and ate in two dining rooms. The superintendent (also called the warden or keeper) and his family occupied private parlors and bedrooms in the third wing.

Able-bodied residents were expected to work on indoor tasks, on the farm, in the quarry, or hauling waste. Their labors helped sustain the Almshouse and pay for a visiting physician, fuel, and meat from local butchers.

By 1913, the Almshouse residents were primarily the elderly and sick poor. The farm was operating at a loss. The Almshouse was renamed the City Home for the Aged and Infirm, and hospital facilities were added. (Later, a new City Home, now called Neville Place, was built at 650 Concord Avenue, overlooking Fresh Pond.) The old Almshouse was sold to the Archdiocese of Boston in 1929, which sold it to the International School of Boston in 2005.

Avon Home for Cambridge Children

James Huntington was saddened by the destitute, parentless children he encountered daily on the walk between his jeweler's shop in Harvard Square and his house on Avon Hill Street. In May 1874, he built a new, fully furnished orphanage at 32 Avon Hill Street with space for 10 youngsters.

Huntington could not maintain the institution on his own. In November 1874, he transferred the Home's administration to a Board of Trustees that raised funds, made policy, and even did household tasks. Cantabrigians generously contributed money, food, furnishings, books, toys, and country excursions. A local inn donated an adjoining lot for a playground. The Trustees wanted to create a family-like setting and arranged for the children to attend school and Sunday School and receive free medical care from local physicians. In 1879, a three-story wing with room for 15 more children was added to the Home, but the need continued to exceed the available space.



A 2018 view of 32 Avon Hill Street, the house Huntington built for his orphanage (later called the Avon Home).

City of Cambridge Property Database



The Avon Home opened a playground for neighborhood kids in the large rear yard of 1000 Mass. Ave.

In 1889, a successful fund-raising campaign enabled the Avon Home to open a spacious new building at 309 Mt. Auburn Street. As models of care evolved, the Home began a trial foster care program. The new approach was so effective and successful that, in 1913, the Trustees voted to close the orphanage and operate solely as a child-placement agency. A decade later, the organization opened the Avon Hill Community Center at 1000 Massachusetts Avenue. It continued its work in foster care and invited neighborhood kids to enjoy workshops and a new playground.



The Avon Home's last address was 1000 Massachusetts Avenue. The building was razed in 1975.

Cambridge Historical Commission. 55th Annual Report of the Avon Home, 1929.

In 1945, the Community Center closed, and the offices moved to Church Street, where the agency continued to enhance its community services. In 1965, the Avon Home became part of Cambridge Family & Children's Services, now Bridges Homeward, which still continues to advocate for children today, ensuring they are in stable, safe, and loving homes.

Cambridge Multi-Service Center Staff Help Residents Overcome Barriers to Housing and Access Critical Resources



- The Multi-Service Center helps people who are experiencing homelessness and provides eviction prevention support to help people stay in their homes.
- Staff listen to every client’s personal situation to help them access available benefits.
- The MSC is a center of connection to City and community services.

The Cambridge Multi-Service Center (MSC), located at 362 Green Street, provides direct services to individuals and families who are experiencing homelessness, facing eviction, and navigating challenging housing situations. The MSC, which serves about 500 households per year, also helps clients apply for public benefits, get legal aid and financial advice, and access mental health and substance abuse services.

“Stable housing is the key to people feeling safe and empowered to manage their day-to-day lives,” says Maria Melo, Director of the MSC. “We help individuals get housing vouchers, support them with their housing search, and connect them with resources that promote housing stabilization.”

MSC staff collaborate closely with the Housing Division of the City’s Community Development Department, the City’s Office of the Housing Liaison, the Cambridge Housing Authority, and other local housing providers to help people find housing. An in-person Housing Search Workshop is offered every Tuesday from 2:30-5 p.m. Participants learn about local housing options and apply to subsidized housing waiting lists. To register, call 617-349-6338.

MSC staff can help clients overcome barriers in their housing process. For example, if an individual experiencing homelessness does not have an ID to qualify for a housing voucher, the MSC can cover the \$25 fee to get one. They can also refer individuals and families experiencing homelessness to shelters with available space.

A core aspect of the MSC’s work focuses on homelessness and eviction prevention, and staff evaluate every client’s personal situation to ensure they are taking advantage of all benefits available to them. “We offer walk-in hours every weekday. Whatever you are dealing with, there is a case manager available to talk to you about your particular situation,” says Melo. “We are a one-stop-shop for your concerns to be heard.”

As a division of the Department of Human Service Programs, the MSC is uniquely situated to quickly connect clients to helpful City and community services, including Fuel Assistance, the Cambridge Employment Program, and childcare resources.

The MSC gets referrals from other City programs and connects clients to service providers in the community. For example, if clients are behind in rent, the MSC may refer them to Just-A-Start’s free Financial Opportunities program for budgeting assistance. If clients are experiencing legal issues, MSC staff can refer them to partners like Cambridge/Somerville Legal Services and De Novo.

The MSC also houses the Haitian Services Coordinator who supports Cambridge’s Haitian community, to get free assistance with immigration paperwork, or a referral to other immigration services.

“We are constantly working with our community partners to help our clients,” says Melo. “This collaboration can range from major efforts, such as resolving a tenant-landlord dispute, to smaller solutions, such as securing a pair of shoes for a homeless client.”

Multi-Service Center Walk-In Hours

362 Green St., Cambridge

Monday 9 a.m. – 7:30 p.m.
Tues.-Thurs. 9 a.m. – 4:30 p.m.
Friday 9 a.m. – 11:30 a.m.

For more information, call 617-349-6340.

Pandemic Inspires New Approaches to Food Insecurity in Cambridge



- The COVID-19 pandemic revealed that hunger is a major problem in Cambridge
- New programs bring food to residents in isolation or quarantine
- Local agencies improved the City's emergency food system

Food costs and unemployment soared in Massachusetts during the COVID-19 pandemic, putting many more people at risk for food insecurity. As many as 1 in 8 Cambridge residents were food insecure in 2021.

From March – June 2020, while many pantries remained closed, the City's Council on Aging partnered with Food for Free on the Community Food Line, which delivered over 1,000 meals to seniors and immunocompromised residents. In December 2020, Cambridge Public Health Department continued efforts to help residents who were in home isolation or in quarantine for a week or longer and could not access food.

"These residents had no way to get out to food pantries or grocery stores, and paid home delivery was too costly," said Rachael Cross, MS, RD, LDN, a Cambridge Public Health Department nutritionist. "Cambridge needed a system that could identify COVID positive residents at risk of food insecurity and get groceries and supplies quickly delivered to their homes."

The Health Department teamed up with Cambridge Economic Opportunity Committee (CEOC) and Food For Free. Within four weeks, the group had launched such a system. Public health contact tracers identified residents with food needs during routine COVID-19 "check in" calls. The information was shared electronically with CEOC staff who then packaged food, gift cards, and other supplies. Food For Free made the home deliveries.

"I was so sick, I couldn't shop, I couldn't cook. I couldn't do anything," said a Cambridge woman who got COVID-19 last fall and received a food package from the program. "This was a great help, financially and emotionally."

So far, over 180 Cambridge households received food packages through this program, which was honored with a 2022 Innovative Practice Award from the National Association of County and City Health Officials.

The pandemic shed light on hunger in Cambridge and the need to strengthen the City's emergency food system to meet new demand.

Above Photo: CEOC staff pack up food boxes for Cambridge residents in isolation or quarantine due to COVID-19.

In 2021, the Health Department and CEOC set out to improve operations of the Cambridge Food Pantry Network, which currently includes seven pantries that serve several thousand residents annually.

"Respect and dignity are so important to our clients," said Rachel Plummer, author of the 2021 Cambridge Food Pantry Network evaluation report and CEOC's Director of Programs and Public Policy.

When CEOC opened its North Cambridge food pantry in fall 2021, it incorporated many recommendations from the evaluation report. The larger space meant that fewer clients had to line up outside. The pantry offered extended hours and clients could choose their own food from the shelves.

Food For Free also revamped systems, recruited more volunteers, and created new home delivery programs. In January 2021, the agency launched *Just Eats* to address the overwhelming demand for food. The organization initially planned to distribute food boxes to 500 families in the Greater Boston area weekly, but the need was so great that Food For Free is currently distributing boxes to over 4,000 families per week.

To further support this effort, the City allocated American Rescue Plan Act (ARPA) funds to Food for Free.

Need Food?

- Search Food Pantries by Zip Code: [camb.ma/need-food](https://www.camb.ma/need-food)
- Cambridge Food Resource Guide [camb.ma/foodguide](https://www.camb.ma/foodguide)

To volunteer with or donate to a Cambridge food agency or pantry, please contact groups in the Cambridge Food Resource Guide.

How Crisis Intervention Training for Cambridge Police is Making a Difference & A Story About Nelson



- Crisis Intervention Training (CIT) can play a critical role in a safer outcome for all.
- CIT programs redirect individuals with mental illness away from criminal justice system and into health care systems.
- Communities with a vigorous CIT program see a reduction in serious and fatal incidents.

As a department, the Cambridge Police Department (CPD) makes significant investments in training in order to best prepare officers for the various situations they may encounter in the field. Experience gained from programs like Crisis Intervention Team (CIT) training, along with compassion and patience exhibited by responding officers, can play a critical role in a safe outcome for all.

The CIT training program is an innovative community partnership between law enforcement, mental health professionals, addiction specialists, individuals impacted by Behavioral Health (mental illness, developmental disabilities, and addiction), and their advocates.

Based off of a community policing program in Memphis, TN, CIT was designed with the goal that everyone will work together to identify appropriate resources for those in crisis. Another driving force of the CIT program is to redirect individuals with mental illness away from the criminal justice system and into the health care system whenever appropriate. Statistics indicate that in communities where a vigorous CIT program is in practice, serious and fatal incidents decrease.

Officers who complete CIT training learn to understand common signs and symptoms of developmental disorders and mental illness, and are equipped with the knowledge and skills to guide best practice responses to individuals with those symptoms.

This is a story about Nelson.

After gravely struggling and nearly taking his own life earlier this year, today, Nelson is making significant progress. CPD is proud of Nelson's growth and – with his permission – is sharing some of his admirable journey.

It was an afternoon in August 2020 and Nelson was standing at the edge of a roof on the seven-floor Green Street building. Following a conflict at the CASPAR Emergency Services Center, one of the only shelters in Massachusetts that accepts people who are using drugs and/or alcohol and are homeless, Nelson was very upset

Above Photo: Dr. James Barrett, Director of the Clinical Support Unit at CPD, instructs a course in Crisis Intervention Team Training.

and threatened to take his own life. Officers spent nearly an hour attempting to build rapport and earn his trust to help him safely off the ledge. One of the responding officers – Christine Gilbertson – was familiar with Nelson due to her work in Central Square. She knew Nelson suffered from schizophrenia, alcohol abuse, and anger issues. Over the next hour, Nelson became more comfortable with Officer Gilbertson and the responding officers, resolved the conflict at the shelter, and ultimately stepped away from the ledge.

At that time, Nelson was not only experiencing homelessness. He was also struggling to cope with severe mental health symptoms that negatively impacted his interpersonal relationships, self-care, and ability to function safely in the community. He was contending with some serious chronic medical issues and he did not have any support or services in place. After growing up in a foster home and going to school in Arlington, Nelson landed in Boston where he got involved in gangs, alcohol abuse, witnessed family members get killed, broke up with his longtime girlfriend, and bounced in and out of several shelters and service providers. He wasn't able to find long-term stability, had difficulty controlling his drinking, and called 911 so frequently to the point where he could have faced criminal charges for abusing the system. In May 2020, he walked across the bridge around midnight seeking shelter and has been in Cambridge ever since.

"Cambridge took me in," Nelson said. "The only reason I came to Cambridge was for shelter. It was midnight and the Warming Center accepted me." Although he found a place to sleep, Nelson continued to struggle. Over the next two years, Nelson was named in more than 50 reports with Cambridge Police – either as an alleged victim, suspect, involved person, or witness.

**“Whenever you fall, I’ll be here to pick you up.
You are like family now.”**

– Officer Mike Padua said to Nelson

In addition to Officer Gilbertson, Nelson began to build a relationship and trust with Community Outreach Officer Mike Padua. Officer Padua would frequently see Nelson walking around Cambridge and go out of his way to say hello and check on him, and even gave Nelson his cell phone number. Nelson also connected with Officer Gutoski, Sergeant Lowe, and Elana Klein, a Licensed Social Worker at the Cambridge Police. If it wasn’t for Officers Gilbertson, Padua, Gutoski, Sgt. Lowe, or Elana, Nelson admits, “I probably would be in jail (right now).”

In the midst of these challenges, Nelson displayed good insight into his struggles with mental illness, a traumatic brain injury, learning disabilities, and alcohol use. He asked for help and expressed a strong desire to work with the police and providers, particularly after he formed strong, trusting, and caring relationships with so many at CPD.

Read the full article on Nelson’s journey at Cambridgema.gov/digital.

Over time, Nelson was able to connect with various support services, including an outreach worker from the Eliot PATH program in September 2020, a Department of Mental Health case manager in June 2021, and then the Vinfen team in September 2021. He also began working with a psychiatrist in April 2021, a primary care provider in May 2021, a housing navigator in May 2021, and a Visiting Nurse Association (VNA) member in September 2021.

Nelson welcomed and took great advantage of all the support he was offered, even as, through no fault of his own, he experienced numerous changes in his care providers, including seven case managers, two psychiatrists, two housing navigators, and countless VNAs. In addition, he lived in five different shelters over the course of approximately two years before he was finally able to obtain a single room occupancy at the Cambridge YMCA in November 2021.

Despite the long-term instability in Nelson’s living situation, frequent changes in his care team, and his chronic struggles with his mental and physical health, he has worked very hard to achieve extremely impressive improvements in his functioning and wellbeing. Nelson now meets with his primary care physician and psychiatrist



Above Photo: Cambridge Police Officer Mike Padua and Nelson.

regularly, takes medication, significantly reduced his alcohol consumption, has a stable living situation, and works closely with his Vinfen case management team.

As of today, he has nearly resolved all of his past criminal cases and is doing extremely well in Cambridge’s Mental Health Court, which is designed to support residents in the community who have mental health issues and criminal complaints with services, rather than disciplining through the criminal justice system. Given the vast amount of changes in service providers he has had to deal with, the Cambridge Police Department has been one of the most consistent forms of support in his life during this time.

The next goal for Nelson is to move into a Vinfen group home, where he will be able to receive an even higher level of support.

According to CPD Social Worker Klein, “Nelson continues to have excellent insight into his mental health challenges, and he continues to embrace every form of support he is offered. Rarely have I seen a client work so hard, overcome so many barriers, and achieve such a profound improvement in his overall functioning.”

“A lot of people would get help if they knew what I know now,” said Nelson.

Nelson has found inspiration in the help he has received here in Cambridge and is trying to help others he encounters who also may be in need. “I don’t want to leave Cambridge,” Nelson said. “I have a family here.”

Avisos importantes en esta publicación *The Cambridge Life*

Información útil sobre viviendas asequibles

- Solicitar una vivienda puede ser abrumador.
- El Multi-Service Center (Centro de Servicios Múltiples) o la Housing Liaison Office (Oficina de Enlace de la Vivienda) de la ciudad pueden ayudar.
- Para obtener información, llame al 617-349-6340 o al 617-349-6337.



Programa Internet Service Discount

- Los hogares con bajos ingresos pueden obtener un descuento mensual de \$30.
- Los hogares que cumplan con los requisitos también pueden obtener un descuento por única vez de hasta \$100 en la compra de una computadora.
- Para solicitar el descuento, llame al 1-877-384-2575.



Cambridge da la bienvenida al nuevo administrador de la ciudad, Yi-An Huang

- El Cambridge City Council (Consejo de la Ciudad de Cambridge) nombra al administrador de la ciudad.
- El administrador de la ciudad desempeña la función de director general.
- Yi-An Huang comenzó a trabajar para el Ayuntamiento el 6 de septiembre de 2022.



La Ciudad de Cambridge crea un nuevo Community Safety Department (Departamento de Seguridad Comunitaria)

- Este departamento proporcionará una respuesta alternativa para las llamadas de crisis de carácter no violento.
- Llame al 911 para denunciar un crimen, informar un incendio, una emergencia médica o una crisis de salud mental.
- Llame al nuevo número 988 para informar una crisis de salud mental no violenta.



Los trabajadores sociales de la ciudad proporcionan un apoyo significativo a las familias de Cambridge

- La trabajadora social de la Cambridge Public Library (Biblioteca Pública de Cambridge) puede ayudar de manera presencial o por teléfono. Habla inglés, español y criollo haitiano.



- El personal del Cambridge Senior Center (Centro para Adultos Mayores de Cambridge) también puede colaborar con recursos e información.

El Multi-Service Center de la ciudad ayuda a los residentes que tienen problemas de vivienda

- El Multi-Service Center ayuda a las personas que se encuentran sin hogar.
- El Multi-Service Center puede ayudar a las personas a permanecer en sus hogares.
- El personal puede asesorar a las personas para que accedan a todas las prestaciones que tienen a su disposición.



La formación ante situaciones de crisis capacita a la policía para responder a las llamadas

- Los agentes de policía son capaces de comprender mejor los síntomas de las enfermedades mentales.
- Un buen programa Crisis Intervention puede ayudar a disminuir los incidentes graves y mortales.
- Las personas con enfermedades mentales pueden recibir más ayuda.



La pandemia impulsa nuevos enfoques de inseguridad alimentaria

- La pandemia de la COVID-19 reveló que el hambre es un problema importante en Cambridge.
- Los programas nuevos proveen de alimentos a los residentes que se encuentran aislados o en cuarentena.
- Los organismos locales mejoraron el sistema de alimentos de emergencia de la ciudad.



Recordatorio de la COVID-19

- Asegúrese de tener todas las vacunas Y los refuerzos.



Para obtener más información, visite: cambridgema.gov/TCLSpanish



Avisos importantes nesta publicação do The Cambridge Life

Ajuda com informações sobre Moradias de Baixo Custo

- Solicitar moradia pode ser avassalador.
- O City's Multi-Service Center (Centro Multi-Serviços da Cidade) ou o Housing Liaison Office (Gabinete de Ligação Habitacional) da cidade podem te ajudar.
- Para obter ajuda, ligue para 617-349-6340 ou 617-349-6337.



Programa Internet Service Discount

- As famílias com baixos rendimentos podem obter um desconto de \$30 por mês.
- As famílias elegíveis também podem obter um desconto único de até \$100 por um computador.
- Para se candidatar, ligue para 1-877-384-2575.



Cambridge dá as boas-vindas ao novo Gerente da Cidade, Yi-An Huang

- O Gerente da Cidade é nomeado pelo Cambridge City Council (Conselho Municipal de Cambridge).
- O Gerente da Cidade serve como Diretor Geral da Cidade.
- Yi-An Huang começou a trabalhar para a Cidade em 6 de setembro de 2022.



A cidade de Cambridge está criando um novo Community Safety Department (Departamento de Segurança Comunitária)

- Este departamento fornecerá uma resposta alternativa a chamadas de crise não violentas.
- Ligue para o 911 para relatar um crime, incêndio, emergência médica ou crise de saúde comportamental.
- Ligue para o novo número 988 para relatar uma crise de saúde comportamental não violenta.



Assistentes sociais da cidade fornecem importante Apoio às famílias de Cambridg

- O assistente social da Cambridge Public Library (Biblioteca Pública de Cambridge) pode ajudar pessoalmente ou por telefone. Ela fala Inglês, Espanhol e Crioulo Haitiano.



- A equipe do Cambridge Senior Center (Centro Sênior de Cambridge) também pode ajudar com recursos e informações.

O City's Multi-Service Center (Centro Multi-Serviços da Cidade) ajuda moradores com problemas de moradia

- O Multi-Service Center (Centro Multi-Serviços) atende pessoas em situação de rua.
- O Multi-Service Center (Centro Multi-Serviços) pode ajudar as pessoas a ficarem em suas casas.
- A equipe pode ajudar as pessoas a acessar todos os benefícios disponíveis.



Treinamento de crise prepara a polícia para responder a chamadas

- Os policiais podem entender melhor os sintomas da doença mental.
- Um bom Programa Crisis Intervention pode ajudar a reduzir incidentes graves e fatais.
- Indivíduos com doença mental podem obter mais ajuda.



A pandemia inspira novas abordagens à insegurança alimentar

- A pandemia COVID-19 revelou que a fome é um grande problema em Cambridge.
- Novos programas trazem alimentos aos residentes em isolamento ou quarentena.
- As agências locais melhoraram o sistema alimentar de emergência da Cidade.



Lembrete COVID-19

- Certifique-se de que você está totalmente vacinado E reforçado.



Saiba mais em:
[cambridgema.gov/TCLPortuguese](https://www.cambridgema.gov/TCLPortuguese)



Avi enpòtan nan piblikasyon The Cambridge Life sa a

Èd Enfòmasyon sou Lojman Abòdab

- Aplike pou lojman ka yon tet chaje.
- Multi-Service Center (Sant Milti-Sèvis) vil la oswa Housing Liaison Office (Biwo Lyezon Lojman) kapab edew.
- Pou èd, rele 617-349-6340 oswa 617-349-6337.



Pwogram Internet Service Discount

- Fanmi ki gen revni fèb yo ka jwenn yon rabè \$30 pa mwa.
- Kay ki elijib yo kapab tou jwenn yon rabè yon sèl fwa jiska \$100 pou yon òdinatè.
- Pou aplike, rele 1-877-384-2575.



Cambridge akeyi nouvo Manadjè Vil la Yi-An Huang

- Cambridge City Concil (Konsèy Vil Cambridge) la nonmen Manadjè Vil la.
- Manadjè Vil la ap sèvi kòm Ofisyè anchèf Egzekitif Vil la.
- Yi-An Huang te kòmanse travay pou vil la nan dat 6 septanm 2022.



Vil Cambridge ap kreye yon nouvo Community Safety Department (Depatman Sekirite Kominotè)

- Depatman sa a pral bay yon repons altènatif pou apèl kriz ki pa vyolan.
- Rele 911 pou rapòte yon krim, dife, ijans medikal, oswa kriz sante konpòtmantal.
- Rele nouvo nimewo 988 la pou rapòte yon kriz sante konpòtmantal ki pa vyolan.



Travayè sosyal vil yo bay fanmi Cambridge yon sipò enpòtan

- Travayè sosyal Cambridge Public Library (Bibliyotèk Piblik Cambridge) ka ede an pèsòn oswa nan telefòn. Li pale Anglè, Espanyol, ak Kreyòl Ayisyen.
- Anplwaye nan Cambridge Senior Center (Sant Prensipal Cambridge la) ka ede tou ak resous e enfòmasyon.



Multi-Service Center (Sant Milti-Sèvis) vil la ede rezidan ki gen pwoblèm pou lojman yo

- Multi-Service Center (Sant Milti-Sèvis) la ede moun ki ap viv nan lari yo.
- Multi-Service Center (Sant Milti-Sèvis) la ka ede moun rete lakay yo.
- Anplwaye yo ka ede moun jwenn aksè nan tout avantaj ki disponib pou yo.



Fòmasyon sou sitiyasyon Kriz Prepare Lapolis la nan Reponn Apèl yo

- Ofisyè lapolis yo ka pi byen konprann sentòm maladi mantal.
- Yon bon Pwogram Crisis Intervention Kriz ka ede diminye ensidan grav ak ensidan fatal yo.
- Moun ki gen maladi mantal ka jwenn plis èd.



Pandemi an enspire nouvo apwòch nan ensekirite alimantè

- Pandemi COVID-19 la revele ke grangou se yon gwo pwoblèm nan Cambridge.
- Nouvo pwogram yo pote manje bay rezidan yo nan izolasyon oswa karantèn.
- Ajans lokal yo te amelyore sistèm manje ijans vil la.



Rapèl COVID-19

- Asire w ke w pran vaksen an konplètman E ranfòse.



Aprann plis nan:
cambridgema.gov/TCLHaitiancreole



ملاحظات مهمة في هذا المنشور من The Cambridge Life



المساعدة بمعلومات السكن ميسور التكلفة

• قد يكون من المرهق التقدم بطلب للحصول على سكن.

• يمكن الحصول على المساعدة من Multi-Service Center (مركز الخدمات المتعددة) أو Housing Liaison Office (مكتب تنسيق الإسكان) في المدينة.

• للمساعدة اتصل على 617-349-6340 أو 617-349-6337.

برنامج Internet Service Discount



• يمكن للأسر منخفضة الدخل الحصول على خصم شهري بقيمة \$30 دولار.

• يمكن للأسر المؤهلة أيضاً الحصول على خصم لمرة واحدة يصل إلى \$100 دولار لشراء جهاز كمبيوتر.

• للتقدم بطلب اتصل على 1-877-384-2575.

كامبريدج ترحب بمدير مجلس المدينة الجديد السيد بي آن هوانج



• يتم تعيين مدير مجلس المدينة من قبل Cambridge City Council (مجلس مدينة كامبريدج).

• يعتبر مدير مجلس المدينة بمثابة الرئيس التنفيذي لها.

• بدأ بي آن هوانج العمل في المدينة في 6 سبتمبر 2022.

Community Safety تعمل مدينة كامبريدج على إنشاء

إدارة جديدة للسلامة (المجتمعية)



• ستقوم هذه الإدارة بتوفير بديل للرد على مكالمات الأزمات التي لا تنطوي على عنف.

• اتصل برقم 911 للإبلاغ عن الجرائم أو الحرائق أو حالات الطوارئ الطبية أو أزمات الصحة السلوكية.

• اتصل برقم 988 الجديد للإبلاغ عن أزمات الصحة السلوكية التي لا تنطوي على عنف.

يقدم الأخصائيون الاجتماعيون بالمدينة دعماً هاماً لعائلات كامبريدج



• يُمكن للأخصائيين الاجتماعيين بـ Cambridge Public Library (مكتبة كامبريدج العامة) تقديم المساعدة بشكل شخصي أو عبر الهاتف. تتحدث الإنجليزية والإسبانية والكريولية الهايتية.

• يمكن لموظفي Cambridge Senior Center (مركز كامبريدج لرعاية كبار السن) تقديم المساعدة من خلال الموارد والمعلومات.



مركز Multi-Service Center يساعد الخدمات المتعددة في المدينة السكان في المسائل المتعلقة بالسكن

• يساعد Multi-Service Center (مركز الخدمات المتعددة) الأشخاص المشردين.

• يمكن أن يساعد Multi-Service Center (مركز الخدمات المتعددة) الأشخاص على البقاء في منازلهم.

• يمكن للموظفين مساعدة الأشخاص في الحصول على جميع المزايا المتاحة لهم.

يُهيئ التدريب على الأزمات ضباط الشرطة للرد على المكالمات



• يُمكن لضباط الشرطة فهم أعراض الأمراض العقلية بشكل أفضل.

• يوجد برنامج جيد للتدخل في الأزمات وهو برنامج Crisis Intervention والذي يمكن أن يساعد في تقليل الحوادث الخطيرة والكارثية.

• يمكن للمصابين بأمراض عقلية الحصول على المزيد من المساعدة.

يلهنا الوباء نُهجاً جديدة للتعامل مع انعدام الأمن الغذائي

• كشف وباء COVID-19 أن الجوع يمثل مشكلة رئيسية في كامبريدج.



• هناك برامج جديدة لإحضار الطعام للسكان المعزولين أو الخاضعين للحجر الصحي.

• قامت الوكالات المحلية بتحسين نظام الغذاء في حالات الطوارئ في المدينة.

تذكير بخصوص فيروس COVID-19



• تأكد من حصولك على اللقاح والجبرعات المنشطة بالكامل

تعرف على المزيد على:

cambridgema.gov/TCLArabic



The Cambridge Life লাই এই প্রকাশনায় গুরুত্বপূর্ণ বিজ্ঞপ্তি

সাপ্রয়ী মূল্যের আবাসন বিষয়ক তথ্য সহায়তা

- আবাসনের জন্য আবেদন করা ভীতিকর হতে পারে।
- নগর Multi-Service Center (বহুমুখী-সেবা কেন্দ্র) বা Housing Liaison Office (আবাসন লিয়াজো অফিস) সাহায্য করতে পারে।
- সহায়তার জন্য, 617-349-6340 বা 617-349-6337 নম্বরে কল করুন।



Internet Service Discount কর্মসূচি

- নিম্ন আয়ের পরিবার প্রতি মাসে \$৩০ ছাড় পেতে পারে।
- যোগ্য পরিবারগুলোও একটি কম্পিউটারের জন্য \$১০০ পর্যন্ত এককালীন ছাড় পেতে পারে।
- আবেদনের করতে, 1-877-384-2575 নম্বরে কল করুন।



Cambridge নতুন City Manager ই-আন ছ্যাংকে স্বাগত জানায়

- নগর ব্যবস্থাপককে Cambridge City Council (ক্যামব্রিজ নগর পরিষদ) দ্বারা নিযুক্ত করা হয়।
- নগর ব্যবস্থাপক নগর প্রধান নির্বাহী কর্মকর্তা হিসেবে কাজ করেন।
- ই-আন ছ্যাং ৬ সেপ্টেম্বর, ২০২২ থেকে শহরের জন্য কাজ শুরু করেন।



Cambridge সিটি একটি নতুন Community Safety Department (সম্প্রদায় নিরাপত্তা বিভাগ) তৈরি করছে

- এই বিভাগটি অহিংস, সংকট মুহুর্তে বিকল্প প্রতিক্রিয়া প্রদান করবে।
- একটি অপরাধ, আগুন, জরুরি চিকিৎসা বা আচরণগত স্বাস্থ্য সংকটের রিপোর্ট করতে ৯১১ এ কল করুন।
- একটি অহিংস, আচরণগত স্বাস্থ্য সংকট রিপোর্ট করতে নতুন ৯৪৪ নম্বরে কল করুন।



শহর সামাজিক কর্মীরা Cambridge পরিবারকে গুরুত্বপূর্ণ সহায়তা প্রদান করেন

- Cambridge Public Library (ক্যামব্রিজ গণ গ্রন্থাগার) সামাজিক কর্মী ব্যক্তিগতভাবে বা ফোনে সাহায্য করতে পারেন। তিনি ইংরেজি, স্প্যানিশ এবং হাইতিয়ান ক্রেওল ভাষায় কথা বলেন।



- Cambridge Senior Center (ক্যামব্রিজ উর্ধ্বতন কেন্দ্র) এর কর্মীরা সম্পদ এবং তথ্য দিয়ে সহায়তা করতে পারেন।

নগরের Multi-Service Center (বহুমুখী-সেবা কেন্দ্র) আবাসন সংক্রান্ত উদ্বেগ নিয়ে বাসিন্দাদের সাহায্য করে

- Multi-Service Center (বহুমুখী-সেবা কেন্দ্র) এমন মানুষজনকে সাহায্য করে যারা গৃহহীনতার সম্মুখীন হচ্ছে।
- Multi-Service Center (বহুমুখী-সেবা কেন্দ্র) মানুষজনকে তাদের বাড়িতে থাকতে সাহায্য করতে পারে।
- কর্মীরা মানুষজনকে তাদের কাছে উপলভ্য সকল সুবিধা পেতে সহায়তা করতে পারে।



সংকটকাল প্রশিক্ষণ পুলিশকে কলে সাড়া দেওয়ার জন্য প্রস্তুত করে

- পুলিশ অফিসাররা মানসিক অসুস্থতার লক্ষণগুলো আরও ভালভাবে বুঝতে পারেন।
- একটি ভাল Crisis Intervention কর্মসূচি গুরুতর এবং মারাত্মক ঘটনা কমাতে সাহায্য করতে পারে।
- মানসিক রোগে আক্রান্ত ব্যক্তির আরও সাহায্য পেতে পারেন।



মহামারী খাদ্য নিরাপত্তাহীনতার জন্য নতুন পদ্ধতিকে অনুপ্রাণিত করে

- কোভিড-১৯ মহামারী প্রকাশ করেছে যে Cambridge এ ক্ষুধা একটি বড় সমস্যা।
- নতুন প্রোগ্রামগুলো আইসোলেশনে থাকা বাসিন্দাদের জন্য খাবার নিয়ে আসে।
- স্থানীয় সংস্থাগুলো শহরের জরুরি খাদ্য ব্যবস্থার উন্নতি করেছে।



কোভিড-১৯-এর রিমাইন্ডার

- নিশ্চিত হোন যে আপনি সবগুলো টিকা নিয়েছেন এবং সুরক্ষিত আছেন।



এখান থেকে আরও জানুন:
cambridgema.gov/TCLBengali



本 The Cambridge Life 出版物中的重要通知

经济适用住房信息帮助

- 申请住房会使人感到困难。
- 该市的Multi-Service Center (多服务中心)或Housing Liaison Office (住房联络办公室)可以提供帮助。
- 如需帮助, 请拨打617-349-6340或617-349-6337。



Internet Service Discount 计划

- 低收入家庭每月可获30美元优惠。
- 符合资格的家庭还可一次性获得最多100美元的电脑优惠。
- 如需申请, 请致电1-877-384-2575。



剑桥迎来新的市经理 Yi-An Huang

- 市经理由Cambridge City Council (剑桥市议会)任命。
- 市经理是城市的首席执行官。
- Yi-An Huang将于2022年9月6日上任。



剑桥市正在建立新的Community Safety Department (社区安全部)

- 如有非暴力紧急呼叫, 该部门将提供替代性应答。
- 如需报告犯罪活动、火灾、医疗紧急事故或行为健康危机, 请致电911。
- 如需报告非暴力行为健康危机, 请致电新号码——988。



该市的社会工作者为剑桥家庭提供重要的支持

- Cambridge Public Library (剑桥公共图书馆)的社会工作者可在现场或通过电话提供帮助。其可支持英语、西班牙语以及海地克里奥尔语。
- Cambridge Senior Center (剑桥青少年中心)的工作人员也可以提供资源和信息的帮助。



该市的 Multi-Service Center帮助居民解决住房问题

- Multi-Service Center为无家可归的人提供帮助。
- Multi-Service Center可以帮助他们找到栖身之地。
- 工作人员可以为这些人提供帮助, 使他们获得可用的福利。



危机训练让警察做好应对呼叫的准备

- 警察可以更好地了解精神疾病的症状。
- 一个好的Crisis Intervention计划可有助于减少严重、致命事件的发生。
- 患有精神疾病的个人可以获得更多帮助。



大流行促使应对粮食不安全问题的新方法出现

- 在COVID-19疫情之下, 饥饿是剑桥市的一个主要问题。
- 新计划为隔离或检疫隔离的居民提供食物。
- 地方政府改善了该市的应急食物系统。



COVID-19 提醒

- 请确认您已经完全接种疫苗并接种了加强针。



如需了解更多信息, 请访问 cambridgema.gov/TCLChinese



Public Health Information

Is Your Protection Against COVID-19 Up to Date?

- Be sure that you're fully vaccinated AND boosted!
- Everyone ages 5 and older should get a booster dose.
- If you're 50+, two boosters are recommended.
- Don't wait – find a convenient location at vaxfinder.mass.gov.



Did You Test Positive for COVID-19? Get Treatment!

If you are at higher risk of serious illness from COVID-19 due to age or medical condition, be sure to seek treatment right away if you test positive and have symptoms. Several free medications are available. Learn more at Cambridgema.gov/freecovid19treatments.

An Update on Monkeypox

Monkeypox is a disease caused by a virus that until recently was rarely seen in the United States. Monkeypox cases were first reported in the U.S. this year in May, followed by additional cases reported over the summer. Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, and is characterized by a rash with or without flu-like symptoms. Cambridge Public Health Department will continue to monitor the situation closely.

Take the following steps to prevent getting monkeypox:

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
- Do not touch the rash or scabs of a person with monkeypox.
- Do not kiss, hug, cuddle, or have sex with someone with monkeypox.
- Do not share eating utensils or cups with a person with monkeypox.
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

If you think you have been exposed to monkeypox, contact your healthcare provider right away for information about vaccines and treatment. Learn more at: cdc.gov/poxvirus/monkeypox.

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Vice Mayor Alanna M. Mallon

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kreyòl ayisyen



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قراءة المعلومات باللغة
العربية



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বাংলায় তথ্য পড়ুন



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