

A weekly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center during COVID-19 Social Distancing

WHAT'S HAPPENING?

On December 14th, Boston Medical Center was the first Massachusetts hospital to receive the Pfizer COVID-19 vaccine. Staff celebrated in style with a dance on Albany Street and soon after started to receive the first rounds of vaccines. The BMC community is feeling hopeful with this monumental and historical development in history. "What I hope is that people will watch me today and join me in fighting this virus," says Cheryl Tull, BMC associate chief nursing officer. For information regarding the COVID-19 vaccine, click [here](#).



METRO BOSTON RESIDENTS /
RESIDENTES DEL ÁREA DE BOSTON:

Are you worried you'll get
evicted soon?

¿Estás preocupado de que te
desalojen pronto?

**CALL OUR HOUSING HOTLINE /
LLAME A NUESTRA LÍNEA DIRECTA**

(617) 934-5006 (ENGLISH)

(617) 397-3773 (ESPAÑOL)



REMINDER

There is a federal eviction moratorium is an order which prohibits property owners from evicting people who cannot pay rent. The order only extends through 12/31/2020. If you are at risk of eviction, there are resources that can help! Call the City Life emergency housing hotline and visit their [website](#) to learn more about your rights as we continue to face a public health crisis. Click [here](#) for additional information about what to do when facing eviction.

RESOURCE

The Boston Community Fridges are open 24 hours a day, 365 days a year to anyone that is in need of fresh produce, pre-made meals, beverages, or pantry supplies! ANYONE can take from and/or give to the fridge. Community fridges can be found in many Boston neighborhoods, including Allston, Brighton, Cambridge, Dorchester, Jamaica Plain, Roslindale, and Somerville. These Community Fridges are helping to reduce food waste and increase family access to fresh and nutritious meals.

OPEN 24 HRS 365 DAYS

ANYONE can take from the fridge

ANYONE can give to the fridge*

*Individuals, businesses, and communities are all encouraged - esp if you have extra food!

Community **BOSTON** Fridges

DM US ON IG @BOSTONCOMMUNITYFRIDGE

What We Need:

-  Fresh produce 
-  Pre-made Meals 
w/ Ingredients Labeled
-  Beverages 
(water, juice, etc)
-  Pantry Staples 
(avoid raw meat products)

DBP WEEKLY NEWS

NEW YEAR'S EVE

AT HOME

This year has been hard on all of us, yet we continue to be amazed by the strength and dedication of the patients and families we serve each day. For 2021, as a department, we resolve to hold our community in our hearts, to provide support in the year to come, and to offer exceptional, comprehensive and compassionate medical care. We will continue to develop novel resources and programming informed by the voices of our families. Thank you for continuing to inspire our work each and every day!



Countdown to 2021

New Year's Eve Floats



It's safe to say that we are all anticipating a fresh start in 2021, although we are all eager to celebrate the ball drop it may not be in our children's best interest to keep them up that late to celebrate.

Instead, try a mock midnight ball drop! Here are some fun ways to celebrate earlier than midnight.

- Make your own ball drop with balloons, pop them at "midnight" with a count down
- Try celebrating with a countdown and pinata
- If you have Netflix, check out their fake New Year's Eve Countdowns you can play at anytime.

Looking for a fun and tasty treat to celebrate the New Year with your family? Try out these sparkling floats from the @themagicplaybook!

To make this easy and festive drink use sparkling grape juice or if you do not have access to this you can use apple/cranberry juice if with a dash of club soda and top with a dollop of whipped cream or a scoop of vanilla ice-cream.

Cheers to the New Year!



DBP WEEKLY NEWS

RESOURCES

Boston Medical Center is here to support you during this difficult time.

Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available.

Know of something to add? Email autismprogram@bmc.org with suggestions.



For past recordings of our webinar series: Caring for Kids with Autism and Developmental Differences, please visit <https://www.youtube.com/channel/UCifYfJKUuSa8XzytUcn-Anw>

CLINIC

Developmental & Behavioral Pediatrics clinicians are available by phone/Zoom for telehealth visits and consultations. Please call us at 617-414-4841 if you have any questions or are in need of support. To create a free Zoom account, visit zoom.us/signup.

OUR CLINICIANS

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ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information!



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