



JANUARY 2026

LYNN PUBLIC HEALTH NEWSLETTER



:-2026:- Happy New Year :-2026:-

DECEMBER MONTHLY HEALTH THEME: SEASONAL AFFECTIVE DISORDER MONTH (SAD)

December is Seasonal Affective Disorder Awareness Month – a time to raise awareness about SAD, understanding the signs and symptoms, and to encourage folks to seek help. Seasonal affective disorder is a type of depression that is linked to seasonal changes, especially during the fall and winter months when there are shorter days and less sunlight. SAD is often thought of as the “winter blues” but it is more than that. The “winter blues” is a feeling of sadness during the winter months because of the shortening of days. SAD is a type of depression that follows a seasonal pattern, most commonly during the winter months, but can be experienced during the spring and summer.

Some Symptoms of the “Winter Blues” include:

- Low energy
- General sadness
- Increased desire to sleep
- Reduced motivation

These symptoms are usually mild and temporary and typically resolve on their own.

Some Symptoms of SAD include:

- Persistent sadness
- Anxiety
- Low energy and oversleeping
- Insomnia
- Poor appetite and weight gain
- Social withdrawal and loss of interest in activities
- Violent or aggressive behavior

These symptoms are more recurring and serious, can be debilitating, and may require treatment.

Some ways to treat SAD include:

- Light therapy - Treatment where an individual is exposed to a bright light every day for 30-45 minutes to make up for the lack of natural sunlight during the darker months
- Psychotherapy - Therapy or counseling that can help individuals with SAD by teaching them new ways of thinking, behaving, and changing habits that contribute to depression
- Antidepressants - Medications, when prescribed appropriately, can help with symptoms

Engaging in outdoor activities, exercising, and eating a healthy diet can also help with SAD.

For more information on Seasonal Affective Disorder, visit:

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

*"Create healthy habits,
not restrictions."*



January Health Themes

National Radon
Action Month

Maternal Health
Awareness Day (Jan 23)

Scan the QR
code and sign-
up to receive
updates from
the division and
our monthly
newsletter.



ONGOING FALL & WINTER INITIATIVES

4TH ANNUAL SOCKS AND SCARVES DRIVE

We will be accepting donations during the fall and winter months for **New, Unopened** winter items including, but not limited to: **socks, scarves, hats, mittens, etc.**



If you or someone you know are in need of winter items, come down and pick some up!

WINTER COAT DRIVE

Have any unused coats or jackets you no longer wear?

We will be collecting new or lightly used coats and jackets. The collections of coats and jacket we receive will be donated to a local organization.

**Drop
Off:**

Lynn City Hall
Community Health Resource Room (rm: 108)
3 City Hall Square
Lynn, MA 01901



WHERE HAS PUBLIC HEALTH BEEN?

December 16th
My Brother's
Table Volunteer



Left to right: Nick, Elaine, Damianny, Mulika, Erini, Lisa

A Special Thank You!

During the month of November, Peter Mikedis and the Redi-Pax Team donated a total of **400** prepared ready-to-eat meals along with **100** shelf stable meal boxes to the Phoenix Food Hub on Silsbee Street. Some of the meals were given to new consumers that signed up for services and also distributed to other Lynn Agencies including:

My Brother's Table
The New Lynn Coalition
LEO Inc.
Lynn Demakes Family YMCA

Thank you, Peter and the Redi-Pax Team for your donations and generosity during this holiday season.

PUBLIC HEALTH GRANTS

The goal of the Public Health Division is to help improve the health and quality of life of entire populations through prevention, promotion and protection. This can include tracking diseases, health education, advocating for health equity and policy. For us to achieve these goals, we pursue grants that align with our work, along with the needs of our community.

Below are a few grants we've applied for and have been awarded to support this work:

- **Healthy Summer Youth Job (Attorney General's Office):** Purpose of the grant is supporting youth employment in public health-focused roles while promoting structured skill-building opportunities. Funds from this grant were used to hire youths over the summer, where they learned about public health through community engagement.
- **Municipal Vulnerability Preparedness (MVP) Grant and Community Heat Resilience Project (BARR Foundation):** Purpose of the grants is to create a climate resiliency planning and solutions to combat extreme heat for Lynn Public Schools and the community as a whole. Currently, these projects are still in the planning phase.
- **Community Transit Grant:** Purpose of the grant is to meet the transportation and mobility needs of older adults and people with disabilities. Funds from this grant was used to hire a Transportation Access Coordinator who works closely with the Senior Center among other stakeholders to address transportation barriers in the city.
- **Rize:** Purpose of the grant is to target the epidemic of opioid overdose and addiction spanning prevention to treatment to long-term recovery. Funds were used to support the Lynn Calm Team in bridging service gaps—for example, by covering rent at a sober home, providing transportation to a detox facility, or purchasing stabilization items such as blankets, warm clothing, hygiene products, or harm-reduction supplies.