



MAY 2026

# LYNN PUBLIC HEALTH NEWSLETTER



## **APRIL MONTHLY THEME: NATIONAL PUBLIC HEALTH WEEK (APRIL 6TH - APRIL 12TH)**

### NATIONAL PUBLIC HEALTH WEEK

National Public Health Week 2026 was April 6-12, which is led by the American Public Health Association (APHA). This week is focused on recognizing how public health has improved our daily lives, expanded our life spans, and strengthen our communities, as well as giving us a chance to honor public health workers. This year's theme "Ready. Set. Action!", is meant to encourage individuals and communities to take on actionable strategies to continue to improve health.

"Public health does not happen by accident. It requires commitment, collaboration, and action, from policymakers, community partners, organizations, and residents alike. Together, we can advance equity, strengthen prevention, and ensure that every person has the opportunity to thrive." (County of Los Angeles - Public Health 2026)

### **Here are ways for you to continue to participate in "Ready. Set. Action!":**

- **Get involved in your community:** Volunteer at food banks, pantries, soup kitchens, the senior center, and neighborhood clean-ups.
- **Prioritize preventive care:** Stay up to date on vaccinations and practice healthy habits such as balanced nutrition, physical activity, and mental wellness.
- **Stay informed and spread awareness:** Follow updates from health organizations and your local health department. Share accurate health information with friends, family, and on social media to combat misinformation.
- **Advocate for health equity:** Support policies that improve access to healthcare, safe housing, clean environments, and nutritious food. This can be done by attending community meetings, participating in advocacy campaigns, and contacting local representatives.
- **Take action in your daily life:** Wash your hands regularly, stay home when you're sick, and check on your neighbors.

This year, the Lynn Public Health Division celebrated National Public Health Week from April 13-17. We decided to invite residents of Lynn to answer the question: "What does public health look like to you?" and the responses were inspiring.

Congratulations to our three winners: Javian, Reagan, and Santiago! Their artwork beautifully captures the importance of health and community in Lynn. You'll be seeing their designs featured on limited-edition Lynn Public Health giveaways, including stickers and pins, at upcoming events, so keep an eye out!

Thank you to everyone who participated and helped bring public health to life through art.

**For more information on National Public Health Week, visit: <https://www.apha.org/initiatives/national-public-health-week>**

*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*  
**- World Health Organization**

### May Health Themes

- National Stroke Awareness Month
- Mental Health Awareness Month

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



## **STROKE COMMUNITY AWARENESS**

The Lynn Public Health Division have been awarded the Stroke Community Awareness Grant through Borderland Partners. These funds will support efforts to educate Lynn residents on how to recognize the signs and symptoms of a stroke using the B.E. F.A.S.T acronym as well as strategies for stroke prevention.

As part of this initiative, the Division will also distribute **FREE** blood pressure cuffs for residents in need (while supplies last) to promote early detection and better management of cardiovascular health.

The Public Health Division is located at:  
3 City Hall Square,  
Lynn, MA, 01901  
RM: 108

## WHAT ARE PUBLIC HEALTH STAFF UP TO?

Candice McClory, our Substance Use Disorder Coordinator and Community Liaison has successfully completed the Instructor Training and is now certified to teach the Teen Mental Health First Aid course through the National Council for Mental Wellbeing.

This course equips teens with the knowledge and skills to recognize and respond to friends who may be experiencing or developing mental health or substance use challenges. This will help build a more supportive and informed community.

Congratulations, Candice! We are incredibly proud of your dedication to expanding mental health awareness and support to our youth! 🎉



## WOMEN'S HISTORY MONTH - RECOGNITIONS

In March, City employees were nominated by their colleagues in honor of Women's History Month, recognizing the outstanding contributions, leadership, and dedication of women across all departments. These nominations acknowledge the meaningful impact women have in shaping our workplace and strengthening our community. By celebrating their achievements, we not only honor their work but also reaffirm our commitment to equity, inclusion, and the continued advancement of women in public service.

Two wonderful women in the Lynn Public Health Division were nominated:

**Lisa Tobin - Director of the Public Health Division**  
**Kitzia Diaz - Lead Public Health Nurse**

Congratulations to Lisa and Kitzia on this well-deserved recognition, we are grateful for the passion and care they bring to public health every day.



## THE CALM TEAM'S ONE-YEAR ANNIVERSARY

**LYNN CALM TEAM**

*You're invited to our:*  
**One-Year Anniversary Celebration**

Over the past year, Calm has supported Lynn residents through a care-oriented response rooted in equity and racial justice. Please join us to celebrate the success and reflect on the journey.

**What to expect:**

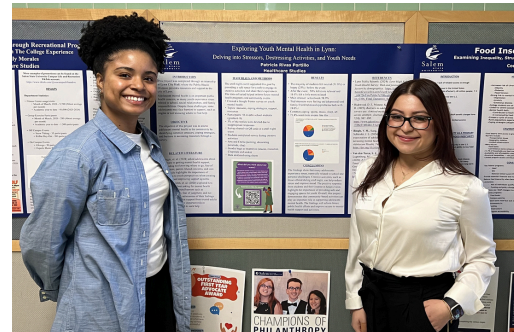
- Calm Team Members One-Year Reflection
- Sharing our next steps and goals
- Testimonial from Community Members
- Remarks from City Officials
- Meet our advisory committee and enjoy some refreshments

Tuesday, June 23<sup>rd</sup>  
4:30 pm

City Hall Foyer

akawaf@lynnma.gov  
781-586-6761

## SPRING 2026 INTERN PATRICIA RIVAS PORTILLO



**Pictured: Damianne Garrido (left) and Patricia Rivas Portillo (right)**

This spring, we welcomed Patricia, a Healthcare Studies senior from Salem State University. During her internship, she completed her capstone project on youth mental health, collecting data at a Craft Night Event organized by the Lynn Youth-Led Mental Health Committee. Her work revealed key stressors and the types of events Lynn youth want to attend.

On her final day, Patricia also donated blood for the first time at the Public Health Division and American Red Cross Blood Drive!

Congratulations on graduating Patricia, we wish you the best on your journey ahead! 🎉