

# MASSILLON CITY HEALTH DEPARTMENT

Quarterly Newsletter

Fall 2024



Check out what we've been up to ...  
Our ladies celebrated the "End of summer" block party with our local Obie-mobile. They handed out popsicles and sunscreen to the neighborhood kids. They also distributed information on being "Tick-Smart," which is a campaign through the Ohio Department of Health, designed to prevent tick-borne diseases.

*"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."*

*- Tom Stoppard*

We are fortunate to have the Massillon City Bookmobile participate in many of our wellness events. They reach portions of the community that might otherwise not have access to the library.



"Happy 50th birthday WIC" Farmers' Market event

## In This Issue

- What's happening at the HD
- Nurses corner
- Fall food safety
- Garden harvest update
- Wellness Days

## Fall into Wellness with Massillon

 **Music**    **Health & Wellness**

 **Youth Activities**

 **Community Resources**

 **Giveaways & Fun**



**Saturday, September 28th**

**11:00am-2:00pm**

**Massillon Duncan Plaza**



## Nursing Clinic

Our Nursing department offers COVID-19, RSV, influenza and shingles vaccines. Clinics are on Tuesdays & Thursdays by appointment only.

For more information or to schedule an appointment, call (330) 830-1714.

## Essential Vaccines for Senior Adults: Safeguarding Health Across the Lifespan

At the Massillon City Health Department, we offer a variety of vaccines for seniors. As individuals age, their immune systems can become less effective, making vaccinations a critical aspect of maintaining health and preventing disease. For senior adults, several key vaccines are recommended to help protect against severe illnesses and complications. Among the most important are the influenza vaccine, COVID-19 vaccine, pneumococcal vaccine, shingles vaccine, and the RSV vaccine. Each of these vaccines plays a distinct role in enhancing health and reducing the risk of serious conditions that can impact quality of life.

The influenza vaccine remains a cornerstone of preventive care for seniors, offering protection against the seasonal flu which can lead to serious complications, particularly in older adults. The COVID-19 vaccine, including updated boosters, is equally crucial, as it significantly reduces the risk of severe illness, hospitalization, and death from COVID-19. Additionally, the pneumococcal vaccine is vital for protecting against pneumonia and other pneumococcal diseases, which can be particularly severe in older populations. The shingles vaccine, recommended for those over 50, helps prevent shingles and its painful complications, while the recent introduction of the RSV vaccine offers new hope in protecting seniors from respiratory syncytial virus, which can cause severe respiratory infections.

By staying current with these vaccinations, seniors can significantly reduce their risk of serious illness and enhance their overall well-being. It is important for older adults to consult with their healthcare providers to determine their specific vaccination needs and schedules. Proactive vaccination not only supports individual health but also contributes to broader public health efforts by reducing the spread of these potentially serious diseases.

## Programs & Services

- Birth and Death certificates
- Nuisance complaints
- Food and pool inspections
- Women, Infants and Children Program (WIC)
- Childhood and COVID Immunizations
- Cribs for Kids
- Car seat installation checks
- Project Dawn Naloxone Kits
- HIV testing
- Fentanyl and Xylazine test Strips
- Anytime CPR Kits
- Gun locks

## Closings

### Veterans Day

November 11, 2024

### Thanksgiving Break

November 28-29, 2024



# Environmental Health Fall Food Safety Tips



Are you planning fall activities that include food? Maybe some camping, a pot luck event, or tailgating? Follow these fall food safety tips to avoid *falling* ill with a foodborne illness.

1. Before you do anything, start with clean hands, clean utensils, and clean surfaces. No handwashing available? Plan ahead and take water for hand washing or use disposable moist towelettes.
2. Are you transporting perishable foods? Always use a cold source like frozen gel packs to keep things cold.
3. Plan your coolers to keep raw meat separated from other foods. Pack your ready-to-eat foods (such as salads, desserts, etc.) in a separate cooler to prevent cross-contamination.
4. Don't use the same plate for your cooked meats that held the raw meat. Always use a clean plate for cooked meat.
5. Remember your food thermometer! Grilled food will brown faster, but color should never be an indicator of doneness.
6. Keep hot foods hot and cold foods cold.
7. If perishable foods have been left out of temperature for more than two hours, throw those foods away.



The Massillon Community Health Garden has been flourishing this season! We have given away 176 pounds of fresh fruits and vegetables!! Produce has been distributed to The Salvation Army, St. Joseph's Soup Kitchen, SAM Center, and during Massillon City Schools' food truck program on the southeast side. We also provide cleaning guidelines, prepping tips and healthy recipes with the items. We hope to produce about 100 more pounds, before the end of the outdoor season in October. As the garden grows and flourishes, so too does the sense of pride and accomplishment among our staff and volunteers, making the garden a symbol of community resilience and unity.



After a successful summer with our Kids Summer Wellness Series, we are in the process of planning our monthly Wellness Days at the Massillon City Health Department. These events promote healthy lifestyles with a focus on healthy eating, mental health activities, and exercise. We will have a Tai Chi class on September 26 at 12:00 p.m. with instructor Lee Schroeder. If you have any ideas for future wellness days, please contact Katie at 330-809-0397.

On October 23, we will be hosting two free community baby showers with limited space, so **registration is required**. Our interpreter, Katia, will be available in the afternoon for our Spanish-speaking attendees. Each shower will offer helpful parenting tips, a nutritious food demonstration with recipes, and safety information for new mothers, mothers-to-be, and caregivers.

## Contact Us

Give us a call for more information about our services.

Front Desk/ Vital Stats  
(330) 830-1710

Health Commissioner  
(330) 830-1712

Environmental  
(330) 830-1795

Nursing  
(330) 830-1714

WIC  
(330) 830-1715

Location  
611 Erie St S  
Massillon, OH 44646

Hours of operation  
Monday– Friday  
8:30am-4:30pm

Visit us on the web at  
[massillonohio.gov/health](http://massillonohio.gov/health)

*Any suggestions or ideas for the newsletter can be submitted to:  
[mstanley@massillonohio.gov](mailto:mstanley@massillonohio.gov)*



**Vision: A community where all residents have access to services to achieve a healthy lifestyle both mentally and physically.**