



MASSILLON CITY HEALTH DEPARTMENT

Quarterly Newsletter

Fall 2025

What we've been up to...



On July 31st, we had the honor of personally packing diapers for local families in need. The Massillon City Health Department is a proud partner with the Heart of Ohio Diaper Bank. The Heart of Ohio Diaper

Bank provides emergency diapers to families experiencing diaper need through Community Distribution site Partners is Stark, Tuscarawas, Carroll,



Wayne, Medina, Harrison, Summit, and Belmont counties to ensure that babies get a healthier start in life.



Since June of 2019, the Heart of Ohio Diaper Bank has distributed 1,875,000 diapers and are currently serving 1,400 children each month.

"Autumn shows us how beautiful it is to let things go."



MCHD offers free, safe at-home medication disposal bags in the front lobby.

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Mental Health Spotlight: Shining Light on Seasonal Blues

Fall's shorter days and longer nights can trigger Seasonal Affective Disorder (SAD), a form of depression linked to reduced sunlight. Common symptoms include fatigue, low mood, and changes in sleep or appetite. Combat blues with:

- * Daily sunlight: Aim for 20 minutes outdoors, even on cloudy days
- * Light therapy lamps: A great option for darker mornings
- * Stay connected: Join community events, support groups, or volunteer



Flu Shot Reminder: Protect your Fall, one Shot at a Time

As cooler weather rolls in, so does flu season. Getting your annual flu vaccine is one of the easiest ways to protect yourself and those around you— especially young children, older adults, and those with chronic conditions. If you can't make it to the Health Department for your flu vaccination, try calling local pharmacies which now offer flu shots, and many accept walk-ins. Don't wait until symptoms strike – get vaccinated early and enjoy the season worry-free.

Flu Shot Clinics: Tuesday and Thursday by appointment only. Call the Nursing Division at 330-830-1714 to schedule your appointment.

*Join us for our Fall into Wellness event! Saturday, September 27th
11AM- 2PM @ Duncan Plaza
Enjoy free wellness resources and
community connections.*

*Lets fall into better
health- together!*



Recipe Corner: "Warm up with Autumn Veggie Soup"

As the growing season winds down, the Massillon City Health Garden is wrapping up another year of nourishing our community. We harvested over 357 pounds of produce that has been delivered throughout our community. What better way to honor its final harvest than with a cozy, garden- inspired soup?

This hearty soup is packed with seasonal produce and immune- boosting nutrients. Perfect for chilly evenings.

Ingredients:

- 1 tbsp olive oil
- 1 chopped onion
- 2 cloves garlic, minced
- 2 carrots diced
- 1 sweet potato, cubed
- 1 zucchini, sliced
- 4 cups vegetable broth
- Salt, pepper, thyme to taste



1. Sauté onion and garlic in olive oil until fragrant
2. Add carrots and sweet potato; cook for 5 minutes
3. Pour in broth, add zucchini and seasonings
4. Simmer for 20 minutes until veggies are tender. Serve warm!

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, 2025

Thanksgiving Break

November 27-28, 2025

Whether you are cooking in your house or tailgating for the game, remember the four steps to food safety:



1. **CLEAN:** Wash your hands, utensils, and any surfaces that come into contact with food frequently to prevent germs from spreading.

2. **SEPARATE:** Keep raw meat, poultry, seafood, and eggs separate from other foods to avoid cross-contamination. Remember to use separate cutting boards and plates for raw and cooked items.

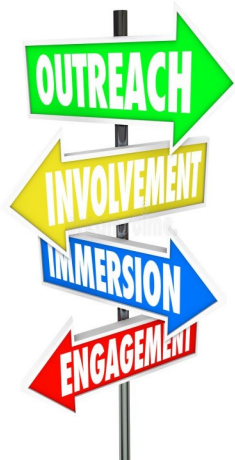
3. **COOK:** Cook food to a safe internal temperature. Use a food thermometer to ensure that foods like poultry and other meats reach the proper temperature.

4. **CHILL:** Refrigerate perishable foods promptly after cooking or purchasing. Keep your leftovers cold, and don't leave food at room temperature for more than two hours.



Did you know? Fun Health Trivia

- **Your nose warms the air you breathe-** like a built-in furnace for your lungs!
- **The human heart beats about 100,000 times a day.** That's over 35 million beats a year!
- **Babies are born with around 300 bones,** but many fuse together as they grow, leaving adults with 206.
- **Tooth enamel is the hardest substance in the human body,** even tougher than bone.
- **Earwax is made of dead skin cells, hair, and secretions—** a surprisingly effective natural defense system.
- **The small intestine is about 23 feet long—** longer than most people are tall!



Outreach events

The Massillon City Health Department is hosting a Community Baby Shower on Wednesday, October 8th!

This special event is for expectant mothers and caregivers of infants up to 6 months old. Enjoy nutritious food demonstrations and recipes, baby safety tips, take-home CPR kits, and practical parenting advice. Stay tuned to our Facebook page for details on how to call and register!

Plastic Bag Recycling Challenge Update:

We're excited to share that the Plastic Bag Recycling Challenge was a tremendous success—thanks to the outstanding participation of our community! Residents enthusiastically utilized the drop-off sites at the Massillon Recreation Center, Massillon Public Library, and the Massillon City Health Department. Over just four months, we collected an impressive 1,000 pounds of plastic bags!

As a reward for our efforts, we received a new bench, which has been proudly installed at the Massillon City Health Department for everyone to enjoy at the bus stop.

Want to keep the momentum going? The Salvation Army has launched their own recycling challenge and will continue using the same collection locations. Let's keep making a difference together!

Pop-Up Pantry Update:

Our collaboration with the Akron-Canton Regional Foodbank's Pop-Up Pantry, drive-thru food giveaway and Massillon City Schools has been truly inspiring. Each month, we're reaching more families and have proudly grown to become the second-largest distribution food site. We're also grateful for the ongoing monthly meat donations from Freshmark/Sugardale.

This initiative wouldn't be possible without the dedication and generosity of our amazing volunteers from Ahead, Inc., SPARK, Lifecare Health and Family Dental, Massillon Lions Club, Massillon City Schools students, Jackson Bear Hugs, Legacy Project Stark, Giant Eagle, and Arrow Passage Recovery.

The Pop-Up Pantry, drive-thru food giveaway takes place on the **3rd Tuesday of each month from 12:30–2:30 p.m. at 611 Erie St S.** Please be sure to enter from 1st St SW.

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