



MASSILLON CITY HEALTH DEPARTMENT

Quarterly Newsletter

Fall 2026



Joe Heinzer
*Community Outreach
Service Coordinator*

Joe joins us following more than 20 years with ADT Security and as a local business owner. He has also volunteered at our Pop-Up Pantry every month since April.

Come meet our new staff!

Diane Barnes
Director of Nursing

Diane brings 20 years of nursing experience at Aultman Hospital and a passion for serving our community.



“And all at once, summer collapsed into fall.”

~Oscar Wilde



At **Downtown Fun Fest**, we connected with hundreds of families, decorated more than **300 tumblers**, and shared information about the many resources available through the Health Department.

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Fall Wellness: Prepare for a Healthy Season

As the leaves begin to change and temperatures start to drop, fall is a great time to focus on your health and prepare for the months ahead. With cooler weather, school back in session, and more time spent indoors, respiratory illnesses such as influenza (flu) can spread more easily.

One of the best ways to protect yourself and those around you from influenza is to get your annual flu vaccine. The flu can cause serious illness, particularly for older adults, young children, pregnant women, and people with certain chronic health conditions.

Getting vaccinated can:

- Reduce your risk of getting the flu.
- Help prevent serious complications if you do become sick.
- Reduce the spread of influenza to family members, coworkers, and others in the community.
- Help protect people who are more vulnerable to severe illness.

Flu vaccination is recommended every year because flu viruses change over time and protection decreases.

Fall is an ideal time to get vaccinated, giving your body time to build protection before flu activity typically increases.

A few simple habits can go a long way toward keeping you and your family healthy this fall:

- **Wash your hands often** with soap and water or use hand sanitizer when soap and water aren't available.
- **Cover coughs and sneezes** with a tissue or your elbow.
- **Stay home when you're sick** when possible, especially if you have symptoms of a respiratory illness.
- **Get plenty of sleep** and make time for regular physical activity.



A flyer for the Massillon City Health Department's Vaccine Clinics. At the top left is the Massillon Health Department logo, which includes a seal and the text "MASSILLON HEALTH DEPARTMENT". Next to it is a circular logo for "PHAB" (Public Health Accreditation Board). The main text reads "Massillon City Health Department" in a large, bold, blue font, followed by "— Nursing Services —" in a smaller, italicized blue font. Below this, the words "Vaccine Clinics" are written in a large, white, cursive font on a blue brushstroke background. Underneath, there is a calendar icon and the text "Tuesdays & Thursdays by appointment only." in a bold blue font. At the bottom, there is a phone icon and a dark blue button with the text "Call 330-830-1710 to schedule." in white. To the right of the button is an image of a vaccine vial and a syringe.

Fall is also a good time to schedule routine checkups, refill necessary prescriptions, review your family's emergency supplies, and make healthy habits part of your daily routine.

A little preparation now can help you and your family enjoy everything fall has to offer while staying healthier throughout the upcoming flu season.

Don't wait until flu is spreading in your community. Talk with your healthcare provider or local health department about getting your flu vaccine this fall.

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

Veteran's Day

November 11, 2026

Thanksgiving Break

November 26-27, 2026

Spice Up Your Fall!

Fall spices don't just make your favorite foods taste comforting and delicious—they may offer some health benefits too! Spices are an easy way to add lots of flavor without adding extra sugar or salt. Experiment with some of the best spices fall has to offer to give everyday foods a fall twist!

Cinnamon



- May help support healthy blood sugar levels.
- May help support insulin sensitivity and lower blood sugar (should not replace medications or other diabetes care).

Try it in...
Sprinkling it on oatmeal, apples, yogurt, or whole grain toast.

Ginger



- Helps ease nausea and an upset stomach.
- Has anti-inflammatory and anti-bacterial properties.

Try it in...
Tea, smoothies, soups, or fall recipes.

Cloves



- Packed with plant compounds that have antioxidant properties.
- A little goes a long way!

Try it in...
Baked apples, oatmeal, or warm fall drinks.

Nutmeg



- Contains plant compounds with antioxidant properties.
- May promote calm and good sleep.

Try it in...
Oatmeal, applesauce, or try baking it into muffins.

Allspice



- Rich source of antioxidants — may support overall immune defense.
- May help with menopause symptoms.

Try it in...
Baked apples, pumpkin dishes and muffins.

Small spices. Big flavor. Real health benefits.

Connecting Families Through ESL Orientation at Washington High School

At Washington High Schools' K-12 ESL Orientation Night, our Spanish Translator, Rachel Gonzales, connected Spanish-speaking families with the many programs and resources available through the Massillon City Health Department. She also introduced families to the Spanish-language assistance she provides at our department, helping ensure that language is never a barrier to receive information, services and support.





A Safer Ride Starts Here

Kelly Hurd is now a certified **Child Passenger Safety Technician** and can provide car-seat safety checks by appointment. Please call (330) 830-1710 to schedule.



Contact Us

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



TRUNK OR TREAT

Massillon Recreation Center
Thursday, October 29th
6:00 pm - 8:00 pm

Children ages 13 & under can dress up in their Halloween costumes and Trick-or-Treat from car to car in the safety of our parking lot.

Please bring a non-perishable item for the Sam (Serving Area Military) Center.

Want to decorate your car and pass out candy?
Contact Lauren at (330)832-1621, Ext. 125 or lkujath@massillonparks.com

Join Us at Trunk or Treat!

The Massillon City Health Department is excited to participate in the City of Massillon Parks and Recreation's annual Trunk-or-Treat! Families with children ages 13 and younger are invited to join us on Thursday, October 29, from 6:00-8:00pm in the Massillon Recreation Center parking lot. Look for our decorated trunk and stop by for treats, helpful resources and a safe evening of Halloween fun!