



MASSILLON CITY HEALTH DEPARTMENT

Quarterly Newsletter

Winter 2025

What we've been up to... We recently had the pleasure of partnering with the Legacy Project of Stark County for a fun family night filled with games, food and community connection. Our public health nurses Christine Gogerty and Audrey Sylvester provided free wellness exams to Massillon city residents.



“Kindness is like snow- it beautifies everything it covers.”

~ Kahlil Gibran



The next “Better Together” family night will be held January 28, 2026, 5:30pm– 8:30pm at 708 Tremont Ave. S.W. Massillon, OH 44647. To register your family, contact Becca Studer at 330-880-6474.



Dietician Erin Wise, preparing healthy snacks for families to enjoy at the 708.

In This Issue

- What's Happening at the HD
- Pop– Up Pantry Spotlight
- Avoid food-borne illness
- Stay healthy this winter

Supporting Our Community: Spotlight on the Pop-up food Pantry

In times of need, a helping hand can make all the difference. The Massillon Health Department in collaboration with the Massillon City Schools are honored to continue to host the Akron Canton Regional Foodbank's Pop Up Pantry. This pantry has become a vital resource that continues to serve families across our community with compassion and care.

Held on the third Tuesday of every month from 12:30 PM to 2:30 PM, this pantry provides essential groceries to families in need—all from the convenience of their vehicles. With a focus on accessibility and dignity, the drive-thru format ensures that everyone can receive support quickly and safely.

The food distribution provides nutritious groceries to individuals and families facing food insecurity. From fresh produce, to shelf-stable staples, the pantry strives to ensure that no one in our neighborhood goes hungry.

Each month, dedicated volunteers distribute food to hundreds of households. Their efforts reflect the spirit of generosity and solidarity that defines our community. Our November distribution was our highest yet serving over 300 families!



Upcoming Pop- Ups:

Drive thru pop up- third Tuesday of every month from 12:30-2:30pm. For more information or to get involved, please see the Massillon Health Department's Facebook page or join our sign up genius at <https://www.signupgenius.com/go/10C044CA9AC2EA7F9C34-60586370-poptopantry> Together, we can build a stronger, healthier community-one meal at a time.

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

Christmas







December 25, 2025

New Year's

January 1, 2026

HAPPY HOLIDAYS!

To prevent foodborne illness, follow these tips when shopping for food and during food storage and handling.

DO	DON'T
Keep food like meat and eggs separate from ready-to-eat foods like fruits and vegetables.	 Bag raw meats together with ready-to-eat foods.
DO	DON'T
Refrigerate foods promptly after shopping to maintain a safe temperature. 	Leave foods at room temperature because harmful bacteria can grow and make you sick.
DO	DON'T
Defrost foods safely such as in the refrigerator, under cool running water, or in the microwave.	 Thaw foods at room temperature.
DO	DON'T
Keep your refrigerator at or below 41°F 	Forget to keep a thermometer in your refrigerator.
DO	DON'T
Clean and sanitize all surfaces and wash your hands before, during, and after handling food. 	Place cooked food back on a plate that previously held raw food unless the plate has been washed in hot, soapy water.
DO	DON'T
Cook food to the correct internal temperature to kill bacteria. 	Use color as an indicator of doneness.

Stay Healthy, Happy, and Energized This Season

Winter brings cozy nights, festive gatherings and crisp air-but it can also challenge our health. Shorter days, colder temperatures, and dry indoor environments can leave us feeling sluggish. With a few intentional habits, you can keep your body and mind thriving all season long:

Boost Your Immunity by prioritizing 7–9 hours of sleep each night, eating nutrient-rich foods like citrus, leafy greens, nuts and seeds, and getting sunlight or consider Vitamin D supplements. Don't forget to stay hydrated with water and herbal teas.

Support Mental Well Being through relaxation methods such as meditation, yoga, or deep breathing, stay socially connected with friends and family, and choose mood-boosting foods like omega-3-rich fish and dark chocolate.

Keep Active and try indoor workouts like body-weight exercises, yoga, or dance routines, bundle up for brisk outdoor walks, and set small daily activity goals (even 15 minutes counts!).

Protect Skin & Body by moisturizing your skin regularly and use a humidifier to combat dry indoor air. Remember to dress in breathable layers to stay warm and comfortable.

Following these intentional habits along with washing your hands often to reduce risk of colds and flu, limiting alcohol and sugar to keep immunity strong, and setting small daily wellness goals will help you stay consistent, energized, and ready to enjoy everything winter has to offer.

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
8:30 a.m.–4:30 p.m.

*Visit us on the web at
massillonohio.gov/health*

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