

# Massillon City Health Department

## Spring 2024 Newsletter

We've got Spring fever!



- ◇ See what we've been up to lately
- ◇ Check out our upcoming events
- ◇ Find ways to get involved in our community



### Our office will be closed on the following days:

◆ Memorial Day

Monday May 27th, 2024

◆ Juneteenth

Wednesday June 19th, 2024



# Community Garden

## Volunteers Welcome!

With gardening season right around the corner, the Health Department has begun planning and prepping for their second season of the Massillon Community Garden. The Garden is located at the corner of Main Ave W and 17<sup>th</sup> street on the property of RiverTree Massillon Church. The goal of the garden is to continue providing fresh fruits and vegetables to those community members who have little or no access to these resources. What was once a passion project for a few staff members and their families has grown with additional resources and partners for the 2024 gardening season.

The Community Garden Committee is always looking for dedicated community members to assist with the garden in various ways. Spring and fall clean up are a great way for students to earn service hours as well as learn skills about how to prep your garden for the spring and winterize it in the fall. Planting day, monthly weeding and pruning days, daily watering, and harvesting crops are a great way for community members to share their gardening expertise or to learn from those who already have great knowledge. Delivering the produce to our you pick pantries and community giveaways are an amazing reminder of the fruits of our labor at the garden.

To help with the expansion of the Massillon Community Health Garden, Washington High School construction trades students are planning to rototill the soil prior to planting day. We will be receiving donations from several area businesses. Mozzocca's Greenhouse is willing to provide green bean and lettuce seeds, strawberry, broccoli, eggplant, and zucchini seedlings, onion and potato sets, and Moyer's Nursery is giving soil and seedlings of peppers, tomatoes, and beans.

We are always looking for volunteers to help with our garden! Fill out our form or contact us for other ways to help us grow!!



# A total eclipse is coming to Massillon

A ONCE-IN-A-LIFETIME EVENT WILL HAPPEN IN OUR AREA AND THROUGHOUT PARTS OF OHIO ON APRIL 8<sup>TH</sup>, 2024. THERE WILL BE A TOTAL SOLAR ECLIPSE WHICH HAPPENS WHEN THE MOON PASSES BETWEEN THE SUN AND EARTH, BLOCKING THE FACE OF THE SUN. THE SKY WILL GET DARK FOR SEVERAL MINUTES BETWEEN 3:00PM AND 3:30PM. THE NEXT TOTAL SOLAR ECLIPSE WILL BE IN 2044

IT IS A GOOD IDEA TO BE AWARE OF THIS RARE PHENOMENON AND BE READY. IT COULD BRING HUNDREDS OR EVEN THOUSANDS OF VISITORS TO OUR AREA FOR VIEWING. TRAFFIC COULD BE HEAVY BEFORE AND AFTER THE ECLIPSE, CAUSING TRAFFIC PROBLEMS FOR REGULAR DRIVERS AND EMERGENCY VEHICLES. MANY SCHOOLS AND SOME BUSINESSES MAY BE CLOSED THAT DAY AND RESTAURANTS, GAS STATIONS, AND PARKS COULD BE VERY BUSY.



DUE TO THE MANY EXPECTED VISITORS IT IS RECOMMENDED THAT YOU GET GROCERIES, GAS, AND ANYTHING ELSE YOU MIGHT NEED SEVERAL DAYS BEFORE THE DAY OF THE ECLIPSE. IF YOU PLAN TO LEAVE HOME TO VIEW THE ECLIPSE, ARRIVE EARLY AND STAY LATE TO AVOID GETTING STUCK IN TRAFFIC.

TO SAFELY VIEW THE ECLIPSE, IT IS IMPORTANT TO USE PROPER EYEWEAR TO PREVENT SEVERE DAMAGE TO EYES. DO NOT LOOK AT ANY STAGE OF THE ECLIPSE WITH UNPROTECTED EYES! SAFE SOLAR GLASSES SHOULD BE LABELLED WITH **ISO 12312-2**, WHICH ARE APPROVED BY EXPERTS FOR SAFE VIEWING. THESE GLASSES ARE AVAILABLE ON-LINE AND SOME SCHOOLS AND LIBRARIES MAY CARRY THEM.



## *Language Services*

The MCHD recognizes language barriers as part of the challenges faced when serving our community. In compliance with Title IV of the Civil Rights Act of 1964 the MCHD now offers an improved Language Access Service for our customers, adding a bilingual staff member that can work directly with people with Limited English Proficiency has been a key factor in overcoming such challenges.

We know and understand the need to provide quality access to each service offered to our LEP population, therefore all staff members work hard to provide excellent customer service, become culturally competent and establish meaningful effective communication with our clients regardless of race, color or national origin. Having the Language Services Coordinator, Katia, working along with all the divisions within the department to ensure that their programs and activities normally provided in English are accessible to LEP persons has been a major improvement over the last six months.



# Massillon City Health Department

## Environmental Health Division

With warmer weather arriving, one of the most common annoyances most of us experience is the pesky mosquito. Fortunately, most mosquitoes in Ohio are just a nuisance, and they are not major vectors of disease. A vector carries a disease causing agent from an infected individual to a non-infected individual or its food environment. Per the Ohio Department of Health, only a few of the fifty-nine species of mosquitoes in Ohio can transmit disease. Unfortunately, the diseases that these mosquitoes can carry are very serious ones, such as encephalitis and malaria in humans, and heartworm in dogs.

In Ohio, mosquitoes are most active during the warmest months, May through October, and mosquito activity will cease after the first hard frost of the fall. As we approach these warmer months, there are some things that you can do to prepare for mosquito season and prevent bites.

**Eliminate water sources.** All mosquitoes must have water to complete their life cycle. Mosquitoes have four life stages (egg, larvae, pupae, adult). Because three of the stages (egg, larvae, and pupae) are found in water, eliminating water sources that can breed mosquitoes eliminates the chances of being bitten by mosquitoes. Eliminate standing water in things like rain gutters, old tires, flower pot saucers, buckets, plastic covers, toys, or any other container where mosquitoes can breed. Empty and change the water in bird baths, fountains, and wading pools at least once a week to destroy potential mosquito habitats. Cover trash containers and screen your rain barrels.

**Avoid getting bitten.** Stay indoors during peak "bite" times (dusk to dawn), but if you do go outside keep mosquitoes away from exposed skin by wearing long-sleeved shirts, pants, and socks. Use EPA-registered mosquito repellants, and follow label directions and precautions closely.

**Don't attract mosquitoes.** Replace your outdoor lights with yellow "bug" lights, which tend to attract fewer mosquitoes than ordinary lights. The yellow lights are NOT repellents, however.

**Deter mosquitoes.** Mosquitoes don't like to fly in wind; therefore, one simple and inexpensive way to keep away mosquitoes when you're sitting outside is a fan. If electricity is available, plugging in a fan to create a breeze will make it difficult for mosquitoes to fly around you; thus, the chances of a mosquito biting you will be greatly reduced.

**Prevent mosquito entry into your home.** Maintain fly screens on windows, doors, vents, and chimneys.

**Encourage friends, neighbors, and family members to follow these suggestions also.** If you have additional questions regarding preventing and eliminating mosquitoes, please call the Environmental Health Division at 330-830-1795.



# MCHD Outreach

We recently began holding Community Wellness Events! Each month we promote a different way to nourish your mind, body, and soul.

- In February, we held a Heart Healthy event featuring a class through OSU extension that included sampling smoothies.
- For March, we held a lively Zumba class with Annika, a local instructor from the Massillon Rec Center

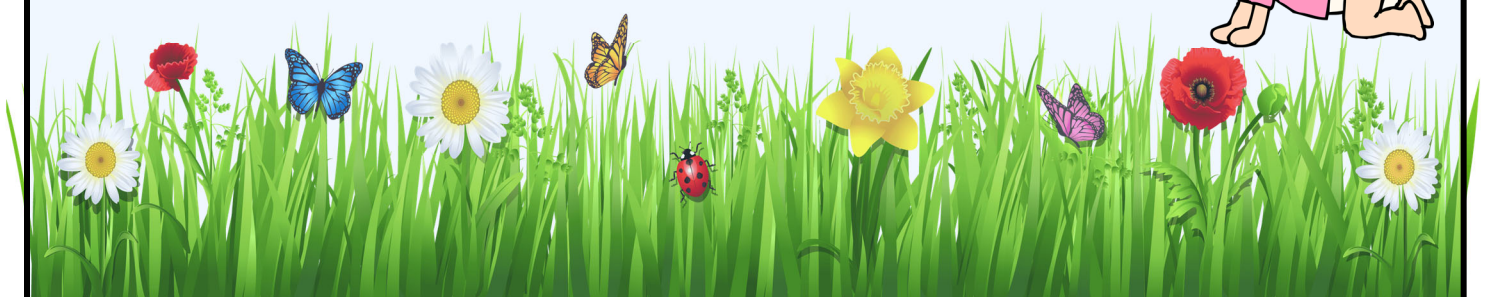


## Upcoming Events

- April 1, 2024 12:00-3:00pm : We are holding a Solar Eclipse preparedness event. Approved eclipse viewing glasses and COVID-19 kits will be available while supplies last
- April 18, 2024: We are having a Mobile Units Day with Stark County Healthmobile, Massillon Public Library Bookmobile, and Aultman Wow Van. Stop down to take advantage of what our mobile units have to offer.

***Did you know we hold annual baby showers here for the community?***

We had 2 baby showers held here on March 20, 2024. Each shower hosted 10 mom's or "mom's to be" with a support person. In order to show support for our diverse mothers in the community, in addition to our regular shower, we hosted a shower specifically geared towards our Hispanic community with the help of our in-house interpreter, Katia. Each shower included a meal prepared by our registered dietician along with education on feeding and safety.



# Contact & Program Information

## *Hours of Operation*

*Monday thru Friday*

*8:30 to 4:30*

*We are closed for certain holidays throughout the year. Check Facebook or our website for those updates!*



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

## *Programs and 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
  - Fentanyl Test Strips
  - HIV Testing
  - Anytime CPR Kits
- Children with Medical Handicaps (CMH) & several others

*Call to inquire about programs or services!*

## *Contact information*

**Front Desk/Vital Stats  
missioner**

(330) 830-1710

**Environmental**

(330) 830-1795

**Nursing** (330) 830-1714

**Health Com-**

(330) 830-1712

**WIC**

(330) 830-1715



*After-hours emergencies call 911*