



Health and Human Services (HHS) Newsletter

News you can
use and share



MELROSE HEALTH DEPARTMENT PROTECT YOURSELF FROM WEST NILE VIRUS (WNV)

WHAT IS WEST NILE VIRUS?

- A disease spread by infected mosquitoes.
- Most cases occur from summer to early fall.
- Most people don't get sick, but it can cause serious illness in some.

PREVENTION IS THE BEST PROTECTION

- USE INSECT REPELLENT**
with EPA-approved ingredients (DEET, picaridin, oil of lemon eucalyptus)
- AVOID DAWN & DUSK**
outdoors — when mosquitoes are most active.
- WEAR LONG SLEEVES & PANTS OUTDOORS**

CHECK YOUR HOME
make sure windows and doors have screens.
ELIMINATE STANDING WATER:

- Empty buckets, pots, and barrels.
- Change pet and birdbath water weekly.
- Store wading pools on their sides.

SIGNS AND SYMPTOMS

- Most people (80%): No symptoms.
- Some (20%): Fever, headache, body aches, nausea, rash.
- Few (1 in 150): Severe symptoms — high fever, stiff neck, confusion, paralysis.

If you have severe symptoms, seek medical attention immediately.

WHO'S AT HIGHER RISK?

- People over 50.
- People with weakened immune systems.

YOUR TOWN IS TAKING ACTION

- Mosquito monitoring & testing.
- Community prevention and alerts during mosquito season.

SCAN FOR MASSACHUSETTS ARBOVIRUS DASHBOARD

[Click on the flyer to learn more.](#)

Visit HHS at the Farmers' Market

Upcoming Schedule:

September 25th, 1p-6p: MAAV

October 16th, 1p-3:30p: NAMI



**October 30th, 3:30p-6p: The Bridge
Recovery Center**



Say hi to HHS' Emily at the
[Market!](#)

**MELROSE**
RECREATION

ADULT
FALL 2025

**MELROSE**
RECREATION**Melrose Recreation Department**
Fall 2025

[Click the flyer to go to registration link.](#)



Gambling, Gaming and Sports Betting

[Let's Talk Risk \(conversation starters and interactive games\)](#)

[Listen to this short MMTV podcast on Gambling and our Youth](#)

[Listen to this short MMTV podcast on Responsible Gambling and Financial Literacy](#)

[Need Help?](#)



The regional Mystic Valley Public Health Coalition awarded Community Champions at their annual breakfast in June.

HHS' own Kara Showers and Recreations' Frank Olivieri were among this year's recipients. Congratulations!



MELROSE
RECREATION

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Mindfulness Meditation
Weekly Sitting Group (In-person)

Days: Every Thursdays
Time: 7:00pm – 7:45pm
 (Meditation starts at 7:10pm)
Cost: Drop-in is Free!
 (Donations accepted to help support the program)
Location: Melrose Milano Center

Description:
 Join us for our weekly in-person sitting group. Doors will open around 6:45pm so participants will have time to settle in before we begin. At 7:10pm, there will be a welcome, some basic instructions, followed by a guided mindfulness meditation practices that will last about 20 minutes. After the meditation, there will be a short period for anyone to share or ask questions. This group is open to all experience levels and anyone interested in attending. Join at anytime. No pre-registration is required as participants will be asked to sign in upon arrival.

Instructor:
 Frank Olivieri





MELROSE
RECREATION

recreation@cityofmelrose.org
781-979-4179

Melrose Recreation Department
Fall 2025

Register at www.cityofmelrose.org/recreation

[Click on the flyer to go to registration link.](#)

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**

Call or text now
833-773-2445

Visit masshelpline.com to chat

[Click on the flyer to be taken to the Helpline site.](#)

**September is National
Preparedness Month**

FEMA's Ready campaign has observed National Preparedness Month since 2004 to encourage Americans to prepare for emergencies. This month is a great time to take small steps to make a big difference in being prepared!

Special Considerations for Emergencies



[Click on the logo for
more information.](#)



MELROSE
RECREATION

ADULT
FALL 2025



Introducing Mindfulness



Mindfulness and Health Institute



Public Health
Prevent. Promote. Flourish.

3 Week Program
New Sessions Offered Monthly!

Ages: 18+

Cost: \$10 (\$79 value)

Location: Virtual - Zoom

Sept Session: Sept 10 – Sept 24
Wednesdays
1:00pm – 2:00pm

Oct Session: Oct 13 – Oct 27
Mondays
4:00pm – 5:00pm

Introducing Mindfulness is a 3-week, evidence-informed course designed for those new to the practice or returning after time away. Each session combines short teachings, guided practices, and group discussions to explore mindfulness themes in a practical, accessible way.

You'll learn how to:

- Pay attention with intention
- Step out of autopilot
- Respond skillfully rather than react
- Cultivate appreciation and presence

Mindfulness can support self-awareness, help manage cravings, and offer valuable tools for navigating stress, addiction, and daily challenges. No experience needed, just bring curiosity.

Instructor:  Katie Morales

To register, visit www.cityofmelrose.org/recreation. After completing your registration with Melrose Recreation, you'll receive a receipt containing a link to finalize your registration with the Mindfulness & Health Institute. (No additional fees.)

This program is offered at a reduced rate through a partnership with the Melrose Health and Human Services Department, thanks to funding from the Massachusetts Gaming Commission's Community Mitigation Fund to address gambling-related harm.



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[Click on the flyer to go to registration link.](http://www.cityofmelrose.org/recreation)



HHS' regional tobacco prevention coordinator, Maureen, at the Action on Smoking and Health (ASH) 's 2nd U.S. Tobacco Endgame Summit.

Visit <https://phai.org/nfgma/> [https://phai.org/nfgma/] to learn more about Nicotine-Free Generation.



Ready to help in emergencies

Additional HHS and Council on Aging staff were trained by HHS' Kara in Adult CPR, AED and Choking this summer.

Way to go team!



[Click on the flyer for more info.](#)



A big congratulations to Dan Thompson, our HHS Senior Environmental Health Specialist in Melrose, Wakefield and Stoneham, for obtaining his Masters in Public Health degree from Boston University.

SHARPS DISPOSAL

Put all sharps in regulation containers or wide-mouth sturdy containers.

Sharps = lancets, needles, syringes, Epipens, Wegovy, Ozempic, Zepbound, or Mounjaro.

Sturdy Containers = detergent bottles, orange juice bottles, coffee cans.

Tape all containers.

Do not use paper bags, individual water bottles or baggies to hold sharps.

Do not put any oral or injectable medications into the sharps bin.

Oversized containers can be brought into the Health Department for disposal.

-EXCEPTIONS-

Oral Medications
(pills only). Place in the medication disposal bin in the lobby of the Police Station.

Liquid Medications
Pour into a 2-gallon heavy duty plastic Ziploc bag filled with sawdust, coffee grounds, and/or dirt. Squeeze contents to mix and then dispose of the bag in your regular trash.

Location:
Outside the Melrose Health and Human Services Office at City Hall

Hours:
Monday – Thursday
8:30AM – 4:00PM
Friday 8:30AM - 12:30PM



An Age-Friendly City Initiative

Teaching Dementia Friends classes and having a resource guide and map available are all part of Melrose becoming an age and dementia-friendly City.

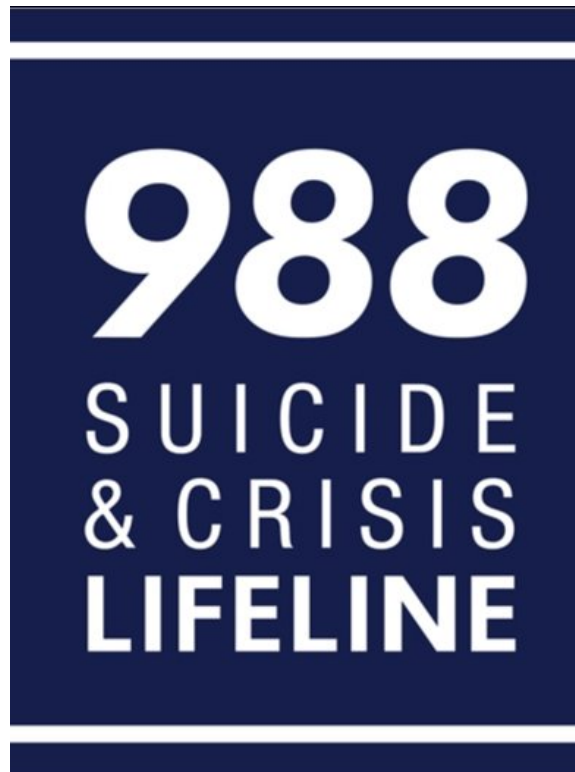
This is an interdepartmental collaboration between HHS and the Council on Aging.

Listen [here](#) for a 6-minute MMTV podcast on this.

Resources located
outside the Mayor's
Office.



[Now Available: Massachusetts 2024–2029 State Cancer Plan](#)



September is Recovery Month and Suicide Awareness month.

**If you or someone you know is struggling or in crisis, help is
available: call or text 988.**



L-R: Tai, Liana, Grace, Sashawna

Hello and Goodbye, HHS folks!

Welcome Tai as the new regional public health nurse, and Liana as the new health inspector trainee. Thank you Grace for being our intern this summer and welcome back to Sashawna from maternity leave!

[Check out all of our HHS e-newsletters.](#)

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