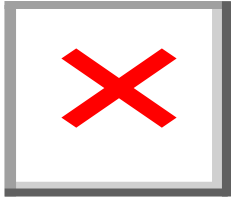


From: City of Melrose <noreply@civicplus.com>
Sent: Sep 23, 2025 12:24:03.000000000 UTC
Subject: Fall 2025 Health and Human Services E-Newsletter
To: kshowers@cityofmelrose.org <kshowers@cityofmelrose.org>



Risk Level in Melrose for West Nile Virus Increased to High

[Read the article here](#)

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!](#)

Flu Vaccination Clinics are Coming!

October 9th, 1p-4p at the Melrose Senior Center

October 28th, 10a-1p at the Senior Resource Fair at Memorial Hall

Protect Yourself From Ticks

Ticks are everywhere. They can carry diseases that can make you, your family and your pets very sick. Take steps to prevent tick bites. Learn more [here](#).

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!



L-R: Tai, Liana, Grace, Sashawna



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!

Financial Literacy Class



Ages:	18+
Days:	Tuesdays
Cost:	\$20 (\$155 value)
Location:	Northeast Metropolitan Regional Vocational School in Wakefield
Session I:	Sept 16 – Oct 14 from 5:30pm – 6:30pm
Session II:	Oct 21 – Nov 11 from 6:00pm – 7:00pm

Take charge of your finances with practical tools for budgeting, goal-setting, and investing—whether you're just starting out or ready to grow your wealth. Open to all experience levels.

Register with Melrose Recreation at www.cityofmelrose.org/recreation and click “Register Here”.



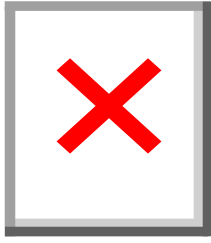
Gambling, Gaming, and Sports Betting

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

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

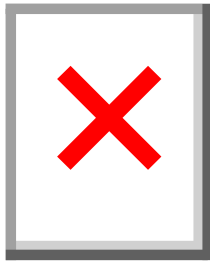
[Listen to this short MMTV podcast on Responsible Gambling and Financial Literacy](#)

[Need Help?](#)



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

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



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

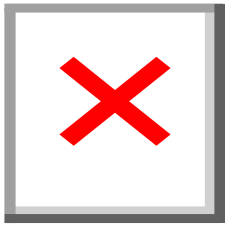


Introducing Mindfulness Class

Ages: 18+
Cost: \$10 (\$79 value)
Location: Virtual – Zoom
Oct Session: Mondays, Oct 13 – Oct 27 from 4p-5p

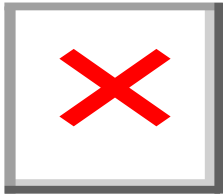
Introducing Mindfulness is a 3-week, evidence-informed course designed for those new to the practice or returning after time away. Each session combines short teachings, guided practices, and group discussions to explore mindfulness themes in a practical, accessible way.

To register, visit www.cityofmelrose.org/recreation then click on "Online Registration" on left. *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.)*



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

[Click to learn more about Nicotine-Free Generation.](#)



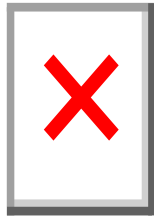
September is National Preparedness Month

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.](#)



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 at HHS

All used and unused syringes in taped rigid containers can be dropped off during regular City Hall hours (Monday through Thursday, from 8:30 am to 4 pm, and Friday, from 8:30 am to 12:30 pm). The kiosk is located outside the Health and Human Services Department on the ground floor of City Hall.



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



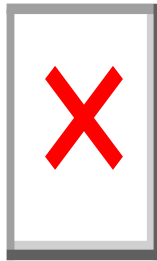
An Age-Friendly City Initiative

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 and
around the City.



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.

Check out all of our past HHS e-newsletters.



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