

From: Showers, Kara <kshowers@CityofMelrose.org>
Sent: Sep 25, 2025 16:05:23.000000000 UTC
Subject: RE: Fall 2025 Health and Human Services E-Newsletter
To: Olivieri, Frank <folivieri@CityofMelrose.org>

Thank you! Went out to 3000+ residents!

Have a great weekend—we are almost there 😊

Kara M. Showers, MPH, CHES
Prevention and Wellness Coordinator
[City of Melrose Health & Human Services Department](#)
P: (781) 979 – 4123, E: kshowers@cityofmelrose.org

From: Olivieri, Frank <folivieri@CityofMelrose.org>
Sent: Thursday, September 25, 2025 11:22 AM
To: Showers, Kara <kshowers@CityofMelrose.org>
Subject: RE: Fall 2025 Health and Human Services E-Newsletter

This looks great Kara! Really nice job. Good info, but not too much. Plus, you got photos in a newsletter, impressive. Nice job and glad you got this puppy out into the world!



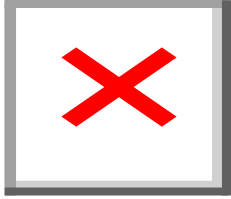
Frank Olivieri, CPRE
Director of Recreation
City of Melrose
562 Main St. Melrose, MA 02176
Phone: 781-979-4179
Email: folivieri@cityofmelrose.org
Web: www.cityofmelrose.org/recreation

From: Showers, Kara <kshowers@cityofmelrose.org>
Sent: Wednesday, September 24, 2025 9:24 AM
To: Olivieri, Frank <folivieri@CityofMelrose.org>
Subject: FW: Fall 2025 Health and Human Services E-Newsletter

Finally sent the e-news out! You got good props in there 😊. Check it out!

Kara M. Showers, MPH, CHES
Prevention and Wellness Coordinator
[City of Melrose Health & Human Services Department](#)
P: (781) 979 – 4123, E: kshowers@cityofmelrose.org

From: City of Melrose <noreply@civicplus.com>
Sent: Wednesday, September 24, 2025 9:05 AM
To: Showers, Kara <kshowers@cityofmelrose.org>
Subject: Fall 2025 Health and Human Services E-Newsletter



Risk Level in Melrose for West Nile Virus Increased to High

[Read the article here](#)

Visit HHS at the Farmers' Market

September 25th, 1p-6p: HHS with Melrose Alliance Against Violence (MAAV)

October 16th, 1p-3:30p: HHS with National Alliance on Mental Illness (NAMI)

October 30th, 3:30p-6p: HHS with 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. Register [here](#).

October 21st, 4p-7p at Memorial Hall. Register [here](#).

October 28th, 10a-1p at the Melrose Senior Resource Fair at Memorial Hall. Register [here](#).

Ages 5 and up. Bring your insurance card. Wear short sleeves.

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, hired through the state's Public Health Excellence grant. Thank you, Grace, for interning with us this summer and welcome back our health inspector Sashawna from maternity leave!



L-R: Tai, Liana, Grace, Sashawna



Ready to Help in Emergencies

HHS and Council on Aging staff were trained by HHS' Kara in Adult CPR, AED, and Choking. McCarthy House folks reviewed how to use an AED and are now ready to help a neighbor in need.

Way to go team!

Financial Literacy Class



Ages: 18+
Days: Tuesdays
Cost: \$20 (\$155 value)
Location: Northeast Metropolitan Regional Vocational School in Wakefield
Dates: Oct 21 – Nov 11 from 6p – 7p

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”.



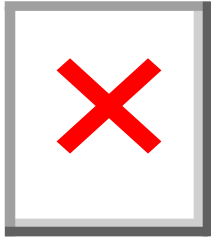
Gambling, Gaming, and Sports Betting

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

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

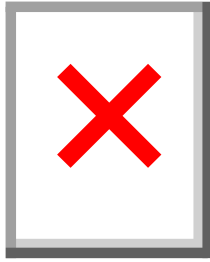
[Listen to this short MMTV podcast on Responsible Gambling and Financial Literacy](#)

[Need Help?](#)



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

HHS' own Kara Showers and Recreations' 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+

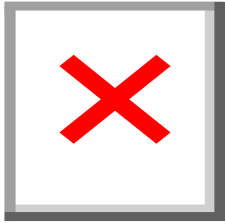
Cost: \$10 (\$79 value)

Location: Virtual – Zoom

Dates: Mondays, Oct 13 – Oct 27 from 4p-5p

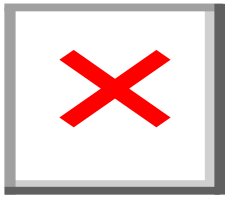
Introducing Mindfulness is a 3-week, evidence-informed course designed for those new to the practice or returning after time away. Each session combines short teachings, guided practices, and group discussions to explore mindfulness themes in a practical, accessible way.

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.](#)



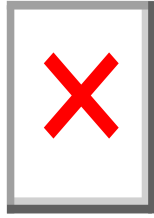
September is National Preparedness Month

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 start 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 - Thursday, from 8:30a - 4p, and Friday, from 8:30a - 12:30p). 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](#)



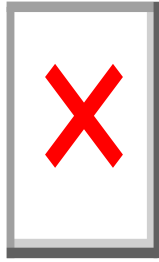
An Age-Friendly City Initiative

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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