

From: Showers, Kara <kshowers@CityofMelrose.org>
Sent: Dec 02, 2024 15:49:38.000000000 UTC
Subject: RE: Winter 2024 HHS E-newsletter
To: Wu, Deanna <dwu@cityofmelrose.org>

Thank you D for looking it over and for your contributions!

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: Wu, Deanna <dwu@cityofmelrose.org>
Sent: Monday, December 2, 2024 10:27 AM
To: Showers, Kara <kshowers@CityofMelrose.org>
Subject: Re: Winter 2024 HHS E-newsletter

Looks great!

From: Showers, Kara <kshowers@CityofMelrose.org>
Sent: Monday, December 2, 2024 08:11
To: Chui, Anthony <achui@CityofMelrose.org>; Bolduc, Christy <cbolduc@cityofmelrose.org>; Buzby, Maureen <mbuzby@CityofMelrose.org>; Hatchouel, Emily <ehatchouel@CityofMelrose.org>; Gregory, Sashawna <sgregory@cityofmelrose.org>; Puracchio, Shelby <spuracchio@cityofmelrose.org>; Wu, Deanna <dwu@cityofmelrose.org>; Lowry, Melissa <mowry@CityofMelrose.org>; Carleo, Erin <ecarleo@cityofmelrose.org>
Subject: RE: Winter 2024 HHS E-newsletter

Hope you all had a great holiday weekend!

Would anyone have time in the next few days to proofread/look over the draft of our winter e-news?
<https://preview.mailerlite.io/preview/111872/emails/137997916990080206>

I would appreciate any thoughts—big or small.

Thank you!

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: Showers, Kara
Sent: Tuesday, November 5, 2024 11:48 AM
To: Chui, Anthony <achui@CityofMelrose.org>; Bolduc, Christy <cbolduc@cityofmelrose.org>; Buzby, Maureen <mbuzby@CityofMelrose.org>; Hatchouel, Emily <ehatchouel@CityofMelrose.org>; Gregory, Sashawna <sgregory@cityofmelrose.org>; Puracchio, Shelby <spuracchio@cityofmelrose.org>; Wu, Deanna <dwu@cityofmelrose.org>; Lowry, Melissa <mowry@CityofMelrose.org>; Carleo, Erin <ecarleo@cityofmelrose.org>
Subject: Winter 2024 HHS E-newsletter

Hi all,

I am starting to put together HHS' winter e-newsletter, to go out mid-December.

I need your help with content ideas!

Here are my thoughts:

- Flu Clinic at the Senior Resource Fair photo (Kara has)
- Link to "Health Horizons: Exploring Public Wellness" episode #2 podcast: Gun Violence Prevention (Kara has)
- Holiday Assistance Resources (**Christy**, can you send me what you have compiled?)
- Let's talk Risk: Guide to Discussing Gambling with your Child from MA Clearinghouse (Kara has)
- Any other ideas? Anything from the inspectors? Any vaccine clinics in the winter?**
- Any other winter events? Coyotes? Nicotine-Free Generation update?**

Feel free to view or share any previous e-newsletters: [HHS Quarterly Newsletter](#) | [Melrose MA \(cityofmelrose.org\)](#).

Thank you!

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