

April is:

- Easter Sunday, April 4
- Physical Wellness Month (Trinity MB Church); Theme:
 - "Restoring Health & Healing, Even in the Midst of Trials"
- Nat'l Public Health Week, April 5-11
- World Health Day, April 7
- Minority Health Month
- Nat'l Child Abuse Prevention Month
- Stress Awareness Month
- World Immunization Week, April 24-30
- Every Kid Healthy Week, April 24-30

6 "Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security. 7 I will bring Judah and Israel back from captivity[a] and will rebuild them as they were before. 8 I will cleanse them from all the sin they have committed against me and will forgive all their sins of rebellion against me. 9 Then this city will bring me renown, joy, praise and honor before all nations on earth that hear of all the good things I do for it; and they will be in awe and will tremble at the abundant prosperity and peace I provide for it. Jer. 33:6-9

In His Service,

H-3 Ministry



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National Public Health Week: April 5-11, 2021

Building Bridges to Better Health

We may be physically distant from each other, but now it's more important than ever to come together. That's why our 2021 theme is "Building Bridges to Better Health."

Making communities safe and healthy is public health's top priority. COVID-19 has made that even more important. Even though we won't gather in person, social media and virtual platforms make it easier than ever for us to connect, create and take action.

IPHA Webinar Series

In honor of National Public Health Week, IPHA is hosting a series of webinars that highlight IPHA member services and programs. To join a webinar, use the Zoom information below - these are free to attend and will last around 30 minutes each. The schedule is as follows:

Monday, April 5 at 10:00 a.m.: Membership 101

Tuesday, April 6 at 10:00 a.m.: Sections

Wednesday, April 7 at 10:00 a.m.: Policy and Advocacy

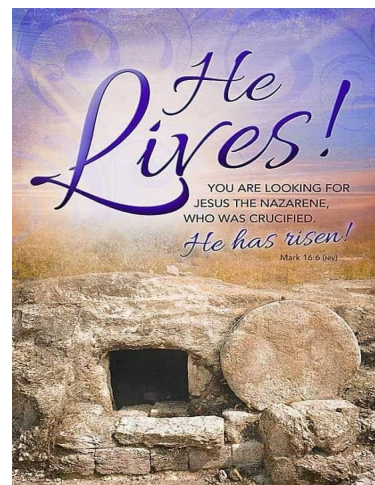
Thursday, April 8 at 12:00 p.m.: Public Health Student Resume Workshop

Join Zoom Meetings

<https://zoom.us/j/92729388075?pwd=VVdSeXNhT3BWUEVQaWVqNnlLK3Nndz09>

Meeting ID: 927 2938 8075

Passcode: 357682



National Public Health Week 2021 DAILY THEMES

Monday: Rebuilding

Tuesday: Advancing Racial Equity

Wednesday: Strengthening Community

Thursday: Galvanizing Climate Justice

Friday: Constructing COVID-19 Resilience

Saturday: Uplifting Mental Health and Wellness

Sunday: Elevating the Essential and Health Workforce



World Health Day Virtual Panel

Building a More Just, Equitable and Healthy World after COVID-19 in the Region of the Americas

Wednesday, April 7, 2021 • 9:00 -10:00 AM EST

On Zoom, YouTube, Facebook and Twitter with simultaneous interpretation in English, Spanish, Portuguese, sign language and closed captioning.

Link for registration: https://paho-org.zoom.us/webinar/register/WN_-iMo1D5dQSWKGTJZkljmDA

#VaccineReady



#VaccineReady

#VACCINEREADY CAMPAIGN

The Office of Minority Health – in partnership with fellow Offices of Minority Health at HHS, the National Institute on Minority Health and Health Disparities, and healthcare professionals around the nation – is working to lessen the impacts COVID-19 is having on racial and ethnic minority populations and American Indian and Alaska Native communities.

The goal is to empower communities to proactively practice COVID-19 safety measures, get the facts about COVID-19 vaccines, share accurate vaccine information, participate in clinical trials, and get vaccinated when the time comes.

BE #VACCINEREADY. TOGETHER WE CAN DO THIS.

Here's how you can ensure you are **#VaccineReady** when the time comes.

1. Understand how the COVID-19 vaccines work.
2. Learn more about what to expect after getting the vaccine.
3. Check with your doctor if you have questions or concerns about side effects.
4. Use the CDC's VaccineFinder to find out where you can get vaccinated.
5. If you have questions about receiving the vaccine at a specific location, please contact that location. Vaccine availability is subject to change and appointments are required at most locations. Follow instructions for each provider listed on VaccineFinder <https://www.minorityhealth.hhs.gov/omh/ExitDisclaimer.aspx>.
6. Get the vaccine when it is your turn.

Get the facts. Share the facts. Together we can do this and slow the spread of COVID-19.



World Immunization Week 2021

24 – 30 April 2021

World Immunization Week – celebrated every year in the last week of April – aims to promote the use of vaccines to protect people of all ages against disease. Immunization saves millions of lives every year and is widely recognized as one of the world's most successful health interventions. Yet, there are still nearly 20 million children in the world today who are not getting the vaccines they need, and many miss out on vital vaccines during adolescence, adulthood and into old age.

Using the theme 'Vaccines bring us closer', World Immunization Week 2021 will urge greater engagement around immunization globally to promote the importance of vaccination in bringing people together, and improving the health and wellbeing of everyone, everywhere throughout life.

As part of the 2021 campaign, WHO, partners and individuals around the world will unite to:

- Increase trust and confidence in vaccines to maintain or increase vaccine acceptance
- Increase investment in vaccines, including routine immunization, to remove barriers to access

While the world focuses on critically important new vaccines to protect against COVID-19, there remains a need to ensure routine vaccinations are not missed. Many children have not been vaccinated during the global pandemic, leaving them at risk of serious diseases like measles and polio. Rapidly circulating misinformation around the topic of vaccination adds to this threat.

In this context, this year's campaign will aim to build solidarity and trust in vaccination as a public good that saves lives and protects health. To this end, we will be looking for *more partners to join us*, bringing people together in support of a lifesaving cause.

Vaccines have brought us closer, and will bring us closer again

For over 200 years, vaccines have protected us against diseases that threaten lives and prohibit our development. With their help, we can progress without the burden of diseases like smallpox and polio, which cost humanity hundreds of millions of lives

Whilst vaccines aren't a silver bullet, they will again help us progress on a path to a world where we can be together again.

Vaccines themselves continue to advance, bringing us closer to a world free from the likes of TB and cervical cancer, and ending suffering from childhood diseases like tetanus and measles.

Investment and new research is enabling groundbreaking approaches to vaccine development, which are changing the science of immunization forever, bringing us closer still to a healthier future.



EVERY KID HEALTHY WEEK

Every Kid Healthy™ Week is observed the last week of April every year. It's created to celebrate school health and wellness achievements. The week spotlights efforts schools make to improve the health and wellness of their students and the link between nutrition, physical activity, and learning. Healthy kids are better prepared to learn.

HOW TO OBSERVE

Do a healthy food taste-test with kids to find foods they like that are also healthy. Take your kids on a smell safari at a produce store to see what healthy foods they can

identify by smell. For younger kids, use grapes, blueberries, or a fruit/veggie of your choice to help your child count their way through homework.



April is Stress Awareness Month: Tips to Help You Cope

Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

What does stress mean to you?

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the American Institute of Stress states the most common explanation is a “physical, mental, or emotional strain or tension.”

A 2017 study from the [American Psychological Association](#) found the most common sources of stress reported among Americans was the “future of our nation” (63% of respondents mentioned), Money (62%), Work (61%), political climate (57%), violence/crime (51%).

Effecting more than just your mind

Long term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Learn to overcome issues you can not change

Sometimes the stress in our lives is not something we any power to change – it is during these times that **Federal Occupational Health** recommends you change your approach to situations. Try to...

1. Recognize when you don't have control, and let it go.
2. Avoid getting anxious about situations that you cannot change.
3. Take control of your reactions and focus your mind on something that makes you feel calm and in control.
4. Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Tips for coping with your stress

The CDC provides some basic ideas to help you cope with stress...

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems with a parent, friend or another trusted source.
- Avoid drugs and alcohol.
- Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues. For resources to help facilitate this discussion, see the “Tips” section on **this CDC webpage which is listed in the resources box below.**

Resources:

<https://www.ipha.com/event/details/185/national-public-health-week-2021#gsc.tab=0>

<https://www.paho.org/en/events/world-health-day-2021>

<https://www.minorityhealth.hhs.gov/nmhm/vaccine-ready/>

<https://www.who.int/news-room/events/detail/2021/04/24/default-calendar/world-immunization-week-2021>

<https://nationaldaycalendar.com/every-kid-healthy-week-last-week-in-april/>

<https://integracareclinics.com/april-is-stress-awareness-month-tips-to-help-you-cope/>

<https://www.whitehouse.gov/briefing-room/presidential-actions/2021/03/31/a-proclamation-on-national-child-abuse-prevention-month-2021/>



BRIEFING ROOM

A Proclamation on National Child Abuse Prevention Month, 2021

MARCH 31, 2021 • PRESIDENTIAL ACTIONS

As we begin to emerge from a year of unprecedented stress and hardship, children and families need our support more than ever. The confluence of a devastating pandemic and the worst economic crisis in nearly a century have increased the risk for child abuse and neglect as Americans grapple with the compounding challenges of school and child care facility closures, social isolation, and increased financial instability. Children and families of color — who so often across our history have been underserved, marginalized, and adversely affected by persistent poverty and inequality — face even greater adversity today as they disproportionately carry the burdens of the COVID-19 crisis. During National Child Abuse Prevention Month, and throughout the entire year, it is imperative that we join together as one Nation to combat child abuse in all of its forms — through neglect, mistreatment, or physical, emotional, or sexual abuse.

We recognize that within the larger context of addressing child abuse, there is a need to specifically address issues of sexual violence against children and adolescents. My Administration is committed to expanding efforts to improve prevention initiatives, enhance trauma-informed responses to assist children and adolescents impacted by sexual violence, and work toward healing and justice. It is an imperative not only in the United States, but also in galvanizing global action to end sexual violence against children and adolescents.

National Child Abuse Prevention Month is a time for us to not only honor those who work to support children and strengthen families, but to shine a light on the many ways we can all play a role in preventing children from being harmed. The Prevention Resource Guide, an annual publication by the Department of Health and Human Services, Administration for Children and Families Children's Bureau outlines actions that can be taken by communities, organizations, families, and individuals to address the root causes of child abuse and provide meaningful and equitable support to families. You can access the Prevention Resource Guide and other resources at the Child Welfare Information Gateway's [Child Abuse Prevention Month website](#) [↗]. By increasing efforts to prevent child abuse, we will help children, families, and communities thrive.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim April 2021 as National Child Abuse Prevention Month. I call upon all Americans to protect our Nation's greatest resource — its children — and to take an active role in supporting children and parents and creating safe communities filled with thriving families.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of March, in the year of our Lord two thousand twenty-one, and of the Independence of the United States of America the two hundred and forty-fifth.

JOSEPH R. BIDEN JR.