

**May is:**

- May 13: Mother's Day
- May 13-19: National Women's Health Week
- May 25: Don't Fry Day/Skin Cancer Prevention
- Mental Health Month
- Older American's Month



*In His Service,*



*H-3 Ministry*

*"Honor your father and your mother, that your days may be prolonged in the land which the Lord your God gives you.*

*Exodus 20:12 NASB*



# HAPPY MOTHER'S DAY!



**May 13–19, 2018**

## About National Women's Health Week

During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life. The 19th annual National Women's Health Week kicks off on Mother's Day, May 13, and is celebrated through May 19, 2018. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to encourage all women to be as healthy as possible.

## What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
  - Get active.
  - Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

## Why should I take these steps?

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible, whether you're 20 or over 100! Find out what additional steps you can take, based on your age, for good health.

## How can I participate in National Women's Health Week?

The Office on Women's Health invites you to:

- Learn what steps you can take for good health, no matter your age.
- Take the National Women's Health Week quiz to see how much you know about healthy living.
- Show your friends how you're making your health a priority with our easy-to-use social media resources. Use the #NWHW hashtag.
- Show your support for women's health by joining the National Women's Health Week Thunderclap.
- Organize events or activities in your community.



# MENTAL HEALTH MONTH

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

In 2018, NAMI will promote the theme of "**CureStigma**" throughout all awareness events, including Mental Health Month.

**Why this cause is important:** One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it.

**Campaign manifesto:** There's a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can **#CureStigma**.

## Find Your Local NAMI

NAMI Shoals

<b>Address:</b>	NAMI Shoals 749 Thompson St, Ste A Florence, AL 35630-3867
<b>Phone:</b>	(256) 765-2081
<b>Fax:</b>	(256) 765-2246
<b>Email Address:</b>	<a href="mailto:namishoals@bellsouth.net">namishoals@bellsouth.net</a>
<b>Serving:</b>	Colbert, Franklin, Lauderdale Counties

## Contacts

Jacqueline Milton  
Executive Director  
[namishoals@bellsouth.net](mailto:namishoals@bellsouth.net)  
(256) 765-2081  
Don Rohling  
President

May is  
**Mental Health Awareness Month**  
1 in 4 people will suffer from some form of mental illness in any given year  
Break the Silence  
Break the Stigma  
Not all pain is physical and not all wounds are visible  
Out of the Atmos / FB



## The National Council on Skin Cancer Prevention Encourages Everyone to Protect Your Skin Today and Every Day

The National Council Declares the Friday before Memorial Day, as **“Don't Fry Day”** To Encourage Sun Safety Awareness

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as **“Don't Fry Day”** to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Because no single step can fully protect you and your family from overexposure to UV radiation, follow as many of the following tips as possible:

- Do Not Burn or Tan
- Seek Shade
- Wear Sun-Protective Clothing
- Generously Apply Sunscreen
- Use Extra Caution Near Water, Snow, and Sand
- Get Vitamin D Safely



As warm weather approaches and millions of Americans prepare to enjoy the great outdoors, the risk for ultraviolet (UV) damage of the skin increases. Skin cancer is on the rise in the United States, and the American Cancer Society estimates that one American dies every hour from skin cancer. This year alone, the American Cancer Society estimates there will be more than 73,870 new cases of malignant melanoma, the most serious form of skin cancer, and more than two million new cases of basal cell and squamous cell skin cancers in the U.S.

Fortunately, skin cancer is highly curable if found early and can be prevented. Remember to Slip! Slop! Slap!...and Wrap when you're outdoors — slip on a shirt, slop on broad spectrum sunscreen of SPF 30 or higher, slap on a wide-brimmed hat, and wrap on sunglasses. The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths.

Most skin cancers are caused by overexposure to UV radiation. Individuals with lighter-toned skin are more susceptible to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family history of skin cancer, plenty of moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer as well. To minimize the harmful effects of excessive and unprotected sun exposure, protection from intense UV radiation should be a life-long practice for everyone.

The National Council on Skin Cancer Prevention is a united voice to reduce skin cancer incidence, morbidity, and mortality, through awareness, prevention, early detection, research, and advocacy.



Wear protective clothing when you're out in the sun. Cover as much skin as possible.

Use sunscreen and lip balm with broad spectrum protection and an SPF of 30 or higher. Apply a generous amount at least 30 minutes before outdoor activities. Reapply every 2 hours or more often.

A hat with at least a 2- to 3-inch brim all around is ideal. It protects areas of the head that are often exposed to intense sun.

Wear sunglasses with 99% or more UVA and UVB absorption to provide optimal protection for the eyes and the surrounding skin. Long hours in the sun without protecting your eyes increase your chances of developing some eye diseases.



# National Senior Health & Fitness Day

Wednesday, May 30, 2018



"Active Today...Healthier Tomorrow!"

## What is National Senior Health & Fitness Day?

National Senior Health & Fitness Day is a nationwide health and fitness event for older adults, always held the last Wednesday in May during Older Americans Month. 2018 will mark the 25th anniversary of the program, and more than 120,000 older adults will participate at local events at more than 1,200 locations across the country on the same day. The event's goals are to promote the importance of regular physical activity, and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities.

## What Will Older Adults Do On This Day?

Local organizations throughout the country will host senior-related health and fitness events at retirement communities, health clubs, senior centers, park districts, hospitals, YMCAs, houses of worship, banks and other community locations. The local health and fitness activities will vary widely based on the organization hosting the event and the interests of local seniors. Activities will be non-competitive and may include walking events, low-impact exercises, health screenings and health information workshops.

**The 2018 Shoals Area Senior Citizen Appreciation Day will be held on Friday, May 18. This is a "FREE" program for ALL citizens, 60 years of age or older.**

**45TH ANNUAL  
SENIOR CITIZEN  
APPRECIATION DAY**

**"GETTING ON THE WILD SIDE AT ANY  
AGE"**

Friday, May 18<sup>th</sup> from 10am to 2pm  
at the Florence Lauderdale Coliseum

DOOR PRIZES AND ENTERTAINMENT,  
LUNCH PROVIDED FOR THOSE 60 AND  
OVER. REGISTRATION ENDS AT 11AM  
THIS PROGRAM IS SPONSORED IN PART  
BY:

THE AL DEPARTMENT OF SENIOR  
SERVICES AND NACOLG/ AREA AGENCY  
ON AGING.

### resources this issue

Resources:

<https://www.womenshealth.gov/files/documents/fact-sheet-nwhw-2018.pdf>

<https://www.nami.org/mentalhealthmonth>

<https://www.nami.org/Local-NAMI/Details?state=AL&local=9c97e13a-3c63-433b-895f-94ad5962df3b>

<https://www.skincancerprevention.org/programs/dont-fry-day>

[http://www.fitnessday.com/sponsor/documents/shfd\\_fact.pdf](http://www.fitnessday.com/sponsor/documents/shfd_fact.pdf)

