

June is:

- June 3: National Cancer Survivors' Day
- June 11-17: Men's Health Awareness Week
- June 17: Father's Day
- National Alzheimer's & Brain Awareness Month
- National Safety Month



In His Service,



H-3 Ministry

Children, obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise), so that it may be well with you, and that you may live long on the earth. Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Ephesians 6:1-4 NASB



HAPPY FATHER'S DAY!



CELEBRATING NATIONAL CANCER SURVIVORS DAY

GOD'S LOVE IS STRONGER THAN CANCER
*"Be strong and courageous. Do not be afraid; do not be discouraged.
 For the Lord your God will be with you."* - JOSHUA 1:9

About National Cancer Survivors Day

National Cancer Survivors Day® is an annual, treasured "Celebration of Life" that is held in hundreds of communities nationwide, and around the world, on the first Sunday in June. It is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community. On National Cancer Survivors Day®, thousands gather across the globe to honor cancer survivors and to show the world that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring.

It is a day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer – including America's more than 15.5 million cancer survivors – to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to draw attention to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.

When is National Cancer Survivors Day?

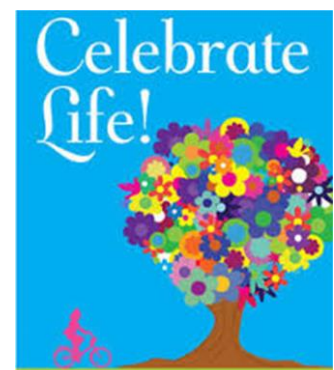
National Cancer Survivors Day® is observed each year on the first Sunday in June.

What does the National Cancer Survivors Day Foundation do?

The nonprofit National Cancer Survivors Day Foundation provides free guidance, education, and networking to hundreds of hospitals, support groups, and other cancer-related organizations that host NCS D events in their communities. Through National Cancer Survivors Day®, the Foundation works to improve the quality of life of cancer survivors by raising awareness of the ongoing challenges of cancer survivorship.

Who is a cancer survivor?

The National Cancer Survivors Day Foundation defines a *survivor* as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life. National Cancer Survivors Day® is an opportunity for your community to demonstrate that it has an active, productive cancer survivor population and to bring awareness to the challenges they face during and after treatment.



JUNE IS MEN'S HEALTH MONTH

June is National Men's Health Month, an annual awareness period solely dedicated to education and activities on the health and wellness of men and boys. National Men's Health Week, a special awareness period recognized by Congress, is also celebrated. Men's Health Week concludes on Father's Day, June 11-17 this year. The week is celebrated as International Men's Health Week around the globe. Men's Health Month and Men's Health Week are recognized nationally by more than 300 governors and mayors who issue proclamations honoring the month.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. The month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Men's Health Network (MHN) is an international non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more about MHN at www.menshealthnetwork.org and follow them on Twitter @MensHlthNetwork or Facebook at www.facebook.com/menshealthnetwork.

Established in 2007, the Congressional Men's Health Caucus strives to set a healthier standard of living for all men and boys. The Caucus promotes awareness of health issues specific to males, advocates for health prevention such as cancer screenings, and promotes legislation that will improve the health of men.

5 THINGS EVERY MAN NEEDS TO KNOW ABOUT STAYING HEALTHY

- Don't eat your heart out.** Heart disease is the number 1 killer of men. Eating right is one way to fight back, so make half your plate fruits and veggies.
- Get fit.** Men live 5 years less than women on average. Just 2½ hours of exercise each week may help you live longer.
- Play it safe.** Each year, injuries land 1 in 7 men ages 18 to 45 in the ER. Be careful on the playing field, at work, and on the road—and make sure you have health insurance for when you do trip up.
- Team up with your doc.** Men are 24% less likely than women to have seen their doc in the past year. Get the checkups and shots you need to live longer and stronger.
- Don't sweat the costs.** Men with health insurance can get flu shots, blood pressure screenings, and stop-smoking programs at no extra cost. You can shop for affordable insurance on the new Marketplace starting October 1, 2013.

HealthCare.gov *The care you need, when you need it.*

Wear BLUE
Support Men's Health Awareness

Wear BLUE
www.wearblueforment.com MN

10 Steps to Take Following an Alzheimer's Diagnosis

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. If you notice any of the 10 Warning Signs of Alzheimer's in yourself, a family member or a friend, it's important not to ignore them. Schedule an appointment to speak with a doctor. Though the experience can be daunting, early detection can help you make informed decisions about the future and focus on living in a way that's meaningful to you. Following are steps you can take following an Alzheimer's diagnosis to move forward and live your best life.

1. **Get educated** • It's normal to be hesitant or resistant to learning how the disease will progress and affect your life. However, learning about your Alzheimer's diagnosis is the first step in empowering yourself to make important decisions about how you want to live your life and how you will plan for a future. Learn at your own pace and remember that you are not alone. There are people who understand what you are going through, and help is available.

2. **Take time to process** • There's no "right" way to respond to an Alzheimer's diagnosis. Some people experience depression and may want to withdraw. Others are comforted by knowing what's wrong and feeling empowered to prioritize what's most important in life. There's also no limit on the length of time someone is "allowed" to grieve. Take time to fully process the diagnosis.

3. **Explore medications** • Currently, there is no cure for Alzheimer's, nor are there any treatments to prevent, reverse or slow the progression of the disease. However, there are medications that may help lessen the symptoms of Alzheimer's, such as memory loss and confusion, for a limited time. An early Alzheimer's diagnosis provides you with a better chance of benefiting from treatment.

4. **Communicate your wishes** • Do you know who you would want to make decisions for you in the event you're no longer able to? An early Alzheimer's diagnosis means you can put your long-term care wishes in writing. Being open with your family and support network about what you want during each stage of the disease can give you peace of mind, reduce the burden on family members and prevent disagreements.

5. **Plan your financial future** • An Alzheimer's diagnosis can throw a wrench into your best-laid plans. Don't put off talking about finances and future care. Take time to make sure your will and estate plans are up-to-date and factor the disease into your financial plans. Putting financial and legal plans in place now allows you to be as involved in these decisions as you'd like to be.

6. **Enroll in a clinical trial** • Without clinical trials, there can be no better treatments, no prevention and no cure for Alzheimer's disease. By enrolling in a clinical trial, you can help accelerate progress and provide researchers with valuable insights. Participating in a clinical trial also gives you access to medical care at leading healthcare facilities, often free of cost.

7. **Stay connected** • Not all family and friends live near one another, which can complicate the logistics of long-term care. Following a diagnosis, people living with Alzheimer's are at their most vulnerable, and it's important for them to find better ways to stay connected and make the most of the time left. Be sure to keep in touch and make plans for regular communication.

8. **Find a community** • An Alzheimer's diagnosis opens up a community of people who understand what you and your family and friends are going through. Sharing your personal journey with the disease and listening to others' can be both therapeutic and insightful. You may learn you're not alone in the challenges you experience, and you can find new ways to cope and improve quality of life.

9. **Join the cause** • Joining the Alzheimer's cause can give a sense of renewed purpose, whether it's through advocating for policy changes, fundraising for research, raising disease awareness, combatting stigma or volunteering. Taking action empowers you to bring us closer to a world without Alzheimer's.

10. **Live your best life** • Having Alzheimer's may help you decide how you want to spend your time, in the way that you're able. Everyone is different. Some people may want and need to continue working during the early stage of the disease, while others decide to retire immediately. Some plan big vacations, while others long to spend more time at home. Focus on the aspects of your life that give you the most joy and aim to spend your time in the way that's most meaningful to you.



June is Cataract Awareness Month!

Prevent Blindness America has declared June as Cataract Awareness Month. Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting that an entire month should be dedicated to education and awareness.

In anticipation of Cataract Awareness Month, here are some common questions and answers about cataracts:

What is the treatment for cataracts?

Even though cataracts are so prevalent, they are very simple to treat. Cataracts are a clouding of the lens of the eye, which prevents passage of light into the eye. The solution to cataracts is cataract surgery, which requires a surgeon to remove the deteriorated lens and replace it with an artificial lens called an intraocular lens or IOL. Over 3 million Americans undergo cataract surgery annually, making it one of the most common surgeries in the United States. In fact, the entire surgery lasts only about 20 minutes, and most people can resume normal activities fairly rapidly.

Is cataract removal safe?

Cataract surgery is one of the safest and most effective surgeries with a success rate of 95 percent. Your surgeon will remove your clouded lens and replace it with an intraocular lens (IOL). Only a miniscule incision in the cornea is necessary to do this procedure, and it can be completed in about 15 minutes in an outpatient surgery center

Do cataracts only affect seniors?

Cataracts can affect anyone! Although most people do not show symptoms of cataracts until at least the age of 40, cataracts can also affect young adults or even children. Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

Can I prevent cataracts?

There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression of cataracts. Some ways to delay the progression of cataracts include avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.

resources this issue

Resources: <http://www.ncsd.org/about-us>
<http://www.nbc12.com/story/38251633/mens-health-month-is-coming-in-june>
https://alz.org/documents_custom/10-Steps-to-Take-Following-an-Alzheimers.pdf
<http://yoursightmatters.com/june-cataract-awareness-month/>
<https://safety.smart911.com/june-national-safety-month/>

June is National Safety Month



Starting June 1, Smart911 is celebrating National Safety Month, an annual event that aims to reduce the leading causes of injury and death at work, on the roads and in our homes and communities.

Each week in June will be dedicated to a different safety topic:

- Week 1: Stand Ready to Respond
- Week 2: Be Healthy
- Week 3: Watch Out for Dangers
- Week 4: Share Roads Safely

It's National Safety Month – Do more to keep your loved ones safe

- The number of traumatic injuries treated in the ER nearly **doubles** during the Summer.
- Summer is the **deadliest** time of year for teen drivers. **How will you prevent it?**
- Skin cancer kills 65, 000. **How will you stay safe?**

