

Union County Health Council

May 2010

Our Four Areas of Focus:

Nutrition

Exercise

Smoking

Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council
on Facebook





Run for the Roses

5K Run / Walk

Our Sixth Year!!

Sponsored by
Union County Cross Country Booster Club

May 22, 2010

8:30 a.m.

Morganfield Kentucky

New!! 5K Relay!!

Contact

For more info call 270-389-3232 or 270-389-0061 after 6:00 PM. jpeak@ucbwest.com

Don't miss the season finale of Jamie Oliver's Food Revolution this **Friday 23rd April at 9pm/8C** on ABC. If you have missed out on what Jamie is doing for the US check him out at www.abc.com where you can watch previous episodes and learn more about the Food Revolution taking place in America. Through the proper nutrition everyone can change their destiny on how they feel and function daily.

Last weekend nearly 100,000 people signed the petition. If everyone gets just one more person to sign, we can double that number. Share the petition with your family, friends and colleagues today! <http://bit.ly/JOfoodrev>

One Life Bike Tour - Saturday May 22, 2010

15 Mile, 30 Mile, 60 Mile

This is a fundraiser for the youth of Sturgis Christian Church. For more information and/or registration please contact the Church office at 333-2115 or Lynn Heady at 952-0421. Free T-Shirt with early registration (May 15)

The U.S. Department of Health and Human Services will celebrate National Women's Health Week on May 9-15, 2010. In conjunction with this event, National Women's Health Check-Up Day will be held on May 10, 2010 to encourage women to use the many high-quality preventive care services available to them through the Nation's health centers.

Many national, regional, state, and local organizations are getting involved to make sure we reach as many women as possible. For example, HRSA's Office of Women's Health is coordinating with the Department's on-site occupational health unit to provide free blood pressure checks and health risk assessments throughout the week; a workplace wellness resource table on May 12; and a discussion panel featuring information from the National Fatherhood Initiative to support families on May 13.

As front-line health care workers and communicators, you are uniquely positioned to play a key role in this important national health-awareness campaign. There are many ways to participate. You can host an event during the week of May 9-15 or partner with local providers to offer women in your community free blood pressure checks, Pap tests and mammograms, diabetes and HIV/AIDS tests, and other important preventive services.

This event gives us yet another opportunity to increase direct health care services to all those most in need. Participation is free, and free promotional and educational materials are available at www.womenshealth.gov/whw while supplies last.

National Women's Health Week was very successful in 2009, resulting in more than 1,300 events and health screenings nationwide. Please join us again this year and help thousands of women take steps toward leading healthier lives.

You are invited to join the

Union County Senior Services Health & Information Fair

Friday, May 7, 2010 9:00-11:00

Union County Senior Services is sponsoring a **Health & Information Fair** for local residents ages 60 and older. This is an opportunity to provide seniors with information about their own health and well being, as well as services available in our area. You and your organization are being invited to participate in the Health & Information fair. Please RSVP by **May 1st** to let us know that you will be attending and what service you will be offering or promoting. Space is available on a first-come, first-served basis, as well as the services provided. For example, businesses in the past have provided blood sugar testing, grip and strength testing, balance testing and much more! You may be contacted and asked to provide an alternate service to better serve and inform our seniors. We want to ensure there is plenty of room for all of the exhibitors and that your organization or agency will be included in the advertising. There is

no charge to exhibit at the health & information fair, but we do ask that you do provide a **door prize** to be given away at the end of the fair. All vendors will be supplied with one empty 60" round table. If you would like to provide a larger table, please let us know as soon as possible. This is a great opportunity to answer questions and provide information on your services and we hope that you will join us. We are inviting many new partners this year, not only to spread the word about their services, but to offer more opportunities to keep Union County Seniors as active and healthy as possible. Last year, we had approximately 50 people attend our fair. If your group or organization is unable to attend but you would like to send some literature, we will be more than happy to display your information for the attendees. If you have any questions, please feel free to contact **Melissa Polites at 389-4550**. Thank you and we look forward to having you join our fair!

Please return this portion to: Union County Senior Services
P.O. Box 324
Morganfield, KY 42437
Or fax to 270-389-1734

_____ Yes, I would like to participate in the Union County Senior Services Health & Information Fair

_____ No, I am not able to participate this year.

Agency or Organization: _____

Contact Person: _____

Address: _____

Phone Number: _____ Fax Number: _____

Email Address: _____

Web Site: _____

Promotional Service provided, with alternate service possible. (Example: Blood Sugar or Cholesterol Screening, etc.)



**INVITES THE ENTIRE COMMUNITY
TO JOIN US AS WE CELEBRATE
NATIONAL HOSPITAL WEEK
WITH
OUR ANNUAL
OPEN HOUSE, HEALTH FAIR & SOCIAL**

**WEDNESDAY, MAY 12th, 2010
8:00 a.m. – 2:00 p.m.**

**Lunch served from
From 11:00 a.m. – 2:00 p.m.
On the hospital grounds – Look for the tents**

**Mark your calendar to join us for
Free Health Screenings, Music, Good Food, Ice Cream, Door prizes and Fellowship!
In the event of Rain, lunch will be served inside.**



**"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen.
That's why I can't lose weight!"**



***Age 50+ and Enjoy Exercise?
SAVE THE DATE!***



Beginning May 11, 2010

Senior Health & Activity Festival ♦ Tennis
Billiards ♦ Golf ♦ Bowling ♦ Swimming

* Registration forms are available at the GRADD office
(3860 US Hwy 60 West, Owensboro), local senior
citizen centers, and online at www.GRADD.com.