

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

May is Mental Health Awareness Month

Every May, we observe Mental Health Awareness Month. This is a time to learn about mental health and how we can take care of our minds, just like we take care of our bodies.

What is mental health?

Mental health is about how we think, feel, and act. It affects how we handle stress, relate to others, and make choices. Everyone has mental health, just like everyone has physical health.

Sometimes, people feel sad, worried, or stressed. That's normal. But if those feelings last a long time or feel too big to handle, it may mean someone needs help. Talking to a trusted adult, like a parent, teacher, or school counselor, can really help. How can we take care of our mental health?

Here are some simple things we can do:

- Talk about your feelings
- Get enough sleep and eat healthy foods
- Take breaks when you're feeling stressed
- Spend time with friends and family
- Do things you enjoy, like drawing, playing, or reading

It's also important to be kind to others. We don't always know what someone is going through. A smile or a kind word can make a big difference.

Mental Health Awareness Month reminds us that it's okay to ask for help and that no one has to go through hard times alone. We are all in this together!

Celebrate Older Americans!

Every may, we celebrate Older Americans month. This is a special time to thank and honor older adults for all they have done and continue to do. Older Americans are our grandparents, neighbors, teachers, and friends. They help shape our families, communities, and history.

The theme for this year is "powered by connection". This means we want to help older people stay connected to others. When people stay in touch with family and friends, it helps them feel happier and healthier.

Older adults have many stories to share and lessons to teach. They have lived through big events, worked hard in their jobs, and helped raise younger generations. Many still volunteer, help others, or take care of loved ones.

We can all do something to celebrate Older Americans Month! Here are a few ideas:

- Spend time talking or reading with an older adult
- Ask them to tell you a story from when they were young
- Help them with a chore or show them how to use a phone or computer
- Say "thank you" for the things they do

Let's remember to show love and respect to older adults- not just in May, but all year long!

May 2025

May 11th -

Mother's Day

May 26th -

Memorial Day

Life may not be perfect, but your ability to rise above challenges is what makes it beautifully yours.

In this Issue:

Mental Health Awareness	1
Celebrate Older Americans	1
Women's Health	2
Time to Get Moving	2
Cancer Support	2
Hooked on Fishing	3
Bunches o Lunches	4

For more health information contact:
NOBLE COUNTY HEALTH DEPARTMENT
740-732-4958
www.noblecohd.org

Women's Health Week

National Women's Health Week is a special week in May. It helps remind women and girls to take care of their health. This year, it starts on Mother's Day and lasts for one week.

During this week, people talk about how women can stay healthy at every age. Being healthy means more than just not being sick. It also means getting enough sleep, eating good foods, being active, and taking care of your mind.

Here are some ways women and girls can stay healthy:

- Go to the doctor for regular checkups
- Eat fruits, vegetables, and whole grains
- Move your body- walk, dance, or play outside
- Take time to rest and relax
- Talk about your feelings with someone you trust



Girls and women also need to take care of their mental health. That means it's important to feel good about yourself and ask for help when you're sad or worried. National Women's Health Week is a great time to learn, share, and make healthy choices. When women are healthy, families, and communities are stronger too!

Time to Get Moving

May is National Physical Fitness and Sports Month! This is time to get moving and have fun with sports and exercise. Being active is good for your body and your mind.

When you play sports, ride your bike, dance, or run around outside, you're helping your body stay strong and healthy. Exercise helps your heart, muscles, and bones. It also helps you feel happier and sleep better.

Here are some fun ways to stay active:

- Play tag or kickball with friends
- Go for a walk or bike ride
- Dance to your favorite songs
- Play on a sports team or in gym class
- Do jumping jacks, stretches, or yoga

You don't have to be the best at sports to enjoy them. What matters is trying your best and having fun. You can even set small goals, like playing outside for 30 minutes a day or learning a new sport. It's always a great time to start a new healthy habit. So get up, get moving, and celebrate National Physical Fitness and Sports Month!

"This Institution is an Equal Opportunity Provider"

Living with Cancer

Free Support Group in Noble County

Open to anyone impacted by cancer.

Patients, caregivers, loved ones, health professionals

Have you, or someone you love been impacted by a cancer diagnosis?

Find your support with Cancer Support Community.

Living with Cancer is a free support group for residents of Noble County and surrounding communities.

Snacks will be provided. All are welcome.



Noble County Health Dept
or online via Zoom
44069 Marietta Rd, Caldwell, OH

Click, call, or scan to register.
CancerSupportOhio.org/NCHD
614.884.HOPE (4673)



 **CANCER SUPPORT
COMMUNITY**
CENTRAL OHIO

 **NOBLE COUNTY**
HEALTH DEPARTMENT

Every Third Thursday, Monthly

Hooked On Fishing

2025 Hooked on Fishing not drugs, brought to you by Noble County Department of Job and Family Services and The Noble County Sheriff's office. This event is to promote the importance of bonding with our youth. Research shows that factors such as Parent or family engagement; family support; parental disapproval of substance use; parental monitoring and school connectedness serve as a buffer to these risky behaviors. Bonding with youth helps create emotional bonds, manage feelings and behaviors, and develop self-confidence! This is for parents, grandparents, guardians, mentors, aunts, uncles, etc. An adult must accompany the youth to be eligible for a free fishing pole, and tackle box. Everyone that attends will receive a fishing pole and tackle box. This event is for Noble County residents and is being held at Caldwell Lake. Please RSVP by June 1st to guarantee your fishing gear. If you do not RSVP but decide to join the fun the fishing poles and tackle boxes are first come first serve. Please RSVP at <https://forms.gle/Zk8xd9mGo7QrNdF47> or call the agency: 740-732-2392. Please reach out if you have any questions!



Noble County
DEPARTMENT OF
JOB AND FAMILY SERVICES

Brought to you by: Noble County
Department of Job and Family
Services & Noble County Sheriff's
Office

June, 15th 2025
Caldwell Lake: 47044
Caldwell Lake Rd
from 10am-1pm

Open to Parents, Grandparents,
Guardians, Mentors & their Youth

- Kayaking
- Food
- Bounce house
- Sun Block Station
- and of course Fishing!

No Income guidelines, for
Noble County Residents.
Youth must have an Adult
with them. Each adult with a
youth will be provided with
a fishing pole and tackle
box, that they get to keep!

**RSVP by June 1st: Scan the
QR code below:**



or call the agency: 740-732-2392



Have an upcoming event?
If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or
Samantha.Hesson@noblecohd.org.

Noble County

Bunches o' Lunches

12
weeks



**JUNE 2 -
AUGUST 22***

FREE MEALS FOR NOBLE COUNTY FAMILIES

***Free meals provided while funds are available. End date is subject to funding.**

Available to all kids school aged to 18 years in Noble County

One-Time sign-up by May 21st

Multiple pick-up locations: Ava, Batesville, Belle Valley, Caldwell,
Dexter City, Sarahsville, and Summerfield

Nutritious meals

Sign-Up with QR code, link below or call 740-732-4958



<https://forms.office.com/r/j9ydg72QyX>



NOBLE COUNTY
HEALTH DEPARTMENT

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