

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## May is Mental Health Awareness Month

May is Mental Health Awareness Month. This is a time to learn how our thoughts and feelings affect our daily lives. Organizations like Mental Health America remind us that taking care of our minds is just as important as taking care of our bodies.

Mental health is about how we think, feel, and act. It also helps us handle stress, make choices, and get along with others. The Centers for Disease Control and Prevention explains that good mental health helps people cope with challenges and build strong relationships. Many people feel stress from school, work, or changes in life. The National Institute of Mental Health reports that millions of people face mental health challenges each year. This shows that these struggles are common and that no one is alone.

There are simple steps you can take to support your mental health. Talking to someone you trust, such as a friend or family member, can help you feel supported. Being active, even by taking a short walk, can improve your mood. Taking breaks from screens can give your mind time to rest. Writing down a few things you are thankful for can help you focus on the positive parts of your day. If you need more help, reaching out to a counselor or doctor is a strong and important choice.

Support is always available. The Substance Abuse and Mental Health Services Administration offers free and confidential help through the 988 Lifeline, which is available at all times for people who need someone to talk to.

This May, take action to care for your mental health. You can check in with a friend, learn a new way to relax, or start a healthy habit. Small steps can make a big difference over time. Taking care of your mind is something you can practice every day.



May 2025

May 10<sup>th</sup> -  
Mother's Day

May 25<sup>th</sup> -  
Memorial Day

**If you don't  
have wrinkles,  
you didn't  
laugh enough.**

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## Protect Your Skin Every Day

May is Skin Cancer Awareness Month. This is a good time to learn how to protect your skin and stay healthy. The American Academy of Dermatology shares that skin cancer is the most common type of cancer in the United States, but it is also one of the most preventable.

Skin cancer happens when skin cells grow in an unusual way, often because of too much exposure to the sun's ultraviolet rays. The Centers for Disease Control and Prevention explains that UV rays can damage your skin, even on cloudy days.

There are simple steps you can take to protect your skin every day. The American Cancer Society recommends using sunscreen with SPF 30 or higher, wearing hats and sunglasses, and staying in the shade when the sun is strongest, usually between 10 a.m. and 4 p.m. Checking your skin is also important. Look for new spots or changes in moles, such as changes in size, shape, or color. The Skin Cancer Foundation advises seeing a doctor if you notice anything unusual.

Taking action this May can help protect you for years to come. Try to apply sunscreen before going outside, wear protective clothing, and remind your friends and family to do the same. Small habits can make a big difference.

For more health  
information contact:  
**NOBLE COUNTY  
HEALTH  
DEPARTMENT**  
740-732-4958  
[www.noblecohd.org](http://www.noblecohd.org)

## Know the Signs and Act Fast

May is a time to focus on learning about strokes and how to respond in an emergency. The American Stroke Association shares that a stroke is a leading cause of serious disability, but quick action can save lives. A stroke happens when blood flow to the brain is blocked or when a blood vessel breaks. The Centers for Disease Control and Prevention explains that brain cells begin to die within minutes, so it is very important to act fast.

You can remember the signs of a stroke with the word FAST. The National Institute of Neurological Disorders and Stroke teaches this simple guide. **F** means face drooping. Ask the person to smile and see if one side of the face droops. **A** means arm weakness. Ask the person to raise both arms and see if one drifts down. **S** means speech trouble. Listen for slurred or strange speech. **T** means time to call 911 right away.

There are also steps you can take to lower your risk. The American Heart Association says that staying active, eating healthy foods, and keeping blood pressure under control can help prevent stroke. Avoiding smoking and going to regular doctor visits are also important.

This May, take action to protect yourself and others. Learn the FAST signs, share them with your family, and talk to a doctor about your health. Acting quickly during a stroke can make a big difference. Knowing what to do can help save a life, maybe even your own.



## Make Time to Move

This month is a great chance to focus on adding more movement to your daily routine. The President's Council on Sports, Fitness and Nutrition encourages everyone to be more active and reduce time spent sitting.

Being active helps both your body and your mind. The Centers for Disease Control and Prevention explains that regular physical activity can boost your mood, strengthen your body, and lower the risk of illness. You do not need special skills or equipment to get started. Everyday activities can help you stay fit. The U.S. Department of Health and Human Services recommends that children get about 60 minutes of activity each day, while adults should stay active throughout the week.

There are many simple ways to move more each day. You can go for a walk, ride a bike, play a game outside, or dance in your home. Picking activities you enjoy can help you stay consistent.

This May, try adding more movement to your daily routine. Set small goals, like walking more often or spending time outdoors. You can also invite friends or family to join you and make it more enjoyable.

Staying active every day can help you feel better and stay healthy. Small changes can lead to lasting results.

## 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)



*Every Third Thursday, Monthly*

"This Institution is an Equal Opportunity Provider"

# VILLAGE OF CALDWELL CLEAN UP DAYS

**MAY 28 & 29**  
8 AM - 4 PM

**MAY 30**  
8 AM - 12 PM

Trash services  
provided by  
**Buckey Disposal**



**NO computer equipment**  
**NO hazardous waste**  
**NO mattresses**  
**NO tires**



# SouthEastern OHIO

JOINT SOLID WASTE MANAGEMENT DISTRICT

## Noble County

Appliance Collection – July 23, 2026 – 9:00 am – 2:00 pm

Multi-Agency Building (Rear), 46049 Marietta Road, Caldwell, OH

Computer/TV Collection – June 25, 2026 – 9:00 am – 3:00 pm

Multi-Agency Building (Rear), 46049 Marietta Road, Caldwell, OH

Household Hazardous Waste Collection – July 18, 2026 – 9:00 am – 2:00 pm

Multi-Agency Building (Rear), 46049 Marietta Road, Caldwell, OH

Scrap Tire Collection – No collection in 2025 – 0:00 am – 0:00 pm

Noble County Highway Garage, 46047 Marietta Road (SR 821), Caldwell, OH



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](mailto:Samantha.Hesson@noblecohd.org).

3rd Annual Hooked on Fishing  
not on Drugs



Noble County  
DEPARTMENT OF  
JOB AND FAMILY SERVICES

**June, 21<sup>st</sup> 2026**  
**Caldwell Lake:**  
**47044 Caldwell Lake**  
**Rd**

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

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 1<sup>st</sup>: Scan the  
QR code below:**



**Or Call 740-732-2392**

