

NEWSLETTER

Intentional Today • Stronger Tomorrow

Director's Corner: Be Intentional

This summer has been a whirlwind! Between work, community events, and planning programs, my schedule has been nonstop. Although I haven't had much time for structured workouts, I've made it a priority to keep moving. I get my steps in daily and, on weekend mornings, you'll find me walking and jogging three miles at the Chaney High School track.

Someone recently asked why I haven't joined a gym or hired a personal trainer. Right now, I simply can't commit the time. When life slows down, I'll get back to the gym. Until then, I'm focusing on doing what I can because every healthy choice counts.

I've also been intentional about supporting my health from the inside out. I've been taking **Bottled Body Wellness Shots** daily, sometimes adding one to my morning smoothie. After just a couple of weeks, I've noticed my skin looks brighter, and I feel like I'm investing in my overall wellness. A special thank you to **Tamika "MiMi" Robinson** for answering all of my questions and checking on me throughout the week. Check her out on Facebook—she'll be taking orders on August 3rd. Remember, consistency is key!

While working community events this summer, I've had the pleasure of meeting many amazing local entrepreneurs, including **Danielle's Deep Sea Essentials**. Danielle offers sea moss gel in a variety of flavors, ginger shots, and refreshing detox waters at **Hardbody Fitness, 23 W. Boardman Street**. Sea moss is rich in essential minerals and may support immune health, digestion, energy, and healthy skin. I'm looking forward to trying her products throughout the month of August. You can find her on Facebook or email her at danisdeepseaessentials@gmail.com.

As we move through August, I encourage you to be intentional with your health. Whether it's taking a walk, eating healthier, supporting local wellness businesses, or making one better choice each day, remember that small, consistent habits can lead to lasting results. **Be intentional. Stay consistent. Your health is worth it.**



DANIELLE'S DEEP SEA ESSENTIALS

ESSENTIALS			
SEA MOSS:			
~ FLAVORS ~			
Peach, Pineapple, Strawberry,	8oz \$15	8oz \$20	
Apple Pie, Mango, Plain	16oz \$25	16oz \$30	
~ Added flavors will be an additional \$3 per flavor			
SEA MOSS LEMONADE			
~ FLAVORS ~			
Regular, Peach, Pineapple,	16oz \$10		
Strawberry, Raspberry, Mango,	½ Gallon \$30 & up		
Blueberry, Kiwi	1 Gallon \$60 & up		
~ Added flavors will be an additional \$3 per flavor			
ELDERBERRY SYRUP:	16oz \$22		
DETOX WATER:	16oz \$8		
~ FLAVORS ~			



NATIONAL BREASTFEEDING MONTH



**COMPLETE
NUTRITION FOR BABY**

Breast milk provides the ideal balance of vitamins, minerals, healthy fats, and proteins your baby needs to grow and thrive during the first months of life.



STRENGTHENS THE IMMUNE SYSTEM



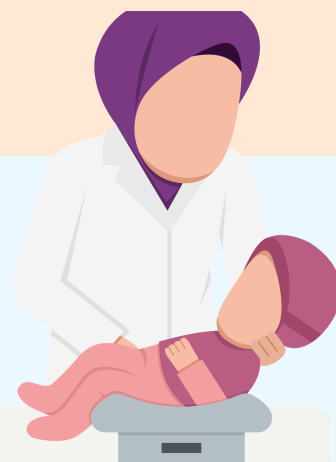
Breast milk contains antibodies that help protect babies from ear infections, respiratory illnesses, diarrhea, and other common childhood infections.

REDUCES RISK OF CHRONIC DISEASES



Breastfed babies have lower risks of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS)

Breastfeeding supports healthy metabolism and reduces the risk of childhood obesity.



**PROMOTES HEALTHY
WEIGHT GAIN**

NATIONAL IMMUNIZATION AWARENESS MONTH

IMPORTANT INFO:

I know some parents and families have become hesitant about vaccinating their children. There is a lot of information circulating online, and it can sometimes be difficult to know what to believe.

Vaccines remain one of the safest and most effective ways to protect children and adults from serious diseases. Because of immunizations, illnesses that once hospitalized or claimed the lives of thousands of children are now rare.

Vaccines help protect against diseases such as:

- Measles
- Mumps
- Rubella
- Polio
- Whooping Cough (Pertussis)
- Tetanus
- Diphtheria
- Hepatitis A & B
- Chickenpox
- Meningitis
- Influenza (Flu)
- COVID-19
- HPV (Human Papillomavirus)

Vaccination doesn't just protect you—it helps protect newborns, older adults, and individuals with weakened immune systems who may not be able to fight these illnesses on their own. Talk with your healthcare provider about what vaccines are recommended for you and your family.



ASK THE NURSING DIRECTOR

Q&A with Theresa Sanchez, RN, Nursing Director

Q1. August is National Immunization Awareness Month. Why are vaccines still important today?

Vaccines are still important today because they protect us, our families, and our communities from diseases that cause serious illness, long-term health problems or even death.

1. Diseases haven't disappeared; take measles we are seeing a resurgence of the disease due to unvaccinated people. What was once thought eradicated is here in Ohio. Just a few years ago in our local prison we had cases of mumps. The prisoners refused to be vaccinated, and they had to be isolated.
2. Vaccines help prevent severe sickness. Vaccines help your immune system fight off sickness.

Q2. What vaccines should parents make sure their children have before returning to school?

1. Vaccines are based on your child's age.
2. Kindergarten vaccines would include; MMR, DTAP, Varicella and Polio.
3. Middle school it would include TDAP and Meningitis.
4. High school would include Meningitis

Q3. Some parents are hesitant about vaccines. What would you tell them?

I would tell them to come in and let's talk about their fears. Many times, talking through hesitancy will allow parents to feel comfortable with vaccines.



LEAD TESTING: A SIMPLE TEST THAT CAN MAKE A BIG DIFFERENCE

Lead poisoning is one of the most common environmental health concerns for young children, but it is also **preventable**. The challenging part is that most children with elevated blood lead levels **do not look or feel sick**, making testing the only way to know if they have been exposed.

Why is Lead Testing Important?

Even small amounts of lead in a child's body can affect their health and development. Lead exposure can:

- Delay growth and development
- Lower IQ and affect learning
- Cause speech and language delays
- Lead to attention and behavioral problems
- Affect hearing and kidney function
- Impact a child's ability to succeed in school

The earlier lead exposure is detected, the sooner families and healthcare providers can take steps to reduce exposure and protect a child's health.

CHILDREN NEED A BLOOD LEAD SCREENING TEST IF THEY:

-  Live in or regularly visit homes built before 1978



-  Spend time in homes undergoing renovation or remodeling.



-  Have a sibling or playmate with elevated lead levels.

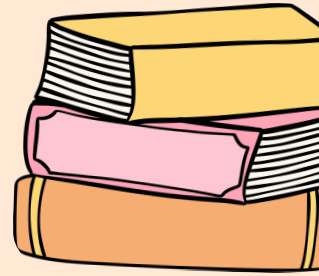


-  Frequently put toys or other objects in their mouths



-  Live or spend time with someone who works with lead





BACK-TO-SCHOOL IMMUNIZATION & LEAD TESTING CLINICS

The Youngstown City Health Department Nursing Division is hosting Back-to-School Clinics to help students meet school health requirements before the new school year. Services include lead testing and required immunizations for Kindergarten, 7th grade, and 12th grade students.

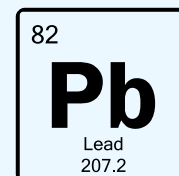
Clinic Dates & Locations:

📍 **Saturday, August 8**
East Side Library
9:00 a.m. – 1:00 p.m.

📍 **Saturday, September 12**
Michael Kusalaba Library
9:00 a.m. – 1:00 p.m.

📍 **Saturday, October 3**
Newport Library
9:00 a.m. – 1:00 p.m.

Help your child start the school year healthy and ready to learn! Don't wait until the last minute—take advantage of these convenient community clinics to ensure your child's immunizations and lead testing are up to date.



NEED MORE INFORMATION?

To learn more about **lead testing, childhood immunizations, or the Youngstown City Health Department's Back-to-School Clinics**, please contact the:

**Youngstown City Health Department
Nursing Division**

📍 **9 West Front Street**
Youngstown, OH 44503

📞 Phone: (330) 742-8221

📠 Fax: (330) 743-3960

✉ Email: s.cassile@youngstownohio.gov

Office Hours:

Monday – Friday
8:00 a.m. – 4:00 p.m.

SLOW DOWN...SOMEONE LOVES YOU

One thing that has weighed heavily on me this past month is the number of serious motor vehicle crashes we've experienced throughout Youngstown and Mahoning County. Far too many lives have been lost.

When I'm driving around the city, I notice that everyone seems to be in a hurry. People are speeding, weaving through traffic, running red lights, and many are driving with their phones in their hands.

I'll be honest—I'm guilty of occasionally picking up my phone to glance at a text message. But the truth is, it only takes a second for everything to change.

When we leave our homes, work, the gym, church, the beauty salon, or wherever life takes us, we need to be intentional about making it safely to our next destination.

Slow down!

The speed limit exists for a reason.

Leave home a little earlier if you know you have somewhere to be. Put your phone away. That text, social media notification, or phone call can wait.

Most importantly, remember that someone is waiting for you to come home.

Parents, take time this month to ride with your new or young drivers. Practice defensive driving, discuss distractions behind the wheel, and remind them that arriving safely is far more important than arriving quickly.

Let's all do our part to make our roads safer.

Remember: Safe driving isn't just about protecting yourself—it's about protecting everyone sharing the road with you.

CAR SAFETY TIPS

-  Always wear your seatbelt—and make sure every passenger is buckled up.
-  Put your phone away while driving. If it's important, pull over safely.
-  Obey posted speed limits.
-  Never drive while impaired by alcohol, drugs, or fatigue.
-  Leave extra space between you and the vehicle ahead.
-  Avoid aggressive driving and road rage.
-  Keep children properly secured in age-appropriate car seats or booster seats.
-  Stay alert for pedestrians, bicyclists, and motorcyclists.