YOUNGSTOWN OFFICE ON MINORITY HEALTH

Taking Steps to Healthy Change

November NEWSLETTER

THE GIFT OF GIVING

This November, we are celebrating the many ways we can give, connecting neighbors with food assistance, and encouraging families to make diabetes prevention and men's health a priority.



WHAT WE'RE THANKFUL FOR

- *Serving our community*
- *Supportive coworkers*
- *Dedicated partners and volunteers*
- *Our residents trust*
- *Everyday acts of kindness*

DIRECTOR'S CORNER

Being kind is a form of giving. It does not always take money to make a difference. Sometimes the greatest gift we can offer is our time, a listening ear, a word of encouragement, or a little patience.
Everyone has a story, and we do not always know what someone is carrying. Before we judge a person's attitude, situation, or choices, let's pause and extend some grace. The person who seems distant may be grieving. The person who needs help may be doing everything they can to stay afloat. A simple act of kindness can remind someone that they matter.
As we move through this season of gratitude, I encourage each of us to give in whatever capacity we can. Check on a neighbor, share a resource, volunteer, or simply speak kindly. We all have something to offer, and kindness is something we can practice every day.
— Jamille Murphy, Director, YLOMH



YCHD staff give back at Pack the Valley

YCHD staff volunteered at United Way's Pack the Valley, packing meals for people in need. Thank you to our staff for giving their time and helping care for our community beyond the office.

Giving and Receiving Support

Weekly Food Giveaway

The Needles Eye Christian Center has a food giveaway every Wednesday at 10 a.m. Get there early! This weekly schedule was provided by YLOMH. Confirm holiday arrangements before going.

LOCAL FOOD PANTRIES AND GIVEAWAYS

Organization and location	Schedule and requirements
Austintown Community Church 242 S. Canfield Niles Road 330-799-4214	Wednesdays, 8:30–10:30 a.m. Proof of residence in ZIP codes 44509, 44511, or 44515.
Beulah Baptist 570 Sherwood Avenue, Youngstown 330-782-0740	Fourth Saturday, 9 a.m.–noon.
Christ Our Savior Pantry 250 N. Bridge Street, Struthers 330-755-9819	Mondays, 9:30–11:30 a.m. Open to anyone needing assistance.
Evergreen SDA Pantry 7668 Glenwood Avenue 330-726-1645	Second Wednesday, 9 a.m.–noon.
Glenwood Fresh Market 2915 Glenwood Avenue, Youngstown 330-333-3561	Tuesday and Thursday, 9 a.m.–4 p.m. Register and schedule an appointment. SNAP participation or income under 200% of poverty level; ID, income and residency proof required.

Selected listings from the Public Library of Youngstown and Mahoning County's food assistance directory. Call before visiting; schedules, service areas, supplies, and required documents can change, especially around Thanksgiving. Full local directory: https://www.libraryvisit.org/blogs/post/mahoning-county-food-assistance-resources/





NATIONAL DIABETES MONTH

You can feel well and still have high blood sugar. November is a reminder to learn the signs, understand your risk, and ask about testing before complications develop..





WHAT SYSMPTOMS CAN LOOK LIKE

Frequent urination, unusual thirst or hunger, unexplained weight loss, tiredness, blurry vision, and recurring yeast or urinary infections can be warning signs. Slow healing, tingling or numbness in the hands or feet, and dark skin patches around the neck or armpits may also occur. These changes deserve a conversation with a health care provider.

What symptoms may not look like: there may be no obvious warning at all. **Type 2 diabetes can develop gradually, and prediabetes often goes unnoticed. Feeling fine, being active, or not having a particular body size does not rule out diabetes. Type 1 diabetes can occur at any age; symptoms may become severe quickly. During pregnancy, gestational diabetes usually has no symptoms.**

WHO SHOULD ASK ABOUT TESTING

Anyone with symptoms should be evaluated, regardless of age or weight. Ask about routine screening beginning at age 35 and earlier when risk factors are present. Risk factors include a parent or sibling with type 2 diabetes, overweight or obesity, physical inactivity, or a history of gestational diabetes. Black and African American, Hispanic and Latino, American Indian, and some Asian American and Pacific Islander communities face higher risk. These patterns are reasons to improve access to care, never reasons to blame someone.

Children and teens with overweight or obesity plus additional risk factors may also need screening. Pregnancy testing is generally done at 24–28 weeks, sometimes earlier depending on risk. Ask your clinician how often to repeat testing based on your results and health history.

HOW TO GET CHECKED

Call your primary care office or a community clinic and ask for diabetes screening. Mention symptoms, family history, and any past pregnancy-related diabetes. Ask about cost or financial assistance if you are uninsured. A clinician can order a laboratory blood test; a health fair finger stick or home glucose meter alone does not establish a diagnosis.

A1C estimates average blood sugar over about three months and usually needs no fasting. A fasting plasma glucose test checks blood sugar after at least eight hours without food; follow the clinic's instructions about water and medicines. A glucose tolerance test checks how your body handles a glucose drink. A random blood glucose test may be used when symptoms are present. For nonpregnant adults, A1C below 5.7% is normal, 5.7–6.4% is the prediabetes range, and 6.5% or higher is the diabetes range. Fasting glucose of 100–125 mg/dL is the prediabetes range; 126 mg/dL or higher is the diabetes range. A clinician usually confirms abnormal results with another test. Pregnancy, anemia, and some blood conditions can affect which test is best.

Seek emergency care for vomiting with trouble breathing, fruity-smelling breath, confusion, or severe illness. These can signal diabetic ketoacidosis, even before diabetes has been diagnosed.

LEARN MORE

CDC symptoms and testing https://www.cdc.gov/diabetes/diabetes-testing/

NIDDK diagnosis https://www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis

YLOMH Monthly Newsletter

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MOVEMBER®

MEN, LET'S TALK HEALTH

Your body. Your mind. Your future.
You show up for work, family, and everyone counting on you. This Movember, make time to show up for YOURSELF.

KNOW YOUR NUMBERS



- Blood pressure
- Bkood sugar
- Cholesterol

MAKE THE APPOINTMENT



Feeling good? Keep up with checkups. Noticed a change? Speak up. Ask which screenings are right for your age and family history.

CHECK IN WITH YOURSELF



How are you sleeping? Handling stress? Feeling lately? You deserve someone to talk to before things become overwhelming.

CHECK ON YOUR BROTHERS



- Send the text.
- Make the call.
- Ask, "How are you really doing?"
- Then take time to listen.



REAL MEN. REAL CONVERSATIONS.

Connect with John Michael Oliver and the African American Male Wellness Agency through Wellness Wednesdays and Real Men Real Talk Thursday sessions.

📍 **John H. Gregory Education & Workforce Building**
139 E. Boardman St., Youngstown, Ohio 44503
Confirm upcoming session dates and times with the organizer.
Give yourself—and the men you care about—the gift of better health.

MEN, MAKE SCREENING A PRIORITY!

A blood draw could be your next step. Shield by Guardant Health is a colorectal cancer screening blood test for adults 45 and older at average risk. Ask whether it is right for you.

Testing is available through the Youngstown City Health District Nursing Division.
Contact Sandi Cassile for more information:
📞 **330-742-8221**
📧 **s.cassile@youngstownohio.gov**
An abnormal result requires a follow-up colonoscopy. Shield does not screen for prostate or testicular cancer.