

COMMUNITY TALKING POINTS

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

What's in This Month's Issue:

- National Mental Health Month
- Staff Spotlight: Jessica Runkel
- American Stroke Month
- National Nurses Week
- Asthma and Allergy Awareness
- School Vaccine Clinics
- Skin Cancer Awareness
- Spring Cleaning for Mental Health

National Mental Health Month

May is Mental Health Awareness Month - a time to break stigma, raise awareness, and support the millions living with mental health conditions. Data from our 2022 Community Health Assessment shows why this is important in Williams County.

Adult Mental Health

- 1 out of 7 adults felt so sad or hopeless for 2+ weeks that they stopped their daily activities.
- Adult top stressors are work, finances, and loss
- Adults are coping by talking to someone, listening to music, or spending time outdoors

Youth Mental Health

- 1 out of 3 youth felt sad or hopeless for 2+ weeks, which stopped their daily activities.
- Top stressors for youth are self-image, academic pressure, friend drama, and social media.
- Youth are coping through sleep, hobbies, or texting a loved one.

How Can You Help?

- Listen without judgment
- Start meaningful conversations
- Break the stigma around mental health



You're not alone. Support is here.

If you, or someone you know, is in crisis call, text, or chat 988.



Staff Spotlight: Jessica Runkel

Jessica Runkel joined the WCHD just 2 months ago, stepping into her role as a Health Education Specialist. Jessica focuses on creating educational and outreach programs that inform and empower residents across Williams County.



One of her favorite parts of the job so far has been the opportunity to collaborate with her colleagues on initiatives that make a real difference.

Jessica's motivation to serve comes from her love for Williams County and her desire to help it thrive. She believes in the power of community connection and education to foster healthier, stronger neighborhoods. Currently, she's working toward becoming a certified Child Passenger Safety Technician (CPST)—a certification that will allow her to support families in keeping their children safe on the road.

Originally from Bryan, Jessica graduated from Edgerton and now lives in West Unity with her husband, Cory, and their 4 children on a small hobby farm. Her strong ties to the area and her passion for giving back make her a natural fit for public health.

When she's not working, Jessica enjoys cheering on her kids at events, spending time with loved ones, exploring local shops and restaurants, and attending plays and musicals. A travel and adventure enthusiast, she once bungee jumped in Japan and hopes to go skydiving as her next big thrill.

Jessica brings warmth, creativity, and a spirit of service to everything she does, making her a valuable asset to the health department—and to Williams County!

American Stroke Month

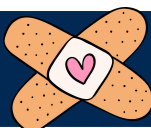
May is American Stroke Month! Strokes can happen to anyone at any time, and it is important to act F.A.S.T. when warning signs are present. Remember to B.E. F.A.S.T:

- **B:** Balance loss
- **E:** Eyesight changes
- **F:** Face drooping
- **A:** Arm weakness
- **S:** Speech difficulty
- **T:** Time to call 911



Recognizing the signs of stroke quickly can save a life. There are also things you can do to reduce your risk of stroke, such as eating healthy, monitoring your blood pressure, and exercising. Click the image above to learn more!

National Nurses Week May 6-12



Each year, National Nurses Week offers a meaningful opportunity to recognize the dedication, compassion, and impact of nurses across the country. This week, WCHD especially honors our public health nurses - the often-unsung heroes working behind the scenes to protect and promote the health of entire communities.

Public health nurses go beyond bedside care. They lead vaccination efforts, respond to emergencies, provide education, and support vulnerable populations — all while addressing the root causes of health disparities. Their work is vital, and it deserves our deepest appreciation. This week, we celebrate not only their clinical expertise but their humanity, resilience, and advocacy.



To our incredible staff: Becky, Nathan, Tammy, Jessy, and Kelsea, thank you. Your commitment to healthier communities is what makes our mission possible.

Let's take this week to express our gratitude — through words, actions, and continued support.

Asthma & Allergy Awareness

May is Asthma Awareness Month. This month highlights the importance of respiratory health.

What is Asthma?

Asthma is a chronic condition where the airways in your lungs become inflamed and narrow, causing symptoms like wheezing, coughing, shortness of breath, and chest tightness. With the right treatment, asthma can be managed. In Williams County, 1 out of 6 adults have been diagnosed with asthma.

Common Triggers

- Tobacco smoke
- Dust mites
- Pets
- Outdoor air pollution
- Mold
- Respiratory infections



Being aware of these triggers and symptoms can help manage asthma and improve quality of life.

School Vaccine Clinics



The Williams County Health Department will be offering immunization clinics during school open houses this spring to help students get their required vaccinations before the new school year. Check the dates below to find a clinic at your school!

- Montpelier: May 8th from 1-3:30pm
- Millcreek-West Unity: May 9th from 1-2:45pm
- Bryan: May 16th from 1-4pm

Appointments are required. Scan the QR code here or call (419) 485-3141 to make an appointment at one of our school clinics!



Skin Cancer Awareness

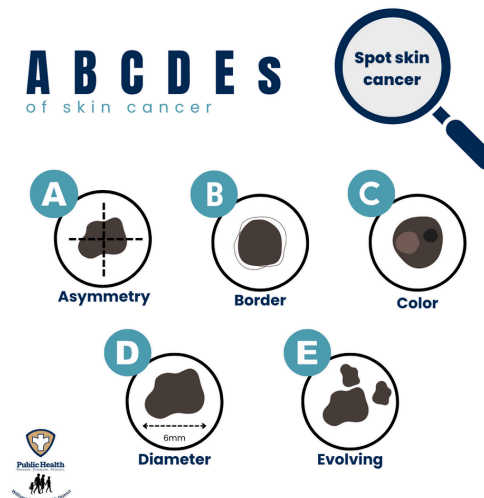
Summer is perfect for swimming, cookouts, and hiking—but don't forget to protect your skin from the sun. UV rays, which can damage skin even on cloudy days, are strongest from 10 AM to 4 PM.

Too much sun can increase your risk for skin cancer, the most common cancer in the U.S. Stay safe by:

- Seeking Shade: Use umbrellas, trees, or shelters.
- Wearing Protective Clothing: Cover skin with lightweight, long sleeves and hats.
- Using Sunglasses: Protect your eyes from harmful UV rays.
- Applying Sunscreen: Use SPF 15+ on exposed skin and reapply every two hours.

Worried about a mole?

Check the ABCDEs of skin cancer and see a medical professional with any concerns.



Spring Cleaning for Mental Health



Spring isn't just for tidying closets — it's a powerful opportunity to reset your space and your state of mind. A clean environment supports a clear, calm mindset, and vice versa.



Clear Your Physical Space

- Declutter one small area at a time- think drawer, desk, or corner.
- Clean surfaces, open windows, let in natural light and air.
- Donate what you no longer need.



Clear Your Mental Space

- Brain dump: journal everything on your mind to "empty the mental drawer."
- Cut down digital clutter- unfollow, unsubscribe, organize.
- Let go of "shoulds," guilt, or toxic self-talk that's weighing you down.

You don't need an overhaul- just small, thoughtful changes. Whether it's one cleared shelf or one reframed thought, each step brings you closer to a lighter, more peaceful you.

Customer Satisfaction Survey



At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services. Take our survey:

www.surveymonkey.com/r/WCHDServices



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCommunityTalkingPoints

For more information on WCHD programs and services, visit:
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