

# June is Alzheimer's and Brain Awareness Month

Over 55 million people worldwide are living with Alzheimer's or another form of dementia.

Public Health is raising awareness about the importance of brain health, supporting those affected by **Alzheimer's** or other dementia, and honoring caregivers and researchers that work tirelessly to help make a difference.

- ◇ Prioritize brain-healthy habits.
- ◇ Support ongoing research.
- ◇ Share your story and raise awareness.
- ◇ Learn the **10** warning signs on [www.alz.org/alzheimers-dementia/10\\_signs](http://www.alz.org/alzheimers-dementia/10_signs)

## 10 EARLY SIGNS OF MEMORY LOSS



MEMORY  
LOSS



CHALLENGES IN  
PLANNING OR  
SOLVING PROBLEMS



DIFFICULTY  
COMPLETING  
FAMILIAR TASKS



CONFUSION  
WITH TIME  
OR PLACE



TROUBLE  
UNDERSTANDING  
VISUAL IMAGES  
AND SPATIAL RELATIONSHIPS



NEW PROBLEMS  
WITH WORDS  
IN SPEAKING  
OR WRITING



MISPLACING THINGS  
AND LOSING THE  
ABILITY TO  
RETRACE STEPS



DECREASED  
OR POOR  
JUDGMENT



WITHDRAWAL  
FROM WORK OR  
SOCIAL ACTIVITIES



CHANGES IN  
MOOD AND  
PERSONALITY

If you or someone you know has been diagnosed with Alzheimer's or another dementia, you are not alone. Call the 24/7 Alzheimer's Association Helpline: 1-800-272-3900.

For more resources, education, referral and support to those affected by Alzheimer's or another dementia, please see the website at [www.alz.org/alzheimers-dementia/](http://www.alz.org/alzheimers-dementia/).

**Let's go purple together and fight for a world without Alzheimer's.**



# A Safe & Healthy County

June 2025

## **Public Health – Communicable Disease/Immunizations**

On April 27th, staff attended the Dia del Nino event and offered Tdap vaccinations for children entering 7th grade.

In April and May, staff attended several educational opportunities including the 2025 California Immunization Coalition Summit and the 20th Annual HIV nursing network conference, and the Annual North Coast HIV Update: Advancing Care and Collaboration.

### **Join Public Health at Upcoming Events in June:**

Our immunization team will be present at the following community events throughout Mendocino County:

- Adventist Health Ukiah Community Baby shower *Thursday, June 5, 2025, from 5:00 to 7:00 PM*
- Adventist Health Mendocino Coast Sports Physical Event and be there to help vaccinate incoming 7th graders with Tdap to meet school requirements *Saturday, June 28, 2025*

**Public Health continues to offer vaccination services 3 days a week.**

## **Public Health – Women, Children, and Infants (WIC)**

Mendocino County WIC is a program that assists Women, Children, and Infants (WIC); that does not exclude our families who are part of the LGBTQ+ community. In the year 2013, among LGBTQ+ adults, 48% of women and 20% of men were raising a child under 18 years old. Demographics from 2015 showed that 18% of same-sex couples were raising children under age 18, compared to 43% of different-sex couples. As time has gone by and our community has progressed, these numbers are sure to grow as well. At WIC we prioritize the development of healthy children, we have many families of diverse backgrounds.

For the month of June, WIC recognizes it as Pride Month. Many times, the families we see are living below the poverty level and need assistance with supplemental food benefits and nutritional education. LGBTQ+ families also face financial difficulties, as of 2017, approximately 24% of all children being raised by same-sex couples live in low-income households. The LGBTQ+ community already faces many hardships, here at WIC we attempt to remove any obstacles in the paths of families and make our offices as open and welcoming as possible. At WIC appointments frequently every 1 to 3 months, we establish relationships with the families we serve. These relationships help families feel more comfortable with asking questions, sharing experiences, and concerns. All of which strengthens their self-efficacy, leading to a thriving community. WIC services are available for all families and children.

For more information and support, contact the Ukiah office at (707) 472-2743 or by email at [WIC@mendocinocounty.gov](mailto:WIC@mendocinocounty.gov).



# A Safe & Healthy County

## June 2025

### Public Health – Maternal, Child, Adolescent Health (MCAH)

This month, the MCAH program hosted a Child Passenger Safety Technician (CPST) training, resulting in the certification of 9 new technicians—an important step in improving child safety across Mendocino County and expanding community access to trained car seat educators. MCAH staff also participated in key community events, including the Leggett Valley Community Health and Resource Fair and the First 5 State of the Child. These outreach efforts continue to strengthen connections with families and community partners across the region. In addition, the team has been actively preparing funding applications to sustain core MCAH programs, with a focus on child passenger safety, promoting postpartum wellness, and continuing evidence-based home visiting programs that support family health and well-being across Mendocino County.



### Public Health – California Children’s Services (CCS)

This month, the CCS program is happy to announce that the Medical Therapies Program has finalized the clinic dates for 2025! The Medical Therapies Program hosts clinic days onsite at our Medical Therapies Unit at the educational buildings on Orr Springs. During clinic days we provide medical care and equipment modifications to those children enrolled in CCS. We are happy to partner with families in order to provide care to children enrolled in the program and are looking forward to having full schedules each date.

### June 9-15, 2025 is Men’s Health Week and June is Men’s Health Month

Public Health is encouraging all men to take proactive steps to improve their physical and mental health. From regular check-ups to staying active and managing stress, every small change counts!

## MEN’S HEALTH MONTH

### June

- Schedule a health check-up. 
- Get active. 
- Fuel your body with nourishing foods. 
- Make time to check in on your mental health. 
- Prioritize sleep (aim for 7-9 hours). 

*Stay Active* 



### Public Health Administration

#### Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of June to raise awareness about heat safety, ticks, Lyme disease, mosquitoes, and Alzheimer's & Brain Awareness Month.

- **Heat Safety**

Summer is here and high temperatures can be dangerous. A very high body temperature can damage the brain and other vital organs. Some health conditions can make it harder for the body to stay cool in hot weather. Take steps to keep cool and healthy. Rest often in the shade, wear light clothing, hat, sunglasses, and sunscreen with SPF 15 or higher. Drink plenty of water. Never leave a small child or pet in a car.

*Learn more on [Tips for Preventing Heat-Related Illness](#)*



- **Tick, Mosquito & Lyme Disease Season**

Summer is here and the time to be aware of the disease spreading insects such as ticks and mosquitoes. Protect yourself by using insect repellent when outdoors, check for ticks daily, shower as soon as possible, and tumble clothes in a dryer for 10 minutes to kill ticks after coming indoors.

*Learn more on [CDC.gov/Ticks](https://www.cdc.gov/Ticks) and [CDC.gov/Mosquitoes](https://www.cdc.gov/Mosquitoes)*

- **June is Alzheimer's & Brain Awareness Month**

June is Alzheimer's and Brain Awareness Month. Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. If you have a loved one or friend suffering from Alzheimer's or other dementia or showing signs talk to your healthcare provider. Alzheimer's disease progresses through the stages so seek help early on.

*Learn more on [www.alz.org/alzheimers-dementia/](http://www.alz.org/alzheimers-dementia/)*

#### June 27 is National Sunglasses Day

Public Health reminds us about the importance of eye protection from the sun with the start of summer and more time being spent outside.

Wearing sunglasses provides several important benefits for your eye health and overall well-being to include protection - shield your eyes from harmful UV-A and UV-B rays emitted by the sun.

- Glare Reduction - help reduce glare caused by direct sunlight, making it easier to see clearly.
- Prevent Headaches and Migraines - bright sunlight can trigger headaches and migraines.
- Eye Strain Reduction - constant squinting due to bright sunlight can strain your eyes.
- Protection from Wind, Dust, and Debris.
- Preserving Skin Health - the skin around your eyes is delicate and prone to damage such that sunglasses help prevent skin cancer and premature aging by blocking UV rays.

