



# November

**Public Health** recognizes:  
**Movember is Men's Health Month:** All of November

Public Health is dedicated to raising awareness about men's health issues, including mental health, suicide prevention, prostate cancer, and testicular cancer.

*Men are encouraged to:*

- ✓ Schedule routine checkups and screenings
- ✓ Talk openly about mental health
- ✓ Support friends and family members to do the same

*Taking care of your health isn't just about living longer — it's about living well.*

♥ **Get Checked. Stay Strong. Early detection saves lives.**

**24/7 Crisis Line:** 1-855-838-0404

**Warm Line for Non-Crisis Emotional Support:**

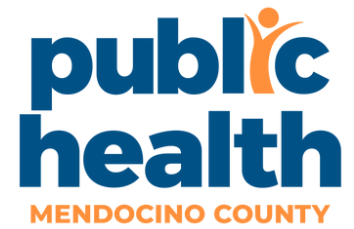
(707) 472-2311 or Toll-Free: 1-833-955-2510

**public  
health**  
MENDOCINO COUNTY



# Safe & Health County

## November 2025



### **Public Health - Maternal, Maternal, Child, Adolescent Health (MCAH)**

In recognition of National SIDS Awareness Month in October, the Maternal Child Adolescent Health (MCAH) program focused on raising awareness and understanding of SIDS. SIDS, or Sudden Infant Death Syndrome, is a term used to describe the sudden death of a baby younger than 1 year of age that doesn't have a known cause, even after a full investigation. By sharing knowledge and practicing safe habits, we can work as a community to ensure every infant has the healthiest start possible. A public health nurse from the MCAH program was able to attend a conference that focused on SIDS, as it relates to both understanding contributing factors, and the impact it has on surviving families.

#### **MCAH team hosted and participated in the month of October including:**

- Free Car Seat Installation Event at 76741 Henderson Lane in Covelo (October 17)



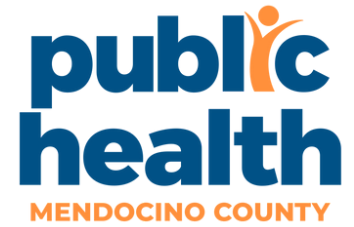
### **Public Health - California Children's Services (CCS)**

This month, the California Children Services (CCS) team proudly introduced seven new families to our program, reinforcing our commitment to delivering specialized, coordinated care for children with complex health conditions. This month, the CCS team worked closely with neighboring counties in order to address critical issues relating to the Medical Therapies Unit (MTU). Working together with other counties has highlighted the gaps in care that children within each county's CCS-MTU face. It is the goal of all the counties to stay connected in order to address these gaps in care, so that no child has to go without the services they need in order to live a fulfilling life. This collaboration strengthened our partnership across county lines and highlighted the importance of proactive communication. Together, we remain committed to building a coordinated system of care that puts the well-being of children and families first.



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### **Public Health - Health Care Program for Children in Foster Care (HCPCFC)**

In October, the HCPCFC team continued to focus our efforts on A Safe and Healthy County by ensuring the medical, dental, mental health and wellness of our foster care children. The team participated in continuing education with Redwood Community Services and nursing collaborated with Family and Children’s Services (FCS), Anchor Health Management and the team of Emergency Response nurses. We were assigned 4 new cases this month. We collaborated with the FCS Title E IV Emergency Response nurses during our weekly team nursing meeting held every Tuesday to ensure a smooth transition from the Emergency Response phase of detainment to the Family Reunification phase. The entire HCPCFC team participated in a training at Redwood Community Services again this month, LGBTQ+ Youth in Care and nursing also completed Intellectual and Developmental Disabilities in Children training on October 17th. We again collaborated with Anchor Health during our monthly meeting on October 21st to discuss upcoming JV 220 submissions and as always to assist them with obtaining crucial patient health information for our most challenging foster care youth whose mental health care we both share.

Our continued monthly partnering with FCS during our FCS-HCPCFC collaboration meeting always leads to creative solutions for some of our foster children who are really struggling with maintaining their placement and have forged an impenetrable bond between Foster Care Nursing (FCN) and FCS.



### **Public Health also recognizes: Alzheimer’s Awareness Month: All of November**

This month, Public Health is raising awareness about Alzheimer’s disease and other dementias. Early detection, support, and understanding can make a big difference for those living with the disease and their families.

#### ***Signs to watch for:***

- Memory loss affecting daily life
- Difficulty planning or solving problems
- Confusion with time or place
- Changes in mood or personality

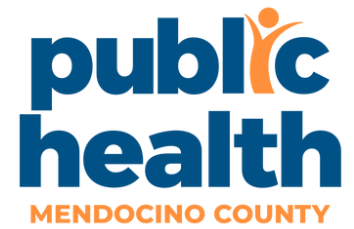
***Support, resources, and information are available for caregivers and families.***

*For more information, visit [www.alz.org](http://www.alz.org)*



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### Public Health - Women, Infants, & Children (WIC)

The WIC Program continues to serve families during the government shutdown, and benefits remain active and available for use. WIC attends weekly meetings with California Department of Public Health (CDPH) WIC to stay informed about any program updates. CDPH WIC encourages families to continue using their benefits and for local agencies to keep enrolling new participants. WIC Program remains active in the community, participating in outreach events such as health fairs, cultural celebrations, and the annual Pumpkin Fest.

For more information and FAQs, visit CDPH WIC Program Information or WIC Federal Budget Updates. For any additional questions, visit the WIC Office at 1120 S. Dora St., Ukiah or by phone at (707) 472-2743.

### Public Health recognizes: **Diabetes Awareness Month:** All of November **World Diabetes Day:** November 14

Public Health is raising awareness about diabetes—its symptoms, prevention, and treatment—while supporting those who live with the condition.

The WIC Program is proud to have two Registered Dietitians and a Degreed Nutritionist who provide specialized support to our high-risk participants, including clients with diabetes.

Diabetes currently affects nearly 38 million Americans, making awareness, prevention, and effective management more important than ever. The WIC Program assists low-income families through personalized nutrition counseling and support services. They offer expert guidance in carbohydrate counting, meal planning, healthy food choices, physical activity, and behavioral strategies to help promote long-term health and well-being.

#### ***There are three main types of diabetes:***

- ◆ **Type 1:** Autoimmune; body stops making insulin. Usually diagnosed in youth but can occur at any age (5–10% of cases).
- ◆ **Type 2:** The body doesn't use insulin properly. Often develops in adults over time (90–95% of cases).
- ◆ **Gestational:** Develops during pregnancy and increases the risk of type 2 diabetes later in life.

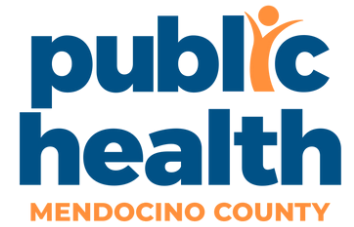
Untreated diabetes can lead to serious health problems like heart disease, vision loss, and kidney disease.

*Learn more at [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)*



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### Public Health - Administration

#### Communications

Public Health is airing public service announcements in both English and Spanish throughout the month of November to raise awareness about Respiratory Virus Season, Movember Men's Health Month, and Diabetes Awareness Month.



- **Respiratory Virus Season**

Fall is the time to prepare for Flu, COVID-19, and RSV (Respiratory Syncytial Virus). Protect yourself and your family. Get the Flu, COVID-19, and RSV vaccines. Talk to your healthcare to find out which vaccines are right for you and your loved ones. Remember, wear a mask, staying home when sick and testing for COVID-19 all help reduce the spread. Vaccines remain your best defense against severe illness.

*For more information, visit [CDC.gov/Respiratory-Viruses](https://www.cdc.gov/Respiratory-Viruses)*

- **Movember Men's Health Month**

November is Movember a month to raise awareness about men's health. Men its time to take charge of your well-being. Schedule routine checkups and screenings. Talk openly about mental health. Checking in with your doctor and with your friends can make all the difference.

*For non-crisis emotional support, call the Warm Line at (707) 472-2311.*



- **Diabetes Awareness Month**

November is Diabetes Awareness Month — a time to learn, take action, and support those living with diabetes. Did you know that one in ten Americans has diabetes, and many don't even know it? Early detection and healthy habits can make all the difference. Schedule a checkup, stay active, and make healthy food choices. Together, we can prevent and manage diabetes for a healthier community.

*For more information, visit [CDC.gov/Diabetes](https://www.cdc.gov/Diabetes)*

