



Men's Health Matters

June is Men's Health Month and the Medina County Health Department wants to make it easier for men to access the care they need. This month we encourage men to take charge and put their health first.

The goal of this movement is to increase awareness of male health issues and to encourage institutions to develop health policies and services that meet the specific needs of men, boys, and their families. While awareness and funding efforts have successfully addressed numerous health challenges over the years, **men's health issues receive significantly less attention**, despite statistics demonstrating clear concern.

At every stage of life, men should consider three equally important aspects of their health—physical, mental, and social health. Having a positive health attitude can lead to a heightened awareness of preventable health problems, healthier lifestyle choices, and early detection and treatment of diseases like cancer, heart disease, and depression.

Your voice matters—let it be heard. To schedule an appointment with a healthcare provider here at our health center, call 330-723-9688, option 1. We also have a social worker who can provide information about resources available to help cope with emotional, financial and social needs.

Our Health Center



Turning Data into Action

June 9th – 13th is Community Health Improvement Week, a time to honor the work being done to improve the health of our communities. Did you know that we have a Community Health Improvement Plan (CHIP) for Medina County?

What is a CHIP? A CHIP is a long-term plan that focuses on strategies that address local health challenges. It is basically a roadmap to improve the health of a community. Our most recent CHIP focuses on many important public health problems such as nutrition, tobacco cessation, substance use, mental health, and maternal and child health.

How to get involved? The best way to get involved with community health improvement is through the Living Well Medina County Coalition. The coalition meets often and is always looking for new members. For more information, contact Kristen Hildreth at khildreth@medinahealth.org

You can access the full CHIP report on our website or down below!



Planting our Roots in Lodi

We recently partnered with Lodi Health and Motion and the Medina County Master Gardeners to facilitate a Family Gardening Workshop at the Lodi Family Center.

Here, families and children learned how to plant different vegetables from start to finish in grow bags. Along with the planting/care process, they learned about companion planting and how to identify common pests you may see while taking care of your vegetables.

Each family was able to take home grow bags filled with lettuce, peppers and cherry tomatoes to watch grow, harvest, and eat all season long. The event was a great success!

Be on the lookout for other Lodi Health and Motion pop-up events this summer!

EMPLOYEE SPOTLIGHT



Jordan Grumbling
Breastfeeding Peer

HOW LONG HAVE YOU BEEN AT THE HEALTH DEPARTMENT?

8 years.

WHAT WAS YOUR POSITION BEFORE COMING TO MCHD?

I was previously a stay-at-home mom.

WHAT IS YOUR CURRENT ROLE AT THE HEALTH DEPARTMENT?

I am a breastfeeding peer at WIC.

WHAT DO YOU LIKE ABOUT WORKING AT THE HEALTH DEPARTMENT?

I love seeing all the parents and babies succeed in their breastfeeding journey and meet whatever goal they have set for themselves.

WHAT DO YOU THINK WILL BE YOUR BIGGEST PROFESSIONAL CHALLENGE IN THE COMING YEAR?

I am always striving to increase breastfeeding numbers in Medina County. I am also working on the Medina County Fair booth that lets parents nurse and/or pump in a cool and clean environment while enjoying the fair this year.

WHAT DO YOU DO FOR FUN?

When I am not working, I love to hang out with my 4 children. We do baseball, basketball, and dirt bike riding.



Car Seat Checks and Installations

- Wednesday, June 11, 2025
- 2:00 pm to 5:30 pm
- Appointments are required. Call 330-723-9688, option 5, to schedule.
- Free and open to the public

OutSupport PRIDE Picnic

- Thursday, June 5, 2025
- 6:00 - 8:00 pm
- Medina Public Square
- Free and open to the public

Medina Juneteenth Celebration

- Saturday, June 14, 2025
- 10:00 am to 3:00 pm
- Medina Public Square
- Free and open to the public

Upcoming Events

Healthy Recipe of the Month:
Pesto Tortellini Pasta Salad



Ingredients:

- 20 oz refrigerated cheese tortellini
- 1/3 cup sun-dried tomatoes (oil-packed), *drained and thinly sliced*
- 1/4 cup prepared basil pesto
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup grated parmesan cheese
- 2 tbsp toasted pine nuts

Instructions:

- Bring a large pot of salted water to a boil. Cook tortellini according to package instructions (usually 3–4 minutes). Drain and rinse under cold water to cool.
- In a large bowl, whisk together pesto, olive oil, lemon juice, salt, and black pepper.
- Add cooled tortellini and sun-dried tomatoes to the bowl, tossing gently to coat evenly.
- Sprinkle with parmesan and pine nuts just before serving.

Tip: for extra flavor, use 1 tbsp of the sun-dried tomato oil in place of some olive oil

[Full Recipe](#)



The Medina County Health Department has protected your health since 1913 and has been nationally accredited since 2015. Services are partially supported by your property tax health levy. Equal opportunity provider.



Our mailing address is:

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For questions related to anything on this newsletter, please email Mike Metcalf at mmetcalf@medinahealth.org

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