



## Taking Control of Your Health

Women's Health Month is observed every May beginning on Mother's Day. This is a time to shine an incredibly bright spotlight on the unique health needs of women and empower them to take control of their health. This observance highlights women's health issues and encourage women of all ages to prioritize their physical, mental, and emotional well-being.

### Make Yourself Heard

It's important to speak up for yourself when dealing with healthcare issues. You are your biggest advocate, but finding a trusted healthcare provider you feel comfortable with and acknowledges your concerns is equally important. Here is a quick list of steps to follow before and during your next visit:

#### 1. Write It Down

- What has been bothering you/any current symptoms
- Last time you were seen/treatment
- Current list of medications and allergies

- Any questions you have for your healthcare provider

## 2. **Decide What You Want to Get Out of the Visit**

- If something your healthcare provider says doesn't make sense, ask for clarification

Women sometimes have a tough time receiving the health care services they deserve. Use this time to break the silence and start talking about women's health! If you are in need of a healthcare provider or services, contact our Health Center at 330-723-9688, option 1 to schedule an appointment; we are here to help.



## **SAVE THE DATE:**

Join us as we partner with Cleveland Clinic Medina Hospital to bring their Mobile Mammogram unit to our Medina location.

- Friday, May 9, 2025
- 8:30 AM - 3:30 PM
- Medina County Health Department: 4800 Ledgewood Drive, Medina
- Appointment necessary. Click on link below.

**Mobile Mammogram Clinic**

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## Spread the Word!

Becoming a parent can be overwhelming, especially during those first few weeks at home with a new baby. The Medina County Health Department offers peace of mind through our Newborn Home Visits Program. Registered public health nurses provide answers and resources that help families feel more comfortable and confident in their new roles.

### For Baby:

- A newborn health check, including growth and development such as height, weight, and motor skills
- Car seat installation and safety inspection
- Immunization information

### For Parents & Families:

- Newborn care booklet
- Breastfeeding support and information
- Support for mothers experiencing after-delivery depression
- A check for any complications that mom may be experiencing after delivery
- Answers to family questions and concerns

Visits are free to any Medina County residents with a newborn baby. **Call 330-723-9688, option 2 to schedule a visit.**

**Newborn Home Visits**



## **Lodi Health & Motion Walking Group**

Join us as we move our walking group outdoors for the summer! Lodi Walking Group will meet on select Thursdays at 10:00 am at various locations around Lodi. All abilities and ages welcome! Here is part 1 of the summer schedule:

### **Thursday, May 22, 2025**

10:00 - 10:45 AM

Bluebell Valley: 8500 Richman Road

Gravel and natural trails

### **Thursday, June 5, 2025**

10:00 - 10:45 AM

Village of Lodi Square: 108 Ainsworth Street

### **Thursday, July 3, 2025**

10:00 - 10:45 AM

Bluebell Valley: 8500 Richman Road

Gravel and natural trails

### **Thursday, July 17, 2025**

10:00 - 10:45 AM

Lodi Community Park: Meet near playground

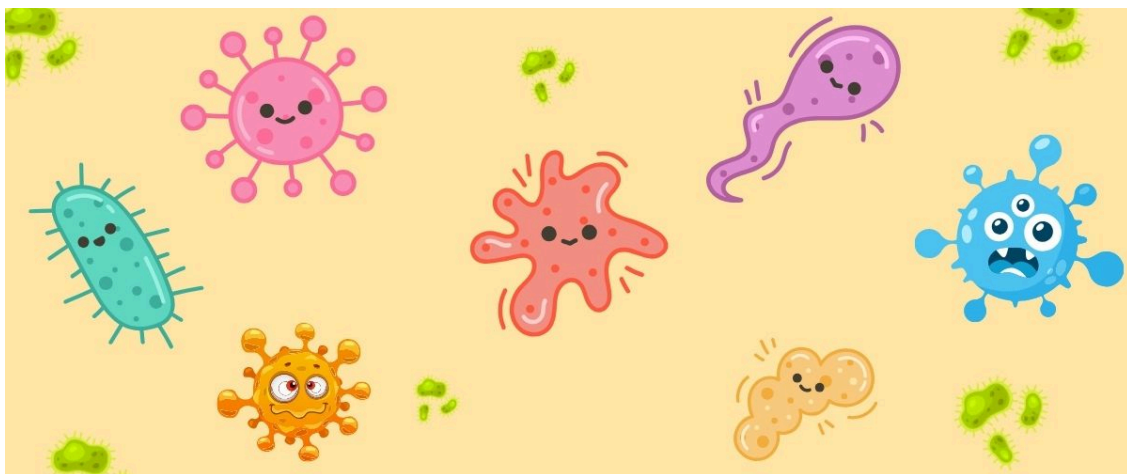
For questions or to be added to an email list for walking date reminders and updates please contact Erin Schmitt at 330-723-9688, or



## Introducing... Community Profiles!

Every city, township, and village in Medina County is unique! You can search for your community's profile page and learn more about the factors that make up the health of your community.

[Community Profiles | MCHD](#)



## As Seen In The News: Measles

You may be seeing measles in the news lately and wondering what it means. As we continue to see cases increase nationwide, here are some



frequently asked questions about measles to keep in mind:

**What is measles?**

Measles is a highly contagious disease caused by a virus.

**What are symptoms of measles?**

Fever, runny nose, cough, pink eye (conjunctivitis), rash starting on the face and spreading throughout the body.

**How does measles spread?**

Measles spreads very easily when an infected person breathes, coughs, or sneezes. People can spread measles before they show symptoms, which takes on average 10-12 days from exposure. Symptoms usually last 7-10 days.

**Who is at risk for measles?**

Anyone who has not been immunized or has not had measles in the past is at risk. Babies younger than 12 months are at risk because they are too young to have been vaccinated.

**How is measles prevented?**

The measles, mumps, and rubella (MMR) vaccine is the best way to protect yourself and young children. It is very safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles. One dose is about 93% effective. If you are an adult and have questions about your vaccination status, speak to your healthcare provider.

The Medina County Health Department continues to monitor cases here in Ohio. View more measles FAQ's [here](#).

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# EMPLOYEE SPOTLIGHT



**Janet Horst**

Public Health Nurse

**HOW LONG HAVE YOU BEEN AT THE HEALTH DEPARTMENT?**

I worked at the Health Dept for 3 years in the 1980's. I returned in 2016. So, I've worked here for almost 13 years.

**WHAT WAS YOUR POSITION BEFORE COMING TO MCHD?**

I worked with college students in the Student Wellness Center at the College of Wooster.

**WHAT IS YOUR CURRENT ROLE AT THE HEALTH DEPARTMENT?**

I have the best job in the world! I make Newborn Home Visits to families in Medina County. I also work with the Complex Medical Help (CMH) program to help families obtain payments for services their child needs.

**WHAT DO YOU LIKE ABOUT WORKING AT THE HEALTH DEPARTMENT?**

I love helping families find answers to their questions/needs. That may include answers to breastfeeding questions, installing a car seat, or assisting them to get on the CMH program. I also enjoy the great staff that I work with!

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

Discovering new ways to inform Medina County residents and their families about the Newborn Home Visit and the CMH programs. Another challenge is finding the best resources for the families that I work with. There are always new programs and updated information that may be helpful for families.

## WHAT DO YOU DO FOR FUN?

I enjoy spending time with our 8 grandchildren! I also like biking and hiking with my husband (Wooster Memorial Park is a favorite!), gardening, reading, and sewing comforters for our grandchildren.



## Car Seat Checks and Installations

- Wednesday, May 14, 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

## Medina County Senior Day

- Wednesday, May 21, 2025
- 9:00 am to 1:00 pm
- Medina County Fair Grounds, 735 Lafayette Road
- Free and open to senior adults

## Community Blood Drive

- Thursday, May 22, 2025
- 9:00 am to 2:00 pm
- Medina County Health Department
- Appointment required. Schedule [here](#).

**Upcoming Events**



## Healthy Recipe of the Month: Hibachi Fried Rice



### Ingredients:

- 2 tablespoons avocado oil
- 1/2 onion, *chopped*
- 1 cup frozen mixed vegetables (or fresh)
- 2 teaspoons grated ginger
- 2 eggs, *whisked*
- 2 tablespoons butter (can use non-dairy)
- 3 cups cooked rice, *cooled* (can substitute for cauliflower rice/whole grain brown rice)
- 3 tablespoons soy sauce
- 1 teaspoon toasted sesame oil (optional)

### Instructions:

- Heat avocado oil in a large skillet over medium-high heat, add in onion, frozen vegetables, and ginger – sauté for 2-3 minutes.
- Move vegetables to the side of the skillet and pour whisked eggs into the center. Scramble eggs in pan until fully cooked, then toss with the veggies.
- Add in the rice and butter, cook for 5 minutes stirring every 30 seconds.
- Pour in soy sauce and sesame oil, toss to coat rice in sauce then pack into bowls and serve.

Optional Additions: protein such as chicken, shrimp, or tofu and various veggies such as snow peas, broccoli, or chopped zucchini.

[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:**

4800 Ledgewood Drive, Medina, Ohio 44256

For questions related to anything on this newsletter, please email Mike Metcalf at [mmetcalf@medinahealth.org](mailto:mmetcalf@medinahealth.org)

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