



SIDS Awareness Month

**SURROUND
THEM
WITH LOVE,
THAT'S ALL.**



October is Sudden Infant Death Syndrome (SIDS) Awareness Month. SIDS is the unexplained death of a baby under 1 year of age while sleeping. It is the leading cause of

death in babies 1 month to 1 year of age. Each year, there are about 3,400 infants who die unexpectedly during sleep time, from SIDS, accidental suffocation, or unknown causes. Of these SIDS deaths, statistics indicate that as many as 80-90% may be the result of unsafe sleep practices. In 2020, there were 1,389 infant deaths that were attributed, specifically, to SIDS. Remember the ABCs to ensure safe sleep for your baby.

Babies should sleep **Alone**, on their **Back** and in a **Crib**.

Other safe sleep tips include:

- Provide a firm mattress and tight fitting crib sheet.
- Do not overdress or overheat the baby.
- Keep the baby's face uncovered.
- Do not smoke around the baby.
- Remove all items from the sleep area.

National Domestic Violence Month



Domestic Violence Awareness Month was launched nationwide as a way to raise awareness about domestic violence issues, acknowledge survivors of domestic violence, and provide a voice for its victims. Domestic violence (DV) is any abusive act in ANY relationship, where one party seeks to gain and maintain power and control over the other.

It can be prevalent in all communities regardless of age, socio-economic status, race, sex, or religion. Over the years, economic insecurity, isolation, racism, and discrimination have caused minority communities to experience DV at disproportionately higher rates. Black communities in particular experience domestic violence at higher rates than other minority communities. About 45% of Black women and 40% of Black men experience some form of physical violence and abuse from their intimate partner. There are a countless number of factors that can create challenges for victims and survivors of DV including distrust of government agencies and law enforcement due to a history of discrimination and abuse. While there are barriers and challenges that can prevent someone from getting support, there are organizations and advocacy groups that have developed programs and prevention efforts to provide support and reduce the occurrence of DV by addressing risk and preventative factors at the individual, community, and societal levels.

If you or someone you know is experiencing domestic violence, please call the National Domestic Violence Hotline at 1(800)-799-7233.

Health Literacy Month

HEALTH LITERACY MONTH OCTOBER



October has been recognized as Health Literacy Month. Health literacy is defined as a person's ability to find, understand, and use health information and services. This can range from having enough basic health knowledge to engage in preventive behaviors, to chronic disease management and an understanding of how to navigate the hospital. Having high health literacy skills, allow patients to take control of their own well-being and empowers them to make informed decisions about their health. Unfortunately, low educational skills, cultural barriers to health care, and a lack of culturally competent providers with limited language skills outside of their own, all contribute to low health literacy rates. This in turn creates difficulty for individuals to obtain, understand, and implement health information— contributing to poorer health outcomes overall. This is especially true among older adults, minority populations, individuals with low socioeconomic status, and the medically underserved. Taking care of our health is integral to our everyday life. Improving health literacy helps us prevent health problems, protect our health, and manage problems when they arise.

These are ways you can improve your own health literacy:

- Ask questions at appointments
- Repeat information given to you in your own words
- Bring along a friend or loved one to your appointments to take notes or be a set of extra ears for you



In October, we wear pink! October is Breast Cancer Awareness Month, an annual campaign launched to educate and raise awareness about, and promote the screening and prevention of breast cancer. Breast cancer affects one in eight women every year in the U.S. and over 2.3 million women worldwide. Other than skin cancer, breast cancer is the most common cancer among women in America. Non-Hispanic White populations and non-Hispanic Black populations having some of the highest incidence of breast cancer. Research and growing knowledge about breast cancer has led to new therapies and targeted treatments that improve outcomes for many people. If you're concerned about developing breast cancer, here are some preventative steps you can take to lower your risk:

- **Know your Risk:** Talk to a doctor about your family history and see how it may impact your risk of developing breast cancer.
- **Get Screened:** Those at average risk should have a mammogram every year starting at age 40.
- **Make Healthy Lifestyle Choices:** Living a healthy lifestyle, maintaining a healthy weight, limiting alcohol intake, and exercising may lower your risk of developing breast cancer.
- **Know Your Normal:** It's important to know what's normal for you so you can talk with your provider if something doesn't look or feel right. To know what your normal is, you should self-examine for breast cancer at least once a month

WAVES

Support Group for Parents

Learn healthy coping skills and how to
manage stress
Meet and build friendships with other
parents

Every Tuesday 12pm-1pm via Zoom

Meeting ID: 8630355365

<https://tinyurl.com/WavesSupport>



JOIN FOR A CHANCE TO WIN
A SPECIAL GIFT!



**Have you experienced miscarriage,
stillbirth or the loss of a baby before his or her first birthday?**

**Join us for a virtual
candle lighting
ceremony as we
remember and
honor our babies.**



**Saturday, October 15, 2022
6:30 – 8:00 p.m.**

*Program begins at 6:30 p.m.
Candle lighting ceremony
will begin at 7:00 p.m.*

**In order to receive a candle and have your
baby's name read at the lighting ceremony,
please register by Tuesday, October 4th.**

To register, please visit
pailconnect.org/events

For questions or more information, please contact:

216-513-6481 or

waveoflightevent@gmail.com

*Details on candle pickup and how to join
the virtual event will be sent via email
after registration.*

PAILConnect.org #waveoflightcle



Had a baby in 2020 or 2021?

You could get up to \$5,000 in federal money for your baby. **(\$3600 with the Child Tax Credit plus a \$1400 stimulus payment)**



Getting this money does not impact your immigration status or the status of people you live with.

- ✓ You could also get other payments for yourself and any other children you have.
- ✓ You can get this money even if you have never done taxes before or if you have not in the last few years.
- ✓ This money does not count for most benefits, like SNAP, WIC, TANF, MEDICAID, CHIP, SSI, Emergency Assistance shelter, and most types of public and subsidized housing.
- ✓ If you didn't get the 2020 stimulus payments for a baby born in 2020 (\$500 for the first payment and \$600 for the second), you can get these by filing a late or amended 2020 tax return.

Get your money now!
Scan the QR Code or go to
www.getCTC.org/NEOH





Waves

Yoga in the Park

OCTOBER 18TH 12 PM TO 2 PM

*Maternal health &
Self Care*

LUNCH, YOGA MATS, AND
SELF-CARE BAGS
WILL BE PROVIDED

LOCATED AT GOODYEAR
METROPARK, EAST ROOM

2077 NEWTON ST, AKRON, OH
44305

Register for the event at
tinyurl.com/WavesYoga



COVID-19 Vaccines @ the SCPH Clinic

FREE! **No Appointment Needed** **FREE!**
Walk-In Clinics

OCTOBER				
10 MON NO COVID Vaccination Clinic Hours	11 TUE NO COVID Vaccination Clinic Hours	12 WED 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	13 THU 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	14 FRI 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10
17 MON 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	18 TUE NO COVID Vaccination Clinic Hours	19 WED NO COVID Vaccination Clinic Hours	20 THU 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	21 FRI 9am-3pm @ Metro RTA Transit Center 631 S Broadway St, Akron 44311
24 MON 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	25 TUE 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	26 WED NO COVID Vaccination Clinic Hours	27 THU 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	28 FRI 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10



Moderna (including bivalent booster), **Pfizer** (including bivalent booster)
& **Novavax Vaccines Available.**

Serving ages 6 months and older in accordance with current CDC guidelines.
Bring ID & Previous COVID Vaccination Record.

**Supplies of all vaccines are available in limited supply.
Brands are available on a 1st come, 1st served basis.**

Vaccines available by age: Novavax 18+, Moderna adult 12+, Moderna Bivalent booster 18+,
Pfizer Adult 12+/Pediatric 5-11/Infant 6m-4y, Pfizer Bivalent Booster 12+

Diaper Banks

SIGN UP FOR OUR COMMUNITY DIAPER BANKS

STEP ONE - REGISTER: COMPLETE OUR ONLINE
APPLICATION AT: [SCPH.LINK/DIAPERSAPPLY](https://scph.link/diapersapply)

STEP TWO - SCHEDULE: TO JOIN US AT ANY OR ALL
GIVEAWAYS. YOU WILL BE CONTACTED BY SUMMIT COUNTY
PUBLIC HEALTH AFTER YOU REGISTER. IF YOU ARE NOT
CONTACTED, CALL 330-926-5700



**ILENE
SHAPIRO**
COUNTY EXECUTIVE

Department of Job and Family Services



FULL TERM
FIRST BIRTHDAY
GREATER AKRON

Free Food Distribution in Akron and Summit
County



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

November 3, 2022

December 1, 2022

Events In Akron

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	Diaper Bank	5	6	7	8
9	10	11	Diaper Bank	12	Let's Grow Akron Cooking Class	13
14	15	16	17	18	19	20
21	Yoga In the Park by WAVES	22	Let's Grow Akron Cooking Class	23	Diaper Bank & Community Grocery Distribution	24
25	26	27	28	29	30	31

October 13th: Let's Grow Akron Seasonal Cooking Workshop

Join Let's Grow Akron at Akron Public Library for a cooking demonstration. Zoom participation is unlimited. Food kits are available for the first ten registrants. Register online, in person, or by phone at 330.434.8726.

October 18th: Yoga in the Park by WAVES

Join WAVES peer support group for Yoga in the Park. Lunch, yoga mats, and self-care bags will be provided! Register at tinyurl.com/WavesYoga

October 20- October 21: Community Grocery Distribution

All are welcome to come receive food and a meal drive-through style! We love to serve our community in every way we can, so there's no requirements to receive food. All you have to do is bring your drivers license and we'll load your car up with 9 family meals!

<https://www.relentlessakron.org/events>

For more information follow our social media:



Summit County Public Health | 1867 W. Market St., Akron, OH 44313

[Unsubscribe kkato@schd.org](mailto:kkato@schd.org)

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