



# Triple-H News

## HOKE HEALTH HIGHLIGHTS

### National Mens Health Month



June is National Men’s Health Month and if paying attention to your health hasn’t been a priority, why not make it one now? You deserve to be healthy, and your loved ones are counting on you to take care of yourself. “Statistically, men are half as likely as women to see a health care provider for a yearly exam,” stated Dr. Kevin Sellers, family practice physician, Pickaway Health Services.

“Simply put, many men just don’t like to go to the doctor for a variety of reasons. It’s been my experience that men tend to ignore symptoms of potential health problems, may be embarrassed to discuss personal or physical issues and don’t make their own health a priority,” added Dr. Sellers.

National Men’s Health Month promotes awareness of preventable health problems, and encourages early detection and treatment of diseases among men and boys. Recognizing and preventing men’s health problems is not just a man’s issue. Men’s health is a family issue impacting wives, mothers, daughters and sisters.

[http://www.circlevilleherald.com/community/man-up-for-men-s-health-june-is-men-s/article\\_6e556496-798f-5f50-a225-571b7d6da094.html](http://www.circlevilleherald.com/community/man-up-for-men-s-health-june-is-men-s/article_6e556496-798f-5f50-a225-571b7d6da094.html)

### Operation HOPE



The Hoke County Health Department will be holding **Operation HOPE: Hispanics Organizing for Progress and Education** on Thursday, July 23, 2015 at the Hoke County Health Department, 683 East Palmer Road, Raeford, NC 28376 from 2:00pm - 3:30pm. This is a community forum in which members of the Hispanic community will be provided an opportunity to address issues most prevalent

in the area. For more information, please call Brianna Peterkin at (910) 875-3717 ext: 2104.

ABC Childcare Center Annual Handwashing Education Program June 29th. Thank you to our Health Ed. Interns Brianna Peterkin and Haley Wimsatt.



Congratulations to Mrs. Ulva Bennett on her nuptials Saturday June 27th at the Rose Garden of FTCC.



#### SPECIAL POINTS OF INTEREST:

- **Teen-Time:** Health Clinic for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday’s, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First –Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.

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 from 2:00pm - 3:00pm  
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### Sweet Community

Diabetes Self-Management Education Program  
Individual and/or Group sessions

Get ready to **BE IN CONTROL** of your  
Diabetes with the help of our team:

Joy Stafford, Registered Dietitian  
Cindy Morton, Registered Nurse  
Ulva Little, Health Educator



### Fun With Buster and Friends! Annual Child Health Fair

Sweet Community supports people living with diabetes and pre-diabetes as you make daily choices on how to manage your disease. Gain new information and insight: meal planning, carb counting, checking blood sugars, medications, prevention of complications, stress management, foot & eye care, physical activity, and how to change old habits...

#### Call to register:

Joy Stafford, RD, LDN  
Phone: (910) 875-2298 Ext: 2131  
Fax: (910) 875-9306  
Email: [jstafford@hokehealth.org](mailto:jstafford@hokehealth.org)



### Training Day!

### Annual Emergency Preparedness Training



### Diabetes Prevention Program (DPP)

If you are at risk of Type 2 diabetes, you can take charge of your health. The National DPP Lifestyle Change Program helps you make lasting changes which reduces your risk of developing diabetes. American Association of Diabetes Education (AADE) DPP-sites are a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). Participants must be 18 + years of age and can be diagnosed with prediabetes or have a HbA1c (range 5.7-6.4). For more information contact [Joy Stafford, RD, LDN](mailto:Joy Stafford, RD, LDN), Phone: (910) 875-2298 Ext: 2131 or Email: [jstafford@hokehealth.org](mailto:jstafford@hokehealth.org).



Get to know your county! [www.hokecounty.net](http://www.hokecounty.net)

