

# Three Rivers Health District Newsletter



## Alzheimer's and Brain Awareness



June is Alzheimer's & Brain Awareness Month! According to the Alzheimer's Association, more than 55 million people are living with Alzheimer's or another dementia worldwide.

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear later in life. Estimates vary, but experts suggest that more than 6 million Americans, most of them age 65 or older, may have Alzheimer's. Dementia is the loss of cognitive functioning – thinking, remembering, and reasoning – and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for help with basic activities of daily living.

If you or a loved one are experiencing symptoms indicative of cognitive decline, please consult with your doctor. For more information on Alzheimer's Disease and brain awareness, please see the [National Institute on Aging](#) and [Alzheimer's Association](#).

## Septic Pump Out Requirements



Did you know that Virginia law requires all private septic systems within the Chesapeake Bay Preservation Area (CBPA) to be pumped out or inspected at least once every five years? Three Rivers Health District will be developing a new program over the coming months to remind affected homeowners of this responsibility and monitor compliance across the health district

## Clinic Schedule

### FAMILY PLANNING

- KING WILLIAM - 6/13
- MIDDLESEX - 6/17
- GLOUCESTER - 6/13
- ESSEX - 6/20
- RICHMOND CO - 6/20
- LANCASTER - 6/17

### IMMUNIZATION

- ESSEX - 6/17
- GLOUCESTER - 6/7, 6/13, 6/18
- KING & QUEEN - 6/19
- KING WILLIAM - 6/4, 6/18
- LANCASTER - 6/4, 6/17
- MATHEWS - 6/3
- MIDDLESEX - 6/17
- NORTHUMBERLAND - 6/11, 6/18
- RICHMOND CO - 6/11, 6/18
- WESTMORELAND - 6/3, 6/10

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

- ESSEX - 6/4, 6/7, 6/11, 6/14, 6/18, 6/21, 6/25
- GLOUCESTER - 6/3, 6/4, 6/7, 6/10, 6/11, 6/14, 6/17, 6/18, 6/21, 6/24, 6/25, 6/28
- KING WILLIAM - 6/6, 6/13, 6/20, 6/27
- LANCASTER - 6/5, 6/12, 6/26
- MIDDLESEX - 6/6, 6/13, 6/20, 6/27
- NORTHUMBERLAND - 6/3, 6/10, 6/17, 6/24
- RICHMOND - 6/5, 6/12, 6/26
- WESTMORELAND - 6/3, 6/4, 6/10, 6/11, 6/17, 6/18, 6/24, 6/25



## Men's Health Month

It's Men's Health Month, which means it's time to focus on promoting men's health management. It's important to remember how critical it is to encourage preventive care, promote regular health screenings, and address health disparities affecting men. It's important to encourage healthy lifestyle choices like regular physical activity, balanced nutrition, stress management, adequate sleep, and avoiding smoking and excessive alcohol consumption to improve men's well-being and prevent diseases. For more information, please visit <https://menshealthmonth.org/> and the [CDC](https://www.cdc.gov/).

## Three Rivers Resource Mothers Program

The Resource Mothers program works with pregnant and parenting teenagers to ensure they have healthy babies and bright futures. The program provides home visits that encourage completion of high school, job assistance, health information, support with references to other community resources and more. It works to decrease infant mortality, maternal mortality, premature birth, low birth weight and delay of a second pregnancy. If you or someone you know is interested in this program, please call the Resource Mothers Coordinator at 804- 580-3731 ext.16.



## Water Testing & Wastewater Professionals Day



About 1.6 million people or 22% of Virginians, rely on wells, springs, or cisterns. The objective for the Virginia Household Water Quality Programs (VAHWQP) is to improve water quality and health in Virginians using private water supplies. Well water should be tested every year for total coliform bacteria. Every three years the pH and total dissolved solids should be tested. Drinking water clinics are offered in the district through a partnership with the Virginia Cooperative Extension. The clinics provide affordable water testing, interpretation of test results and information about maintenance of private water systems and dealing with water problems.

### 2024 Drinking Water Clinics

- 6/5 - Essex County, King William County, King & Queen County, Gloucester County, Mathews County, Middlesex County,
- 10/9 - Lancaster County, Northumberland County, Westmoreland County, Richmond County

For clinic contacts and more information please visit <https://www.wellwater.bse.vt.edu/events.php>

June 30th is Water and Wastewater professionals day, we appreciate the efforts of water sector professionals to protect public health and the environment.



## Contact Us



Three Rivers Health District

[www.vdh.virginia.gov/three-rivers/](http://www.vdh.virginia.gov/three-rivers/)

(804) 758-2381

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