

August National Health Observances

- Children’s Eye Health and Safety Month
- Digestive Tract Paralysis Awareness Month
- Gastroparesis Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Action Month

Weeks to Note:

Event	Date
World Breastfeeding Week	August 1-7
National Health Center Week	August 4-10
OSHA’s Safe and Sound Week	August 12-18
Contact Lens Health Week	August 18-24

Days to Note:

Event	Date
World Lung Cancer Day	August 1
International Overdose Awareness Day	August 31

Celebrate the contributions of America’s Community Health Centers

The Centers for Medicare & Medicaid Services Office of Minority Health (CMS OMH) celebrates National Health Center Week (NHCW) from August 4-10. NHCW, sponsored by the National Association of Community Health Centers, honors the nearly 1,400 community health centers nationwide that provide health care services to 31 million+ patients across more than 15,000 communities each year. This year’s NHCW theme is “Powering Communities Through Caring Connections” and focuses on connecting communities with their local health centers to improve health outcomes.

Community health centers contribute significantly to addressing health disparities by providing quality care to all people despite their ability to pay. Specifically, they serve a disproportionate number of people with a low income and people from racial and ethnic minorities, including those living in rural areas and those with limited English proficiency. CMS OMH provides resources and support to CHCs to help them disseminate important health information to their patients. Through the [Coverage to Care](#) (C2C) initiative, CMS OMH connects CHCs and other providers to materials they can share with patients to help them understand their health coverage and the care options available to them. Share the resources below to help CHCs continue to provide quality care and reduce health disparities throughout NHCW and all year.



August is National Immunization Awareness Month

Summer will soon be ending, so now is a good time to raise awareness of the importance of immunizations with fall/winter to soon follow. Immunizations are something to think about now, to plan on preventing Influenza (flu) and pneumonia that often comes when we are indoors more, children/college students return to school where bacteria and viruses are increased, and this spreads illness throughout the community.

Washing hands frequently and staying home when ill is the best protection but immunizations can help protect as well. Below is information from the Centers for Disease Control on immunizations recommended for adults. Be sure to talk with your healthcare provider for recommended vaccines for you to stay healthy.

Name: _____

Word Search: The Olympics



Try to find all the hidden words about the Olympics. Remember, words can be diagonal, vertical, horizontal, forward or backwards. Good luck!



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|-------------|--------|---------|---------|--------|---------|
| FINISH LINE | LEAGUE | JAVELIN | HURDLE | TEAM | BALL |
| SCORE | RACE | ATHLETE | BRONZE | MEDAL | COMPETE |
| CHAMPION | GOAL | COACH | STADIUM | SILVER | GOLD |



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You Need Vaccines Throughout Your Life

Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

[COVID-19 vaccine](#)

[Influenza \(flu\)](#) vaccine every year

[Td](#) or [Tdap](#) vaccine

You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits.

Learn more about what other [vaccines may be recommended for you](#) and talk to your healthcare professional about which vaccines are right for you.

<https://www.cdc.gov/vaccines/adults/index.html>

Please know the Caregiver Connection Newsletter will continue! However, I will be leaving my position at Thrive Alliance so there may be some changes with a new author. I have enjoyed providing the newsletter for you. Thank you for the opportunity to support you in the important work you do as caregivers!

Sincerely,

Alison Simo, MSN, RN, CDCES