

Dear Readers,

June marks Men's Health Awareness Month, a dedicated time to focus on the unique health challenges faced by men and to promote wellness practices that can lead to healthier, happier lives.

This month, our newsletter highlights vital information on physical, mental, and emotional health tailored specifically for men. We aim to raise awareness about preventable health issues, encourage regular medical checkups, and provide tips for maintaining a balanced lifestyle.

Let's work together to support the men in our lives by fostering a culture of health and well-being. Here's to a month of learning, growth, and health improvement.

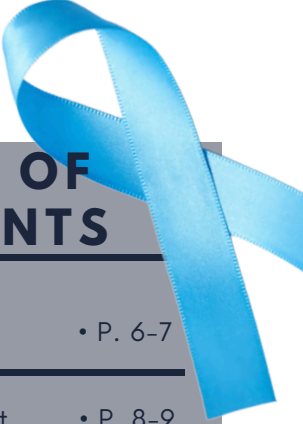


TABLE OF CONTENTS

Resources • P. 6-7

Partner Spotlight • P. 8-9

Upcoming Events • P. 10

Columbus Family
Connection Events • P. 24

Thank You's • P. 25

Director's Message • P. 26

10 Important Health Concerns for Men

Ask your healthcare provider for more information about the following:

1. Prostate Cancer:

Approximately 30,000 men die of prostate cancer each year. All men should consider a baseline PSA (Prostate Specific Antigen) blood test at age 40. Men with a family history of prostate cancer, African- Americans, and Veterans exposed to Agent Orange are at high risk. These men should consider getting screened each year beginning at age 40, age 50 for all other men. This consists of a blood test and a quick physical exam.

2. Prostate Health:

BPH (benign prostatic hyperplasia) and prostatitis are also concerns for men. Both cause the prostate to swell and can cause painful or difficult urination. BPH—sometimes called “prostate enlargement”—is common among aging men. Half of men between the ages of 50 and 60 will develop it, and about 90% of men by age 80.

3. Erectile Dysfunction:

The revolution in thinking about male sexual dysfunction, following the introduction of Viagra, offers new hope for men suffering from erectile problems. Failure to achieve and maintain an erection can be caused by heart disease, diabetes, certain medications, lifestyle, or other problems.

4. Cardiovascular Disease:

Heart disease and stroke are often associated with high cholesterol and high blood pressure. Both can usually be controlled with diet and exercise, sometimes combined with medication.

5. Testicular Cancer:

Testicular cancer is the most common form of cancer in men ages 20-35 but can occur any time after age 15.

6. Diabetes:

You may have diabetes and not know it. It is not unusual for diabetes to go undetected for years. Men with diabetes are more likely to suffer from heart disease, stroke, kidney disease and vision problems.

7. Skin Cancer:

Anyone who spends a lot of time in the sun is at risk for skin cancer. Other factors include family history, repeated x-ray exposure and exposure to some chemical compounds such as arsenic and coal.

8. Low Testosterone:

As men age, their testosterone decreases. This can cause andropause, a condition similar to menopause in women, and may lead to erectile dysfunction, fragile bones, depression, fatigue and other problems.

9. Colorectal Cancer:

Cancer of the colon and rectum can usually be treated if caught early. These cancers may be caused by diets high in fat and low in fiber.

10. Depression:

Men are less likely than women to seek help for depression and are 4x as likely to commit suicide. If you feel “down and out”, “hopeless”, or “sad” for an extended period of time, you may be suffering from depression. Help can take the form of medication, counseling, or a combination of both.



ROUTINE CHECKUP FOR MEN

You wouldn't skip your oil change, so why is your body any different? Health screenings are a vital part of living well, and they allow physicians to detect conditions and disease in early stages. Your body is like an engine — here are some system checks you might expect to encounter at your check-up.

- Physical exam
- Skin exam
- Weight check
- Body mass index check
- Blood pressure check
- Immunization status check
- Anxiety and depression screening



20s - 30s

- Eye exams start and continue every 2 - 4 years
- HIV testing
- Cholesterol screenings begin at age 35



60s

- Hearing exams begin
- Screening for dementia and Alzheimer's disease
- Pneumonia vaccinations may start at age 65 according to guidelines



40s

- Screening for Type 2 diabetes



70s

- Bone density screening for osteoporosis



50s

- Colonoscopy (then once every 10 years)*
- Prostate cancer screening discussion



Wellness WHEEL

Taking care of each dimension of the Wellness Wheel can help you become more aware of the interconnectedness of each dimension, and how all aspects of your life contribute to feeling well, both physically and mentally.

EMOTIONAL

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize and share a wide range of feelings with others in a constructive way.



ENVIRONMENTAL

Be aware of the interactions between the environment, community and yourself and behave in ways that care for each of these responsibly.



FINANCIAL

Live within your means and learn to manage your finances for the short and long term.



INTELLECTUAL

Be open to new ideas, be creative, think critically, and seek out new challenges.



OCCUPATIONAL

Seek to have a career that is interesting, enjoyable, meaningful, and that contributes to the larger society.



PHYSICAL

Take care of your body for optimal health and functioning.



SOCIAL

Build personal relationships with others, deal with conflict appropriately, and connect to a positive social network.



SPIRITUAL

Find meaning in life events, demonstrate individual purpose, and live a life that reflects your values and beliefs.

FATHER'S DAY

Father's Day is important to celebrate because it helps to **honor fatherhood, express gratitude, build stronger relationships, raise awareness,** and provide **emotional support** for the whole family.

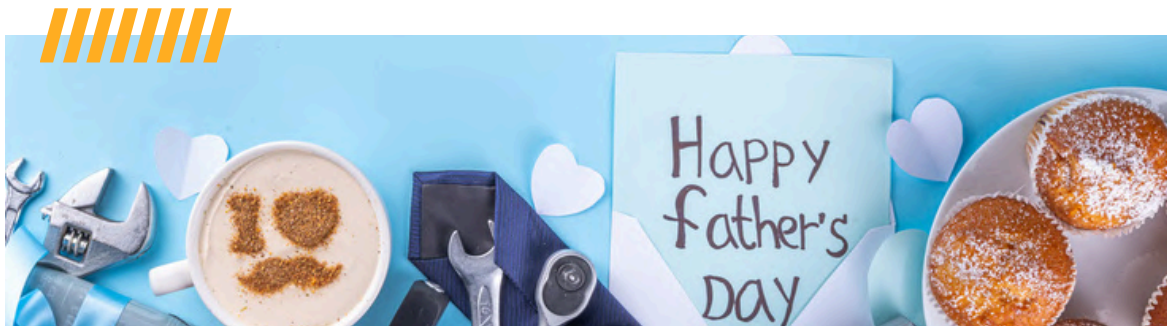
HONORS FATHERHOOD: Allows space to honor and appreciate the role that fathers play in families and society. It is important to acknowledge the positive impact that fathers, grandfathers, stepfathers, and other father figures have on the lives of their children.

EXPRESSES GRATITUDE: Children and family members can express their gratitude and love, hard work, and dedication that fathers contribute in their lives and support of family.

BUILDS STRONGER RELATIONSHIPS: Encourages families to spend quality time together, fostering stronger bonds and relationships through meaningful communication and connection.

RAISES AWARENESS: About the importance of fatherhood and the positive impact involved fathers can have on the well-being of their children; active and engaged fathers contribute to the overall health and development of their families.

PROVIDES EMOTIONAL SUPPORT: Father's Day can be an emotional time to reflect on the influence of a father figure who may no longer be present. It can serve as a time for healing and remembering the positive aspects of those relationships.





Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.



Piedmont Columbus Regional Mobile Unit

The Piedmont Columbus Regional Mobile Unit offers services and health education programs to respond to needs and improve the health of the Chattahoochee Valley area. The 40-foot vehicle, which serves as a mobile clinic, consists of a waiting area, well-equipped exam rooms and a lab. The Mobile Unit team consists of an RN (Mobile Unit Coordinator), a social worker, physicians and a pharmacist.

Through health screenings, health and wellness education and resources, the unit is able to help identify and target health risks. Early detection of potential and existing medical conditions allows for more effective treatment and supports overall health.

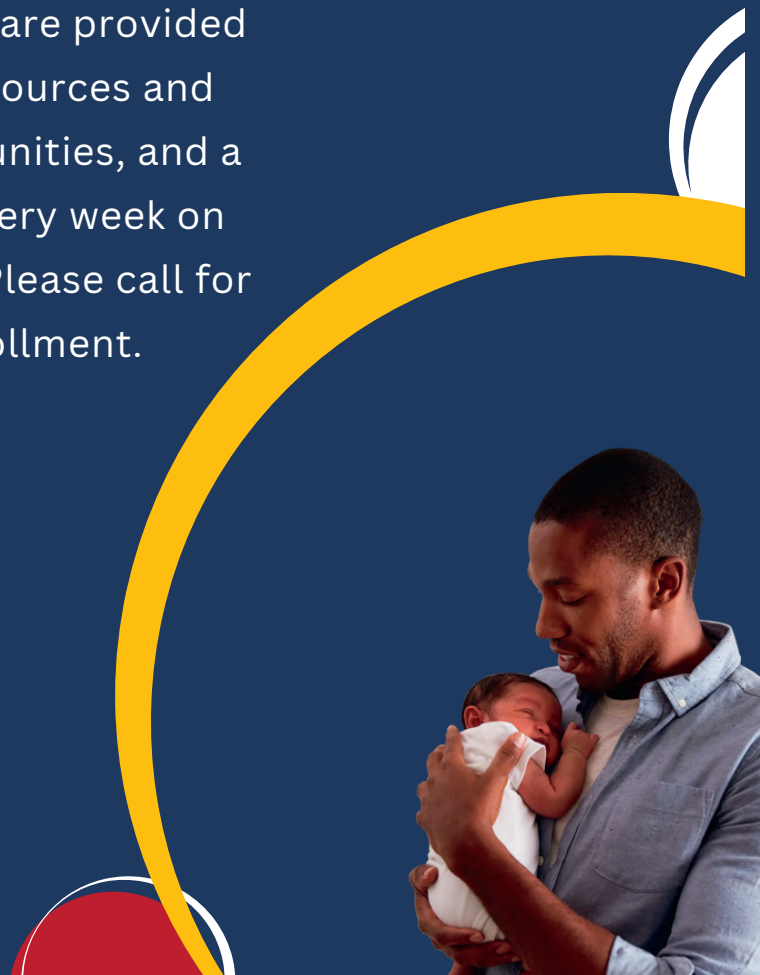
The unit serves a multitude of organizations (i.e. health departments, civic organizations, school systems and churches).



FATHERHOOD INITIATIVE

Georgia Strong Families' Fatherhood Initiative aims to empower men to be knowledgeable, active, and emotionally engaged with their child. Our program is designed for dads, expecting fathers, and male figures in Muscogee County who wish to learn more about responsible fatherhood skills, traits, and practices.

This 12-week program covers the 24/7 Dad Curriculum and participants are provided with information on local resources and services, networking opportunities, and a job fair. Sessions are held every week on Thursdays from 6pm to 8p. Please call for more information about enrollment.



PARTNER SPOTLIGHT

FAMILY AND CONSUMER SCIENCES

The mission of Family and Consumer Sciences is to improve the well-being of families through programs that educate, influence public policy, and help families put research-based knowledge to work in their lives.

Family and Consumer Sciences Topics:

- ☐ Food and Nutrition
- ☐ Food Safety
- ☐ Food Preservation
- ☐ Parenting
- ☐ Community and Volunteer Development
- ☐ Financial Management
- ☐ Health
- ☐ Human Development
- ☐ Retirement Planning

Programming Opportunities:

- ☐ Food Preservation Classes
- ☐ Expanded Food and Nutrition Education Program
- ☐ Money Matters
- ☐ Healthy Home
- ☐ Chronic Disease Prevention Classes
- ☐ Food Safety
- ☐ Childcare Provider Training



AGRICULTURE & NATURAL RESOURCES

In Columbus and Muscogee County, urban agriculture is prevalent. Our agents are here to help you realize the health and economic benefits of gardening for homeowners, as well as offering specific services for professionals.

Homeowner Services:

- ☐ Master Gardener Volunteer Program
- ☐ Soil and Water Testing
- ☐ Gardening Workshops
- ☐ Environmental Monitoring
- ☐ Plant Identification
- ☐ Plant Disease Diagnostics

Professional Services:

- ☐ Green Industry Training
- ☐ Beekeeping Education
- ☐ Pesticide Training



4-H YOUTH DEVELOPMENT



4-H is a youth development organization devoted to helping youth become responsible, productive citizens through experiential learning opportunities in clubs, school-based programs and special interest activities.

Youth in 4th through 12th grade (9–19 years old), may enroll in 4-H. As a 4-H member, you can select from more than 50 project areas, participate in hundreds of events, apply for scholarships, and travel around the world. Our 4-H office is your door of opportunity!

GEORGIA HOME VISITING PROGRAM

Georgia Home Visiting Program's mission is to create a community culture of care, encouragement and support for all families before and after the birth of their child.

Georgia Home Visiting Program of Columbus provides services that are available to families who are expectant or have children under the age of 5, including First Steps and two home visitation programs; Healthy Families Columbus and Parents as Teachers.



UNIVERSITY OF GEORGIA
EXTENSION



Georgia 4-H

Are you pregnant or have a child under the age of 3?



100%
Free



PARENTING AND FAMILY SUPPORT SERVICES

A family support specialist/parent educator can talk with you about your child's development and parenting questions. And suggest fun activities to help your child learn and grow!



"I am becoming more understanding of my child's needs and how to become a better parent."

You will receive one-on-one visits (in-person or virtual) to support you in building a warm, loving relationship with your baby. We focus on the power of parenting to enhance the lives of children and their families.

Are you interested in:

- What to expect during pregnancy
- Applying for WIC/Medicaid/Food Stamps
- Managing stress
- How your baby grows and learns
- Safety Information for your home and child
- Breastfeeding assistance
- Connecting with other parents
- How to further your education

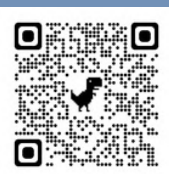
YOU are your child's most important teacher!

MYTH OR FACT?

90%

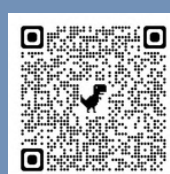
of brain development happens by age 3. Ask a family support specialist for the answer!

INTERESTED?



Watch this to hear more

For further details, please call
(706) 225-3859



Connect with us



**4-H OUTDOOR
ADVENTURE CLUB
WATER
RAFTING**

JUNE 14TH

10:00AM

**Open to all 5th-12th graders
in Chattahoochee or
Muscogee County regardless
of previous 4-H experience**

**SIGN UP BY
JUNE 1ST**

Need more info?

Email: muscogee.extension@uga.edu
Phone: 706-653-4200

ONLY \$40

**\$5 DISCOUNT FOR
SUMMER DAY CAMP
PARTICIPANTS**

SCAN HERE

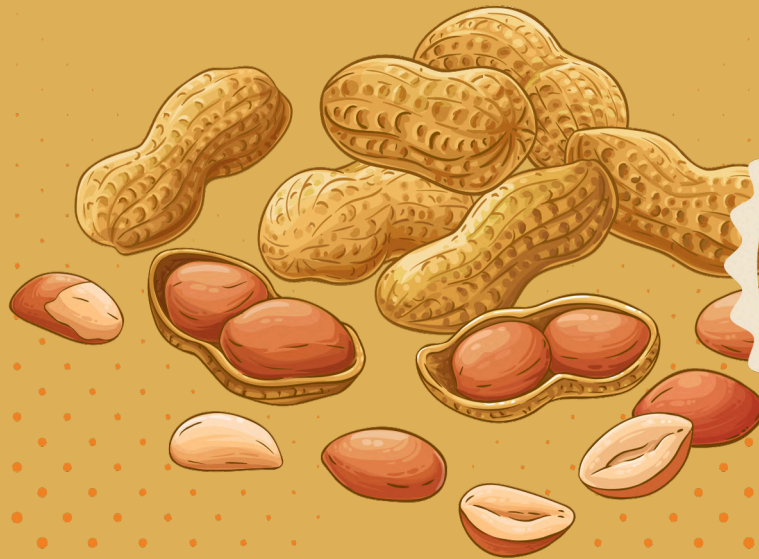


TO REGISTER

VISIT PLAINS, GA



JIMMY CARTER NATIONAL HISTORIC PARK



RSVP
HERE



- ***July 19th 2024***
- ***8:00am-5:30pm***
- ***\$15/student***
- ***4-H'ers should bring a packed lunch***
- ***Transportation included from the Muscogee County Extension Office***

CONTACT US: 706-653-4200 | muscogee.extension@uga.edu



COLUMBUS 4-H

SUMMER COUNTY MEETINGS

JUNE 18TH | JULY 9TH

1111 1ST AVE

6:00-7:30PM

FREE 4-H MEETING FOR 4TH-
12TH GRADERS IN MUSCOGEE OR
CHATTAHOOCHEE COUNTY

SCAN
HERE TO
RSVP:



UNIVERSITY OF GEORGIA
EXTENSION
Columbus-Muscogee County





UNIVERSITY OF GEORGIA
EXTENSION
Columbus-Muscogee County



1st Annual

SILENT AUCTION

Saturday, July 27, 2024

1953 Torch Hill Rd, Columbus, GA 31903
11:00am until 1:30pm



Ticket Bidding Cards

1 Card for \$5

5 Cards for \$20

Ticket Drop 11am until 12:30pm

Auction 12:30 until 1:30pm

**PLEASE HELP SUPPORT
YOUR LOCAL 4-H CLUB!**

**A FUNDRAISING RAFFLE EVENT
THAT IS OPEN TO THE PUBLIC!
PARTICIPANTS WILL BE ABLE
TO PURCHASE TICKET CARDS
AND PLACE THOSE TICKETS
FROM INTO THE BAGS OF ITEMS
THEY ARE INTERESTED IN
BIDDING ON!**

**ITEMS BEING AUCTIONED:
RETAIL GIFT CARDS, LUXURY
JEWELRY, HANDBAGS, NEW OR
GENTLY USED SHOES,
CLOTHING, HOUSEHOLD
CLEANING SUPPLIES,
APPLIANCES, PAINTINGS, AND
MUCH MORE!**

CONTACT INFORMATION

706-653-4200

EXTENSION.UGA.EDU/MUSCOGEE

1111 FIRST AVENUE, COLUMBUS, GA 31901



UNIVERSITY OF GEORGIA

EXTENSION

Columbus-Muscogee County



Silent Auction

DONATION ITEMS REQUESTS

- HOUSEHOLD CLEANING SUPPLIES
- GIFT CARDS (WALMART, STARBUCKS, CHICK-FIL-A, ETC.)
- COFFEES
- TEAS
- DOOR PRIZE GIVEAWAY BASKETS
- ANTIQUES
- HANDMADE CRAFTS
- JEWELRY
- NEW/GENTLY USED ELECTRONICS
- ART SUPPLIES
- SCHOOL SUPPLIES
- GARDEN SUPPLIES/ITEMS (SEEDS, FLOWER POTS, GLOVES, ETC.)
- GENTLY USED TOOLS
- TOILET PAPER
- PAPER TOWELS
- SCENTED HAND SOAPS
- BODY WASH
- PERFUMES
- NEW/VERY GENTLY WORN SHOES
- HOME DECOR ITEMS
- HOLIDAY/SEASONAL DECOR
- CLEAN HOUSEHOLD APPLIANCES
- PACKS OF WATER
- BAKED GOODS
- TOYS
- UNWORN CLOTHING
- GENTLY USED CLOTHING

PLEASE DROP OFF ITEMS AT THE UGA EXTENSION OFFICE

1111 FIRST AVE., 1ST FLOOR

COLUMBUS, GA 31901

PLEASE CALL 706-653-4200 IF YOU HAVE ANY QUESTIONS

PLEASE MAKE SURE ANY GENTLY USED ITEMS (CLOTHING, TOOLS, APPLIANCES, ETC.) ARE CLEANED OFF BEFORE DONATING.

LAST DROP OFF DAY: JULY 20, 2024 AT 5PM

COLUMBUS 4-H

**ARTS CLUB:
SUMMER CRAFTS**

TUESDAY, JULY 16TH

3:00-5:00pm

\$5 PER PERSON

Open to grades 4-12

📍 1111 1st Ave

Scan here to sign up:





COLUMBUS-CHATTAHOOCHEE 4-H

CLOVERLEAF SUMMER DAY CAMP



June 4–June 6, 2024
11AM to 5PM

Columbus–Chattahoochee 4-H is offering 3 FUN-PACKED DAYS of Summer Camp for youth in grades 4th–6th in Muscogee and Chattahoochee Counties. We have some WILDLY fun, super adventures planned for them! Sign up today!

Daily Activities

DAY 1

June 4, 2024

All About ME Day

Students will get to know each other, watch a movie, do some arts & crafts and so much more!



DAY 2

June 5, 2024

Adventure Day

Youth will hike to the Chattahoochee Riverwalk and participate in a Scavenger Hunt, Geocaching Activity and take a trip to the Splash Pad where they will end the day with a picnic!

DAY 3

June 6, 2024

Cooking Day

Youth will prepare their own personal pizzas with toppings of their choice and also enjoy other activities that teach you more about cooking!



Limited seats

25

Participants
Only

Registration Fee

\$30 per day OR
3 day special for \$75



UGA Cooperative
Extension – 4-H

1111 First Ave., 1st Floor, Columbus, GA 31901

Registration Fees due May 24, 2024 by 5pm

SCAN QR
Code to
Register



More Information ☎ 706-653-4200 ✉ muscogee.extension@uga.edu

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution



18 USC 707

-HCOLUMBUS-CHATTAHOOCHEE4

JR./SR. SUMMER DAY CAMP

June 11-June 13, 2024
11AM to 5PM

**3 FUN,
EXCITING, and
ADVENTUROUS
days of activities
for students in
7th-12th grade.**

Limited seats:**20**

participants ONLY

Registration Fee

\$30 per day PER
STUDENT

\$75 for 3-Day Special
Rate PER STUDENT

← **SCAN QR Code to Register**Registration Fees due **May 24, 2024 by 5pm****DAY 1****JUNE 11, 2024****All About ME Day**

Students will get a chance to introduce themselves to each other, then take a tour of Columbus State University and then students will vote to have lunch on the campus or at the Peachtree Mall.

**DAY 2****JUNE 12, 2024****Summer Fun Day**

Students will do some team building activities and then head to Stars & Strikes and enjoy some competitive bowling, lunch and arcade games.

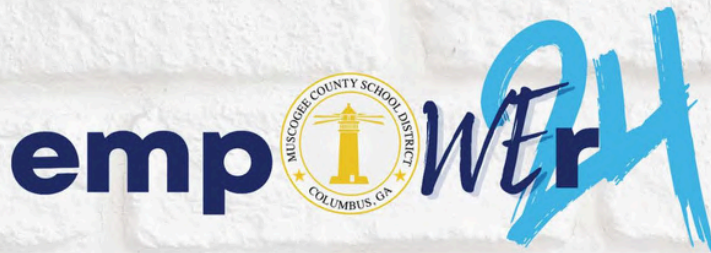
**DAY 3****JUNE 13, 2024****Growing Up 101/Adulting 101**

Students will receive some tips on doing laundry, proper hygiene, saving money and will also get to prepare and cook their very own lunch!

**More Information****706-653-4200****muscogee.extension@uga.edu**

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution

**DAILY ACTIVITIES**



FREE **New Teacher** **Yard Sale!**

**Introducing the new
edition to our Yard Sale!**
“WE Dress to Impress”



Calling All Teachers!

Teachers Can:

- a. Donate gently used themed items.**
- b. Donate books and current curriculum resources**
- c. Donate men's and women's clothing (all sizes), accessories, and dress shoes.**
- d. Access “School Dude” to order boxes, tape, and pickup.**

DONATION DEADLINE:
JULY 12TH
LOCATION:
SPENCER HIGH
SCHOOL

- CONTACT: HARTLEY.SHAWNA.R@MUSCOGEE.K12.GA.US
FOR MORE INFORMATION---THANK YOU!**

Phenix City
and
Columbus



Beginning New Outreach
Educate. Empower. Encourage.

YOUTH Summer MINI- CAMP

MAY 28-
JULY 30

FREE

Learning Programs, Food, & Adventure for Middle and High School Students

Session 1: May 28 - June 7

Session 2: June 10 - June 21

Session 3: June 24 - July 2

Session 4: July 8 - July 18

Session 5: July 22 - July 30

Monday - Friday from 10:00-3:00 pm

2 week session, **50\$ gift card** after completion + **Fun day** including **mobile gaming truck** and **more!**

Register online: <https://form.jotform.com/232704157215147>

OR

Scan QR code to register:



For More information,
706-243-1126
www.beginningnewoutreach.org

Two locations:
322 25th Ave, Columbus Ga, 31903
1310 Holsey Street, Phenix City AL 36867

THE BASICS
AND
UNITED WAY OF THE CHATTAHOOCHEE VALLEY
INVITE YOU TO OUR

COMMUNITY BABY SHOWER

JOIN US

AS WE CELEBRATE 5 YEARS OF BEING A "BASICS" COMMUNITY

SATURDAY, JUNE 8TH

FROM 9:30 AM TO 12:00 PM

FIRST PRESBYTERIAN CHURCH

1100 1ST AVE, COLUMBUS, GA 31901

WHO: FAMILIES WITH CHILDREN AGED 0-3

WHAT: PARTICIPATING FAMILIES WILL RECEIVE THE FOLLOWING ITEMS: DIAPERS, WIPES, SWADDLES, BABY BOTTLES AND MORE!

WHY: TO LEARN ABOUT WAYS TO INCORPORATE THE BASICS AND TO CELEBRATE EARLY CHILDHOOD DEVELOPMENT ACROSS THE CHATTAHOOCHEE VALLEY.

**BIG RAFFLE ITEMS
ON SITE CHILDRENS ACTIVITIES
LIGHT FOOD AND REFRESHMENTS**

FAMILIES MUST REGISTER, SUPPLIES ARE LIMITED



**FOR MORE INFORMATION
CONTACT: IJONES@UNITEDCV.ORG**



TEDDY BEAR CLINIC

A teddy bear can tell you...

Visiting the doc doesn't have to be fretful! At this delightful Teddy Bear Clinic, student doctors from **Mercer University School of Medicine** show your children what happens at the doctor's office using our special teddy bear friends as patients. To make a potentially scary experience less intimidating, we'll demonstrate how gently we can check—

 heartbeats  blood pressure  and more!

You are welcome to bring your own stuffed animal for a checkup!

MERCER
UNIVERSITY
SCHOOL OF MEDICINE



VALLEY
HEALTHCARE
SYSTEM



**Valley Healthcare
System**



**June 29th
Columbus
9:00am-12:00pm**



**July 27th
Talbotton
9:00am-12:00pm**



Kick up
your heels
and
celebrate

National Cancer Survivors Day

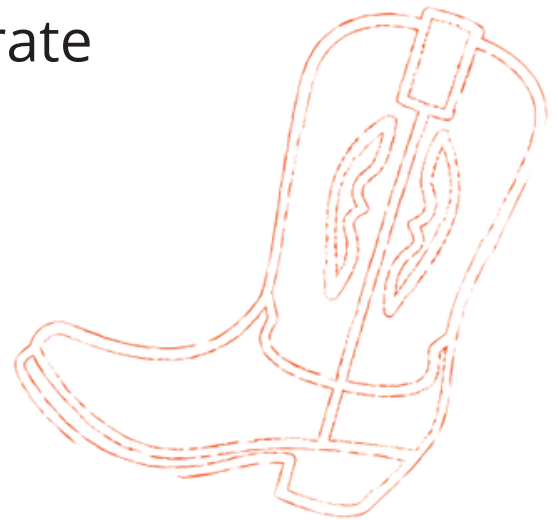
Come and join us as we celebrate
giving cancer the boot!

Saturday, June 8, 2024

John B. Amos Cancer Center

10 a.m. – 12 p.m.

If you would like to participate, please
pick up registration forms at the
front desk or support services (2nd floor).



For any questions, please
contact Tenetta Holt at
706.320.8618 or email
tenetta.holt@piedmont.org



Real change lives here

BEGINNING NEW OUTREACH SUMMER MINI CAMP



Looking for something to do for the summer? **Beginning New Outreach** is providing **FREE** summer minicamp Mentor sessions! We will be providing educational training, food and fun activities in a 2-week session for middle school and high school students. Participants will receive a \$50 gift card for completion of the courses and will have a great time! Class will be held Monday - Friday from 10:00 – 3:00 pm (Lunch and Games included). There will be several sessions to choose from to fit your availability in Phenix City and Columbus:

Session 1: May 28th to June 7th

Session 2: June 10th to June 21st

Session 3: June 24th to July 2nd

Session 4: July 8th to July 19th

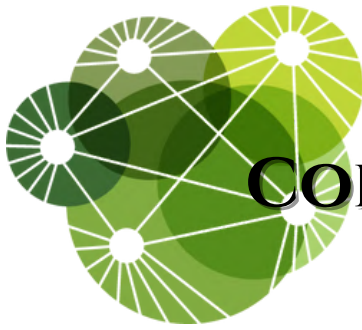
Session 5: July 22nd to Jul 30th



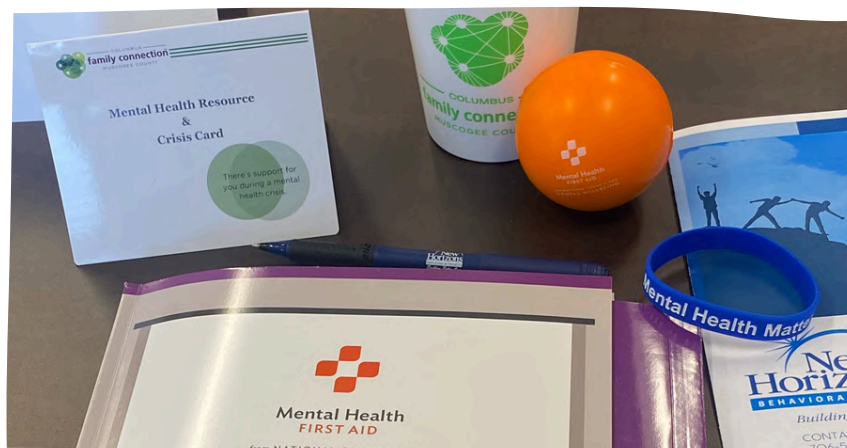
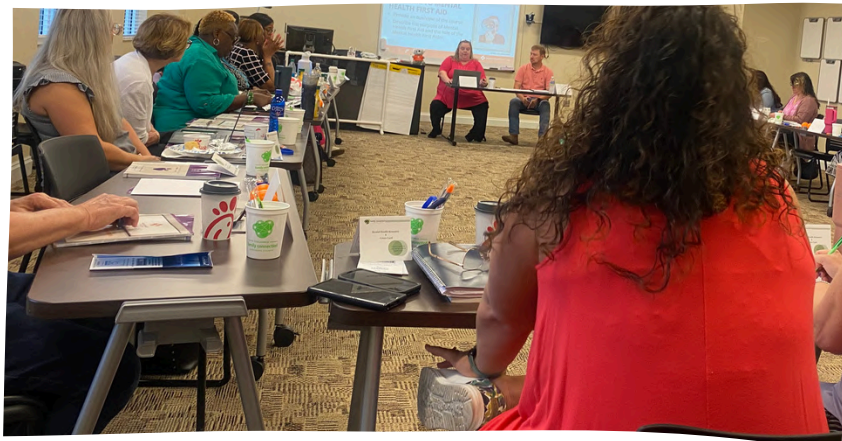
Register online at: <https://form.jotform.com/232704157215147> , scan QR code or call us at 706-243-1126.

2 Locations: New Birth New Beginning Church - 322 25th Avenue, Columbus, GA 31903

Phillips Temple Church- 1310 Holsey Street, Phenix City AL 36867



COLUMBUS FAMILY CONNECTION EVENTS



Our Mental Health First Aid Training held in collaboration with New Horizons Behavioral Health. Training provided by University of Georgia.

THANK YOU!



Thank you to those that spread the word about our Parent Cafe! We had a wonderful turnout and hope to keep the momentum going!





COLUMBUS
family connectionTM
MUSCOGEE COUNTY

MESSAGE FROM THE DIRECTOR

As we recognize Men's Health Awareness Month, I am privileged to share a message that underscores the importance of prioritizing men's health in our community.

Men's health encompasses a wide range of issues, from physical conditions like heart disease and prostate cancer to mental health challenges such as depression and anxiety. Despite these concerns, men often hesitate to seek the help they need. This month serves as an essential reminder to break the silence and encourage proactive health practices.

By promoting regular check-ups, healthy lifestyle choices, and open conversations about mental and emotional well-being, we can make a meaningful impact.

I invite you to join us in this vital initiative. Together, we can create a culture that champions men's health, supports wellness, and ensures that every man has the opportunity to lead a full, healthy life.

Thank you for your continued support and commitment!

Zoe' Hightower