

“For the Community by the Community”

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As a part of the Affordable Care Act, not-for-profit hospitals are required to conduct Community Health Needs Assessments (CHA) every three years. Similarly, local health departments across North Carolina are required by the NC Department of Health and Human Services (NCDHHS) to conduct periodic CHAs as well, typically every three to four years. Unfortunately, the particular year CHA submissions are made by hospitals within a three-year cycle or by local health departments within a four-year cycle is not uniform across the state or region.

Additionally, although local health departments and hospitals have guidance from their respective oversight authorities on how to conduct and report the results of their CHAs, that guidance allows for a wide variation in the execution of these reports. The methodologies, specific data gathered, interpretation of the data and general approach and scope of one CHA may have little resemblance to a CHA in another jurisdiction or conducted by another organization.

For these reasons, the Rockingham County Department of Health and Human Services (RCDHHS) and other area agencies, are discussing the potential of developing a regional CHA to better align the aforementioned metrics and assessment design. This does not guarantee development of a regional assessment, merely that discussions are being had in regards to the possibility of creating a regional CHA. More information will be provided once it is known.

COVID-19 Booster Shot vs 3rd Dose Vaccinations

Many of us have been using the term ‘booster shot’ and ‘3rd dose vaccine’ interchangeably when, in fact, they are both entirely different from one another. Put simply, a 3rd dose vaccination is recommended for individuals who are moderately to severely immunocompromised. A booster dose is given to someone who built enough protection after vaccination, but then that protection decreased over time, also called waning immunity.

RCDHHS will be administering 3rd dose vaccinations every Tuesday through the month of Sep. COVID-19 booster shots are slated to be offered on Oct. 16, but is still subject to change at this time.



Mental Health and Substance Abuse

September is National Recovery Month

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

The 2021 National Recovery Month theme, "Recovery is For Everyone: Every Person, Every Family, Every Community," reminds people in recovery and those who support them that no one is alone in the journey through recovery. Here is a list of recovery resources right here in Rockingham County, if you or a loved one are seeking recovery services:

- ◇ Daymark Recovery Services
- ◇ Successful Transitions Integrated Healthcare
- ◇ Youth Haven Services
- ◇ Amatus Recovery Center
- ◇ Insight Human Services
- ◇ Beautiful Mind Behavioral Health Services



Hope4NC

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults as well as our children. It's led to a widespread emotional exhaustion that now has a name, "COVID fatigue." COVID fatigue hurts more than our mental health. It puts our physical health at risk too. COVID fatigue causes us to get sloppy about the precautions we know we should take (washing hands, wearing masks, maintaining social distancing).

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Just like physical health, mental health affects us all. Everyone experiences mental health differently, but we're all in this together.

Help4NC can connect you with the help you need, whenever you need it. Call 1-855-587-3463 for free and confidential emotional support, counseling referrals and community resources 24/7.

MedAssist OTC Medications



Saturday, September 11
9 AM - 2 PM

Zion Baptist Church
807 Piedmont Street
Reidsville, NC



STOCK YOUR MEDICINE CABINET FOR FREE!

Free OTC medicine items include cold, cough, flu medicine, pain relief, vitamins, children's medicine, etc.

HOW IT WORKS:

- Stop by from 9 AM - 2 PM for FREE OTC products.
- If you want to request specific medications, you can pre-order online: www.medassist.org/mobile and pick up your order during our event.
- You may pick up items for a friend or family member.

NO APPOINTMENT OR PRE-REGISTERING REQUIRED.

THIS EVENT IS OPEN TO EVERYONE

All NC residents are welcome. No income requirements to receive products. No I.D. required. Must be 18 years or older. This event is rain or shine.



BROUGHT TO YOU BY:



NC MedAssist is a nonprofit pharmacy providing access to prescription medications to qualified uninsured North Carolina residents. We also provide over-the-counter (OTC) medications at no charge to all through Mobile Free Pharmacy events or at our store location in Charlotte.

Learn how to receive free prescription medication at www.medassist.org.

Physical Activity and Nutrition

CORMII Fresh Food Partnership

CORMII CDC is a nonprofit focused on helping communities by providing food, clothing, shelter, and housing and has become one of 50 nonprofits around the country to launch a mobile app that directs home and community gardeners to donate a portion of their fresh grown produce to support local hunger relief efforts. Fresh Food Connects mobile app coordinates donations from home and community gardeners to local non-profit organizations working to address food insecurity on a local level.

“We are thrilled to partner with organizations across the country that support community members facing food insecurity. We know that gardeners are some of the most generous people around, and we are grateful to have the opportunity to engage them in the critical hunger relief efforts happening in their local communities.” says Kayla Birdsong, CEO of Fresh Food Connect.

Eat Fresh Initiative is Back!

The Eat Fresh Farmers Market is back at the Rockingham County Government Center! Out of the Garden Project will be outside of the Government Center every Wednesday from

12p-1:30p to offer delicious home grown produce! Out of the Garden project is a non-profit organization aimed at providing healthy, fresh produce to local families. Proceeds from Out of the Garden Project help to fund project outreach and feed local families in need.

Don't miss out on the opportunity to scoop up some delicious produce, and help support an important cause!



Diabetes Prevention Program

Life in 24 is part of the National Diabetes Prevention program that helps individuals change their lifestyle to prevent developing type 2 diabetes. Life in 24 is a 16-week program, followed by monthly support sessions to help individuals maintain the skills and behavior changes with a total of 24, 1-hour sessions. The classes focus on how to make better food choices, become more physically active by losing 5-7% body weight, find ways to manage problems and stress. The program has a one-time \$25 participant fee and includes tools for participants to increase successful outcomes.

Recruitment has begun for the next class offered through the Rockingham County Division of Public Health. If interested in participating in upcoming classes, please contact Rebecca Oakes, Healthy Carolinians Coordinator at roakes@co.rockingham.nc.us or call at 336-342-8258, Lindsay Dozier, Health Promotions Coordinator at ldozier@co.rockingham.nc.us or call at 336-342-8149, or Katrina White, Health Education Program Manager at kwhite@co.rockingham.nc.us or call at 336-342-8150.

NATIONAL
DIABETES
PREVENTION
PROGRAM

Education

2021 High School Graduates Granted Free Tuition & Fees at RCC

For two years, 2021 high school graduates are guaranteed free tuition and fees at Rockingham Community College if they enroll for the upcoming fall semester. This is possible as a result of the Longleaf Commitment Grant Program for 2021 graduates who attend a NC community college to have financial help as they work toward an associate degree or earn college credits that will transfer to a four-year university.

Students in Career & College Promise, and Early College High School are eligible. The grant funding ends after the 2023 spring semester.

“The Longleaf Commitment Grant is a game changer. There is no reason for a 2021 high school graduate to not pursue a college education. They can complete an associate degree tuition-free in two years, and either start a career or transfer their credits to a university and earn a bachelors degree,” says Dr. Mark Kinlaw, RCC President.

Eligibility requirements are as follows:

- * Graduate from a NC high school in 2021
- * Be a first-time college student
- * Be a NC resident for tuition purposes
- * Enroll in a curriculum program during the 2021-2022 academic year
- * Enroll in at least 6 credit hours per semester
- * Complete the Free Application for Federal Student Aid (FAFSA) for 2021-2022
- * Have an Expected Family Contribution (EFC) from \$0-\$15,000 (EFC is based upon a students FAFSA determination)
- * Renew the FAFSA for the 2022-2023 academic years and meet the satisfactory academic progress requirements of the college

For more information, or to apply to RCC call 336-342-4261 ext. 2333 or visit www.rockinghamcc.edu.

RCS Board of Education

The Rockingham County Schools Board of Education held an Emergency Meeting on Friday, August 20 to discuss the school district's Safe Return to School plans. This meeting was called due to unexpected circumstances surrounding the COVID-19 situation that required the Board of Education's immediate attention.

The Board of Education voted 4-3 to mandate the wearing of masks in schools for students, faculty, and staff for the 2021-2022 school year, which began August 23. Students will be required to wear masks in school during in-person learning. The Board of Education has stated they will revisit the issue at a later date.



Digital Inclusion Coalition

Reidsville Area Foundation, in partnership with NC-100, Madison-Mayodan Parks and Recreation Commission, and Piedmont Triad Regional Council (PTRC) have collaborated to form a countywide Digital Inclusion Coalition focused on building a strategic plan that promotes affordable high-speed home broadband, devices, digital literacy training and technical support.

Roughly 60% of households across Rockingham County don't have access to high speed broadband. This issue was especially highlighted during the COVID-19 pandemic, when individuals found themselves relying more on virtual platforms for things like work and school.

If you or someone you know does not have access to internet or high speed internet, the DIC is encouraging these individuals to fill out the NC Broadband Survey at www.ncbroadband.gov.

COVID-19

Impact of COVID-19 Delta Variant

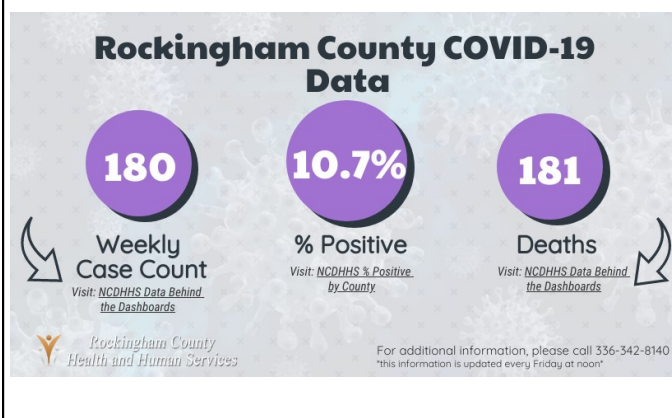
On July 27, 2021, CDC released updated guidance on the need for urgently increasing COVID-19 vaccination coverage and a recommendation for everyone in areas of substantial or high transmission to wear a mask in public indoor places, even if they are fully vaccinated. CDC issued this new guidance due to several concerning developments and newly emerging data signals. New data began to emerge that the Delta variant was more infectious and was leading to increased transmissibility when compared to other variants, even in vaccinated individuals.

- ◇ The Delta variant is highly contagious, more than two times as contagious as previous variants.
- ◇ Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated individuals.
- ◇ Unvaccinated individuals remain the greatest concern. Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others.
- ◇ Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period of time. The amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people.

Weekly COVID-19 Data

The Rockingham County COVID-19 Data infographic is posted weekly on Friday's at noon. Information reflects all knowledge that RCDHHS has available at the time of posting. Data is derived directly from the NCDHHS COVID-19 Dashboard to keep information accurate and consistent.

Rockingham County and other local health departments across the state are working directly with NCDHHS to provide the most accurate, up-to-date information.



Vaccination Summer Cash Cards

From Aug. 4 through Aug. 31, anyone 18 and older who gets their first dose of a COVID-19 vaccine (Pfizer or Moderna) received a \$100 Cash Card at the Rockingham County Department of Health and Human Services (RCDHHS) thanks to the NC Department of Health and Human Services (NCDHHS). Anyone who drives someone to get their first dose also received a \$25 Cash Card.

Getting vaccinated and helping others do the same not only protects you from COVID-19 and against hospitalization and death, but it also helps us to get back safely to the people, places, and activities that we love the most.

To make an appointment for a COVID-19 vaccine, call 336-342-8140 today!



Who's Who



Peace Out!

Congratulations to Mable Springfield Scott on her retirement!

Mable's retirement went into effect on July 22, and she retires from her public relations position which ends an illustrious career that started in Memphis, TN. She majored in communications at the University of Tennessee-Knoxville and earned her masters degree in adult education in 1973. Returning to Memphis, she wrote commercials and did promotions at Plough Broadcasting, RKO General, and Viacom broadcasting companies. She was promotions director at WHBQ Radio and WMPS/WHRK Radio in Memphis, working with the famous DJ Rick Dees, and did public relations for a mental health center.

After moving to Greensboro, Mable started a new job at WFMY-TV as the community affairs director. Every month, she met with key community people to get feedback about the station. She also wrote public service announcement and organized special projects. Four years later, she found herself at the Greensboro City School District at a public information officer until 1997 when she accepted a public relations director position at NC A&T State University.

Mable earned her doctorate degree in leadership studies in 2009 from A&T. In 2011, she found herself working at Rockingham County Government where she remained for the next 10 years.

Having reached her 70th birthday in July, she finally made the decision to hang up her hat. "It's time to stand still and listen to the Almighty. He has other assignments I need to fulfill. Time to rest, relax, read, meditate and clearly hear His voice as I turn the page to a brand new day. God has something new for me to do! Praying each day so He can order my steps."

Well spoken Mable, we wish you all the happiness in your newfound retirement!

CONGRATULATIONS MABLE!!



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SLOW internet?
NO internet?
 We need to know.



The N.C. Broadband Survey is designed to gather information on locations without adequate internet access and speeds in our community.



For Homes & Businesses
WITH Internet Service

Visit NCBroadband.gov/Survey
 to take the survey now.



For Homes & Businesses
WITHOUT Internet Service

Text "**Internet**" to **919-750-0553**.
 Standard text messaging rates
 will apply.

**Your feedback directly impacts
 grant and infrastructure funding
 in your community.**

NCDIT NORTH CAROLINA
 DEPARTMENT OF
 INFORMATION
 TECHNOLOGY
 Broadband Infrastructure Office

ROCKINGHAM COUNTY

HEALTHY CAROLINIANS

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MISSION

To advocate, guide, and assist Rockingham County in planning and implementing health care strategies to promote healthy lifestyles, improve health status and to increase the years of quality living for all residents in the county.

TOP 3 HEALTH PRIORITIES

- * Physical Activity and Nutrition-Diabetes
- * Mental Health/Substance Abuse-Opoids
- * Social Determinants- Education

If you would like to contribute any health related information that align with the Healthy Carolinians' priorities or have any announcements please email Rebecca Oakes at: roakes@co.rockingham.nc.us.

Thank you for taking out time to read our newsletter, we really appreciate it!!!