

Health Update

NCNW-Montgomery County Quarterly Newsletter

April - June 2026



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- Continuing to think about Vaccinations
- Good Health Wins Respiratory Resources
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Greeting Sisters

As we move into spring and early summer, this issue highlights important health topics, including women's health, mental health awareness, preventive care, and respiratory health. Programs like Good Health Wins help communities stay informed and protected from respiratory illnesses such as flu and COVID-19.

With Sisterly Love and Gratitude,

Lashanda Roberts

Health Chair, NCNW Montgomery County

Why Vaccinate?

Vaccines are crucial because they protect individuals and communities from preventable diseases by boosting immunity. They save lives by reducing the spread of infectious diseases and preventing outbreaks.



While respiratory illness activity often peaks during the fall and winter months, protecting ourselves and our communities is a year-round effort. Spring and summer are great times to review vaccination status and prepare for the next respiratory season.

Vaccines remain one of the most effective tools for preventing serious illness caused by respiratory viruses such as flu, COVID-19, and RSV.

Through the Good Health Wins initiative, we help ensure communities have access to trusted information about respiratory health and vaccination.

Taking steps today can help:

- Reduce the spread of respiratory illness
- Protect vulnerable family members and neighbors
- Prepare for the upcoming respiratory season



For more information about respiratory health and vaccination resources, visit GoodHealthWins.org.

HEALTH WINS

The vaccines below are commonly recommended to reduce risk and prevent complications.

Recommended Vaccines to Discuss With Your Healthcare Provider

Flu Vaccine

Protects against seasonal influenza, which can lead to serious respiratory illness.

COVID-19 Vaccine

Helps reduce severe illness and hospitalization from COVID-19.

RSV Vaccine

Recommended for certain older adults and pregnant individuals to protect infants.

Pneumococcal Vaccine

Protects against pneumonia and other infections caused by pneumococcal bacteria.

Bottom line:

Speak with a healthcare provider to determine which vaccines are recommended for you and your family.



Women's Health Month is a reminder that caring for your health is not just something to think about once a year. From preventive screenings to mental well-being, small, consistent steps can make a big difference. By staying informed, keeping up with recommended checkups, and prioritizing self-care, women can support their own health while strengthening the health of their families and communities.

Healthy Habits for Women All Year Long

Schedule routine checkups with your healthcare provider

Stay up to date on recommended vaccines

Prioritize heart health through regular activity and balanced nutrition

Take care of your mental health and manage stress

Know your screening schedule for breast, cervical, and other health checks

Get enough rest and hydration to support overall wellness



Mental Health

AWARENESS



Caring for Yourself in Challenging Times

Many people are feeling the strain of a fast-changing world. Global conflicts, economic pressures, and the responsibilities of daily life can take a toll on our mental and emotional well-being. Taking time to care for yourself is not selfish—it is essential for maintaining balance, resilience, and overall health.

Small actions taken consistently can help support mental wellness and make it easier to navigate stressful moments.

Ways to Support Your Mental Well-Being

Take breaks from constant news and social media

Stay connected with friends, family, and supportive communities

Spend time outdoors or engage in physical activity

Practice rest and prioritize quality sleep

Reach out for professional support when needed



Enjoy the Season Safely

Summer is a wonderful time to enjoy outdoor activities, community events, and time with family and friends. While warmer weather encourages us to be active and social, it's also important to take simple steps to protect your health while having fun.

Smart Summer Health Habits

☀️ Protect your skin by using sunscreen and wearing protective clothing

Stay hydrated by drinking water throughout the day

Protect your eyes with sunglasses that block UV rays

Stay active with outdoor walks, swimming, or community activities

Take breaks in the shade during extreme heat

With a few simple precautions, you can enjoy everything summer has to offer while keeping yourself and your family safe.



Community

RESOURCES


African American
Health Program

NATIONAL PUBLIC HEALTH WEEK

APRIL 6 - 12, 2026

Ready. Set. Action!

Your church. Your community. Your health. Join us.



**African American Health Program
April 6-12, 2026**

Faith and Wellness for National Public Health Week

**Wednesday, April 8, 2026 –
New Life SDA Church**

**Friday, April 10, 2026 –
Olney SDA Church**

**Saturday, April 11, 2026 –
Olive Branch Community Church**

**Sunday, April 12, 2026 –
Mt. Jezreel Baptist Church**