SPRINGDALE HEALTH

DIVE DEEP INTO OUR COMMUNITY'S HEALTH

The Springdale Health Department
Preventing, Promoting and Protecting
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Springdale Health
Facts About Springdale’s Health

Avg. Life Expectancy: 84
Avg. Female Life Expectancy: 86
Avg. Male Life Expectancy: 80

National Avg. Female Life Expectancy: 79.9
National Avg. Male Life Expectancy: 74.2
According to the CDC in 2020.

Here are the top five disease categories in Springdale as collected in 2020. Pulmonary related cause of death was much higher due to COVID-19.

Related Causes of Death in Springdale:
- Pulmonary: 25%
- Cardiac: 26%
- Nervous: 24%
- GI: 3%
- Other: 11%

Cancer: 11%
2. IMPORTANCE OF HEALTH SCREENING
Springdale Health Department

Health screenings are a great way to prevent many diseases! Although not all diseases are preventable, routine screenings can allow for early detection of some diseases. Early disease detection can lead to better health outcomes.

General Health Screenings:
- Sexually transmitted infection (STI) test
- Skin check
- Colonoscopy
- Bone density test
- Hearing test
- Eye exam
- Blood pressure screening
- Cholesterol test
General Health Screening Recommendations:

Sexually Transmitted Infection (STI) Test
STIs may be symptomless, allowing you to potentially pass it on to your partner without even realizing it. Individuals who are sexually active, especially those who have multiple sex partners should regularly screen for STIs. It is recommended to get screened at least once a year. Talk with your healthcare provider for more information on STIs.

Skin Check
Beginning at the age of 18, it is important to perform self skin checks. If you notice anything suspicious, such as moles or color changes, especially if you're fair skinned or exposed to the sun constantly, contact a dermatologist. By the age of 40, it is recommended to have full body yearly scans with a dermatologist.

Colonoscopy
This test helps find and remove symptomless polyps that could develop into colon cancer. It is recommended to get screened every 10 years starting at age 45. Screening may increase to every 5 years if deemed necessary by the provider.

Bone Density Test
The more dense your bones are, the less likely they are to break. It is recommended to have this screening done every 1 to 2 years once you reach the age 65.

Hearing Test
Impaired hearing affects the mental processes of your brain as well as hinders your quality of life. It is recommended to get your hearing checked every 10 years until age 50, then annually after the age of 60.

Eye Exam
It is recommended for adults, beginning at the age of 18, to have eye exam every 2 years. At the age of 60, unless there are other health conditions, it is recommended to have an eye exam annually.

https://www.health.harvard.edu/topics/screening
4. Blood Pressure Screening
High blood pressure is directly associated with heart disease, diabetes, and an increased potential for heart attack and stroke. Most providers begin this screening with obese children as early as 2 years old, then check annually after that.

Cholesterol
The American Heart Association recommends getting a baseline test at the age of 10, and then repeat every 4 to 6 years for those who are at risk for high cholesterol.

Gender-Based Health Screening Recommendations:

Female:
Pap Smear and Human Papilloma Virus (HPV)
It is recommended for females between the ages of 20-30 years old. The Pap and HPV screening is to look for early signs of cervical cancer and the HPV virus. Individuals should be re-screened every 5 years.

Mammogram
The recommendation is to get your first mammogram starting at the age of 40. Annual screenings are recommended.

Male:
Prostate Cancer Screening
It is recommended for males at the age of 50 through 69. These exams are to be done annually.

https://www.health.harvard.edu/topics/screening

Springdale Health
TOP 5 DISEASES IN SPRINGDALE

Long-Term trends show that the top five disease rankings are as follows:

1. Circulatory System Disease
2. Cancer
3. Respiratory System Diseases
4. Nervous System Disease
5. Digestive System Disease

Springdale Health
The circulatory system is made up of your heart and blood vessels. It is critical to have a healthy circulatory system so that the rest of your body can remain healthy. Your heart pumps blood to the lungs to get oxygen, which then circulates to the rest of the body. It is essential that your body receives oxygen-rich blood. There are many conditions that affect the circulatory system, some are manageable but should be taken seriously, such as high blood pressure. Heart disease is the leading cause of death in the United States.

Source: The Cleveland Clinic
Springdale Health Department

https://my.clevelandclinic.org/health/body/21775-circulatory-system
Heart Disease

Description: Heart disease refers to several types of heart conditions. The most common being Coronary Artery Disease, CAD, which can cause heart attacks. Heart disease may often go undiagnosed until a person experiences symptoms of a heart attack, arrhythmia, or heart failure. It is important to know if you are at risk and talk to your provider. Heart disease is preventable!

Treatment: There are many important aspects in treating heart disease. Often cardiac rehabilitation is needed when recovering from a heart attack or heart failure. Heart disease may also mean taking a strict regiment of medications. Other aspects of staying healthy with heart disease include reducing stress and working to improve mental health.

Prevention: It is important to understand and decrease your risks of developing heart disease. Some risks include high blood pressure, high cholesterol, diabetes, being overweight, unhealthy diet, physical inactivity, excessive alcohol use, and smoking. All of these risks can be managed with the help of your primary care provider.

Source: The CDC
Springdale Health Department

https://www.cdc.gov/heartdisease/about.htm
Cancer prevention has become a growing area, especially in the last two decades. Scientific evidence shows that certain environmental factors can increase risk of developing cancer. People can avoid some cancer causing factors, like tobacco and the sun’s rays. But some environmental factors, like air pollution, are unavoidable. Another important aspect to prevention includes screenings, especially for those with a family history of cancer. There is also an important Human Papilloma Virus, HPV, vaccination that can help prevent numerous cancers caused by HPV. Consult your provider about this vaccine.

https://www.cancer.gov/research/areas/treatment

Source: cancer.gov
Types of Cancer

Types of cancer are often named for the area in which they originate. However, there are also specific categories that the cancer will fall into.

Carcinoma: This is the most common form of cancer. A carcinoma is formed by epithelial cells, which cover the outside and inside of the body.

Sarcoma: This type of cancer forms in bone, soft tissue, and fibrous tissue. This includes muscle, fat, blood, tendons, lymph vessels, nerves, and tissues around joints.

Leukemia: This cancer forms in the bone marrow. It does not form solid tumors. White blood cells rapidly multiply and crowd out normal blood cells.

Source: cancer.gov
https://www.cancer.gov/about-cancer/understanding/what-is-cancer
10. Types of Cancer

Lymphoma: This cancer is in the lymphocytes, white blood cells, that build up in the lymph nodes and vessels.

Multiple Myeloma: This cancer begins in the plasma cells. These abnormal plasma cells build up in the bone marrow and form tumors throughout the body.

Melanoma: This cancer begins in melanocytes, the cells that produce melanin. Most melanomas form on the skin.

Brain and Spinal Cord Tumors: These tumors are named based on the type of cell which they were first formed on. Brain tumors can be malignant or benign.

Source: cancer.gov

https://www.cancer.gov/about-cancer/understanding/what-is-cancer
There are many options for treatment of cancer. What type of treatment someone receives may depend on their genetics and the type of cancer they have. A provider may have a biomarker test done to determine the best treatment option.

Listed below are a few short descriptions of common treatment options:
- **Chemotherapy** works to stop or slow the growth of tumors. Chemo is a very common treatment, that is sometimes combined with other treatments. There tend to be side effects with this treatment, many people will feel fatigued.
- **Hormone therapy** slows or stops the growth of breast or prostate cancer. It may also be used to lower the risk of having the cancer return.
- **Radiation therapy** uses high doses of radiation to kill cancer. This may be internal or external radiation.
- There are many types of surgery to remove cancer. Surgery can be painful and take a long time to heal. It is important to discuss which treatment options you or a loved one may be receiving with a healthcare provider to better understand what is happening and what options are available.

Source:
cancer.gov
What is the respiratory system?
The respiratory system includes a combination of both organs and tissues that are designed to help your body breathe. This system allows your body to absorb oxygen from the air that is inhaled. Oxygen gives your body the energy it needs to survive. In addition to absorbing oxygen, this system also cleans waste gases, such as carbon dioxide from the blood.

https://my.clevelandclinic.org/health/articles/21205-respiratory-system

Top Three Respiratory System Diseases In The City of Springdale:
1. Influenza (Flu)
2. Pneumonia
3. Emphysema
Influenza

What is this virus?
The influenza (flu) is a respiratory illness that is caused by a virus that infects the nose, throat and lungs. There are two different types of the virus, Type A and Type B. The seasonal flu is comprised of these virus types.

Causes:
• The infection of the virus

Symptoms:
• Fever or feeling febrile
• Chills
• Cough
• Runny or stuffy nose
• Muscle or body aches
• Headaches
• Fatigue (tiredness)

Prevention:
The best way to prevent the flu is by receiving the seasonal flu vaccination each year.

Treatment:
If experiencing any of flu like symptoms, please contact your healthcare provider promptly.

Information: CDC
Springdale Health
Pneumonia

What is this infection?
Pneumonia is an infection in the lungs. This infection causes illness in individuals of various ages.

Causes:
- Influenza
- Respiratory syncytial virus (RSV)
- SARS-CoV-2 (virus that causes COVID-19)
- Streptococcus pneumoniae

Symptoms:
- Cough
- Fever
- Shortness of breath
- Rapid or shallow breathing
- Decreased energy
- Decreased appetite
- Feeling of fatigue

Prevention:
> Wash hands
> Avoid those who are sick
> Get vaccinated

Treatment:
> Follow-up with your healthcare provider.

Information: CDC & Mayo Clinic
Springdale Health
What is this disease?

Emphysema is a type of Chronic Obstructive Pulmonary Disease (COPD). This disease constricts the lung capacity, therefore decreasing the amount of oxygen an individual is able to receive, thus decreasing the blood oxygen levels.

Causes:
- Smoking
- Air pollution
- Genetically inherited

Symptoms:
- Coughing or wheezing
- Increased mucus
- Shortness of breath
- Whistling or squeaky sound while breathing
- Tightness of chest

Prevention:
- Stop smoking
- Maintain a healthy lifestyle (proper nutrition & exercise)

Treatment:
- Follow-up with your healthcare provider.

Information: CDC & Mayo Clinic

Springdale Health
What is the Nervous System?

The nervous system is composed of two parts: the Central Nervous System and the Peripheral Nervous System. The Central Nervous System contains the brain and the spinal cord. The Peripheral Nervous System contains all the nerves that branch off of the spinal cord. Your nervous system guides almost everything you do and affects every aspect of your health. The nervous system uses cells called neurons to send signals all throughout your body. Some neurons tell your body to move, other sense the information in the world around you, and still other neurons control automatic body functions like breathing and heartbeat.

https://my.clevelandclinic.org/health/articles/21202-nervous-system

Source: The Cleveland Clinic

To the right: An outline of a neuron.
Description:

Parkinson's is a progressive nervous system disorder that affects movement. Signs and symptoms vary and may go unnoticed for some time. Common symptoms include tremors, slowed movements, and rigid muscles. There are risk factors that increase the likelihood of development. People age 60+ are at increased risk, men are more likely to develop Parkinson's, and the disease is also hereditary. It is important to speak with your provider if you have concerns regarding potential symptoms and risk factors.

Prevention:

Parkinson's prevention is still a mystery. Experts have little suggestions for prevention, but some research shows that regular aerobic exercise might reduce the risk.

Treatment:

Parkinson's Disease cannot be cured but it can be managed with medication. Medications can help with issues of walking, movement, and tremors. Your doctor may prescribe these medications to control symptoms early on in the diagnosis. There is an option for surgery for those living with advanced Parkinson's. Deep brain stimulation is often meant for patient's whose Parkinson's can no longer be managed with medications.

Source: The Mayo Clinic

https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/symptoms-causes/syc-20376055
Description:

ALS is a progressive neurodegenerative disease. The nerves, brain, and spinal cord are all affected by death of motor neurons. Loss of motor neurons means that someone with ALS may experience a progressive decrease in voluntary movements and muscle control. Progression rate varies by case and so does the life expectancy of those living with ALS. The disease will ultimately take the life of those living with it.

Prevention:

ALS is not preventable, and the causes behind ALS still remain unclear. There are some risk factors that may increase likelihood of development. For example, older individuals and men are more likely to develop ALS.

Treatment:

There is currently no cure for ALS. There are also no medications to slow the progression of the disease but research is ongoing. Those diagnosed with ALS can ease discomfort through pain medications and physical therapy.

https://www.als.org/

Source: The ALS Association

Fact: ALS is commonly called Lou Gehrig’s Disease for the beloved professional baseball player that had the disease.
Description:
Symptoms of MS may very greatly over the course of the disease and by case. MS affects movement, often causing numbness and weakness, tremor, and sometimes feelings of electric shock. Vision problems are also common with MS, including partial loss of vision or blurred vision. MS often follows a relapse-remission course. This means that symptoms may appear over days or weeks and then a quiet period or remission may be experienced that can last months. If you are experiencing any of these signs, please speak to your provider.

Prevention:
It is not clear why MS develops in some people and not others. However, experts believe that it is a combination of genetics and environmental factors. There is currently no prevention.

Treatment:
There is no cure for MS. However, there are medications that can help people living with MS. These medications decrease the recovery time from attacks and help stop the progression of the disease. Physical therapy is also a good option for early symptoms of MS, to help build muscle strength and ease pain.

https://www.mayoclinic.org/diseases-conditions/multiple-sclerosis/symptoms-causes/syc-20350269

Source: The Mayo Clinic
Description:
Alzheimer’s is a progressive neurologic disease that causes the brain to shrink. Memory loss is the key symptom. Persistent and worsening memory loss may affect daily tasks. Judgment, reasoning, and planning may also decline as the disease progresses. Friends and family may be more likely to notice worsening symptoms. If you are concerned about yourself or a loved one’s memory, consult your provider.

Prevention:
Alzheimer’s is not a preventable disease, however there are many lifestyle modifications that can reduce the chance of developing the disease. This includes getting regular exercise, eating fresh produce, and managing blood pressure, diabetes, and cholesterol.

Treatment:
There are some medications that can help with memory and cognitive issues. Medication can help for a time, if diagnosed early. An important part of treatment is creating a safe living space for the person living with Alzheimer’s. Research lifestyle and environment habits using trusted online sources, such as the Mayo Clinic. Always consult your provider for help supporting a loved one.

Source: The Mayo Clinic
https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447
Springdale Health Department

Digestive System Diseases

What is the digestive system?
The digestive system is the part of your body that is responsible for the digestion of food and supplying the nutrients to the rest of the body via the bloodstream. The food is broken down into small molecules that are able to be easily absorbed by the body. The digestive system includes the oral cavity (mouth), esophagus, stomach, small and large intestine and the rectum. Other parts of the system include the liver, gall bladder, salivary glands, and the pancreas. This system is also responsible for the removal and excretion of wastes from the bloodstream. Because the digestive system plays such a vital role in your body, it is important to make sure that it is functioning well!

Top Two Digestive System Diseases In The City of Springdale:
1. Peptic Ulcers
2. Chronic Liver Disease

Information Source:
Peptic Ulcers

What is a Peptic Ulcer?
A peptic ulcer is a hole in the lining of the stomach or in the small intestine. Although they are very painful at times, they are treatable.

Cause:
- H. Pylori infection
- Frequent NSAID use

Prevention:
> Reduce smoking. Smoking irritates the lining of the stomach and decreases the amount of blood flow to the digestive system, which would result in the formation of ulcers.
> Reduce the frequency of NSAID consumption, and if instructed, take medication with food.

Symptoms:
- Epigastric pain
- Heartburn or chest discomfort
- Dyspepsia - bloating, fatty food intolerance
- Coughing or vomiting blood
- Blood in stool
- Unexplained weight loss
- Progressive trouble swallowing or painful swallowing
Chronic Liver Disease: Cirrhosis

What is Chronic Liver Disease?
Chronic liver disease is when the healthy tissue of the liver is replaced by scar tissue. This inhibits the liver from functioning properly. Cirrhosis is a long term (chronic) liver disease that builds up over time. The liver has an important role in the digestive system. It is responsible for the removal of waste from the body, the creation of bile, the storage of sugars, and the creation of new protein. Overall the liver serves as a very important function in the body.

Causes:
- Hepatitis (including chronic viral Hepatitis) or other liver viruses
- Alcohol abuse
- Nonalcoholic fatty liver disease - a result from metabolic syndrome (obesity, high cholesterol and triglycerides, and high blood pressure)

Symptoms:
- Fluid buildup in the stomach
- Vomiting blood
- Gallstones
- Itching
- Jaundice (yellowing of skin & eyes)
- Kidney failure
- Loss of muscles
- Loss of appetite
- Unexplained weight loss
- Low/decreased energy

PREVENTION/TREATMENT:
- Eating a healthy balanced diet - low in sodium
- Reducing the amount of alcohol consumed
- Managing health issues related to cirrhosis
- Ask your healthcare provider if you should be tested for Hepatitis B and C
- Ask your healthcare provider if you should get the Hepatitis A and Hepatitis B vaccine

Springdale Health
<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Address/Details</th>
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<tbody>
<tr>
<td>Lincoln Height</td>
<td>Mon. 10am-12pm</td>
<td>Oak Park Apartments, 411 Wabash Ave, Cincinnati, OH 45215</td>
</tr>
<tr>
<td>Bond Hill</td>
<td>Tue. 1pm</td>
<td>St. Aloysius, 4721 Reading Rd., Cincinnati, OH 45227</td>
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<tr>
<td>College Hill</td>
<td>Wed. 4-6pm</td>
<td>Presbyterian Church, 5742 Hamilton Ave, Cincinnati, OH 45224</td>
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<td>Price Hill</td>
<td>Thu. 11am-1pm</td>
<td>Autumn Woods Apts., Westmont Ln., Cincinnati, OH 45205</td>
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<tr>
<td>S. Fairmount</td>
<td>Thu. 1:30-3pm</td>
<td>St. Francis Court Apts., 1860 Queen City Ave., Cincinnati, OH 45214</td>
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<tr>
<td>Sayler Park</td>
<td>Thu. 4-6pm</td>
<td>Near Gracley Dr. &amp; Monitor Ave., Cincinnati, OH 45233</td>
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<tr>
<td>Evanston</td>
<td>Fri. 11:30am-1pm</td>
<td>The Evanston, 1820 Rutland Ave., Cincinnati, OH 45207</td>
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<tr>
<td>Avondale</td>
<td>Fri. 1:30-3:30pm</td>
<td>Near Lincoln Statue, Reading &amp; Forest Ave., Cincinnati, OH 45214</td>
</tr>
<tr>
<td>Springdale</td>
<td>Fri. 1:30pm-3:30pm</td>
<td>The Park of Springdale Apts., 1235 Chesterdale Dr., Cincinnati, OH 45205</td>
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<tr>
<td>West End</td>
<td>Fri. 10am-12pm</td>
<td>Stanley Rowe Towers, 1621 Linn St., Cincinnati, OH 45214</td>
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<tr>
<td>Walnut Hill</td>
<td>Fri. 1-3pm</td>
<td>Former Kroger, 954 E. McMillan, Cincinnati, OH 45206</td>
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</table>

For updates, please visit: https://healthyharvestmobilemarket.com/
Food Pyramid

- **Fats & Oils:** Eat sparingly
- **Dairy:** 2–3 servings per day
- **Meats:** 2–3 servings per day
- **Vegetables:** 3–5 servings per day
- **Fruits:** 2–4 servings per day
- **Grains:** 6 servings per day

Springdale Health
General Services for Spanish-Speaking Individuals

If you are unsure of who to contact, please reach out to these organizations:

**The Healing Center:**
- **Address:** 11345 Century Circle W., Springdale, OH 45246
- **Phone Number:** (513) 346-4080
- **Guest Services in Spanish ext. 350,**
  Irma Carleton- Assessment- ext. 257
- **Services:** Assessments, Basic Needs, Children and Family programming, Educational Programs, Health Care, Job Coaching, Mentoring Programs.
  Receptionist is bilingual.

**Su Casa Hispanic Center:**
- **Address:** Mid-Pointe Tower: 7162 Reading Road, Suite 600 Cincinnati, Ohio 45237
- **Phone Number:** (513) 761-1588
- **Services:** Variety of services including social services, employment assistance, housing, ESL and GED classes, and legal and immigration services and/or referrals.
  **Su Casa Hispanic Center Extension**
  **Services:** Limited services are offered in the following locations: San Carlos Church, Middletown, The Park of Springdale, and Westmont Apartments- Price Hill.
  **Phone Number:** (513) 672-3783

**Santa Maria Community Services:**
- **East Price Hill Center-**
  **Address:** 3301 Warsaw Ave. Cincinnati, OH 45205
  **Phone Number:** (513) 557-2700 press 1 for Spanish
  **Lower Price Hill Center-**
  **Address:** 718 State Avenue Cincinnati, OH 45204
  **Phone Number:** (513) 557-2710 – press 1 for Spanish Programs
  **Services:** Includes housing, early childhood development, parenting, and health and wellness.

**The Welcome Project:**
- **Address:** 2940 Colerain Avenue, Cincinnati, OH 45225
- **Phone:** (513) 257-0842
- **Services:** This organization is designed for at risk refugees and immigrants in the Cincinnati area. They provide jobs, education, and community.
Healthcare Services for Spanish-Speaking Individuals

Lincoln Heights Health Center:
**Address:** 1401 Steffen Avenue Lincoln Heights, Ohio 45215
**Phone Numbers:**
Appointments: (513) 588-3623
Intérprete Español: (513) 483-3068
Dental: (513) 483-3087
WIC: (513) 769-5290
Medicaid Help (in Spanish): (513) 483-3097
Medicaid Help (in English): (513) 483-3041
New Patients (discounted prices): (513) 483-3071
**Services:** Primary care services, check ups, diabetes care, heart disease care, high blood pressure care, immunizations, physical exams, sick visits, obstetrics/gynecology, prenatal care, family planning, pediatric care, dental services, and preventative care.

Mercy Hospital Fairfield Prenatal Clinic:
**Address:** 3000 Mack Road Fairfield, OH 45014
**Phone Number:** (513) 603-8769
**Services:** Primary care services, check ups, diabetes care, heart disease care, high blood pressure care, immunizations, physical exams, sick visits, pediatric care, and preventative care.

Crossroad Health Center:
**Address:** E. Liberty Street Cincinnati, Ohio 45202
**Phone Number:**
(513) 381-2247 (ext. 20 for Spanish),
Dental: (513) 721-6060
Pharmacy: (513) 579-0900
**Services:** Primary care, physicals, immunizations, gynecology, preventative cancer screenings, diabetes care and podiatry.
Healthcare Services for Spanish-Speaking Individuals pt. 2

TriHealth Women’s Health:
Bethesda North OB/GYN Center:

**Address:** 10495 Montgomery Rd. Suite 25 (on 2nd floor) Cincinnati, OH 45242
**Phone Number:**
New Patients: (513) 865-1631 (options in English and Spanish)
Phone Number for Hispanic Case Management:
Spanish Speaking Nurse Case Manager: (513) 865 1629
Spanish Speaking Social Worker: (513) 865 1655
**Services:** Women’s health, prenatal, gynecology, obstetrics.

Down Syndrome Association of Greater Cincinnati:

**Address:** 4623 Wesley Avenue Suite A Cincinnati, OH 45212
**Phone Number:** (513) 490-2834 Ayuda en Español
**Email:** grupohispano@dsagc.com
**Services:** Provides free support, both in English and Spanish, information and education to parents from prenatal to adults, family members and community members who impact the lives of individuals with Down syndrome. DSAGC addresses the concerns of families in education, health, social networking opportunities and advocacy. DSAGC also has a dedicated National Adoption Network.

Healthy Moms & Babes:

**Address:** 2270 Banning Road, Suite 200, Cincinnati OH 45239
**Phone Number:** (513) 591-5600, ext. 24 Sister Claudia Cano
**Services:** Prenatal Program (nutrition, birth planning, delivery information), First Year of Life Program (Self-Development, Safety), Home Outreach Services (support and education)
2022
MENTAL HEALTH FOR SENIORS

One in four of older adults struggle with mental health. Common problems include isolation, anxiety disorders, dementia, psychosis and many others. If you find yourself struggling with any of these, please seek help.

Prevention:
• supportive social interaction
• become involved in activities

Resources:
TriHealth Senior Behavioral Health
Address: 375 Dixmyth Ave, Cincinnati, OH 45220
Phone: (513) 862-2850
Mental Health Hotline
Phone: 211

Springdale Health
The Princeton Closet is designed to help school age kids receive the necessities to attend school. It offers a food pantry, back packs, school supplies, clothes, shoes and many other supplies.

Contact:
Phone Number: Susan Wyder
(513) 518-6991
Address: 11786 Highway Drive
Sharonville, OH 45241
GET MOVIN'  
The benefits of walking

SET GOALS!

Trim your waistline and improve your health!

Exercising and physical activity does not need to be over complicated. A simple walk is a great way to help improve your health.

An intentional walk has several great health benefits. Walking helps to:
- maintain a healthy body weight
- prevents or help manage health conditions
- improves cardiovascular health
- strengthens your bone and muscles
- increases energy level
- improve your over all health
- strengthens immune system
- reduces stress and tension

www.mayoclinic.org
Stay updated!

Visit our Website:
www.springdale.org
Like and Follow our Facebook:
facebook.com/SpringdaleOH

Contact us:
Address: 11700 Springfield Pike, Cincinnati, OH 45246
Phone: (513) 346-5725

We want to hear from you!
The Springdale Health Department is planning educational programs based on your input. Please fill out our survey!

You can do this by either scanning the QR code or using the link provided.
https://forms.gle/a747yfdmEyFi8Rb7

Springdale Health