

CPHD WIC Program Held Annual Community Shower

The WIC Program held the Annual Community Shower in the Community Room on August 6th. The event is for all families and children age birth to 5 years and pregnant women. This event is part of WIC's celebration of Breastfeeding Awareness Month. Our sponsors of the event include Coshocton Regional Medical Center, McWane Ductile and MSW Solutions. The Community Shower had over 100 persons in attendance and 15 community partners providing education. Some fun activities for the families and children to participate in included games, a bouncehouse, face painting and doorprizes.



"People seemed to have a lot of fun and were excited to be there. The attendance of the public and our partners show we are really making a difference in our community. We have created a great bond with our people, which is important to create in and out of the office to show we care and provide great information."

- Susan Worthington

"The Community Shower is an important event for Coshocton County WIC. It is our way of celebrating our community while trying to shine a special light on our lactating mothers. Pregnancy, postpartum, and breastfeeding mothers are our target audience and we strive to make them feel seen, supported, and appreciated through this event. We involve community partners to educate on their resources to help us meet our goal of having a fun, educational, and supportive environment for local families!"

-Kristin Lawrence



"I had the privilege of partnering with the WIC office in support of the 2026 community baby shower. In addition to providing information to the community about my business, MSW solutions, a counseling and social work services agency, we also engaged in a creative project, with myself performing as Mother Goose, and my staff coordinating costuming and directing teenagers to perform as Princesses. This event provided an opportunity for young families who often find themselves limited by finances and family supports to engage in a community-based activity. So often, young mothers, in particular, are excluded from community events because activities are not provided for the children. This event also provided an opportunity for a group of teenagers to engage in community service in a new and creative way, giving children the opportunity to have their photos taken with princesses and the opportunity to sit on their laps while stories were being read or sung to them. For my office, specifically, it gave us an opportunity to share information about the support programs we offer that are designed for moms. I think it's a wonderful community event and am pleased to have been a community partner in making this happen."- Sheila Mayse, MSW Solutions, LLC Counseling and Social Work Services.





September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month, a time to remind one another that hope and help are always available. Suicide is a leading cause of death in the United States, and right here in Ohio, we lose hundreds of lives each year. Every one of those lives matters deeply—to families, friends, and our community.

The truth is, many people struggle in silence. Stress, depression, substance use, and feelings of hopelessness can make someone feel trapped and alone. But suicide is preventable—and together, we can save lives.

Here are a few important reminders:

- **Know the warning signs:** talking about wanting to die, withdrawing from others, drastic changes in mood, or giving away possessions.
- **Reach out:** Asking someone, “Are you okay?” or “Do you need to talk?” can open the door to help. Listening without judgment is one of the most powerful things you can do.
- **Know where to turn:** If you or someone you love is in crisis, call or text 988, the Suicide & Crisis Lifeline. Trained counselors are available 24/7 to provide free, confidential support.

It’s also important to take care of your own mental health. Regular sleep, physical activity, connecting with friends, and talking with a counselor or doctor can all make a difference. And remember—asking for help is a sign of strength, not weakness.

This month, let’s commit to breaking the stigma around mental health. Talk about it with your children, your coworkers, your neighbors. Remind people they are not alone, and that help is only a phone call away. Together, we can build a community where support replaces silence, and hope replaces despair.

Did You Know Coshocton has a Prevention Coalition?

The Coshocton Prevention Coalition brings together community partners (both individuals & organizations) to strengthen prevention efforts, promote mental well-being, build resilience, and create a healthier, safer, and more connected community through collaboration, education, advocacy, and hope.

Are you interested in joining or want to more information? Our meetings are open to anyone with an interest. We meet the 1st Tuesday of the month from 9 am to 10 am at the EMS Station at 724 Walnut Street, Coshocton.



For Assistance Call 988 or Scan the QR Code



www.coshoctoncounty.net/health/



740-622-1426



637 Chestnut Street
Coshocton OH 43812



The Center for Community Outreach and Engagement/ OSUCCC James Cancer Mobile Mammography Unit will be at the following location.

Thursday-October 15th, 2026
9:30am – 3:30pm

Coshocton Public Health District
637 Chestnut Street,
Coshocton, OH 43812

TO SCHEDULE AN APPOINTMENT
 CALL THE CENTER FOR COMMUNITY OUTREACH AND ENGAGEMENT

Angie Medina (614)293-6924

Eligibility Criteria: Women who do not have breast symptoms, NOT pregnant or nursing, with no previous breast cancer. You must be at least 40 to have a screening mammogram. Women who are under 40 would need a written order from their doctor. Women will be screened for eligibility for the Breast and Cervical Cancer Project (BCCP).

*If you are experiencing breast symptoms, please call (614) 293-7020 to schedule a diagnostic mammogram.

Program Sponsored by:

The James



The Environmental Health Department

provides many programs in the Coshocton County community to ensure the health of the community. Some of these programs include:

- Food Safety Program
- Private Water
- Private Sewage
- Pools and Bothing Beaches
- Rabies Prevention
- Campgrounds
- Mobile Home Parks
- Smoke Free Ohio
- Nuisance Complaints
- Solid Waste
- Body Art
- Commercial Plumbing
- Mosquito & Tickborne Diseases

More information can be found on our website at:

<https://www.coshoctoncounty.net/health/environmental-health/>

Are you the caretaker of a young child?

At Coshocton Public Health District, we have 2 programs that can assist you:

- **Ohio Buckles Buckeyes** is a program to offer free child safety seats and booster seats to families that fall within the WIC income guidelines. All you have to do is complete an education on how to properly install and use a car seat
- **Every Baby Sleeps Safe** provides portable cribs and safe sleep education to eligible families that fall within the income guidelines for the WIC of Ohio Medicaid programs.

For more information please call (740) 622-1426



Above: Maria Hall is a Registered Environmental Health Specialist. She works in the Food Safety, Rabies Prevention, Nuisance Complaints & Body Art Programs



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