

Triple-H News

July 2025 Newsletter



July is UV Awareness Month!

Why is UV Awareness Important?

According to the Centers for Disease Control and Prevention (CDC), Spending time outside is a great way to be physically active, reduce stress, and get vitamin D.

6 Tips to Protect You & Your Family From the Sun:

1. Master Your Sunscreen Routine
 - Always wear SPF 30 or higher & apply 20-30 minutes before going in the sun
2. Dress for Sun Defense
 - Wear lightweight, loose fitting clothes. Light colors help reflect the sun
3. Prioritize Eye Protection
 - Wear sunglasses to decrease risk of cataracts & ocular melanoma
4. Limit Time in the Sun
 - UV rays are the strongest between 10am-4pm, avoid being outside for long amounts of time during this period
5. Embrace the Shade & Hydration
 - Seek shade whenever possible
6. Do Regular Skin Checks
 - Check for new spots, changes in existing spots, or anything that looks suspicious

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EVENTS

Upcoming Hoke County Health Department Events

The Hoke County Health Department hosts a monthly CPR & First Aid Training for Hoke County employees and for members of the community. The next class will be held on July 11, 2025 from 9am-3pm at the Hoke County Health Department. To register or for more information, contact Ulva Little-Bennett at (910) 875-3717 ext. 2104



**American
Red Cross**

CPR/FIRST AID/AED CLASS SCHEDULE 2025

11
July

9AM - 3PM

08
Aug

9AM - 3PM

12
Sept

9AM - 3PM

10
Oct

9AM - 3PM

07
Nov

9AM - 3PM

12
Dec

9AM - 3PM

\$COSTS\$

- ✓ \$60 for both CPR & First Aid
- ✓ \$45 for 1 or the other

HOKE COUNTY HEALTH DEPARTMENT
683 E. PALMER ST., RAEFORD, NC 28376



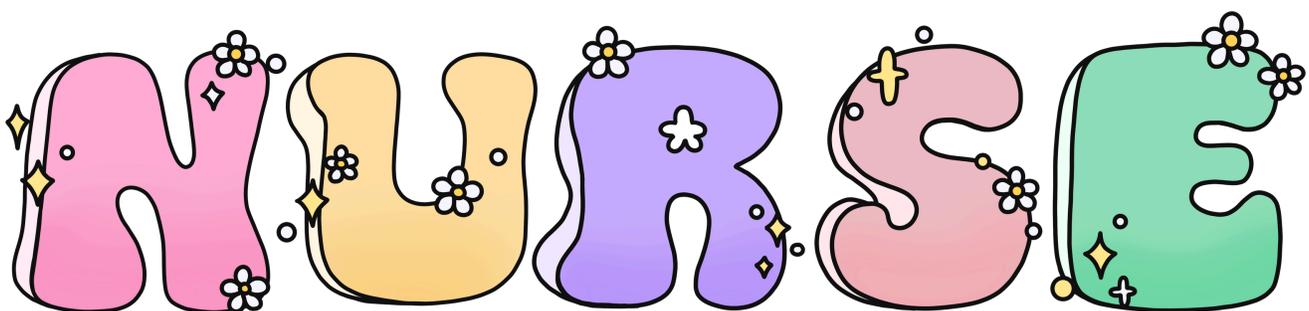
Trusted Nurse, Proven Leader: Anna Steps into Director Role

With over 15 years of experience in nursing, Anna Trimble, RN, BSN, brings heart, vision, and deep compassion to her role as Director of Nursing at the Hoke County Health Department.

Driven by a genuine love for people, Anna has dedicated her career to serving some of the most vulnerable populations—specializing in pediatric care, in-home support for children with special needs, and maternal health. Her passion for helping others achieve their goals fuels everything she does, from patient care to team development.

Outside of nursing, Anna is a proud military spouse and the dedicated mother of three. She has also served as a leader for The American Heritage Girls, mentoring young girls in faith, leadership, and service. She finds joy in singing, beach walks, and mountain hikes, and draws strength from her family as she continues to serve her community with purpose.

Looking ahead, Anna's vision is to help individuals and communities thrive—by building a healthcare environment where everyone feels seen, supported, and set up for success.



Blue for Men's Health on June 13, 2025

The staff at The Hoke County Health Department went **BLUE** on June 13, 2025 in support of Men's Health!

HOKE COUNTY HEALTH DEPARTMENT GOES BLUE FOR MEN'S HEALTH MONTH!

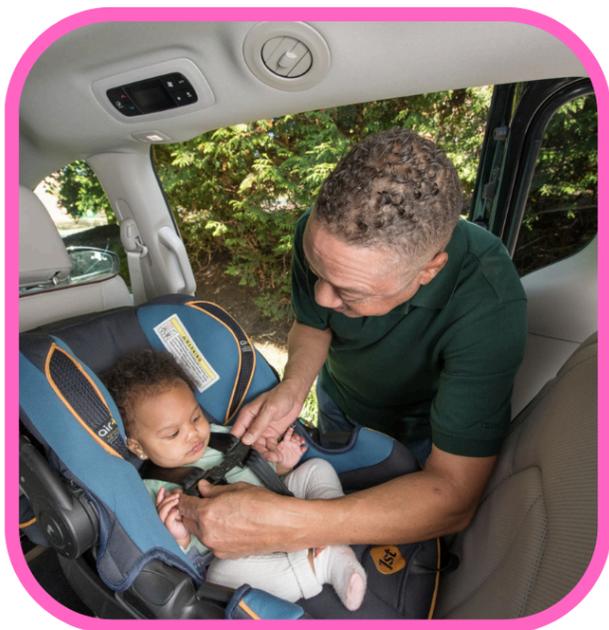
06.13.2025



Car Seat Safety & Safe Sleep Programs



HOKE COUNTY HEALTH DEPARTMENT



ARE YOU IN NEED OF A CAR SEAT OR PACK & PLAY FOR YOUR CHILD?

The Hoke County Health Department has a Car Seat Safety Program & a Safe Sleep Program. The programs aim to keep your child safe in the car and while they sleep!

REQUIREMENTS

- Must be a Hoke County Resident & be able to show proof of residency
- \$25 with proof of Medicaid
- Proof of age for child (if born)



For more information, please contact (910) 875-3117 ext. 2152 or ext. 2104

Monthly Grief Support Group

Grief Support Group



A safe space to heal together

You are not alone

Join us for a time of healing and support on the 1st Monday of each month. Please RSVP by the 30th of the prior month by 5pm. To RSVP, please call (910) 875-3717 ext. 2144



Hoke County Health Department
683 E. Palmer St., Raeford, NC 28376



12pm - 1pm



NEW Service!

The Health Department now offers Doula Services! If interested or if you want to learn more, contact Cashmere Ransom at (910) 875-3117 ext. 2152 or Tammy McNeill at (910) 875-3117

NEW SERVICE ALERT!



THE HOKE COUNTY HEALTH DEPARTMENT

Doula Services

- Meeting with the client.
- Developing a birth plan.
- Teaching relaxation and breathing techniques.
- Being present for the duration of labor.
- Advocating for the client during labor and delivery.
- Assisting the birth partner.
- Helping the client with breastfeeding and bonding.
- And more!



**GET SUPPORT
TODAY!**

Contact Cashmere Ransom at (910) 875-3117 ext. 2152 or Tammy McNeill at (910) 875-3117 ext. 2110

For Spanish, contact Yanet Abreu at (910) 633-4119

CONNECT WITH US

Follow The Hoke County Health Department!

The Hoke County Health Department always has something going on, be sure to keep up with us on our website and social media pages so you never miss anything! We strive to keep the citizens of Hoke County up to date on public health matters and events through the power of social media and the internet.



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[@hokecountyhd](https://www.instagram.com/hokecountyhd)



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Visit Our Website
<https://www.hokecounty.net/630/Health-Department>
