

# Triple-H News

## August 2025 Newsletter



### August is National Immunization Month!

#### Why are immunizations important?

Vaccines have long stood as one of the greatest tools in public health and early childhood immunizations are a powerful first step in protecting children during the most vulnerable years of life. Thanks to initiatives like the Vaccines for Children (VFC) Program, launched in 1994, access to these lifesaving immunizations has improved dramatically. A comprehensive 2024 review of the VFC program revealed just how impactful it has been: for children born between 1994 and 2023, vaccinations will prevent more than 508 million cases of disease, 32 million hospitalizations, and over 1.1 million early deaths across the United States.

In North Carolina, only about 69.7% of children receive all the recommended doses of the combined seven-vaccine series by their second birthday. These vaccines include protections against diphtheria, tetanus, pertussis (whooping cough), measles, mumps, rubella, polio, Haemophilus influenzae type b, hepatitis B, chickenpox, and pneumococcal infections.

Immunization is a simple step with lifelong benefits. Ensuring children are up to date on their vaccines not only protects them but also strengthens the health of our entire community. Let's continue to advocate for and invest in early childhood immunization—it's one of the most effective ways we can protect our future.

#### In this newsletter you can expect:

<i>National Immunization Month</i>	1
National Breast Feeding Month	2
National Grief Awareness Day	3
HCHD - Top 10 in Cervical Cancer Screening Performance	4
Upcoming Events	5-7
Health Department Programs	8-9
Follow Us	10



## National Breast Feeding Month

Breastfeeding is one of the most impactful ways to support a child's health and survival from the very beginning of life. Yet, despite strong global recommendations, less than half of infants under six months are exclusively breastfed.

Breastmilk is nature's perfect first food. It is not only safe and readily available, but also packed with essential nutrients and protective antibodies that help guard against many common childhood illnesses. For the first six months, breastmilk alone provides all the energy and nourishment an infant needs. Even as babies begin to eat solid foods, breastmilk remains an important source of nutrition—contributing significantly to a child's dietary needs through the second year of life. Children who are breastfed are more likely to achieve better outcomes on intelligence tests, have a lower risk of becoming overweight or obese, and are less likely to develop diabetes later in life. The benefits extend to mothers as well—breastfeeding has been linked to a reduced risk of both breast and ovarian cancers.

Promoting breastfeeding, supporting mothers, and protecting families from misleading marketing is essential to building a healthier and more resilient future. Communities, healthcare providers, and policymakers all have a role to play in creating environments where breastfeeding is encouraged, supported, and sustained.

WIC can help with any breastfeeding questions or concerns. Call (910) 875-2298 for support.

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# August 30<sup>th</sup> - National Grief Awareness Day

## **Grief: A Personal Reflection and Coping Tools**

*By Phyllis Shaw, MS, MSW, LCSWA*

Grief is a deeply personal journey. One that has touched my life in profound ways. It doesn't follow a set timeline, nor does it look the same for everyone. Some days bring calm; others arrive in waves of sorrow triggered by a song, a scent, or a memory. And while grief may evolve over time, it never truly disappears. Instead, we learn how to carry it with grace.

As a mental health professional and a woman who has known loss personally, I've come to understand grief not as something to be "fixed," but as something to be **witnessed, tended to, and honored.**

Here are a few gentle coping tools that have helped me — and that may help others navigating their own seasons of grief:

- Give Yourself Permission** to feel, to cry, to rest, to remember. There is no "right" way to grieve.
- Create Space for Ritual** by a light a candle, keep a journal, revisit a meaningful place. Rituals can offer comfort and connection.
- Reach Out** - Grief can feel isolating. Share your story with someone you trust or join a support group.
- Practice Self-Compassion**- Be kind to yourself. Grief can affect sleep, appetite, and energy. Let your body and heart rest.
- Faith and Meaning**- For some, prayer and spiritual practices can be powerful sources of peace and hope during difficult times.

Whether you are grieving a recent loss or carrying a long-ago one, know that you are not alone. There is strength in our shared humanity and healing.



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# Hoke County Health Department Recognized for Excellence in Cervical Cancer Screening

We are proud to announce that the Hoke County Health Department has been named a “Top 10 Practice in Cervical Cancer Screening Performance” by the Community Care Physician Network! This award celebrates the department’s outstanding commitment to preventive women’s health.

By consistently providing high-quality pap tests, HPV screening, and follow-up care, Hoke County’s healthcare team has made significant strides in early detection of cervical cancer—helping save lives and support healthier futures for women across our community.



*Hoke County Health Department Clinical Staff*

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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 August 8, 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

# EVENTS

## Upcoming Hoke County Health Department Events

The Hoke County Health Department will be holding a Back to School Giveaway and Immunization Clinic on Friday, August 22, 2025 from 9am-4pm at the Health Department. There will be school supplies, snacks, 4H Registration, and Informational Vendors. For more information, contact Sonya Fairley at (910) 875-3717 ext. 2143

HOKE COUNTY HEALTH  
DEPARTMENT

# BACK To SCHOOL

GIVE AWAYS AND  
IMMUNIZATION  
CLINIC



- SCHOOL SUPPLIES
- SNACKS
- 4H REGISTRATION
- INFORMATIONAL VENDORS

AUGUST  
22, 2025

9AM-4PM

683 E. Palmer St. Raeford, NC 28376

**More Information:**

Sonya Fairley,  
Social Worker

910-875-3717  
Ext 2143

# EVENTS

## Upcoming Hoke County Health Department Events

The Hoke County Health Department and the Hoke County Public Health Advisory Council will be hosting a FREE Teen Youth Event – “Grown-ish” on Saturday, October 4, 2025 from 10am-1pm at Mt. Pisgah Missionary Baptist Church. There will be sessions for parents/guardians and refreshments will be served. Topics discussed include: Mental Health, Peer Pressure, Safe Choices During Intimacy, Healthy Relationships, Tobacco & Vaping

# “GROWN-ISH”



Let's make learning how to overcome challenges an opportunity to grow!

# FREE!

## Teen Youth Event

### Grades 6-12

**\*Parent/Guardian Sessions Available!\***

Refreshments will be Served!

**DATE:** October 4, 2025

**TIME:** 10AM - 1PM

**REGISTRATION:** 9:30AM

**LOCATION:** Mt. Pisgah Missionary Baptist Church  
414 Pittman Grove Church Rd., Raeford, NC 28376

Mental Health



Peer Pressure



Intimacy:  
Making Safe,  
Responsible  
Choices



Healthy Relationships



Tobacco  
&  
Vaping



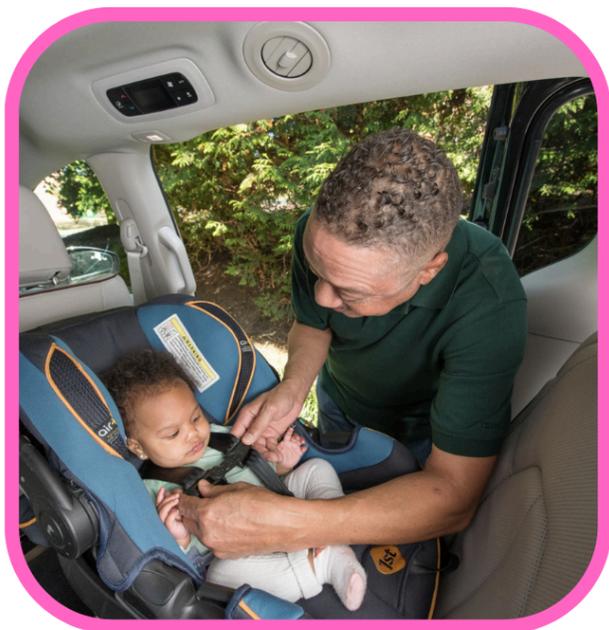
Sponsored by the Hoke County Public Health Advisory Council

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## 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**

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## 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

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# 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*



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Hoke County Health Department



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

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