

Rural Spotlight

2nd Quarter



Wednesday, May 25, 2016 is:

National Senior Health & Fitness Day

2016 Theme:

“Improve Your Health for a Better Self!”

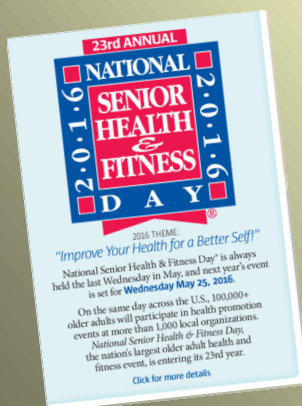
On Wednesday, May 25, 2016, an estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 23rd annual National Senior Health & Fitness Day® (NSHFD), the nation's largest health promotion event for older adults.

The event is always held on the last Wednesday in May as part of Older Americans Month activities.

National Senior Health & Fitness Day is organized as a public-private partnership by the [Mature Market Resource Center](#) (MMRC), a national information clearinghouse for the older adult market.



Organized as a public/private good health partnership by the MMRC, Senior Health & Fitness Day will offer fitness activities for older adults at more than 1,000 locations including hospitals, park and recreation departments, senior centers, health clubs, retirement communities, houses of worship, health departments and other community locations.



For more information or assistance in planning Senior Day Events in your community visit the [U.S. Department of Health and Human Service's, Health Information Resource Center](#); or for additional Senior Information visit the [Department of Health and Senior Service's, Area Agencies on Aging](#).



Quarterly Highlight

2015 Missouri Rural Health Champion

CONGRATULATIONS to Gwynn Caruthers, Registered Nurse, CHPN (Certified Hospice and Palliative Nurse) with Freeman Health System in Neosho, MO, for being voted Missouri's Rural Health Champion for 2015!

Ms. Caruthers has been a nurse for more than 30 years, and has worked in hospice and palliative care for the past 16 years. Palliative care, or end-of-life care, focuses on compassionate, specialized care that respects the patient's values and personal decisions.

To read her full nomination please [click here](#).



Left to right: Melissa VanDyne, Manager - State Office of Rural Health; Gwynn Caruthers RN, CHPN - Freeman Health Systems; Renee Denton, Administrator - Freeman Health System

If you, your staff, a rural health facility or hospital in your Community, have received an award or recognition for a job well done; we would love to highlight their accomplishments in our Rural Spotlight Newsletter.

Please contact:

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Upcoming Observances

April

Alcohol Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Distracted Driving Awareness Month
National Donate Life Month
National Facial Protection Month
National Minority Health Month
Occupational Therapy Month
Sexual Assault Awareness & Prevention Month
Sports Eye Safety Awareness Month
STI Awareness Month
Women's Eye Health & Safety Month
3 - 9 National Youth Violence Prevention Week
4 - 10 National Public Health Week
7 World Health Day
10 National Youth HIV and AIDS Awareness Day
12 - 23 National Infant Immunization Week
24 - 30 National Infertility Awareness Week
24 World Meningitis Day
25 - 29 Air Quality Awareness Week
25 - 29 Every Kid Healthy™ Week

May

Arthritis Awareness Month
Food Allergy Action Month
Healthy Vision Month
Hepatitis Awareness Month
Melanoma/Skin Cancer Detection & Prevention Month
Mental Health Month
National Asthma & Allergy Awareness Month
National Osteoporosis Awareness & Prevention Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month
1 - 7 North American Occupational Safety and Health Week
4 National Bike to School Day
5 Hand Hygiene Day
8 - 14 National Women's Health Week
9 - 15 National Stuttering Awareness Week
12 - 16 National Neuropathy Awareness Week
18 HIV Vaccine Awareness Day
23 - 29 Healthy and Safe Swimming Week
31 World No Tobacco Day

June

1 - July 04 Fireworks Safety Month
Cataract Awareness Month
Men's Health Month
Myasthenia Gravis Awareness Month
National Congenital Cytomegalovirus Awareness Month
National Safety Month
5 - 11 National Rip Current Awareness Week
5 National Cancer Survivors Day®
19 - 25 National Lightning Safety Awareness Week
19 World Sickle Cell Day