



May Newsletter

Welcome to the inaugural newsletter of the Healthy Communities Initiative! We want to make sure that the Jefferson County community is informed and participating in making our county a healthier and happier place.

We are now on Twitter! Join us at [@HCIJeffersonCo](https://twitter.com/HCIJeffersonCo) or [Like us on Facebook at Healthy Communities Initiative of Jefferson County](https://www.facebook.com/HCIJeffersonCo) View our web page at <https://www.kdhmadison.org/health-resources/healthy-communities-initiative/>

Upcoming Events

May is Mental Health Awareness Month. For more information go to [#4Mind4Body](https://www.mentalhealthawarenessmonth.org/)

May 1st - Healthy Lifestyles Team meeting - 12:00 -1:00 in the Elm Room of KDH

May 10th - [Seeing Slavery - Rekindling the Abolitionist Spirit](#)

May 14 - Substance Abuse Team meeting - Oak Room 1, KDH Conference Center

MAY IS 2
MENTAL 0
HEALTH 1
MONTH 9 #4MIND4BODY



LEARN ABOUT HEALTH - 4MIND4BODY
at bit.ly/MayMH.

SHARE WHAT YOU DO TO STAY WELL
by posting with #4Mind4Body.

SEE WHAT OTHERS ARE DOING
at bit.ly/4Mind4Body.

Congratulations to Jeff Studebaker, Winner of the Jefferson County Weight Loss Challenge!

The Healthy Lifestyles Team just completed the Lighten Up Jefferson County weight loss challenge. A total of 749.9 pounds was lost. Congrats to all who participated!



Indiana's Tobacco Quitline

1-800-QUIT-NOW (800-784-8669)

Substance Abuse and Zero Suicide/Mental Health Teams Hear Data Updates and About An Exciting New Program from Indiana 211

At the April joint meeting of the Substance Abuse and Zero Suicide/Mental Health Teams, those persons attending heard an update of key health factors impacting our community. The presentation can be found by clicking [here](#).

Seth Pennington, Project Manager for IN211 and a Madison resident, gave an update on IN211 working to better serve Jefferson County residents. He also spoke about the new partnership with the ride sharing company, Lyft, to help those needing transportation to recovery services. For more information dial 211 or click [here](#)

If you have comments or newsletter ideas, contact Keith Howard at howardk@kdhmadison.org