

Three Rivers Health District Newsletter



SEPTIC AND WELL REPAIR FUNDING FOR MIDDLE PENINSULA AND NORTHERN NECK RESIDENTS



Homeowners who live on the Middle Peninsula and Northern Neck might be eligible to receive financial assistance to repair or replace their well and septic systems thanks to available grant funding administered by the Middle Peninsula Planning District Commission (MPPDC) and Northern Neck Planning District Commission (NNPDC).

Healthy drinking water, groundwater, and waterways are critical to the health and well-being of our community. Functioning and well-maintained septic systems and wells are key to supporting a healthy community and the PDCs in the region have a multitude of funding opportunities to support septic and well repairs for homeowners of varying income levels.

For more information related to these funding opportunities, individuals should contact the Middle Peninsula PDC at (804) 758-2311 or the Northern Neck PDC at (804) 333-1900.



RESOURCE MOTHERS

The Resource Mothers program works with pregnant and parenting teenagers to ensure they have healthy babies and bright futures. The program provides home visits that encourage completion of high school, job assistance, health information, support with references to other community resources and more. It works to decrease infant mortality, maternal mortality, premature birth, low birth weight and delay of a second pregnancy. If you or someone you know is interested in this program, please call the Resource Mothers Coordinator at 804-580-3731 ext.16.

Clinic Schedule

FAMILY PLANNING

- ESSEX – 6/8, 6/22
- GLOUCESTER – 6/1, 6/15
- KING & QUEEN – 6/7
- KING WILLIAM – 6/7
- LANCASTER – 6/6, 6/20
- MATHEWS – 6/21
- MIDDLESEX – 6/21
- NORTHUMBERLAND – 6/13
- RICHMOND CO – 6/13
- WESTMORELAND – 6/14

IMMUNIZATION

- ESSEX – 6/13, 6/22
- GLOUCESTER - 6/14, 6/23, 6/28
- KING & QUEEN – 6/22
- KING WILLIAM – 6/7
- LANCASTER – 6/6, 6/20
- MATHEWS – 6/21
- MIDDLESEX - 6/8, 6/21
- NORTHUMBERLAND – 6/13
- RICHMOND CO – 6/13
- WESTMORELAND – 6/12, 6/14

COVID-19

- ESSEX - 6/1
- GLOUCESTER - 6/15
- KING AND QUEEN - 6/1
- MIDDLESEX - 6/27
- LANCASTER - 6/22
- MATHEWS - 6/8

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- GLOUCESTER - 6/5
- KING WILLIAM - 6/15
- WESTMORELAND - 6/27

SUMMER SUN SAFETY

Summertime is a great time to be outdoors in the sun. Being outdoors helps to reduce stress, increase motivation to be physically active, and increase Vitamin D levels. However, it is important to take precautions and protect your skin from the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays that are emitted from the sun. Here are some tips that can help protect your skin from the sun.

- Sunscreen - Be sure to put on a broad-spectrum sunscreen with 15 SPF or higher before you go outside. The higher the SPF, the more protected. Sunscreen is not recommended for babies who are 6 months old or younger.
- Protective Clothing - Wear long-sleeved shirts and long pants and skirts when possible. Wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.
- Shade - Use an umbrella, a tree, or other shade options when in the open sun.



Juneteenth is a federal holiday commemorating the emancipation of enslaved African Americans. It marks the day the troops arrived in Galveston, Texas 2 years after the emancipation proclamation was signed, to take control of the state, and ensure all slaves were freed. Attending a local community celebration is a great way to honor and celebrate Juneteenth. Many events this year will also be offering health resources, such as COVID-19 boosters and health screening. There may also be live music, children's activities, and other entertainment to enjoy.



- 6/10: Parade and Festival - Middlesex High School starting at 12pm.
- 6/17: - Rice's Hotel/Hughlett Tavern from 4pm-7pm.
- 6/19: Juneteenth Festival - First United Baptist Church from 1:30pm-5pm.

JUNETEENTH

Well Water Testing - Water & Wastewater Professionals Day

About 1.6 million people or 22% of Virginians, rely on wells, springs, or cisterns. The objective for the Virginia Household Water Quality Programs (VAHWQP) is to improve water quality and health in Virginians using private water supplies. Well water should be tested every year for total coliform bacteria. Every three years the pH and total dissolved solids should be tested. Drinking water clinics are offered in the district through a partnership with the Virginia Cooperative Extension. The clinics provide affordable water testing, interpretation of test results and information about maintenance of private water systems and dealing with water problems.

2023 Drinking Water Clinics

- **6/21** - Essex County
- **6/21** - King and Queen; King William
- **7/12** - Gloucester; Mathews; Middlesex
- **10/11** - Lancaster
- **10/11** - Northumberland
- **10/11** - Westmoreland
- **10/11** - Richmond County

For clinic contacts and more information please visit <https://www.wellwater.bse.vt.edu/events.php>

June 30th is Water and Wastewater professionals day, we appreciate the efforts of water sector professionals to protect public health and the environment.



Contact Us



Three Rivers Health District

www.vdh.virginia.gov/three-rivers/

(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>