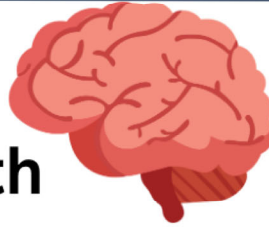


# Three Rivers Health District Newsletter



## June Is Alzheimer's & Brain Awareness Month



June is Alzheimer's & Brain Awareness Month, a time to raise awareness about Alzheimer's disease and other forms of dementia, support those affected, and encourage healthy brain habits throughout life.

According to the Alzheimer's Association, more than 55 million people worldwide are living with Alzheimer's disease or another form of dementia. In the United States alone, more than 6 million adults age 65 and older are estimated to be living with Alzheimer's disease.

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. Over time, symptoms can interfere with daily activities, relationships, and a person's ability to live independently. Dementia is a broader term used to describe a decline in cognitive abilities—including memory, reasoning, communication, and decision-making—that significantly impacts everyday functioning.

While occasional forgetfulness can be a normal part of aging, persistent memory loss, confusion, difficulty completing familiar tasks, or changes in mood and personality may warrant a conversation with a healthcare provider. Early diagnosis can help individuals and families access resources, treatment options, and support services sooner.

This month, take time to learn about brain health, support caregivers, and help reduce the stigma surrounding Alzheimer's disease and dementia. If you or a loved one are experiencing symptoms of cognitive decline, consult your healthcare provider.

For additional information and resources, visit the [National Institute on Aging](#) and the [Alzheimer's Association](#).

## Septic Pump Out Requirements



Did you know that Virginia law requires all private septic systems within the Chesapeake Bay Preservation Area (CBPA) to be pumped out or inspected at least once every five years? Three Rivers Health District will be developing a new program over the coming months to remind affected homeowners of this responsibility and monitor compliance across the health district.

## Clinic Schedule

### FAMILY PLANNING

- GLOUCESTER - 6/4, 6/23
- KING & QUEEN - 6/9
- KING WILLIAM - 6/9
- LANCASTER - 6/10
- MATHEWS - 6/2
- MIDDLESEX - 6/2
- LANCASTER - 6/10
- NORTHUMBERLAND - 6/3
- RICHMOND CO - 6/11
- WESTMORELAND - 6/3

### NURSING & IMMUNIZATION

- ESSEX - 6/1, 6/15
- GLOUCESTER - 6/5, 6/15, 6/22
- KING & QUEEN - 6/9, 6/17
- KING WILLIAM - 6/9, 6/22
- LANCASTER - 6/3
- MATHEWS - 6/8, 6/22
- MIDDLESEX - 6/3
- NORTHUMBERLAND - 6/2, 6/16
- RICHMOND CO - 6/3, 6/16
- WESTMORELAND - 6/1, 6/16

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

- ESSEX - 6/2, 6/5, 6/9, 6/12, 6/16, 6/23, 6/26, 6/30
- GLOUCESTER - 6/1, 6/2, 6/5, 6/8, 6/9, 6/12, 6/15, 6/16, 6/22, 6/23, 6/26, 6/29, 6/30
- KING WILLIAM - 6/4, 6/11, 6/18, 6/25
- LANCASTER - 6/11, 6/24
- MIDDLESEX - 6/4, 6/11, 6/18, 6/25
- NORTHUMBERLAND - 6/1, 6/8, 6/15, 6/22, 6/29
- RICHMOND CO - 6/3, 6/10, 6/17, 6/24
- WESTMORELAND - 6/2, 6/9, 6/16, 6/23

# Protect Your Drinking Water: Private Well Testing Matters



Did you know that approximately one in five Virginians relies on a private well, spring, or cistern for their drinking water? Unlike public water systems, private water supplies are not routinely monitored, making regular testing an important part of protecting your family's health.

The Virginia Household Water Quality Program (VAHWQP) works to improve the health and well-being of Virginians who use private water supplies by providing affordable water testing, assistance interpreting results, and education on maintaining private water systems. Drinking water experts recommend testing well water annually for total coliform bacteria and every three years for pH and total dissolved solids. Additional testing may be needed depending on local conditions and potential contaminants.

Residents of the Three Rivers Health District are encouraged to participate in local drinking water clinics offered through a partnership between the Virginia Cooperative Extension and Virginia Tech. These clinics provide confidential, low-cost testing and valuable information to help homeowners identify and address potential water quality concerns. Clinics are offered throughout the year in communities across Virginia.

To learn more about upcoming drinking water clinics and private well maintenance, visit the [Virginia Household Water Quality Program](#).

# Men's Health Awareness Month



June is Men's Health Month, a national observance dedicated to raising awareness about the unique health challenges men face and encouraging healthy lifestyle choices that promote long-term well-being. It serves as an important reminder that taking care of one's health is not just about treating illness—it's about prevention, early detection, and making informed choices every day.

Studies consistently show that men are less likely than women to seek preventive healthcare services and often delay medical care, which can lead to more serious health concerns over time. Regular checkups and recommended screenings can help detect conditions such as high blood pressure, heart disease, diabetes, certain cancers, and mental health concerns before they become more difficult to manage.

By prioritizing preventive care and healthy lifestyle choices, men can reduce their risk of chronic disease, improve their quality of life, and remain active and engaged in their families and communities for years to come.

For more information about Men's Health Month and men's health resources, visit the [Men's Health Network](#) and the [Centers for Disease Control and Prevention \(CDC\)](#).

## Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck.

To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](#).



## Contact Us



Three Rivers Health District

[www.vdh.virginia.gov/three-rivers/](http://www.vdh.virginia.gov/three-rivers/)

(804) 758-2381

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