

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

June is **Adult Sex Ed Month** Month

As adults, we tend to shy away from topics that make us uncomfortable or even to pretend like we know everything about a topic to avoid it at all cost. Sexual Health is one of those topics but it's crucial that we are educated on the facts and know how to stay healthy. Often when working with adults, we hear, "Should I still be taking birth control at 35?" Well, ask yourself, do you want to have a baby? Are you sexually active? Do you like the other benefits of birth control like period regulation, reduction in menstrual cramps, and more? If so, then the answer is yes!

The average woman will spend 30 years of her life trying to prevent pregnancy, and yet in the United States, the unintended pregnancy rate is still 50%. This #AdultSexEdMonth, we not only encourage you to talk about sexual health, educate yourself with credible information, and talk about your birth control (there are many great methods out there, even ones that can last up to 10 years with only one or two office visits!) but also protect yourself from sexually transmitted infections (STIs). Senior citizens have the second highest rate of STIs. Because they can no longer have children, they often don't use birth control. However, they are still at risk for STIs and could benefit from the use of certain birth control methods.

It boils down to this. If you are sexually active as a youth, teen, adult, parent, senior or any other category, you need to think about pregnancy prevention and STI prevention. One conversation or one condom could change your life. **Never stop learning.** Pick up a book or set up a session with our education team to learn more, and embrace this essential part of your health!



The Southern Tier Sexual health Coalition is a multi-agency governed coalition focused on providing up to date information on sexual health. They aim to educate individuals, groups and organizations. They provide a wide variety of education on topics like: STIs, healthy relationships, harm reduction, PrEP & PeP, Family Planning (Reproductive Health), resources to access healthcare, teen pregnancy prevention, and more. This group meets on the third Thursday of every month at Trillium Health in Bath at 10am. For more information, contact Emily Smith-Cowan at 607-821-7979 or find them on Facebook!

Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

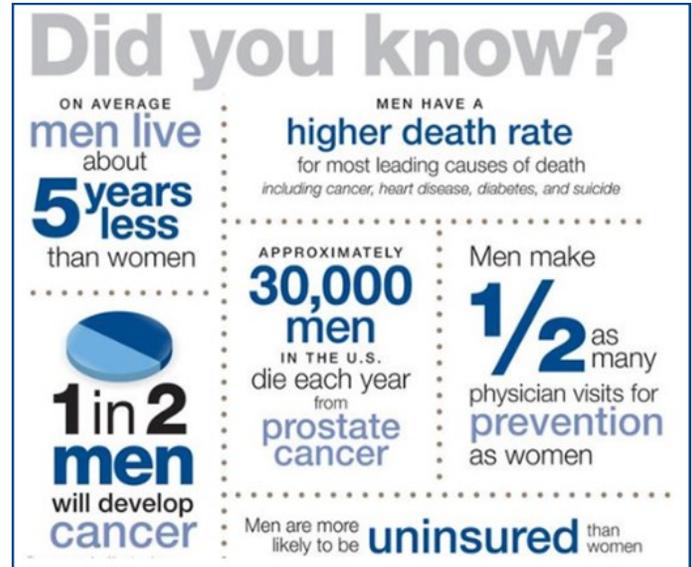
Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

National Men's Health Week: June 13-19, 2016

Men's health is a family issue. It can impact all members of a family when someone is sick. The purpose of Men's health week is to increase awareness of preventable health problems and to encourage early detection and treatment of disease in boys and men. Fathers remember, you are not only taking care of yourself but also setting an example for the young men in your life. At a minimum, everyone (women, too!) should be seeing a primary care provider (PCP) at least once per year as part of their preventive care, which is free under the Affordable Care Act on all healthcare plans. Men, whether they are sexually active with women or other men, should be screened for STI's with every new partner or at least once per year.

Wear **BLUE** on the Friday before Father's Day to show that you support Men's Health! (June 17th)
For more information, visit the website at <http://www.menshealthnetwork.org/wearbluefriday/>.



Where Are We (FLCH) This Month?

- **June 1st:** Mothers & Children's Health Fair - Rose, NY
- **June 1st & 2nd:** Midlakes School
- **June 1st & 3rd:** Port Byron School
- **June 8th & 9th:** Dundee Central School
- **June 11th:** Finger Lakes Pride Festival
- **June 15th:** Five Points Correctional Facility Employee Wellness Fair
- **June 15th:** Finger Lakes Coalition - Canandaigua, NY
- **June 16th:** WCAP - Youth & Family Intervention Program (Staying Connected with Your Teen)
- **June 20th & 21st:** Geneva Middle School
- **June 24th:** STD Conference - Skaneateles, NY
- **June 29th:** Finger Lakes HIV & STD Update - Mt. Morris, NY

***Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?**

For more information go to www.localcommunityhealth.com or contact us today to schedule a time!



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