Put mental health on the back-to-school checklist

PEDIATRIC PSYCHOLOGIST AT KENTUCKY CHILDREN'S HOSPITAL

LEXINGTON – Back to school is a busy time for everyone with lots of items on the checklist - school supplies, sports physicals, plan for after school care - and more!

Another important item to check off is a mental health check in with your child. Going back to school can be stressful and full of uncertainty – especially those with a history of mental health concerns. Mental health care needs to be on the checklist to help set your child up for a successful school year.

your child or teenager's mental health in shape for back to school:

Start a conversation. Ask child/teenager about how they are feeling for the upcoming school year. Have them to share one thing they are looking forward to and one thing they are not looking forward to. Even if they are worried about something that you don't think will happen, show you are listening to their concerns ("you're worried you won't have any friends in middle school") before moving to problem solving and reassuring them.

Get back into routine before school starts. Even if the first day of school

bedtime and have them wake, get dressed and eat breakfast as they would during the school year. Likewise, scheduling meal and snack time and setting limits to screen time will help ease them back into their school year routine.

Setup a trial run. This is especially if you have a child or teen who has avoided school in the past or is transitioning to a new school. Driving by the school and walking the halls will help them orient themselves in a new space. Open houses and back to school nights are great way

first day.

Make a plan. A successful school especially important if they have struggled at school before. Make organization and time management a priority and talk about what they can do when things don't go according to plan. Consider sharing the plan with a support staff member

Enlist the help of their pediatrician. out where their lockers are and get talk about struggles they have been pediatrician on how to support them.

Here are some tips for getting is weeks away, start scheduling a general lay of the land before the having at school with their doctor. Remember that back to school sports physical you need? That could be year starts with a plan. This is a good opportunity for a mental health check in. This article has some tips on how to start the conversation with their pediatrician.

Remember that it make take a few weeks for the whole family to get back into the groove of the school year, especially when faced with changes such as starting a new school. It's normal for your child Remind them that they can always to experience difficult thoughts, come to you with questions or to feelings and emotions, but when talk about how they're feeling. those feelings interfere with their to help kids find their classes, figure Encourage your child or teen to success at school, talk to their

Bardstown blood donor wins free Texas Roadhouse for a year

LEXINGTON – Kentucky sharing with his nine kids. Blood Center's "Summer of cash as a thank you for boosting the summer blood supply – will conclude in August with the promotion's final grand prize: One lucky donor who gives blood this month will win free groceries for a year.

The grocery giveaway is the fourth and final grand prize of the summer promotion. Angela Torres from Louisville won movie tickets for a year in May, Philip Morgan of Winchester was the winner of free gas for a year awarded in June, and Bernard Batcheldor from Bardstown is the lucky recipient of the free Texas Roadhouse for a Year giveaway. Batcheldor's winning donation was made July 15 at the Hillview Donor Center in Louisville.

Batcheldor started giving with KBC in 2019 out of a desire to give locally. All blood donated with KBC stays in Kentucky to serve more than 70 local hospitals. He has made 35 donations of whole blood in that period by giving every two months (donors can give whole blood every 56 days).

Prior to winning, Batcheldor already had plans to take his wife to Texas Roadhouse for her birthday on Aug. 5. Coincidentally, KBC delivered the 52 \$40 gift cards to him that

The August winner will Saving" – an effort to save donors receive 52 \$200 gift cards to Kroger (or a grocery store determined by KBC in the donor's area). Donors are automatically entered simply by donating blood at any of KBC's eight donor centers or at one of the hundreds of mobile blood drives taking place this month across the state.

Although only a lucky few win the Summer of Saving monthly prizes, all donors walk away with something in hand at KBC as a thank you for saving lives. KBC has featured gift cards during historically low turnout periods throughout the summer, plus all donors receive a KBC shirt ("Stay Peachy" T-shirt in August). With the ability to donate whole blood every 56 days and platelets every 14 days, donors have had the opportunity to donate multiple times during the Summer of Saving giveaway and earn eligibility for multiple grand prizes.

Whether it's the motivation of promotions like the Summer of Saving, the desire to save local lives or a combination of the two, donors who give during the summer play a critical role in the health of the blood supply. Blood donations historically dwindle during the summer because of warm-weather activities, family vacations and afternoon to foot the bill. With no school, but the need for blood the remaining 51 gift cards, doesn't take a break, and Batcheldor said he plans on oftentimes transfusion levels



Photo courtesy of Kentucky Blood Center

Bernard Batcheldor from Bardstown is the lucky recipient of the free Texas Roadhouse for a Year after donating blood.

the Summer of Saving. Mobile my.kybloodcenter.org/

increase during trauma season.

Blood collected at KBC saves the lives of patients in Kentucky who require products for surgeries, diseases like cancer, traumas, organ transplants, premature births and so much

All KBC locations and mobile drive locations can be found drives are participating in at

donor/schedules/county. Appointments are preferred but walk-ins are welcome.

NEARLY

McDowell offering free prostate cancer screenings in September

DANVILLE - Although times: prostate cancer is the second most common and second most deadly type of cancer, it has a high survival rate when detected early. Ephraim McDowell is making it easier for prostate cancer to be detected early.

Ephraim McDowell Urology and Ephraim McDowell Community Service are offering free screenings for prostate cancer on September 12 and 20. Appointments for the free screenings can be scheduled by calling (859) 239-2740. Calls for scheduling appointments will be accepted Monday through Friday between 8 a.m. and 5 p.m. A limited number of screening appointments are available.

The free screenings will be available at the Ephraim McDowell Urology office (230 West Main Street, Suite 102, Danville) during the following

Friday, September 12, 1 p.m. to 5 p.m.

Saturday, September 20, 8 a.m. to noon

The free prostate cancer screening will consist of a digital rectal exam and a PSA blood test, which measures the prostate specific antigen produced by the prostate.

To fit the criteria to be screened, all participants must:

Not currently be diagnosed with prostate cancer. Be over the age of 40, or

over the age of 35 if at high Not have had a PSA (blood test for prostate cancer) in the of urine

past year.

According to the American Cancer Society's estimates, 313,780 cases of prostate cancer are expected to be diagnosed in 2025, and 35,770 men are anticipated to die from the disease. About one in eight

men will have prostate cancer in their lifetime. Prostate cancer is more likely to develop in older men and in non-Hispanic black men. About six cases in 10 are diagnosed in men who are 65 or older, and is rare in men under 40. The average age of men when they are first diagnosed is about

· weak or interrupted flow

Screening for prostate cancer is important because the disease usually has no symptoms, especially in its earliest stages. Typical symptoms of prostate cancer include:

· inability to urinate or difficulty in beginning to urinate · need to urinate frequently, especially at night

· blood in urine or semen · continuing pain in the lower back, pelvis or upper thighs

McDowell Commonwealth Cancer Center welcomes Blair, Advanced Practice Provider

DANVILLE Belinda Sue Blair. APRN, has joined the staff at Ephraim McDowell Commonwealth Cancer Center. She is a contracted provider and will be supporting oncology/hematology

providers at the facility. 2010 and her master's degree about patients having access



in nursing in 2016, both from Eastern Kentucky University. She is board-certified by American Academy of Nurse Practitioners as a family nurse practitioner. She

extensive has experience in oncology, has Blair earned her bach- a special interest in rural

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Blair lives in Nicholasville and has two adult children and three pets. In her free time, she enjoys being outdoors, taking road trips, reading, playing board games, listening to outdoor music and creating art.

McDowell Ephraim Commonwealth Cancer Center is located at 520 Techwood Drive in Danville. elor's degree in nursing in medicine and is passionate For more information, call

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