GROVEWOOD GAZETTE

FALL 2026

Resource Spotlight

drcog
DENVER REGIONAL COUNCIL OF GOVERNMENTS

With more than 50 years experience, DRCOG provides services to address the needs of older adults and people living with disabilities. Services include:

- **Transportation**
- **Case Management**
- **Insurance Assistance**
- **Caregiver & Support Services**
- **& MORE!**

Call 303-480-6700
for more information.

judi's house / JAG Institute
For Grieving Children and Families

For 20 years, Judi's House has served Metro Denver by providing research-based bereavement care to youth ages 3 to 25. Since 2002, Judi's House invests in the lives of young people by helping them build the coping skills necessary to adjust to their loss and handle future challenges. Their mission is to help children and families grieving a death find connection and healing.
Call 720-941-0331
to inquire about services

Fall Health Observances

September

Challenge: Create a relaxing bedtime routine and aim for a consistent sleep schedule.

- **Sexual Health Month:** Visit myallyhealth.org for action steps and information.
- **Blood Cancer Awareness Month:** Visit bloodcancerunited.org for information and resources.
- **Healthy Aging Month:** Visit ncoa.org for resources and programs for aging well.
- **National Recovery Month:** Visit samhsa.gov to learn about substances, how they affect people, and resources to help.
- **Sickle Cell Disease Awareness:** Visit sicklecelldisease.org for education and to get connected with resources.

October

Challenge: Spend at least 15 minutes outside each day, weather permitting.

- **Breast Cancer Awareness Month:** Visit komen.org for support and information about financial assistance.
- **Health Literacy Month:** Visit www.sophe.org for additional resources.
- **ADHD Awareness Month:** Visit chadd.org to get support for adults and children living with ADHD.
- **National Domestic Violence Awareness:** Visit roseandomcenter.org for more information about local services.

November

Challenge: Write down or share one thing you're grateful for each day.

- **American Diabetes Month:** Visit diabetes.org for resources and to find a Diabetes Education Program near you.
- **Lung Cancer Awareness Month:** Visit lcfamerica.org for resources for patients living with cancer. Visit lung.org for resources to help you quit smoking.
- **National COPD Awareness Month:** Visit copdfoundation.org for more information about living with COPD.

Stay In Touch

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FALL 2026

Words of Wellness

by Deja Dunn, ND

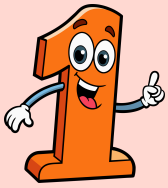
September and October are great months to get vaccinated before viruses start spreading in the winter!
Updated vaccines are available for:

COVID-19

FLU

RSV

VACCINE MYTHS & FACTS

MYTHS	FACTS
 **Vaccines may contain many harmful ingredients.**	Vaccines have ingredients that keep them safe for your body. Anything can be bad for you if you get too much of it, even plain water! The amounts of ingredients in vaccines are very small--even smaller than what you come into contact with every day.
Vaccines cause autism and sudden infant death syndrome (SIDS).	Vaccines are very safe. Most side effects are minor and go away quickly, like a mild feber or a sore arm. Science has shown that vaccines do not cause autism or SIDS. An old study claimed there was a link, but it was proven to be fake and was completely thrown out.
It is better to have the disease than become immune through vaccines.	Every year, the flu puts over 200,000 people in the hospital, an tens of thousands of people die from it. Vaccines give you protection from the disease without having to deal with the dangerous health problems it can cause.
I don't need to vaccinate my child because all th other children around them are already immune.	Herd immunity happens when a lot of people in a community get vaccinated against a disease. When most people are protected, it is very hard for germs to spread and cause an outbreak. This helps protect people who are too young or too sick to get vaccines themselves. If too many healthy people skip their vaccines and rely on everyone else to protect them, herd immunity stops working, and the disease can come back.