

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). Did you know that senior citizens have the second highest rate of STIs? Since they can no longer have children, they often don't use birth control. However, seniors 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!



### Partner **SPOTLIGHT:**



SOUTHERN TIER  
**sexual health**  
c o a l i t i o n

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

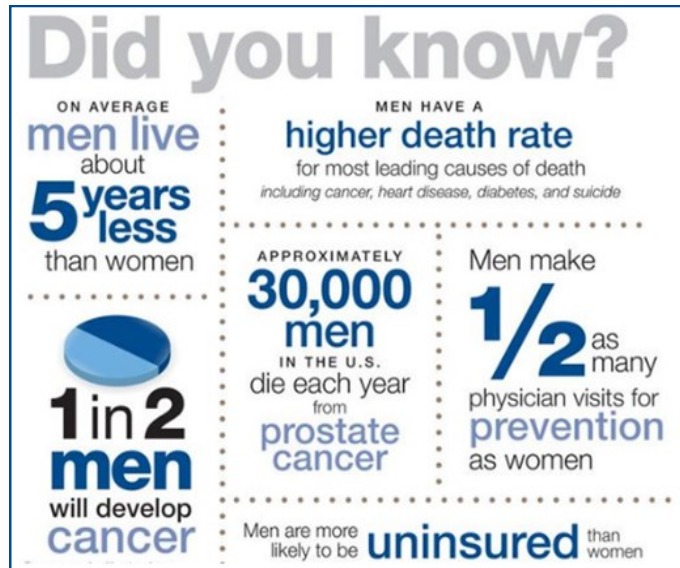
### Administrative Offices

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](http://www.localcommunityhealth.com) or contact us today to schedule a time!**



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