



DORCHESTER COUNTY HEALTH DEPARTMENT

COMMUNITY UPDATE



Mental Health Awareness Month

Mental health is just as vital as physical health. Whether you're navigating daily stress, managing a loss, or simply feeling overwhelmed, reaching out is a sign of strength—not a weakness.

How to Take Action This Month:

- **Check In:** Reach out to a neighbor, friend, or family member. A simple conversation can make a world of difference.
- **Prioritize You:** Take advantage of our local parks and trails for a "mental health break" in nature.

CredibleMind is a trustworthy "one-stop shop" for mental wellness. It's an online platform with expert-reviewed videos, articles, podcasts, and apps on over 100 topics like stress, anxiety, sleep, and resilience.

Access Credible Mind by going to <https://dorchesterhealth.crediblemind.com>. You can browse resources or sign up to take confidential assessments and track your progress. Your personal information, including your name, email, and any of your responses or assessment results, will NOT be shared with the Dorchester County Health Department. Your privacy is protected.

YAC Positive Messages Care Box Event

Dorchester County Health Department's Youth Action Council along with trusted community partners and local youth facilitated several community-based art projects aimed at promoting affirmations and positive self-talk.

Positive artwork and decorated care boxes were created to be distributed throughout Dorchester County at community shelters, senior living apartments, and long term facilities. Art support was provided by local artist, Charles Ross.

Join the Movement! The Youth Action Council (YAC) is a program run by youth, for youth. We want to make Dorchester County a better place, and we want you to help us do it. Interested youth should contact Dorchester County Health Department by phone 410-901-8132 or email

dchd.yac@maryland.gov.



Maryland Department of Health launches Medically Tailored Meals Program to Improve Health Outcomes and Cost of Care

The Medically Tailored Meals Program is a free, six-month service that provides freshly prepared, nutritionally balanced meals tailored to each participant's specific dietary needs. This program is intended to support disease management, reduce hospitalizations, and elevate the quality of life for vulnerable Marylanders. This program is intended to serve clients diagnosed with diabetes. The service will be available in six jurisdictions: Dorchester, Somerset, Allegany, Prince George's, Baltimore City, and Baltimore County.

In partnership with Moveable Feast, participants will get:

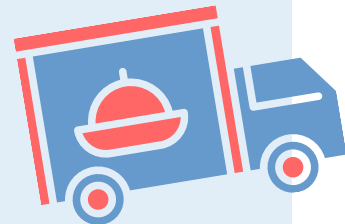
- 12 frozen, medically tailored entrees per week, designed to meet individual medical requirements.
- Ongoing nutritional counseling and comprehensive support.
- Convenient home delivery for easy access.
- Oral nutrition supplements, when prescribed by a Registered Dietitian Nutritionist.

There are two ways to enroll in the MTM program.

Option 1: Reach out to your provider (doctor, nurse, social worker) to determine your eligibility and be referred to the program.

Option 2: If you think you may be eligible and do not have a provider who can refer you to the program, you can reach out directly to our partners: Please call 410-327-3420 or email

clientservices@mfeast.org for more information.



Spring Rabies Clinics in Dorchester County

Keeping your pets up-to-date on their rabies vaccinations is an essential part of responsible pet ownership. To help our local community keep their furry friends safe, the Dorchester County Health Department is hosting its annual Spring Rabies Clinics. If you need to update your pet's vaccines, a local **Dorchester County Rabies Clinic** is the most convenient and affordable way to do it.

Spring 2026 DCHD Rabies Clinics Dates and Locations

- **Wednesday, May 13**
 - **Time:** 5:30-6:30 pm
 - **Location:** Church Creek VFD, 1902 Church Creek Road, Church Creek
- **Saturday, May 16**
 - **Time:** 9-10 am
 - **Location:** East New Market VFD , 4020 E New Market Bypass, East New Market



Clinic Rules & Pricing

Affordable Cost: Vaccinations are just \$5 for dogs, cats, and ferrets. Please bring cash or check.

Safety Rules: For the safety of all animals, staff, and attendees, dogs must be leashed. Cats and ferrets must be securely contained in carriers.

Have Questions?

We are here to help ensure your pets stay healthy! If you have any questions regarding the upcoming Spring 2026 DCHD Rabies Clinics , please call Kimberly Keene at 443-521-4996.

Free Adult Vaccines

Free adult vaccines are available at Dorchester County Health Department at 627 Race St. in Cambridge.

You can now get free vaccines if you meet all the requirements:

- You live in Maryland.
- You are 19 years or older

AND you fit one of these two categories:

- You do not have health insurance **OR**
- You have insurance but it does not cover the full cost of the shot.

Appointments are recommended.

Call 410-228-3223 to schedule or for more information.

Tickborne Disease Awareness



Fight the Bite! Lyme disease and other diseases transmitted by ticks are best prevented by wearing protective clothing, applying appropriate repellents, checking thoroughly for ticks, and showering after being in a tick habitat, avoiding tick-infested areas, keeping ticks off of pets, and managing the environment to minimize tick abundance.

Interested in tracking tick data? Check out Maryland Department of Health's Tickborne Disease Data Dashboard here: <https://bit.ly/MDH-Tickborne-Disease-Dashboard>

Climate & Health Corner

The Dorchester County Health Department Climate and Health Team is preparing for summer heat waves.

In Spring 2026, extreme heat workshops have been facilitated to highlight the local emergency response to heat-related illness have been facilitated at local senior living apartment complexes, shelters, and faith-based organizations.

Participants come away with their own cool-down kits.

Interested in opening up our space as a cooling center during or putting up a hydration tent during extreme?

Let's partner. We have limited cooling supplies for our partner facilities that we are happy to loan out for the summer! Please contact La'Toya Jackson by phone at 443-225-7305.



Help Keep People Cool This Summer

We are now recruiting volunteers to staff cooling stations this summer.

To register, please click here:

bit.ly/MDH-MD-Responds-Registration

You do not need to have a medical background.

If you do know any health care professionals, retired professionals, and/or community health workers, we are eager to bring them aboard as volunteers.

If you have any questions or concerns, please call Hannah Mayhew at 410-901-8108 or email her at hannah.mayhew@maryland.gov.

Led by Theresa Perry, the Dorchester County Health Department **Climate Ready Youth Committee** had the privilege to coordinate and implement a tree planting at McCarter Park in Cambridge on April 27 as one of their community action projects. Trees and tools were provided through ShoreRivers Tree the Shore Program. Increasing tree canopy can help reduce the effect of urban heat islands.





Stop the Bleed Training on June 15

Minutes count! Someone who is severely bleeding from an injury such as a car crash, a gunshot or accidental wound can bleed to death in as little as 5 minutes. That's why the R Adams Cowley Shock Trauma Center's Center for Injury Prevention & Policy offers FREE life-saving bleeding control training through STOP THE BLEED®.

Join Us for a Community Stop the Bleed Training at 10 am June 15, 2026, at Dorchester County Health Department, 627 Race St., Cambridge, MD 21613.

COMMUNITY EVENTS

Please see below for upcoming public events that include health programming from various DCHD programs, as well as events held by our community partners:

- Monday, May 4, from 12pm-2pm, MD Food Bank Shop the Truck at Linkwood Salem Volunteer Fire
- Wednesday, May 5, starting at 10am, St. Andrews Food Pantry in Hurlock, MD
- Thursday, May 7, starting at 9am, Eastern Shore Wellness Mobile Food Pantry at Sunnyside Alliance Church
- Monday, May 11, from 12pm-2pm, MD Food Bank Shop the Truck at Lakes & Straits Fire
- Wednesday, May 13, from 5pm-6pm, Extreme Heat Workshop at Harriet Tubman Freedom Center, Cambridge
- Thursday, May 14, from 1pm-3pm, DCHD Monthly Visit, One Mission in Cambridge
- Tuesday, May 19, from 12pm-2pm, MD Food Bank Shop the Truck at Hoopers Island Volunteer Fire
- Thursday, May 28, from 11:30am-12:30pm, DCPL and DCHD Teddy Tea Time and Teddy Bear Clinic at Hurlock Library

Invite the Dorchester County Health Department to your event, request a speaker, or get materials by filling out the form at <https://dorchesterhealth.org/invite>.

Please submit at least 4 weeks in advance.



HOOPERS ISLAND RESOURCE FAIR

For All Seasons is excited to host a special evening for our local migrant workers!

JUNE 29, 2026

5 - 7 PM

Hoopers Island Volunteer Firehouse,
2756 Hoopers Island Rd, Fishing Creek, MD

Many resources from throughout the community will be there providing helpful items for our guests including: groceries, hygiene products, and various small gifts.

**FREE
ENTRY**

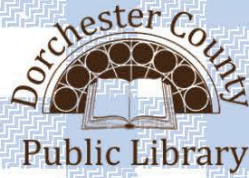
**DINNER
SERVED**

**TRANSPORT
AVAILABLE**

Come enjoy an evening with friends while learning about the services available in your community.

For questions, contact Ivy Garcia: (443) 786-4947





HURLOCK PUBLIC LIBRARY
PRESENTS:

Teddy Bear TEA PARTY

MAY 28TH AT 11:30AM



STORIES SNACKS GAMES

*AND A CHECKUP FOR YOUR
STUFFIE BUDDY!*

WWW.DORCHESTERLIBRARY.ORG



WITH THE
DORCHESTER COUNTY
HEALTH DEPARTMENT



DORCHESTER COUNTY

HEALTH DEPARTMENT

COMMUNITY UPDATE