

## Community Awareness Night a Huge Success



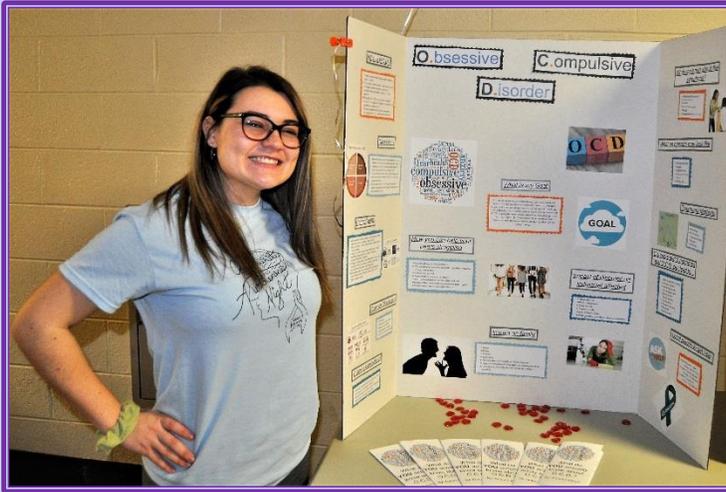
*Cade Morgan displayed his information on pancreatic cancer. Unfortunately, this type of cancer is very aggressive. About seventeen people in Sussex County die from this disease every year.*

Thank you Mrs. Mate and the KRHS senior class for a very informative evening. Kittatinny was packed with people who came to gather information on a wide variety of health issues.

The students were bright, articulate, and well-versed on their individual health related topics. As I was speaking with the students, I would ask them why they chose this particular topic. A pattern emerged that either they had this diagnosis themselves or a family member did. They were very forthcoming and shared their personal stories which led to some very heartwarming dialogue. I often found myself thinking of a friend, family member, or even myself who have one or more of these sixty different health related issues.

Guest speakers also participated in this event. I had the opportunity to speak with Dianne Grossman who created Mallory's Army in honor of her daughter. She is continually spreading her message that "**words matter**" to raise public awareness about bullying and cyberbullying. I also spoke to a bereavement counselor named Joel Peterson from Karen Ann Quinlan Hospice. He shared how hospice assists the patient and their family with their medical, emotional and spiritual needs through end of life care which differs from the palliative/comfort care many hospitals offer. Geni Kish shared holistic alternatives to assist with migraines. Hidden in Plain Sight helped parents learn how teens often try to hide items they don't want their parents to see.





Autumn Kilduff studied obsessive compulsive disorder or OCD. People who suffer from this disorder have reoccurring thoughts and/or behaviors they repeat over and over. OCD impacts every facet of a person's life.

Annalyse Svendsen and Emma Fischer learned anxiety is much more common than people realize. It is often linked with other disorders such as PTSD or OCD.



Shawn Fahey and Joseph Rincon researched autism. Children are often misdiagnosed with disorders such as ADHD. A child is usually diagnosed with autism between the ages of two to four years old.

*Cole Longcor and Dan Nigro discussed hearing loss. They were surprised to learn just two minutes in a concert or fifteen minutes with earbuds can be the beginning of hearing loss.*



*Braeden Hahn and Logan Stolk looked at blood diseases such as severe aplastic anemia. In the United States alone, a blood transfusion is done every two seconds. If you are able, please remember to donate blood.*

Thank you Mrs. Mate for creating this very special annual event. Each year, it gets bigger and better. Thank you KRHS seniors for putting in a lot of time to make this event so impressive and for sharing your personal stories with me. Special thanks to all the community members who helped inform and assist our community. Though I was there for the two-hour event, I must admit I ran out of time to see everything.