

Monthly Update

DECEMBER 2025

Guiding Montgomery County Toward a Healthier Future

Revised Mission, Vision, and Guiding Principles to Lead Public Health

The 2025-2027 Strategic Plan for Public Health - Dayton & Montgomery County is now available on the [agency website](#). This updated plan marks the culmination of a yearlong effort to reassess the agency's direction and strengthen its commitment to serving the community. At the heart of the new plan are revised Mission and Vision Statements that more clearly define who we are, what we strive for, and how we serve Montgomery County.

Public Health's Vision Statement sets a bold, community-centered aspiration:

"A healthy, safe, and thriving community for all."

Supporting this vision is the agency's Mission Statement:

"To improve opportunities for health and well-being by preventing the spread of disease, promoting healthy living, and protecting the environment."

Together, these statements reinforce Public Health's commitment to advancing health equity, safeguarding the community, and promoting well-being for every resident.

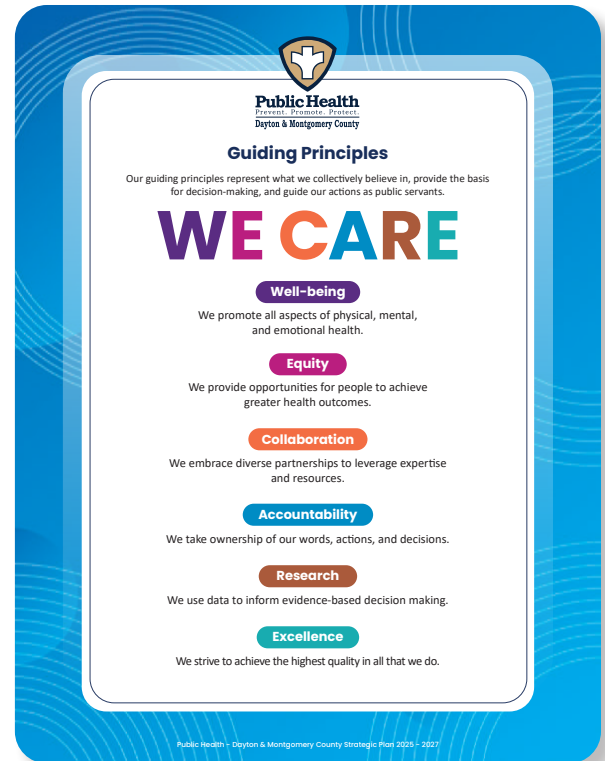
The agency also refreshed its Guiding Principles, now organized into the memorable acronym **WE CARE: Well-being, Equity, Collaboration, Accountability, Research, and Excellence**. These values will shape how Public Health engages with the community, partners, and stakeholders in the years ahead.

The Strategic Planning Committee, comprised of Executive Leadership and representatives from each Office of Public Health, guided the year's work. The process began with a comprehensive SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis, followed by monthly meetings to update and refine the plan.

The 2025–2027 Strategic Plan identifies three priority areas for action:

- ➔ Priority 1: Advance Health Equity Initiatives
- ➔ Priority 2: Collaborate to Address Service Gaps
- ➔ Priority 3: Strengthen Public Health Infrastructure

Together, these priorities, grounded in the renewed Mission, Vision, and Guiding Principles, chart a clear and purposeful path for Public Health as it continues working to make Montgomery County a healthier, safer, and more vibrant place for all.



Managing Holiday Blues



The holidays are typically portrayed as a joyous time, full of celebration, laughter, and connection with loved ones. Yet, not everyone experiences the holidays in this way. Countless individuals in the U.S. and abroad experience the “[holiday blues](#),” which can make the season a very challenging time of year.

The holiday blues are defined as temporary feelings of anxiety, depression, sadness, loneliness, and other negative emotions. Many individuals with pre-existing mental illnesses are affected by the holiday blues as their symptoms worsen during this time of year, but even those without regularly occurring mental health challenges can experience the holiday blues.

If you're struggling with the holiday blues, here are some tips for managing your mental health this holiday season:

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation.
- Get Exercise - even if it's only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

**CALL
OR
TEXT** **988**

988 SUICIDE AND CRISIS LIFELINE

The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.



WHAT ARE THE HOLIDAY BLUES?

In a survey on the Holiday Blues

64% say they are affected

and 24% say the holidays affect them a lot.



So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

**This might
include:**

**Fatigue
Tension
Frustration**

**Loneliness or isolation
Sadness
A sense of loss**

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.



End of 2025 Mosquito Season

As we head towards winter and cooler temperatures, we mark the end of the Mosquito season. The Ohio Department of Health closed the Surveillance Season on 10/24/25. Mosquito-borne diseases continue to cause serious illness, hospitalization, and death in the United States. West Nile Virus (WNV) continues to be the most common mosquito-borne disease in the U.S., with almost 1,821 cases reported so far in 2025.

[Public Health conducts surveillance](#) for mosquitoes throughout the county in the spring and summer months.

In 2025, Montgomery County has had 28 positive mosquito pools for West Nile Virus to date. In response, Public Health conducted fourteen spraying operations in 2025 to help decrease the mosquito population. Public Health also conducted one larvicide application to reduce the number of adult mosquitoes in wet areas and in scrap tires. Public Health will continue to conduct mosquito surveillance annually to help protect those in Montgomery County from disease.

Human WNV Cases in Montgomery County

- 2025: 4 cases
- 2024: 0 cases
- 2023: 2 cases
- 2022: 3 cases
- 2021: 1 case

2025 Mosquito Control Data

- 28 West Nile positive pools
- 14 Spraying events
- 1 Larvicide event
- 4 Human West Nile Cases reported
- 5,727 mosquitoes identified
- 182 mosquito pools submitted to ODH
- 15.4% West Nile positive pools



Groundwater Protection Award

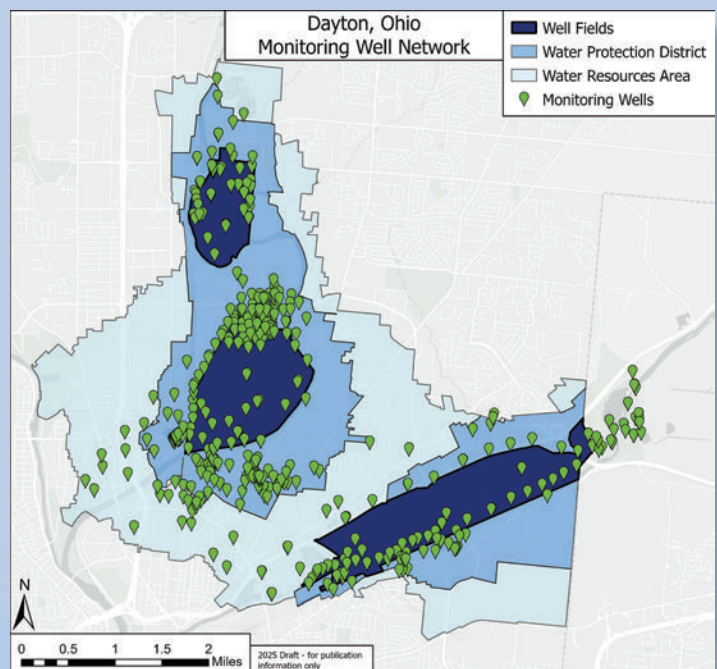
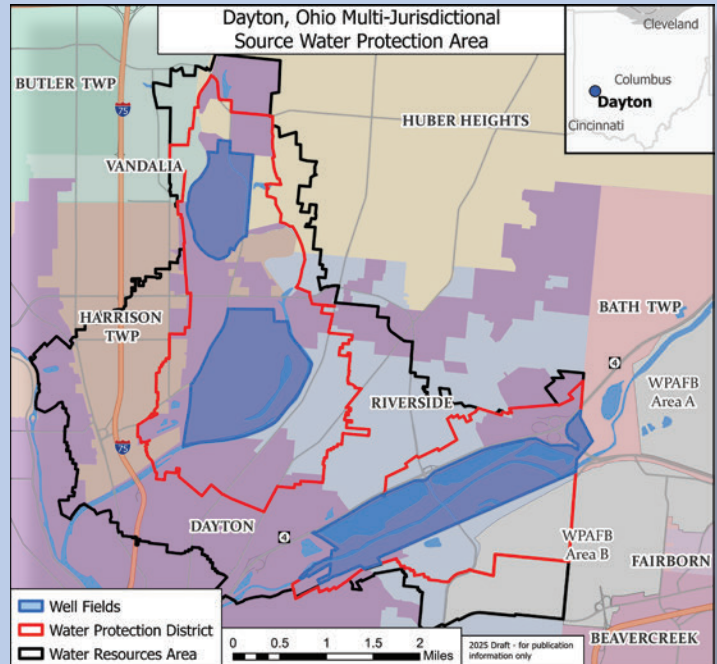


The City of Dayton's Source Water Protection Program (SWPP) is a nationally recognized, multi-jurisdictional effort to protect the public water supply for over 400,000 people in Dayton and Montgomery County.

The goal of the program is to protect and preserve the groundwater resources that supply Dayton's drinking water.

"NGWA awards represent the highest quality in standards and business practices. Award recipients are recognized for outstanding contributions through service, innovation, research, safety, and outstanding projects of scientific and technological importance affecting the growth and well-being of the groundwater industry." -NGWA

The Multi-Jurisdictional [Source Water Protection Program](#) is receiving the "Groundwater Protection Project" award from the National Groundwater Association (NGWA) in December 2025. This award recognizes outstanding science, engineering and/or innovations and contributions affecting groundwater supply, protection, remediation, and awareness. The City of Dayton and Public Health – Dayton & Montgomery County work together in this program to protect our groundwater and aquifer system.



The Enrollment Deadline for the Affordable Care Act Health Plan is December 15th.



As we navigate the holiday season, it's crucial to ensure that your health is a top priority. Public Health reminds you about health insurance available through the [Affordable Care Act \(ACA\)](#).

Why Sign Up for the Affordable Care Act?

The ACA helps make quality healthcare accessible to all Americans and provides the following benefits:

Financial Relief

The ACA provides subsidies and tax credits to make health insurance more affordable. By signing up, you can secure coverage without breaking the bank, ensuring that healthcare expenses won't compromise your financial well-being.

Preventive Care

Regular check-ups and preventive services are crucial for maintaining good health. The ACA covers a range of preventive services at no additional cost, empowering you to take proactive steps in managing your well-being.

Protection for Pre-existing Conditions

Worried about pre-existing conditions? The ACA ensures that insurance companies cannot deny you coverage or charge you exorbitant rates based on your health history. This safeguard ensures that everyone, regardless of their health status, can access the care they need.

Comprehensive Coverage

ACA plans cover essential health benefits, including hospital stays, prescription medications, and maternity care. You can customize your coverage based on your needs, giving you peace of mind that you're protected in various health-related situations.

How Do I Sign Up?

Enrolling in the Affordable Care Act is easier than you might think. Open enrollment is your opportunity to explore the available plans and select one that suits your needs. Visit the Marketplace at healthcare.gov to explore available plans in your area.

Public Health Can Help

If you need assistance with the process, Public Health's Certified Community Health Worker can help. Call **(937) 224-3674** for assistance.

A blue graphic titled 'MEDICAID APPLICATION ASSISTANCE' with a large white plus sign in a circle. It includes text about getting help with Medicaid applications, the Public Health logo for Dayton & Montgomery County, a phone number (937) 224-3674, and an illustration of a healthcare worker with medical icons. At the bottom, it lists Dorothy Goodson as a Certified Community Health Worker with contact information.

MEDICAID APPLICATION ASSISTANCE

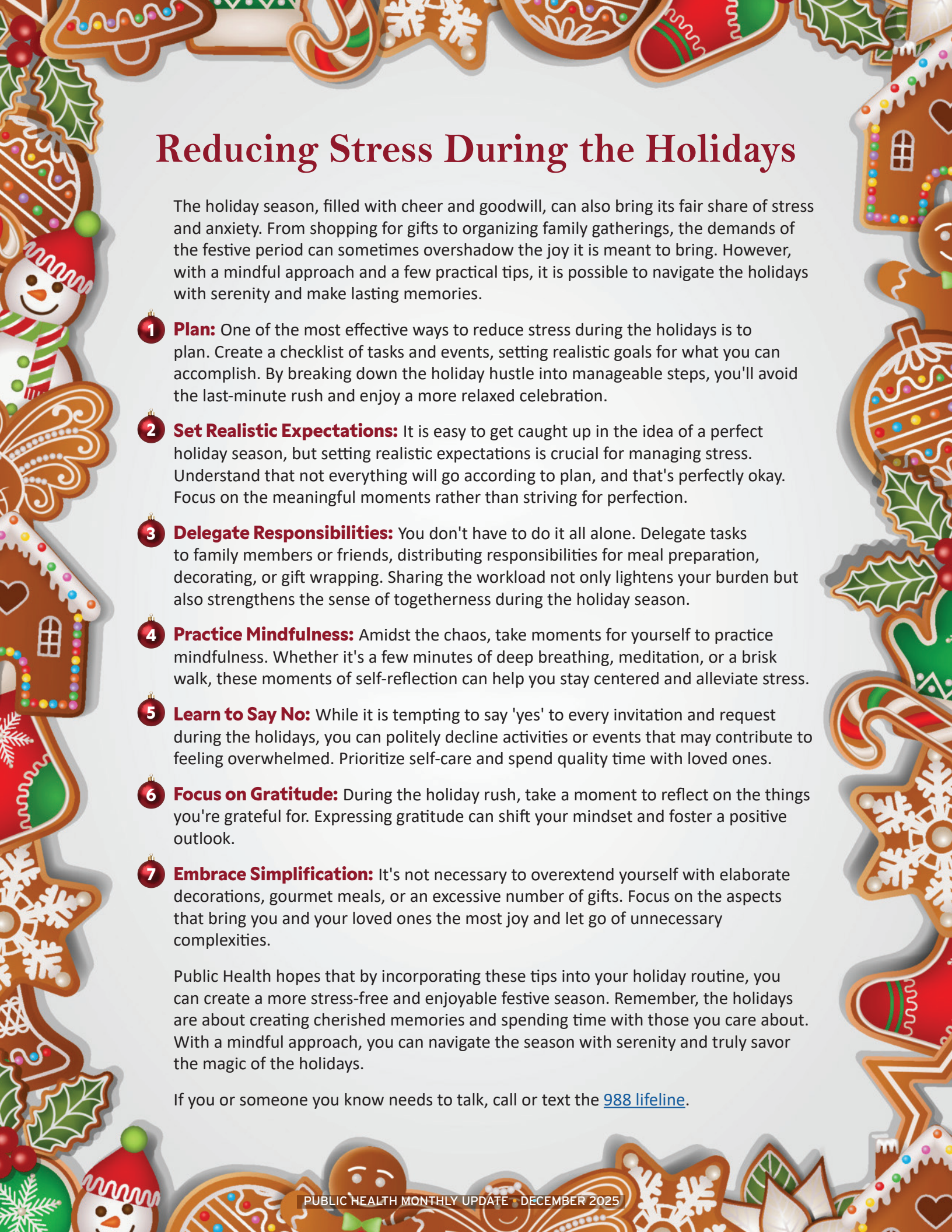
Do you need help understanding Medicaid and need help applying? Public Health can help. Our **Certified Community Health Worker** can answer your questions, assist with your application and provide referrals to other local agencies.

 **Dayton & Montgomery County**
Public Health
Prevent. Promote. Protect.

(937) 224-3674
CALL FOR HELP TODAY!



Dorothy Goodson
Public Health - Dayton & Montgomery County
Certified Community Health Worker
dgoodson@phdmc.org | (937) 224-3674



Reducing Stress During the Holidays

The holiday season, filled with cheer and goodwill, can also bring its fair share of stress and anxiety. From shopping for gifts to organizing family gatherings, the demands of the festive period can sometimes overshadow the joy it is meant to bring. However, with a mindful approach and a few practical tips, it is possible to navigate the holidays with serenity and make lasting memories.

- 1 Plan:** One of the most effective ways to reduce stress during the holidays is to plan. Create a checklist of tasks and events, setting realistic goals for what you can accomplish. By breaking down the holiday hustle into manageable steps, you'll avoid the last-minute rush and enjoy a more relaxed celebration.
- 2 Set Realistic Expectations:** It is easy to get caught up in the idea of a perfect holiday season, but setting realistic expectations is crucial for managing stress. Understand that not everything will go according to plan, and that's perfectly okay. Focus on the meaningful moments rather than striving for perfection.
- 3 Delegate Responsibilities:** You don't have to do it all alone. Delegate tasks to family members or friends, distributing responsibilities for meal preparation, decorating, or gift wrapping. Sharing the workload not only lightens your burden but also strengthens the sense of togetherness during the holiday season.
- 4 Practice Mindfulness:** Amidst the chaos, take moments for yourself to practice mindfulness. Whether it's a few minutes of deep breathing, meditation, or a brisk walk, these moments of self-reflection can help you stay centered and alleviate stress.
- 5 Learn to Say No:** While it is tempting to say 'yes' to every invitation and request during the holidays, you can politely decline activities or events that may contribute to feeling overwhelmed. Prioritize self-care and spend quality time with loved ones.
- 6 Focus on Gratitude:** During the holiday rush, take a moment to reflect on the things you're grateful for. Expressing gratitude can shift your mindset and foster a positive outlook.
- 7 Embrace Simplification:** It's not necessary to overextend yourself with elaborate decorations, gourmet meals, or an excessive number of gifts. Focus on the aspects that bring you and your loved ones the most joy and let go of unnecessary complexities.

Public Health hopes that by incorporating these tips into your holiday routine, you can create a more stress-free and enjoyable festive season. Remember, the holidays are about creating cherished memories and spending time with those you care about. With a mindful approach, you can navigate the season with serenity and truly savor the magic of the holidays.

If you or someone you know needs to talk, call or text the [988 lifeline](#).

Tips for Healthy Holidays



Wash hands often. Wash your hands with soap, and clean running water for at least 20 seconds, to help prevent disease.



Stay Home if you are sick. Monitor your symptoms and seek care if needed.



Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Connect socially and get plenty of sleep.



Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.



Be smoke-free. Avoid smoking and secondhand smoke. Smokers and nonsmokers face greater health risks when exposed to tobacco smoke.



Fasten seat belts. Buckle up every time, no matter how short the trip, and encourage all passengers, including children, to do the same.



Get exams and screenings. Ask your health care provider what exams you need and when to get them.



Get your vaccinations. Vaccinations such as for flu, COVID-19, and RSV help prevent diseases and save lives.



Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.



Practice fire safety. Don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.



Prepare food safely. Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.



Eat healthy, stay active. Eat fruits and vegetables, which help lower the risk of certain diseases. Limit your portion sizes. Be active for at least 2½ hours a week.

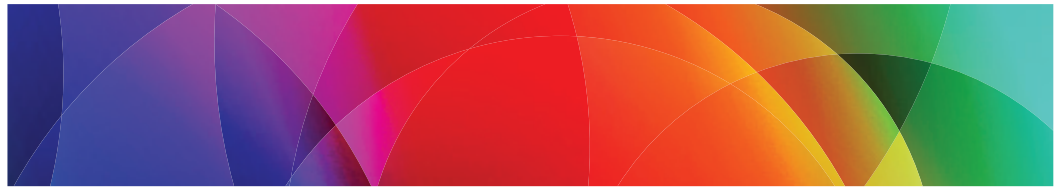
www.phdmc.org

Figure 1



10. <https://doi.org/10.1016/j.jmb.2019.05.008>





December 2025 Events

Public Health's many programs and services host a variety of community-wide events throughout the year. To register for an event or learn more, call (937) 225-5700 or [click here](#).

DEC
4
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

🕒 11:00 AM

📍 Elizabeth Place

DEC
6
SAT

Public Health's Maternal Child Health Program Presents
Navigating the Seasons of Grief
Rainbows & Butterflies After the Storm

Rainbows & Butterflies After the Storm

🕒 11:00 AM – 1:30 PM

📍 Dayton Metro Library – South...

REGISTER HERE

DEC
10
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

🕒 2:00 PM – 3:00 PM

📍 Sunrise Center

DEC
11
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

🕒 11:00 AM

📍 Elizabeth Place

DEC
11
THU

BECOME A SAFE SLEEP AMBASSADOR

MATERNAL AND CHILD HEALTH
Safe Sleep Ambassador Training – Virtual

🕒 1:00 PM – 3:00 PM

📍 Virtual

REGISTER HERE

DEC
11
THU

How to Set Goals, Build a Budget and Save

How to Set Goals, Build a Budget and Save

🕒 2:00 PM – 3:30 PM

📍 Dayton Metro Library – North...

REGISTER HERE

DEC
16
TUE

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

🕒 2:00 PM

📍 Drew Health Center

DEC
17
WED

Nourish Your Newborn Classes

MATERNAL AND CHILD HEALTH
Nourish Your Newborn Class

🕒 2:00 PM

📍 Sunrise Center

DEC
18
THU

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

RECOVERY SERVICES
Parenting Classes

🕒 11:00 AM

📍 Elizabeth Place

DEC
18
THU

Pumping 101 Classes

MATERNAL AND CHILD HEALTH
Pumping Class 101

🕒 4:00 PM

📍 Sunrise Center

DEC
29
MON

Monthly Fatherhood Club

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Club

🕒 5:30 PM – 7:00 PM

📍 Goodwill Eastseals West Ca...

REGISTER HERE



Media

Date	News Source	Topic
11/18/25	ABC 22	Substance Abuse
11/18/25	WDTN	Restaurant Inspection
11/25/25	DDN	Overdose Deaths
11/25/25	DDN	World AIDS Day



Submitted by:

Jennifer Wentzel, MPH, Health Commissioner and **Becky Thomas, MD, MPH, CHES, Medical Director**

