

THE BALM
IN GILEAD^{INC.}

Sunday Morning

HEALTH CORNER



Rooted in Care: Honoring Our Caregivers

July is Good Care Month, a time to honor the heart and hard work of social care professionals. They help our loved ones live with dignity, stay connected, and get the support they need. Their care makes a lasting difference and deserves our recognition.

The world needs care that sees people, supports their needs, and strengthens our communities.

Social care isn't just a job, it's a lifeline. From helping with daily tasks to organizing social activities, care workers play a key role in someone's healing and day-to-day peace of mind. For those receiving care, especially elders, people with disabilities, and individuals recovering from illness, social care provides emotional support, and a path toward independence.

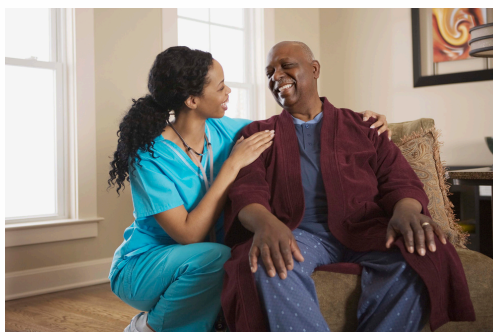
Whether you're receiving care or supporting someone who is, it's important to speak up for your health. Ask questions if something isn't clear, be honest about how you're feeling, and know your family's health history. Don't hesitate to get a second opinion and consider virtual visits when in-person care is hard to access.

Why It Matters

Social care fills essential gaps in the healthcare system, especially for those who need help at home or in community spaces. As more people live longer, the need for quality, compassionate care grows.

What Can You Do

- Thank a care worker in your community.
- Support legislation that strengthens caregiving services.
- Learn about caregiving resources in your area.
- Share stories that highlight the impact of care.
- Promote social care as a meaningful and essential career path.



For more Information, visit nationaltoday.com/good-care-month.

The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at balmingilead.org

The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.

