

June 2026

Monthly Innovator Newsletter

Greetings! As the summertime approaches take the time to enjoy yourself!

"Don't let yesterday take up too much of today."

- Will Rogers



Event Calendar

Men's Mental Health Month

Mango Month

4 weeks to boost Brain Health

Sunscreen Care

Recipe

Fruit Pizza

Innovator Spotlight

Important Highlights

Men's Mental Health

June is Men's Health Month, which seeks to encourage men to prioritize all aspects of their health through education, nutrition, exercise, and disease prevention measures. Men's Health Month aims to raise awareness of preventable health issues and encourage early detection and treatment of both physical and mental health challenges. Join us as we help to further the mission of Men's Health Month!



"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



[MensHealthMonth](https://www.facebook.com/MensHealthMonth)



[MensHealthMonth](https://twitter.com/MensHealthMonth)



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

More information

For more information on Men's Health Month, visit nationaltoday.com and mhanational.org.

Mango Month



June is Mango Month, which seeks to celebrate mangoes, the fun, creative recipes they can help create, and the health benefits they offer. Native to India and Southeast Asia, mangoes are a delicious way to incorporate more Vitamin C, Vitamin B6, magnesium, copper, and folate among other vitamins and minerals into your diet. Don't miss out on the special recipe in this newsletter if you want to kick off Mango Month in style!

For more information on Mango Month and health benefits, visit [the nationaltoday.com](http://thenationaltoday.com) and healthline.com.

4 Weeks to Boost Brain Health

To honor Alzheimer's Disease and Brain Awareness Month, join us as we incorporate and develop these 4 habits into our lives that are shown to boost our brain health and reduce the risk of cognitive decline. Each week in June will focus on developing a new habit to nurture our neurological health. As you progress through this month's challenge, make sure you continue to incorporate the previous week(s) habits!

June 1st-7th:

Each day this week, make sure your diet emphasizes fruit, vegetables, fish, nuts, unsaturated fats, and plant based sources of protein. A healthy diet can reduce the risk of cognitive decline.



June 8th-14th:

Each day this week, try to get 7-8 hours of sleep per night. Insufficient or interrupted sleep due to insomnia, stress, or sleep apnea can contribute to memory impairment and cognitive problems.

June 15th-21st:

Each day this week, get at least 30 minutes of physical activity per day. Regular aerobic exercise such as walking, biking, swimming, gardening, or dancing can help elevate your heart rate, increase blood flow to the brain, and help develop new nerve cells.



June 22nd-30th:

Each day this week, keep your brain active by reading, playing strategy games, completing jigsaw puzzles, learning a new language, or building something from scratch. Keeping your brain active will help maintain memory before and after memory problems develop.

Sunscreen Care

1 in 5 Americans will be diagnosed with skin cancer. While most of us only apply sunscreen during the summer months, experts stress that we should be wearing sunscreen year-round. Check out the benefits of wearing sunscreen below.

1. Decreases the risk of developing skin cancer

Wearing sunscreen, even when it is cloudy or raining, will dramatically reduce the risk of developing skin cancer. On a cloudy day, 80% of the sun's rays will still pass through the clouds.

2. Evens out skin tone

Wearing sunscreen will help prevent facial brown spots and skin discoloration from sun damage.

3. Protects from UV rays

The depletion of the ozone has increased the risk of sun damage by UV rays. UV rays damage the skin and contribute to the development of skin cancer.

4. Prevents premature aging of skin

UV exposure is the number one cause of premature aging. Wearing sunscreen will slow down the breakdown of collagen, which contributes to fine lines, sagging skin, wrinkles, and helps prevent thick and leathery skin.



Recipe

~ Fruit Pizza

Directions



Yields:
24 serving(s)
Prep Time:
30 mins
Cook Time:
15 mins
Total Time:
2 hrs

Ingredients

- Butter
- Sugar
- Vanilla extract
- Eggs
- Milk
- Flour
- Baking powder
- Salt
- Marshmallow creme or Cream cheese
- Fresh fruit (sliced, for topping)

1. Preheat the oven to 350°F.
2. For the cookie crust: In a large bowl, cream the butter, sugar, orange zest, and vanilla thoroughly. Add the eggs and beat until light and fluffy. Add the milk and mix.
3. In a medium bowl, sift together the flour, baking powder, and salt, then blend this into the butter mixture. Divide the dough into 2 disks and lightly flatten each disk between 2 sheets of parchment paper. (If baking 1 large "pizza" on a sheet pan, do not divide the dough.) Refrigerate for 1 hour or freeze for 20 minutes.
4. Roll each dough half into a 11-inch round, then transfer to pizza pans. (Or, press the dough into a large sheet cake pan.)
5. Bake for until the cookie dough is cooked and golden brown, but not overly crisp, 15 to 18 minutes. Remove from the oven and let cool completely.
6. For the frosting: In a mixer fitted with the whisk attachment, whip together the marshmallow creme and cream cheese until light in texture. Spread onto each cooled crust.
7. To decorate: Top the pizza with prepared sliced fruit, as desired. Slice into squares or wedges and serve.



Innovator Spotlight



This month, we're excited to spotlight Abe Blackburn, one of our dedicated Wellness Innovators from Environmental Health & Safety, who brings a thoughtful and steady approach to promoting well-being in the workplace. Having served as an innovator for most of his time at OSU, Abe has consistently supported his team by encouraging simple, sustainable habits that make a real difference in overall health.

Abe shares that what excites him most about being an innovator is knowing that he can play a role in improving people's overall well-being. In his role with Environmental Health & Safety, he has been part of OSU for nearly four years and has served as an innovator for about three and a half years. One of the highlights of his position is conducting laboratory safety surveys alongside his team, where collaboration and attention to detail are key to maintaining a safe and healthy environment across campus.

One of Abe's favorite wellness initiatives is organizing 30-minute group walks around campus. These walks are a fun, lighthearted way for colleagues to get moving and connect, with strong participation and a positive impact on morale.

Outside of work, Abe focuses on maintaining balance through regular exercise, consistent sleep, good nutrition, and staying hydrated. In his free time, he enjoys watching movies with his family.

Abe encourages others to try different healthy habits and find what works best for them, emphasizing that investing in wellness now can make a meaningful difference later.

Congrats Abe!!!

Upcoming Wellness Events

- **June 15th:** Walks with Wellness - Vet Med
- **June 22nd** - Walk & Talk - Library Fountain
- **July 1st:** Wellness Wednesday - Skin Health & Sun Protection
- **July 9th:** Walks with Wellness - Landmarks/ Art on Campus
- **July 20th** - Walks & Talk - Library Fountain