



**Barry-Eaton  
District  
Health  
Department**

**COMMUNITY OUTREACH HIGHLIGHTS  
October 2015**

**Scheduled Your Annual Mammogram Yet?** Are you a woman between the ages of 40-64 years in need of breast cancer screening or diagnostic testing? Depending on your income and situation, you MAY QUALIFY for free services through the Michigan Breast and Cervical Cancer Control Program. For more information, please call the Clinic at 517-541-2630 or 269-945-9516.

**Building Bridges for Health**

Congratulations to the Village of Middleville for their adoption of a **Complete Streets resolution on July 7, 2015!** Proactive Village leaders and community members diligently educated the community about Complete Streets and approved a Complete Streets Resolution. For information about Complete Streets, visit <http://bit.ly/1qj3SZc>.

**Is the Water You are Drinking Safe?** Will Your Septic System Stand the Test of Time? For more information about these Well Water and Septic System questions and more, check out BEDHD's new Well and Septic Maintenance fact sheets at <http://bit.ly/1MhjZBL>.

**Preparing for Flu Season** Flu is the 8<sup>th</sup> leading cause of death in the U.S. At highest risk are children under five years of age, pregnant women, people with chronic conditions and older adults. At the Health Department in Charlotte and Hastings flu shots and flu-mist are available

for children ages 6 months – 18 years of age. Call for an appointment 517-541-2630 or 269-945-9516. For other vaccine locations visit <http://flushot.healthmap.org/>.

**Halloween Safety** Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy tricks parents can share with kids to help reduce their risk of injury. On average, children are more than twice as likely to be hit by a car and killed on Halloween as on any other day of the year. Visit <http://www.safekids.org/halloween> for the top tips for safe Trick-or-Treating.



**Do You Have Back-up Power?** We count on electricity for heat, food, and medical needs. Many gas appliances even need electricity to run. A power outage is an emergency that often follows another emergency—like a hurricane, tornado, or winter storm. For information about preparing yourself for an emergency, visit <http://do1thing.com>.

**Prevention for Shingles** The shingles vaccine is a safe and easy, one-time shot that may keep you from getting shingles. Most people age 60 and older should get vaccinated even if they have already had shingles or do not remember having chicken pox. All Medicare Part D plans and most private health insurance plans will cover the cost; check your insurance plan to make sure. To make an appointment to get the vaccine, please call our offices to make an appointment. Eaton County: 517-541-2630. Barry County: 269-798-4133.

**YOU'RE INVITED**

**10/13-ECSAAG-Tobacco Sub-committee**

8:30-9:30 am, Eaton County RESA

**10/15-Barry County Tobacco Reduction Coalition**

Noon-1pm, BEDHD, Hastings

**10/20-Eaton Rapids-Building Healthy Communities**

3:30-5 pm, Eaton Rapids High School Library

**10/28-B. Healthy Coalition**

1-2:30 pm, Spectrum Health Pennock-4<sup>th</sup> floor board room

**10/29-Grand Ledge-Building Healthy Communities**

9-10 am, Sawden Building, Rm 107

**Eaton Community Health Center Open in Charlotte** Located inside the Barry-Eaton District Health Department, Cherry Health provides health care services, including comprehensive medical services and behavioral health care. Accepting uninsured, Medicaid, Healthy Michigan Plan, and most insurances. For information, please visit [www.cherryhealth.org](http://www.cherryhealth.org) or call central registration at 517-541-0992.



**Mulch Leaves to Feed Your Lawn** Leaf burning is a serious fire hazard and is illegal in many Michigan communities. Citizens are encouraged to mulch leaves instead by simply mowing over them to chop them into fine mulch. Leaving the mulch on a lawn provides nutrients it will need to look great next spring. In locations where burning is allowed, homeowners are reminded to obtain a permit before they burn.

**Free WORKSITE Quit Smoking Workshops** This workshop is for employers and their employees in the Barry and Eaton County area. This FREE program is a no-pressure, one-time workshop that shows your employees how they can be smoke-free. For more information or to schedule a quit smoking workshop at your business or organization contact Jill Sambaer at 517-541-2610 or email [jsambaer@bedhd.org](mailto:jsambaer@bedhd.org).



**Harvest Road Safety** The harvest season is here, which means drivers can expect more traffic on rural roads. Local officials are urging people to **take it slow** on the roads. Farm equipment is slow and bulky, but has as much right to the roadway as passenger vehicles.

**Women, Infants and Children (WIC)** This program is available to women who are pregnant, breastfeeding, or who recently had a baby; infants; and children until their 5<sup>th</sup> birthday. The program provides electronic benefits to purchase healthy foods, nutrition education and individual counseling with a Registered Dietitian, breastfeeding education and support, and referrals to other health and social services. To see if you qualify, call Eaton County 517-541-2630 or Barry County 269-945-9516.

**Dental Clinic in Charlotte** Michigan Community Dental Clinics (MCDC) offers discounted dental services to those who have Medicaid, Delta Dental and those who are low income or uninsured through membership in the Michigan Community Dental Plan (MCDP). There are two levels of membership at MCDC. Call 1-877-313-6232 for more information about services near you or visit <http://midental.org/>. Local clinic: 623 Courthouse Dr., Charlotte, MI 48813.

### **Looking for Fall Activities for Your Family?**



**Eaton County Parks and Recreation Commission** is sponsoring the Bennett Park-Fall Foliage Walk on October 13<sup>th</sup>. For event details visit the Eaton County Parks and Rec website at <http://bit.ly/1fIA7jW>.

**Look at Charlton Park** for details about 1. **Arts and Eats** is a free self-driving tour of Allegan and Barry Counties and the surrounding rural region on October 17 and 18. The tour reminds us about the benefits of buying and consuming locally grown foods and supporting Michigan artists as entrepreneurs. 2. **All Hallows Evening** October 24, 2015 from 3 pm – 6 pm. This family oriented event begins with trick - or - treating through the Historic Village. Take a hay ride, enjoy a glass of cider. For event details, visit [http://www.charltonpark.org/news\\_events/](http://www.charltonpark.org/news_events/)

For more information, contact Shelli Smith, Community Health Specialist, 517-541-2644 or [ssmith@bedhd.org](mailto:ssmith@bedhd.org).