



**Barry-Eaton  
District  
Health  
Department**

**COMMUNITY OUTREACH HIGHLIGHTS**  
**September 2015**

**Celebrate Fruits and Veggies Month!** Visit a Local Farmer’s Market or participate in Community Gardening. Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables have a lower risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure. To find a local Farmer’s Market, visit <http://mifma.org/find-a-farmers-market/>. For information about the Skinner Community Garden located in front of the Charlotte Health Department, visit <http://bedhdgarden.weebly.com/>.



**Building Bridges for Health**

Congratulations to the Village of Middleville for their adoption of a **Complete Streets resolution on July 7, 2015!** During 2013, BEDHD worked with the Village to complete a Health Impact Assessment for a Complete Streets resolution. Since then, proactive Village leaders and community members diligently educated the community about Complete Streets. For information about Complete Streets, visit <http://bit.ly/1qj3SZc>.

**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.

**Harvest Road Safety** The harvest season is fast approaching, 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.

**Barry County Recycling** Household Hazardous Waste, Tire, and Medicine Collection, Saturday, Sept 26th from 9 am – 1 pm at the Barry County Fairgrounds at 1350 N. M-37 Hwy in Hastings. Visit <http://bit.ly/1KulHBA> for details and a list of acceptable items.

**Eaton County Recycling** Recycle-Palooza will be held on Saturday, September 26<sup>th</sup> from 9 am-2 pm. Reservations are required. A location will be released once registration is complete. To register, call (517) 543-3686 or email [RECYCLE@EATONCOUNTY.ORG](mailto:RECYCLE@EATONCOUNTY.ORG). For more information, visit <http://bit.ly/1H7Im3Y>. Events are for private (non-commercial) residents of the county.

**YOU'RE INVITED**

- 9/8-ECSAAG-Tobacco Sub-committee**  
8:30-9:30 am, Eaton County RESA
- 9/9-Eaton Good Food Council**  
4-5:30 pm, MSU Basement Conference Rm
- 9/15-Eaton Rapids-Building Healthy Communities**  
3:30-5 pm, Eaton Rapids High School Library
- 9/16-Barry County Tobacco Reduction Coalition**  
Noon-1pm, BEDHD, Hastings
- 9/22-Grand Ledge-Building Healthy Communities**  
9-10 am, Grand Ledge City Hall
- 9/23-B. Healthy Coalition**  
1-2:30 pm, Pennock Hospital, Hastings, (4<sup>th</sup> floor Board Rm)



**Mulch Leaves to Feed Your Lawn** Leaf burning is a serious fire hazard and is illegal in many Michigan cities and communities. Citizens are encouraged to compost or mulch leaves instead by simply mowing over leaves with a lawnmower 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.

**Breast and Cervical Cancer Screening Services** 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 in Eaton County 517-541-2630 or Barry County 269-945-9516.



**Don't Wait. Communicate.** When preparing for emergencies, choose an emergency contact person outside your area where it may be easier to call long distance than locally after a local/regional disaster. **Take a minute now** to call or e-mail an out-of-town friend or family member to ask them to be your family's designated contact in the event of an emergency. Share the contact's phone number with everyone in the family.

During an emergency, you can call your contact who can share with other family members where you are, how you are doing, and how to get in contact with you. For help with emergency planning visit <http://www.ready.gov/make-a-plan>.



**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 Rec Events** include Labor Day Bridge Walk (Grand Ledge)- September 7<sup>th</sup> and the Bennett Park-Fall Foliage Walk October 13<sup>th</sup>. For event details visit the Eaton County Parks and Rec website at <http://bit.ly/1fIA7jW>.

**Charlton Park Events** includes Outdoor Youth Day, September 12<sup>th</sup>, Walk in the Spirit Pow Wow, September 19<sup>th</sup>-20<sup>th</sup>, and the Fall Harvest Festival, September 25<sup>th</sup>-27<sup>th</sup>. 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).

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