



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

July 2016

YOU'RE INVITED!

- B. Healthy Coalition, July 11th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, July 19th, 3:30–5:00 pm, Eaton Rapids Medical Center, Eaton Rapids
- Eaton Good Food, July 20th, 4:00–6:00 pm, MSUE Basement Conference Room, Charlotte
- Grand Ledge Building Healthy Communities Coalition, July 20th, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge
- Barry County Tobacco Reduction Coalition, July 21st, 12:30–1:30 pm, BEDHD, Hastings

BACK-TO-SCHOOL IMMUNIZATIONS

Now is the time to schedule your back-to-school shots! All children beginning childcare, kindergarten, and 7th grade—plus all students who are new to a district—will need to show proof that their vaccinations are up-to-date.

Michigan school and childcare immunization rules can be found at <http://1.usa.gov/1QX9URXOu>. Contact your healthcare provider or call the BEDHD Immunization Clinic at (269) 945-9516 (Barry County) or (517) 541-2630 (Eaton County) to schedule your children's immunization appointment.

LOCAL DENTAL CENTERS

My Community Dental Centers (MCDC) offers discounted dental services to those who have Medicaid and Delta Dental and to those who have low income or are uninsured through membership in the Michigan Community Dental Plan (MCDP). There are two levels of membership at MCDC. Call (877) 313-6232 for more information about services near you or visit <http://midental.org/>. Your local clinics are at 623 Courthouse Dr. in Charlotte and 4700 Kalamazoo Ave SE, Suite 200, in Kentwood.

STAYING HEALTHY AT ANIMAL EXHIBITS AND FAIRS

Summertime fairs around Michigan offer many ways to explore the animal world. Unfortunately, people become sick every year because of visits to animal exhibits. It's important to remember that animals sometimes carry germs that are harmful to humans. Use these tips to help you prevent illness when visiting animal exhibits (for more information, visit www.cdc.gov/healthypets/):



- Always wash your hands right after petting animals, after touching animal pens or fences, and upon exiting animal areas (even if you did not touch an animal).
 - Wash your hands with running water and soap, or use hand sanitizer if water and soap are not available.
 - Keep food and drinks out of animal areas.
 - Children younger than 5 years old always need adult supervision in animal areas.
 - Never allow children to put their thumbs, fingers, pacifiers, sippy cups, etc., in their mouth while interacting with animals.
 - Do not take strollers, bottles, pacifiers, cups, or toys into animal areas.
- Children under 5 years of age, elderly persons, pregnant women, and persons with weakened immune systems should use special precautions around animal exhibits.
 - If you attend an animal exhibit and later become ill, contact your doctor.



SHINGLES VACCINATION

Almost 1 in 3 people in the United States will develop shingles in their lifetime. Half of all cases occur in men and women 60 years of age or older. Protect yourself—get vaccinated. The zoster (shingles) vaccine is available at BEDHD for persons age 60 and older who:

- have no insurance coverage. Persons without insurance pay \$23.
- have private insurance coverage with a BEDHD-participating plan.
- have Medicaid that covers Zostavax.

Persons with Medicare Part D can be vaccinated at a pharmacy. For immunizations at BEDHD, contact (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County).

Contact Us

For more information on items in this newsletter, contact Abigail Lynch, Community Health Promotion Specialist, at 517-541-2644 or alynch@bedhd.org.

RECYCLE/DISCARD YOUR HOUSEHOLD WASTE

Recycle your household hazardous waste, old medications, electronics, scrap metal, books, batteries, tires, and documents that need to be

shredded at Charlotte's Recycling Fever on Saturday, July 16, from 9am to 2pm. Registration is required at <http://bit.ly/28Q9loD>.

Children's Special Health Care Services

Children's Special Health Care Services (CSHCS) is a program that provides financial assistance to families of children and some adults with special health needs, regardless of their income or insurance status. CSHCS helps families with insurance costs and specialty medical bills for more than 2,700 severe, chronic health conditions, such as asthma, heart disease, hemophilia, immune disorders, and cystic fibrosis. There is an income-based fee for the program; this fee is waived for children covered by Medicaid or MICHild. For more information, call BEDHD Barry County at (269) 945-9516 or Eaton County at (517) 541-2696.

IT'S BAT SEASON!

Summer is the season that has the most bat activity, and while bats are valuable to our environment, they can also carry rabies. For information on how to safely capture a bat in your home and when you should contact BEDHD, read the "FAQs about Bats and Rabies" at <http://www.barryeatonhealth.org>, under Publications, then Communicable Diseases.



LOOKING FOR SOMETHING TO DO?

There are lots of local community events in July!

- Visit the Fox Memorial Park Observatory in Potterville to look at stars and get familiar with a local park! Local astronomers will be on-hand to answer questions. Public viewing nights are July 8th, 9th, 29th, and 30th from 9:30 pm to midnight (\$2/person or \$5/family). Watch for updates at facebook.com/fox-park-observatory.
- Take a Mental Health First Aid class to learn how to help individuals in crisis. This course is offered on July 26th from 8:30 am to 5:00 pm by the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties. Visit <http://bit.ly/28RVcZm> for registration (\$25).
- Attend Popsicles in the Park with your young children to get outside, meet other parents and children, and learn more about Barry Great Start and other Barry County groups/programs. Dates are July 6th at Tangle Town Park (Bob King) and July 20th at Hastings Splash Park from 3:00 to 4:00 pm. Visit www.greatstartberry.org for more information.
- Visit your local parks for swimming, hiking, fishing, playgrounds, and more! To find your local parks and see what activities they have to offer, visit <http://bit.ly/28RvAlw> (Eaton County) and <http://bit.ly/20qRBC7> (Barry County).