



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

April 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, April 10th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, April 18th, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, April 20th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, April 26th, 12:00–1:00pm, Grand Ledge City Hall
- Eaton County Oral Health Coalition, April 6th, 1:00–2:00 pm, BEDHD, Charlotte

KINDERGARTEN HEARING AND VISION SCREENING

Kindergarten round-ups are here! Before entering kindergarten, all students are required by the State to have hearing and vision screening. BEDHD provides FREE hearing and vision screening for children of this age at certain school-organized events. Call your school registrar's office to make your child's appointment.

TORNADO DRILLS

To observe Severe Weather Awareness Week during April 16–22, BEDHD will be holding its annual staff tornado drills. BEDHD urges your family and your business/organization to do so, as well. Michigan experiences, on average, 15 tornadoes per year, so knowing how to shelter-in-place could save your life! To learn more about tornados and how to shelter in place (and build an emergency kit!), visit <https://www.ready.gov/tornadoes>.



Eaton Behavioral Health

Eaton Behavioral Health (EBH) is a licensed and accredited outpatient substance use and behavioral health disorder treatment provider. The mission of EBH is to empower individuals, families, and the community with affordable, accessible, and effective treatment for addictions and other behavioral health concerns. EBH provides treatment that addresses patients' mental, emotional, physical, spiritual, and social needs. Services include Peer Support Services, which pairs patients with a Peer Lifestyle Coach to help them become motivated and skilled at addiction recovery; Choices, an early intervention program for adolescents experimenting with substance use and their parents; and Women's Specialty Services, an outpatient treatment program that provides special support and resources (such as childcare and transportation for appointments) to women who have dependent children. EBH accepts most major insurance plans, including Medicaid, Medicare, and the Healthy Michigan Plan.

PLANNING ON GETTING BABY ANIMALS FOR EASTER?

Here are a few ways to protect yourself and your family from germs (including salmonella!) that animals can carry—for more information on staying healthy around animals (including farm animals, guinea pigs, and other pets), visit <https://www.cdc.gov/healthypets/pets/index.html>.

- Wash your hands thoroughly with soap and water right after touching animals and their food and water dishes or other equipment. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Don't snuggle, kiss, or touch your mouth to chicks or ducklings.
- Children under 5 years of age should avoid touching baby chicks and ducklings completely; if allowed to do so, they should be under strict supervision. Don't give live baby chicks and ducklings to young children as gifts.
- Pregnant women, immune-compromised persons, and persons with HIV/AIDS should take extra precautions when handling pets.



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.

HOUSEHOLD ITEMS RECYCLING EVENTS

Spring is here, and it's time for spring cleaning! Both Barry and Eaton counties have upcoming household waste recycling events. Looking to get involved? Eaton County is looking for volunteers for its events; see <http://bit.ly/2nliQE8> for more information.

- **Barry County Household Hazardous Waste Collection—May 13** (Barry County Fairgrounds, 1350 N. M-37, Hastings). Accepted items include tires (there may be a fee), medications, household cleaners, batteries, non-latex paint, oil, and more. See <http://bit.ly/1KulHBA> for additional 2017 dates.
- **Eaton County Recycling Events—May 13, 9:00 am–3:00 pm** (Delta Township). Accepted items include electronics, household hazardous waste, medications, books, yard waste, scrap metal, and tires. Registration is required. See <http://bit.ly/2nliQE8> for registration, information, and additional 2017 dates.

APRIL 22–29 IS INFANT IMMUNIZATION WEEK

This national observance highlights the importance of protecting infants from vaccine-preventable diseases. It also celebrates the achievements of immunization programs in promoting healthy communities. Giving babies the recommended immunizations by age two is the best way to protect them from 14 serious childhood diseases (like whooping cough and measles). Parents are encouraged to talk to their child's doctor to ensure that their baby is up-to-date on immunizations. Have questions about vaccinations? / *Vaccinate* is giving Michigan parents the facts they need to protect their kids from vaccine-preventable diseases. Learn more at www.IVaccinate.org.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Food. In a disaster, it can be difficult or impossible to get food immediately. To be ready for an emergency, make sure you have enough food on-hand to last your household for three days. You can use a large plastic bin or similar container to hold a food supply, or make sure that the food in your cupboards is quickly replaced when it runs out. Plan to have a healthy variety of food that can be stored without refrigeration and eaten without cooking, such as boxed and canned goods. If someone in your home has dietary restrictions, take those into account. For more information about preparing yourself for an emergency, visit <http://do1thing.com>.

COUNTY COMMUNITY HEALTH IMPROVEMENT PLANS

As part of ongoing efforts in both Barry and Eaton counties to improve the health of our communities, BEDHD, local hospital partners, and other community organizations have partnered to develop a Community Health Improvement Plan (CHIP) for each county. Each plan showcases how the community is working together to address the top five health priorities in each county, as follows:

- Barry County: Chronic disease, mental health, obesity, smoking and tobacco use, opportunities for physical activity
- Eaton County: Access to primary care providers, mental health, financial stability, access to quality health care, chronic disease

We encourage you to check out the plans online at <http://bit.ly/2ggRhuW>. Once you've had a chance to read the plan for your county, tell us what you think by taking our feedback survey!

- Barry County: <https://www.surveymonkey.com/r/BarryCHIP>
- Eaton County: <https://www.surveymonkey.com/r/EatonCHIP>

LOOKING FOR SOMETHING TO DO?

Check out ALIVE (Charlotte) and the Hastings Community Education and Recreation Center (CERC) for exercise and well-being classes. Classes in April include the following: at ALIVE, a community CPR class, a cooking class, and many exercise classes (see <https://www.myalive.com/> for information); at the Hastings CERC, Thursday night yoga (see <http://hasscerc.weebly.com/> for more information).

