



**Barry-Eaton
District
Health
Department**

**COMMUNITY OUTREACH HIGHLIGHTS
March 2015**

How Safe is Your Drinking Water? It is recommended that well owners test their drinking water annually for bacteria and chemicals. For this purpose, water sampling bottles are available at the Health Department's Hastings office at 330 W. Woodlawn St. or the Charlotte office at 1033 Healthcare Dr. The water sampling bottles and instructions you pick up at the local Health Department will be from the State Drinking Water Laboratory in Lansing. The sample bottles are free to you; however, water testing is \$16 for bacteria and \$18 for partial chemistry. A check for each test can be included in the appropriate box provided. For more water testing information, visit www.barryeatonhealth.org, SEARCH "Homeowner's Guide to Water Sampling".



Kindergarten Round-Up is just around the corner! Students entering kindergarten are required to show proof of the following vaccinations: 4 doses of **DTaP** (Diphtheria, tetanus, Pertussis); 4 doses of **Polio**; 2 doses of **MMR** (Measles, Mumps, Rubella); 2 doses of **Varicella** (Chickenpox); and 3 doses of **Hepatitis B**. Keep your children healthy by protecting them from vaccine-preventable diseases. Contact your health care provider or call the BEDHD Immunization Clinic at: Barry County 269-798-4133 or Eaton County (517) 541-2630.

Building Bridges for Health

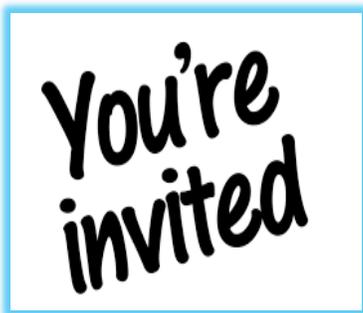
Congratulations to the Eaton Good Food Council on completing the Eaton Good Food Plan. **Plan Vision: A vibrant local food system in which agriculture and food businesses are valued and viable occupations that enhance the local economy, improve the health of residents, and increase food security.** The plan was accepted by the Eaton County Board of Commissioners and the City of Charlotte for use in the 5-Year Master Plan. To view the full plan, visit [Eaton Good Food Plan](#).

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 details, please call the Clinic at 517-541-2630 or 269-945-9516.

Protect Yourself and Your Family with Healthcare

The Healthy Michigan Plan is an Expanded Medicaid for those aged 19-64 with incomes less than 138% FPL and enrollment is always open. Call 517-541-2696 for in-person assistance with applying for Healthy Michigan. To apply online, visit www.mibridges.michigan.gov.



- **March 17th-Eaton Rapids-Building Healthy Communities Meeting**
3:30-5 pm, Eaton Rapids High School Library.
- **March 25th-Grand Ledge-Building Healthy Communities Meeting**
9-10 am, Sawden Building Conference Room.
- **March 25th-B. Healthy Coalition Meeting**
1-2:30 pm, Pennock Hospital, 4th floor Mini Board Room.
- **March 25th-Eaton Good Food Council**
4-5:30 pm, MSUE Basement Conference Room.

Visit Our Website at www.barryeatonhealth.org or Like Us On Facebook
www.facebook.com/barryeatonhealth

Do You Have a Healthy Worksite? Healthy Worksite program staff are available to assess current worksite policies and make recommendations for healthy changes. For a limited time, funding is available to help your business implement a health policy or change. Details are available at www.barryeatonhealth.org in the NEWS section or by calling Shelli Smith at 517-541-2644.



Emergency Preparedness: Sheltering In a disaster you may be asked to either evacuate or shelter-in-place. In the excitement of an emergency, it can be difficult to focus on what you are doing. Know what to do to keep your family safe. Practice your tornado and fire safety plans. If your family has practiced, they will be more comfortable doing it when the emergency actually happens. For information about preparing yourself for an emergency, visit <http://do1thing.com>.



Dental Clinic in Charlotte Michigan Community Dental Clinics (MCDC) offers discounted dental services to those who have Medicaid, Delta Dental, those who are low income or are uninsured through membership in the Michigan Community Dental Plan (MCDP). There are two levels of membership at MCDC. Call the Toll Free number for more information about services near you at 1-877-733-7651 or visit <http://midental.org/> Local clinic-623 Courthouse Dr. Charlotte, MI 48813.

Household Hazardous Waste Collection Saturday, May 9, 2015, from 9:00 a.m. – 1:00 p.m. Barry County Fairgrounds, 1350 N. M-37 Hwy. Tires, expired and used medicines, electronics, and oil will be collected. For details visit, www.barryeatonhealth.org under NEWS. Small mercury-containing articles must be double bagged using leak proof zip-lock baggies. For larger amounts of mercury, please contact the event coordinator at (269) 945-9516 extension 353 or the Health Department at 269-945-9516.



2015 Kids Count in Michigan Data Book was released on February 19. It ranks Michigan counties on 15 indicators of child well-being, including economic security, health, family and community, and education. Barry County was ranked #14 and Eaton County was ranked #17. Check out areas in which we've improved and where more work needs to be done at <http://www.mlpp.org/kids-count/michigan-2/mi-databook-2014>

These Boots Were Made for Walking



March 6, 2015: Winter Snowshoe Hike, Fenner Nature Center (2020 E. Mt. Hope Ave., Lansing), 6-8 p.m. Join naturalists for a lantern-guided walk through the snow at the monthly Winter Snowshoe Hike. Traverse the snowy trails while learning all about winter ecology. No experience necessary, and open for all ages. There is a maximum of 10 participants, so call 517-483-4224 to reserve your spot! Cost: \$7.

Capital Area Parks & Trails Brochure The Clinton, Eaton, and Ingham area is fortunate to have over 150 beautiful parks and trails, with amenities ranging from walking paths and playgrounds to boating and fishing. A NEW brochure featuring 36 destination parks and trails throughout the area can be found here: http://www.cahealthalliance.org/parks_trails.php

For more information, contact Shelli Smith, Community Health Specialist, 517-541-2644 or ssmith@bedhd.org.

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