



**Barry-Eaton
District
Health
Department**

**COMMUNITY OUTREACH HIGHLIGHTS
May 2015**

FUN is the Name of the Game May is National Physical Fitness and Sports Month. The best way to become physically fit is to find an activity you **enjoy** doing and gradually work it into your daily routine. Doing something that brings you pleasure helps you stick to your fitness program and reach your goals. You can find tips for adding physical activity to your day at <http://www.foh.hhs.gov/calendar/may.html>.

Our Annual Report is Ready Learn about BEDHD’s 2014 services and achievements. We strive to create a community where everyone can live a long, active, healthy life—the services we provide are one step toward achieving our vision. To view the report, visit www.barryeatonhealth.org under Publications tab, then Administration tab.

Build a Healthier Workplace Health Educators will help to assess current worksite policies and share ideas for healthy changes. Up to \$500.00 is available per worksite to help implement a health policy or change. Visit www.barryeatonhealth.org in the NEWS section for more details or by calling Shelli Smith at 517-541-2644.

Discard Your Hazardous Waste

- **Barry County**-May 9th, 9am–1pm Barry County Fairgrounds, 1350 N. M-37 Hwy. Visit www.barryeatonhealth.org under the EVENTS tab for details and a list of acceptable items.
- **Eaton County**-May 16th, 9am-3pm, Delta Township. Reservations required - location released once registration is complete. To register, call (517) 543-3686 or email RECYCLE@EATONCOUNTY.ORG. For a complete list of accepted materials visit www.eatoncounty.org, go to Departments, go to Resource Recovery , Recycling, and Reuse, then choose May 16th Spring Clean Up.

Building Bridges for Health
Emergency Preparedness Planning honored at the state and national level. BEDHD recently participated in the Project Public Health Ready pilot project through the National Association for County and City Health Officials. In addition, BEDHD established two new county emergency preparedness partnerships in the community. These locations will serve as Point of Distribution sites in the case of a large scale emergency.

Get Help for High Blood Pressure High blood pressure is a health concern because it leads to heart attacks and strokes. For information about lowering your blood pressure visit, <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/ART-20046974>



- **May 12th, ECSAAG-Tobacco Sub-committee Meeting**, 8:30-9:30 am, Eaton County RESA.
- **May 19th-Eaton Rapids-Building Healthy Communities Meeting** 3:30-5 pm, Eaton Rapids High School Library.
- **May 20th-Barry County Tobacco Reduction Coalition**, Noon-1pm, BEDHD, Hastings.
- **May 20th-Eaton Good Food Council Meeting**, 4-5:30 pm, MSUE Basement Conf. Room, Charlotte.
- **May 26th-Grand Ledge-Building Healthy Communities Meeting**, 9-10 am, Sawden Building Conf. Room.
- **May 27th-B. Healthy Coalition Meeting**, 1-2:30 pm, Pennock Hospital (Hastings), 4th floor Board Room.

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



Preparing for Summer Weather- As temperatures increase in Michigan, be sure to take extra precautions to combat potential heat-related illnesses. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and heat-related illnesses may develop. For more information visit, <http://www.michigan.gov/mdch/0,1607,7-132-8347-97670--,00.html>

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.

Find a Dental Clinic Near You

- **Charlotte**-Michigan Community Dental Clinics (MCDC), located at 623 Courthouse Dr. in Charlotte, offers discounted dental services for those with Medicaid, Delta Dental, those who are low income or the uninsured through membership in the Michigan Community Dental Plan (MCDP). Call for more information about services near you 1-877-733-7651 or visit <http://midental.org/>.
- **Hastings**-Cherry Health Dental clinic is located at 1230 W. State St, Hastings, MI 49058. The clinic is open Tuesday 8am-8pm and Thursday 8am-5pm. To make an appointment, call 269-945-4220 and choose the Dental option. They offer full Dental services by appointment- exams, extractions, cleanings, dentures, fillings. Same Day appointments are available for Emergency services. They are always welcoming new patients, all ages and most insurances including Medicaid, Healthy Michigan and uninsured.
- **Hastings**-Barry Community Free Clinic is located at 1230 W. State St. Hastings, MI 49058. Dental patients are to call United Way at 269-945-4010 to be screened. Contact Deb or Brianna for further questions at 269-945-4444.



Where Will Your Family Meet After a Disaster? Designate two meeting places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home.

WIC program is available to **W**omen who are pregnant, breastfeeding, or who recently had a baby; **I**nfants; and **C**hildren until their 5th 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 qualify call, Eaton County 517-541-2630 or Barry County 269-945-9516.

Lace Up for a Hike Outdoors

- **Seven Miles of Hiking Trails** are open to the public from dawn to dusk at Pierce Cedar Creek Institute, which is located at 701 W. Cloverdale Road which is just nine miles south of Hastings, in rural Barry County
- **Choosing Health!® Walking Society** invites you to participate in the 2015 Walking Challenge that will take place from January through October, with over 10 designated walks. For complete details, visit www.eatoncounty.org, select Departments, select Parks and Events.



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

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