



**Barry-Eaton
District
Health
Department**

**COMMUNITY OUTREACH HIGHLIGHTS
January 2016**



Get your FREE Radon Test in January Residents of Barry and Eaton County are invited to pick up a do-it-yourself radon test kit at one of the following locations:

In Barry County-Cloverdale General Store, Dowling General Store, Hastings-Health Department, Lake Odessa-Terry's Woodbury Café, Middleville Village Office, and Nashville-Good Time Pizza.

Eaton County-Bellevue-Riverside Café, Charlotte-Health Department, Dimondale-Windsor Twp. Hall, Eaton Rapids-Robins Nest, Lansing-Delta Township Hall, Mulliken- Swede's Grill.

Detailed information can be found at www.barryeatonhealth.org in the NEWS section. Limit of one kit per address, please. For more information about radon, call or visit the Health Department in Hastings at 330 W. Woodlawn Avenue (269-945-9516, x 35) or in Charlotte at 1033 Health Care Drive (517-541-2615).

You're Invited to Attend

- B. Healthy Coalition, January 27th** 1-2:30 pm, Pennock Board Rm. - 2nd Floor. Medical Arts Building, 1009 W. Green St., Hastings
- Eaton Good Food, January 20th** 4 pm-5:30 pm, MSUE Basement Conference Room, Charlotte
- ECSAAG-Tobacco Reduction Coalition, January 12th** 8:45 am-9:30 am, Eaton RESA, Charlotte
- Grand Ledge-Building Healthy Communities, January 19th** 9 am-10 am, Sawdon Building, Room 107
- Tobacco Reduction Coalition, Jan 21st** 12:30 pm-1:30 pm, BEDHD Conference Room, Hastings

Building Bridges for Health

In November, over 30 Hastings city leaders and community members gathered for a Focused Conversation to discuss the health needs of the community. The B. Healthy Coalition, led by Sparrow-Pennock Hospital and the Barry-Eaton District Health Department, facilitated the presentation and discussion. The group reached consensus on priority health concerns to be addressed by the B. Health Coalition in 2016, which included: Understanding (of the under-served population in the community), Education, Activity, and Community.

Is Your Family Ready for the Michigan Winter? Having an Emergency Plan in place with needed resources helps keep you and your family out of harm. Here are some tips for safety with common winter emergencies. For answers to questions about **generator** purchasing and safety, visit the American Red Cross website at <http://rdcrss.org/1bkofe6>.



Responding to a Person with a Mental Health Crisis? Training is available for Adult or Youth Mental Health First Aid. These 8-hour courses prepare members of the public to provide Mental Health First Aid to those with severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc. until appropriate professional or other help, including peer and family support, can be engaged. For more information about these courses, visit <http://bit.ly/1T5SNZ4>.

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

Medication Take Back Programs

Throwing away or flushing unwanted medications down the toilet may cause small amounts of them to show up in drinking water. Traces of medications have been found in all of the Great Lakes and can lead to reproductive and developmental problems in fish and other animals. Unwanted medications should be disposed of with hazardous waste, not in the trash or in the toilet. For medicine disposal information and drop-off sites in Barry County visit, <http://bit.ly/1OhJy3S> and for Eaton County visit, <http://bit.ly/1NXOfnA>.

Time to Review or Apply for Health Insurance

Marketplace Open Enrollment is now through January 31, 2016. Visit www.healthcare.gov to renew or choose a new health plan. For local in-person help, call Lisa at 517-541-2696.

Carbon monoxide detectors Carbon monoxide alarms should be manufactured to meet U.L. standard 2034. Check that this is marked on the packaging. An alarm manufactured to standard should be activated by a CO concentration of no less than 70 ppm. Normal levels near a properly adjusted gas appliance range from 5 to 15 ppm. Most healthy people will feel no ill



effects up to 70 ppm. Above this concentration you are likely to experience mild symptoms of headache, fatigue and nausea. Concentrations above 150 ppm can prove fatal. For information is available at <http://bit.ly/1S98LRG>.



Breast and Cervical Cancer Screening Services **January is Cervical Cancer Awareness Month!** Are you a woman between the ages of 40-64 years in need of breast or cervical cancer screening or follow up testing? Depending on your income and situation, you MAY QUALIFY for free services through the Michigan Breast and Cervical Cancer Control and Navigation Program. For more information, please call the Clinic at 517-541-2630 or 269-945-9516.

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 5th birthday. It 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.



In-Home Help for Chronic Health Problems *Pathways to Better Health* is a FREE in-home visiting program for Medicaid, Medicare, or Healthy Michigan enrollees in Barry and Eaton County. Community Health Workers assist clients in finding primary care and preventative health care services as well as linking clients with needed community services. For more information, please call (866) 291-8691 or visit www.carehubihp.org.

Looking for Winter Activities? Check Out These Websites

1. Eaton County Parks and Recreation Commission- <http://bit.ly/1fIA7jW>.
2. Charlton Park <http://www.charltonpark.org/>
3. Delta Township Parks and Recreation <http://bit.ly/1SbveOZ>



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

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www.facebook.com/barryeatonhealth