



Barry-Eaton  
District  
Health  
Department

## COMMUNITY OUTREACH HIGHLIGHTS May 2016

**Emergency Preparedness: Work, School, and Community** Disasters can happen at any time, in any place. While many people are prepared for emergencies at home, it's also important to think about what you would do if an emergency occurred when you or your family was at work, school, or in the community. Talk with your employers or school administrators about their plans for emergencies. If you are creating a plan, be sure to keep persons with disabilities in mind, and consider asking the local police or fire department to review your plan. For more information about preparing yourself for an emergency, visit <http://do1thing.com>.



**Are Your Kids Ready for Kindergarten?** Students entering kindergarten are required to show proof of these 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: Barry County (269) 945-9516 or Eaton County (517) 541-2630.

### ***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.

**You're Invited!** The Eaton Great Start Collaborative, the Eaton Great Start Readiness Program, and BEDHD invite you to a district community conversation on collaboration between community, schools, and family. Join us for dinner as we explore ways to create connections and resources in order to better improve communication and collaboration among community members. The conversation is on May 24<sup>th</sup>, 5:30–7:00 pm, at Eaton RESA, 1790 Packard Hwy, Charlotte. RSVP required (for dinner) to Angela Clute, (517) 541-8724 or [aclute@eatonresa.org](mailto:aclute@eatonresa.org).

**Ticks and Mosquitoes** With the outdoor activities that come with spring weather also come ticks and mosquitoes. While many tick and mosquito bites are just irritations, sometimes those bites can be more serious. Residents should know how to protect themselves from illnesses spread by infected ticks (especially Lyme disease) and mosquitoes (especially West Nile virus). For more information on these diseases and how to protect yourself from ticks and mosquitoes, as well as how to submit ticks for Lyme disease testing, visit <http://bit.ly/1JgfHf9>.



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[www.facebook.com/barryeatonhealth](https://www.facebook.com/barryeatonhealth)

**Interested in Oral Health?** The Eaton Oral Health Coalition is a new group working to address oral health needs in Eaton County. If you're interested in joining the group or finding out more about it, contact Jill Sambaer at [jsambaer@bedhd.org](mailto:jsambaer@bedhd.org).

**National Melanoma / Skin Cancer Detection and Prevention Month** Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be

prevented, and it can almost always be cured when it's found and treated early. For tips on how to protect yourself and how to perform a skin self-exam, visit <http://1.usa.gov/1G8qOTW>.

**You're Invited to Attend:**

- Eaton Rapids Health Alliance, May 17<sup>th</sup>, 3:30–5:00 pm, Eaton Rapids Medical Center, Eaton Rapids
- Eaton Good Food, May 18<sup>th</sup>, 4:00–6:00 pm, MSUE Basement Conference Room, Charlotte
- Barry County Tobacco Reduction Coalition, May 19<sup>th</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, May 24<sup>th</sup>, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge
- B. Healthy Coalition, May 25<sup>th</sup>, 1:00–2:30 pm, Pennock Board Room – 2nd Floor Medical Arts Building, 1009 W. Green Street, Hastings

**Sun Safe Video Contest** To raise awareness of skin cancer and promote skin cancer prevention within our communities, 15–29-year-old residents of Barry and Eaton counties are encouraged to create and submit a video public service announcement (PSA) underlining the ways in which they protect themselves from harmful UV rays. In addition to the video PSA being featured in their local movie theater, the winner(s) will receive a \$500 scholarship! Visit the "News" section at [www.barryeatonhealth.org](http://www.barryeatonhealth.org) for more information about the contest, including necessary forms and rules. The deadline for submissions is May 20<sup>th</sup> at 1:00 pm.

**High Blood Pressure Education Month** This national observance highlights the importance to your long-term health of knowing your blood pressure. Approximately 1 in 3 American adults has high blood pressure, which can increase the risk of heart attack or stroke. Get your blood pressure checked: call your doctor or contact local pharmacies to find out if they offer free screenings. If your blood pressure is high, it can be lowered by several means, including reducing sodium in your diet, quitting smoking, and taking a medication.



**Recycle/Discard Your Household Waste**

- **Barry County** May 7<sup>th</sup>, 9:00 am–1:00 pm, Barry County Fairgrounds, 1350 N. M-37 Hwy, Hastings. Get rid of hazardous waste, tires, and old medications. Visit <http://www.barryeatonhealth.org/> and look under the "News" section for an announcement with details and a complete list of accepted items.
- **Eaton County** May 21<sup>st</sup>, 9:00 am–3:00 pm, Delta Township. Bring electronics, hazardous waste, tires, and medications! Reservations required—the location is released once registration is complete. To register and for a complete list of accepted materials visit <http://bit.ly/1StEhLS>.



**Take a Hike!** This spring, take advantage of the wonderful hiking trails that Barry and Eaton counties have to offer! A hiking trip is the perfect way to spend a day outside while also helping you to stay fit and healthy! Among other trails, Eaton County offers three miles of trail at Fitzgerald Park ("the Ledges") in Grand Ledge, and Barry County has a 1.2 mile hike at the Otis Sanctuary. The Paul Henry–Thornapple Trail runs through both counties. For more trails and information, visit <http://bit.ly/1qLBUub> (Eaton County parks and trails) and <http://bit.ly/1pxO5tP> (Barry County parks and trails).

For more information, contact Abigail Lynch, Community Health Promotion Specialist, at 517-541-2644 or [alynch@bedhd.org](mailto:alynch@bedhd.org).

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