



Barry-Eaton
District
Health
Department

COMMUNITY OUTREACH HIGHLIGHTS
June 2016

Emergency Preparedness: Unique Needs Every person and family is different, so everyone needs to prepare for disasters differently. Know the unique needs you and your family have. Some people might need to include diapers, familiar foods for young children, medications, or pet food in their emergency kits. Pet owners should have a plan—such as having a neighbor care for, or evacuate, their pet(s)—in case an emergency prevents them from getting home. If you or a family member has a disability or accessibility issues, plan ahead for transportation and sheltering in an emergency: contact local paratransport services before a disaster to see what services they might (or might not) continue to offer in an emergency or arrange for someone to pick you up in case you need to evacuate. For more information about preparing for an emergency, visit <http://do1thing.com>.



National Men's Health Month Men die five years earlier than women, on average. Women are twice as likely as men to visit a doctor for annual examinations and preventive services. So it's time to man up and get involved in Men's Health Month! Visit a doctor, or encourage a friend to do so. Attend the free "Guys, Grilling, and Guys' Health" event on June 18th at ALIVE in Charlotte; see <http://bit.ly/1VfsVxN> for more information.

Is Your Family Up-to-Date on Vaccinations? BEDHD recommends and offers vaccinations for the following diseases. For more information, contact your healthcare provider or call the Immunization Clinic at (269) 945-9516 (Barry County) or (517) 541-2630 (Eaton County).

- Meningococcal disease: Recent years have seen several outbreaks of meningococcal disease, a dangerous and contagious illness that can cause permanent disability or death. Adolescents and young adults are most at-risk for the disease, and all preteens, teens, and young adults should be vaccinated.
- Chickenpox: Thanks to the chickenpox vaccine, the number of people who get the disease each year has gone down dramatically. Unfortunately, cases in Michigan are on the rise. The best way to prevent chickenpox is to get vaccinated.
- Shingles (herpes zoster): Almost 1 out of every 3 people in the United States will develop shingles in their lifetime; more than half of these people are adults over age 60. The shingles vaccination reduces the chances of getting shingles by more than 50 percent.

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.

National Safety Month This month focuses on reducing preventable causes of injury and death, such as distracted driving, unsafe storage of medication, drowning, and fall hazards at home. For tips on how prevent accidental injury and death, visit <http://bit.ly/1WN8Rog>.

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It's Bat Season! Summer is the season that has the most bat activity, and while bats are valuable to our environment, they can also carry rabies. For information on how to safely capture a bat in your home and when you should contact BEDHD, read the "FAQs about Bats and Rabies" at <http://www.barryeatonhealth.org>, under Publications, then Communicable Diseases.

Take the Test, Take Control: National HIV Screening Day 1.2 million people are living with HIV in the United States, and nearly one in eight of those are unaware of their infection. Each year, 50,000 more Americans are infected with HIV. June 27th is National HIV Screening Day. BEDHD's Barry (Hastings) and Eaton (Charlotte) offices are offering free HIV screening by appointment. Contact Eaton at (517) 541-2630 and Barry at 269-798-4133.

You're Invited to Attend:

- Eaton Rapids Health Alliance, June 21st, 3:30–5:00 pm, Eaton Rapids Medical Center Basement Conference Room, Eaton Rapids
- Eaton Good Food, June 15th, 4:00–6:00 pm, MSUE Basement Conference Room, Charlotte
- Barry County Tobacco Reduction Coalition, June 16th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, June 15th, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge
- B. Healthy Coalition, contact licibor@bedhd.org for date and time.

Project Fresh 2016 Kick-Off

BEDHD, MSU Extension, and local farmers are coming together to bring Project Fresh to WIC participants. A coupon booklet worth \$20 is given to participants to be used at local farmers markets this summer to buy fresh produce. To get the booklet, WIC participants should visit BEDHD's Eaton County (Charlotte) office on July 14th or Barry County (Hastings) office on July 15th from 9am to 11:30am and 1pm to 4:15pm.



Ticks and Mosquitoes With summer outdoor activities come ticks and mosquitoes. While many tick and mosquito bites are just irritations, sometimes those bites can be more serious. Everyone 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>.

Get Outside This Summer!



- **No Family Left Indoors** – This is a community effort to help get families outdoors! Events are June–August in Barry County. This month is Family Night at Camp (June 14, Camp Algonquin), It's Recess Time! (June 21, Charlton Park), and Pond Exploration (June 28, Clear Lake Camp). Visit <http://www.cedarcreekinstitute.org/nfli.html> for more information and registration.
- **Toddler Time in the Park** – This is a free event for families with children ages birth to five (older sibling welcome). Explore science, technology, engineering, art, and math with your child(ren). Participating families get a free book! Sessions are 10–11am on June 7 (Delta Mills, Delta Township), June 16 (Howe Memorial Field Playground of Dreams, Eaton Rapids), June 22 (Fitzgerald Park, Grand Ledge), and June 28 (Potterville City Park, Potterville). Contact Shelley Miller at (517) 541-8799 with questions.
- **Let's Walk and Talk with a Doctor** This event combines a short motivational talk by a physician and a 30-minute walk with the physician. Participants will have an opportunity to interact with the physician and ask healthy lifestyle related questions. The event is June 16 at 9am at the Meridian Senior Center in Okemos.

For more information, contact Abigail Lynch, Community Health Promotion Specialist, at 517-541-2644 or alynch@bedhd.org.

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