



**Barry-Eaton
District
Health
Department**

**COMMUNITY OUTREACH HIGHLIGHTS
July 2015**

Let's Get Our Hands Dirty Together Everyone is welcome to come together to grow good, nutritious food in the Skinner Community Garden located in front of the Charlotte Health Department. Get involved with gardening education sessions, volunteering, and planting individual or community plots. The garden offers something for everyone. To see what's growing and for more information, visit <http://bedhdgarden.weebly.com/>.



“When I go into the garden with a spade, and dig a bed, I feel such an exhilaration and health that I discover that I have been defrauding myself all this time in letting others do for me what I should have done with my own hands”
~ Ralph Waldo Emerson

Interested in Healthy Food in Your Community? Come to the Eaton Food and Ag Fest on July 13, 2015 from 4-7 pm inside the Eaton County Fair in Kardell Hall. The Fest is free and open to the public with over 50 exhibitors and demonstrations. There will be games and activities for kids, raffles, giveaways, a photo booth and food tastings. After the Fest, check out Eaton County Farm Bureau's petting zoo for the kids! For more details visit, www.eatongoodfood.com.

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-

Building Bridges for Health
Congratulations to the Dimondale Farmer's Market for their work to get approved for Electronic Benefits Transfer (EBT) at their market starting in July 2015! As part of the Barry-Eaton Building Healthy Communities grant initiative, BEDHD Health Educators provided support to the Dimondale Market Manager to decrease chronic disease through increased access to healthy fruits and vegetables through EBT. Marketing for the new EBT option was also provided.

- You're Invited***
- July 14th - ECSAAG-Tobacco Sub-committee**
8:30-9:30 am, Eaton County RESA
 - July 15th -Barry County Tobacco Reduction Coalition**
Noon-1pm, BEDHD, Hastings
 - July 22nd -B. Healthy Coalition**
1-2:30 pm, Pennock Hospital, Hastings, (4th floor Board Rm)
 - July 28th -Grand Ledge-Building Healthy Communities**
9-10 am, Grand Ledge City Hall
 - July 28th- Eaton Rapids-Building Healthy Communities**
3:30-5 pm, Eaton Rapids High School Library

945-9516.
Looking for Summer Activities? Check out the free or low-cost family activities happening in Barry <http://bit.ly/1GCbJqg> and Eaton <http://bit.ly/1NIWHdK> Counties. You can also check out safe beach sites in the district and the newly released list of licensed campgrounds in Michigan at <http://bit.ly/1HhhpL2>

Eaton Community Health Center to Open Mid-August in Charlotte The Eaton Community Health Center will be located inside the Barry-Eaton District Health Department, utilizing the former Health Connections clinic area. Cherry Health received a grant to provide health care services for Eaton County that include comprehensive medical services and behavioral health care. Accepting uninsured, Medicaid, Healthy Michigan Plan, and most insurances. For more information please visit www.cherryhealth.org or to become a patient call central registration at 616-965-8308.

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 implement a health policy or change. Visit <http://bit.ly/1KPJokO>, for more details or call Shelli Smith at 517-541-2644.

Time to Clean Up? Recycle Dates Eaton County

- **Saturday, July 18th** from 9am-2pm in Charlotte. This is a free event! Reservations required-location will be released once registration is complete. To register, call (517) 543-3686 or email recycle@eatoncounty.org.
- **Saturday, August 8th** from 8 am-12 pm in Charlotte. Events are for private (non-commercial) residents of the county. It is important that all registrants participate. If cancellation is unavoidable, please provide 48 hours notice. Space for tires is extremely limited. Limit of 7 tires accepted per person. For more information about the Charlotte recycling events visit, <http://bit.ly/1H7Im3Y>.



Are Local Decision Makers Considering Your Health? Health is largely determined by places in which people live, work, study, and play. These places shape opportunities to make healthy choices and access to resources for health. Health in All Policies (HiAP) means that leaders take time to consider **“How will my decision impact health?”** at all levels of government. Ideally, policy decisions have either neutral or beneficial impacts on the health of your community. To learn more about HiAP visit <http://bit.ly/ORmpOK>

Ticks and Mosquitoes are two of nature’s summertime irritations, and unfortunately sometimes those bites can become more serious. Residents should know how to protect themselves from illnesses spread by infected deer ticks (Lyme disease) and mosquitoes (West Nile virus). For more information on these diseases and how to protect yourself from ticks and mosquitoes, visit <http://bit.ly/1JgfHf9>



Concerned about Bat Activity? Summer is the season for the most bat activity, and while they are valuable to our environment, they can also carry rabies. For facts about bats, please visit <http://bit.ly/1dgBtkE>.



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 uninsured through membership in the Michigan Community Dental Plan (MCDP). There are two levels of membership at MCDC. Call 1-877-313-6232 for more information about services near you or visit <http://midental.org/>. Local clinic: 623 Courthouse Dr., Charlotte, MI 48813.

No Family Left Indoors Promotes free outdoor activity in Barry County. Tuesdays in July and August, 6:30 – 8 pm. Visit <http://bit.ly/1dgEvFv> for more information. Call (269) 721-4190 to register.

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