



**Barry-Eaton
District
Health
Department**

**COMMUNITY OUTREACH HIGHLIGHTS
February 2016**

[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>.



[Kindergarten Round-Up](#) is just around the corner! 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 at: Barry County (269) 945-9516 or Eaton County (517) 541-2630.

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 Spectrum Health 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.

[Most people age 60 and older should get protected against Shingles](#) BEDHD offers the shingles vaccine which is a safe and easy, one-time shot that may keep you from getting shingles. Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. All Medicare Part D plans and most private health insurance plans will cover the cost, but check your insurance plan first to make sure. For information on Shingles and the vaccination, visit <https://www.nia.nih.gov/health/publication/shingles>. Please call one of our offices for an appointment: Eaton County (517) 541-2630 or Barry County (269) 798-4133.

[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 Eaton County. A Community Health Worker assists clients in finding primary care and preventative health care services as well as linking clients with needed community services. For more information about Pathways to Better Health, please call (866) 291-8691 or visit www.carehubihp.org.

You're Invited to Attend

- ECSAAG-Tobacco Reduction Coalition, Feb. 9th**
8:45 am-9:30 am, Eaton RESA, Charlotte
- Tobacco Reduction Coalition, Feb. 18th**
12:30 pm-1:30 pm, BEDHD Conf. Room, Hastings
- Grand Ledge-Building Healthy Communities, Feb. 23rd**
9 am-10 am, Sawdon Building, Room 107
- B. Healthy Coalition, Feb. 24th**
1-2:30 pm, Pennock Board Rm. - 2nd Floor. Medical Arts Building, 1009 W. Green St., Hastings

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

February is Children's Dental Health Month Children should see a dentist by the time they are 1 year old or after their first tooth erupts.

<https://www.smilemichigan.com/Dental-Health-Education/National-Childrens-Dental-Health-Month>.



Emergency Preparedness: February is Water Month Whether you get water from a municipal water system or your home has a private well, your water supply depends on having power to operate the system. During a power outage—or any disaster that can cause a power outage, such as high winds, ice storm, or flood—you may find yourself without drinkable water. For information about preparing yourself for an emergency, visit <http://do1thing.com>.

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>.

Do You Have a Child that has a Severe or Chronic Health Condition? Children's Special Health Care Services (CSHCS) helps **pay for medical expenses, even if you have insurance.** CSHCS helps coordinate and pay for hospital and outpatient medical specialty care. Help may be available for travel expenses related to a child's medical care. Local program staff work with families to ensure that their child receives the very best care. The child's medical condition, not family income, determines if qualification for CSHCS. For information, call Eaton County, (517) 543-2430 or Barry County, (269) 798-4115. Local program details can be found by visiting <http://bit.ly/1JQaPb6>.

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. For answers to questions about **generator** purchasing and safety, visit the American Red Cross website at <http://rdcrss.org/1bkofe6>.



Breast and Cervical Cancer Screening Services 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.



Looking for Winter Activities? Check Out These Websites

1. Eaton County Parks and Recreation Commission-<http://bit.ly/1flA7jW>.
2. Charlton Park <http://www.charltonpark.org/>
3. Delta Township Parks and Recreation <http://bit.ly/1Sbve0Z>

For more information, contact Jill Sambaer, Community Health Promotion Specialist, 517-541-2610 or jsambaer@bedhd.org.