



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

October 2016

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, Oct. 10<sup>th</sup>, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, Oct. 18<sup>th</sup>, 3:30–5:00 pm, Lyle Hamman Room, Eaton Rapids Medical Center, Eaton Rapids
- Eaton Good Food, contact [lcibor@bedhd.org](mailto:lcibor@bedhd.org)
- Barry County Tobacco Reduction Coalition, Oct. 20<sup>th</sup>, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, Oct. 26<sup>th</sup>, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge

### GET YOUR FLU SHOT IN TIME FOR FLU SEASON

It's important to get your influenza (flu) vaccine early in the season to protect yourself from illness. Getting an annual flu vaccine is the best way to protect yourself and your family from the flu. Flu vaccinations can reduce flu illnesses, doctor's visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Everyone 6 months and older should get a flu vaccine every year.

This flu season, only injectable flu vaccines are recommended. Some flu shots protect against three flu viruses and some protect against four flu viruses. Contact your primary care physician for your annual influenza vaccine. BEDHD carries flu vaccine for children 6 month – 18 years of age. Call (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County) to schedule your appointment. Don't hesitate; vaccinate.

### BREAST CANCER AWARENESS MONTH

Breast cancer is the second most common kind of cancer in women. About 1 in 8 American women will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. Talk to a doctor about your risk for breast cancer, especially if a close family member has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms. To see if you qualify for financial assistance for mammograms (and pap smears), contact BEDHD at (269) 798-4131 (Barry County) or (517) 541-2630 (Eaton County).

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### *Pathways to Better Health*

*Do you know someone who is 18 years of age or older, is eligible for or enrolled in Medicare or Medicaid, and has two or more chronic health conditions? They may be eligible for the Pathways to Better Health program.*

*This is a free program that helps people get connected with the resources they need to lead a healthy life. Pathways' community health workers work one-on-one with clients to help them manage their health conditions and find the services and resources they need, including primary care providers and dentists, transportation, housing, and food and utility assistance. For more information, contact (866) 291-8691 or (517) 336-3777.*

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### NATIONAL LEAD POISONING PREVENTION WEEK IS OCT. 24-29

Did you know that many homes built before 1978 have lead-based paint? Lead from paint, chips, and dust can pose serious health hazards such as learning and behavior problems, tiredness, headaches, hearing problems, weight loss, hyperactivity, and irritability. Children are most often poisoned by lead dust and lead paint in older homes. Lead dust can come from repairing areas with lead paint, opening and closing windows, and through normal wear and tear of painted areas. Lead dust settles to the floor and gets on children's hands and toys. It enters their bodies when they put their hands or toys into their mouths. For more information, visit the Michigan Department of Health and Human Services "Help to Make Your Home and Family Lead-Safe" at <http://bit.ly/1U2aFrk>.

## LEAF BURNING

This autumn as leaves fall into your yard, consider doing something other than burning them. Burning leaves can have a negative effect on air quality due to the chemicals released. It can also irritate the eyes, nose, and throat of healthy people, but it can be much more harmful to small children, the elderly, or for those with asthma or other lung/heart conditions. Leaf burning can also reduce visibility, create safety hazards, cause a nuisance, soil buildings and other property, and create additional demands on local police and fire protection. Instead, compost leaves and use them as fertilizer—if you don't compost, check with your neighbors to see if they do, or contact your local municipality to find out if they will collect leaves.



## Contact Us

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

## PROTECT YOURSELF AGAINST SHINGLES

Almost 1 out of 3 people in the U.S. will develop shingles in their lifetime. About half of all cases occur in men and women 60 years of age or older. The shingles vaccine is a safe and easy one-time shot that may keep you from getting shingles. Most people age 60 and older should get vaccinated even if you already had shingles or don't remember having chickenpox. However, if you have a weak immune system or allergies to certain medicines, make sure to check with your doctor first. All Medicare Part D plans and most private health insurance plans will cover the cost, but check your insurance plan to be sure. BEDHD offers the shingles vaccine. Please call (269) 798-4133 (Barry County) or (517) 541-2630 (Eaton County) to make an appointment.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Be prepared for a power outage** Loss of power is an emergency that can occur on its own or as a result of another emergency. All of us rely on electricity for lights, phones, computers, and appliances, including refrigerators. To prepare for a power outage, ensure that you have flashlights and good batteries in an easy-to-get-to location. Consider buying a portable generator. Create a power outage plan to determine what you can do before, during, and after an outage to make being without electricity easier for you. And remember, stay away from downed power lines and anything they are in contact with, and never use charcoal or gas grills inside. For more information visit <http://do1thing.com>.

## OCTOBER OUTDOOR ACTIVITIES

There's still lots of time left to enjoy outdoor activities before winter arrives! Check out these activities at our wonderful local parks and other public spaces.

- Visit Eaton County Parks at <http://bit.ly/2dmg27V> to view the details on their programs and events this month! There is the Bicycle Color Tour on 10/15, the Color Cruise Ledges Tour on 10/15 and 10/16, and Pose with a Pumpkin on 10/9, 10/16 and 10/23.
- Visit Barry County Parks at <http://bit.ly/20qRBC7> for information and details on their upcoming events this month! All Hallows Evening at Charlton Park on 10/29, 3:00 pm - 6:00 pm. This family oriented event begins with trick - or - treat through the Historic Village. Take a hay ride, enjoy a glass of cider. There will also be a costume contest and awards. Admission is \$4.00 per person, 12 and under are FREE!
- Stop by the Tobacco Reduction Coalition's booth at Girbach Funeral Home at the corner of Green St. and Broadway in Hastings on October 31<sup>st</sup> from 5pm-8pm. There will be plenty of treats as well as a real life pig lung to show the SCARY effects tobacco can have on healthy lungs! Quitting tobacco is scary – getting healthy is not!

