



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

September 2016

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, Sept. 12th, 8:00–9:00 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, Sept. 20th, 3:30–5:00 pm, Eaton Rapids Medical Center, Eaton Rapids
- Eaton Good Food, contact lcibor@bedhd.org
- Barry County Tobacco Reduction Coalition, Sept. 15th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, Sept. 28th, 12:00–1:00 pm, Chamber of Commerce Office, Grand Ledge

MAKE A DIFFERENCE—HELP #StopSuicide

Every 40 seconds, someone in the world dies by suicide. Despite its prevalence, suicide is preventable. Sept. 5th–11th is National Suicide Prevention Week. Celebrate this week by taking action to help stop suicide:

- Learn the warning signs of suicide. Visit <http://bit.ly/2bmWnQx>.
- Reach out to someone who might be going through a hard time and have a caring conversation.
- Learn more about local suicide prevention efforts. Contact Liz Lenz (lrenz@bccmha.org) or Megan Palmer (mepalmer@bccmha.org) for Barry County and Abigail Lynch (alynch@bedhd.org) for Eaton County.
- Plan to attend our nearby Out of the Darkness Walk in Lansing on Sept. 17th. For more information, see <https://afsp.org/Lansing>.
- Get trained on how to assist someone going through a mental health crisis. Attend Mental Health First Aid Training in Lansing on Sept. 27th. Register at <http://bit.ly/2bzLg5y>.

Thinking about committing suicide? Just need to talk? Call 1-800-273-TALK to talk with a trained counselor. Calls are free and confidential.

WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

As children return to school, remember to keep your child home from school or childcare when they are sick to reduce the spread of illness. A child should be fever free without the use of fever-reducing medications for 24 hours before returning to school or childcare. A child with vomiting or diarrhea should remain home for 24 hours following their last episode of vomiting or diarrhea. Contact your primary care provider with any questions or concerns regarding illness.

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.



IT'S INFANT SAFE SLEEP MONTH IN MICHIGAN

In 2014, Michigan had 152 infants die as a result of unsafe sleep environments. These deaths were 100 percent preventable. You can reduce your baby's risk of suffocation: place your baby on their back to sleep and ensure that they have their own sleep area, on a firm surface, with no bumpers, pillows, stuffed animals, or loose bedding. Learn more about safe sleep at www.michigan.gov/safesleep

GET VACCINATED BEFORE AND DURING PREGNANCY

Vaccines are an important component of a healthy pregnancy. Women should be up to date on their vaccines before becoming pregnant and should receive vaccines against both the flu and whooping cough (pertussis) during pregnancy. These vaccines not only protect the mother by preventing illnesses and complications, they also pass on protection to her baby before birth. For more information on getting vaccinated before or during pregnancy, visit the Center for Disease Control's (CDC) webpage at <http://bit.ly/2a6UI77>.



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.

BE NUTRITIOUS BANKS AND PANTRIES

The Barry-Eaton District Health Department (BEDHD) was recently awarded a Health Endowment Fund grant for its proposal on improving healthful food options in local food banks and pantries. BEDHD will be working with one food bank and one food pantry in each county, as well as with local food producers, food pantry visitors, and donors, to improve the availability of healthful food options. Food banks and pantries and food producers interested in participating should contact Lauren Cibor at lcibor@bedhd.org.

IT'S BAT SEASON

Although summer is winding down, it's still important to be cautious about bats. While bats are valuable to our environment, they can also carry rabies. For information on how people get rabies, how to safely capture a bat in your home, and when you should contact BEDHD, see the "FAQs about Bats and Rabies" at <http://bit.ly/1dgBtkE>.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Be informed During an emergency, getting correct information about what's going on is key to being safe and knowing what to do. Emergency information is broadcast in a number of ways, including through television, radio, and emergency sirens and even over loudspeakers. This month, ensure that your family knows what to do when they hear or see emergency alerts. Consider getting a NOAA emergency weather alert radio. Ensure that everyone your household is able to receive and understand emergency information, especially considering those who are hearing or sight impaired or who don't speak English. If someone might have trouble understanding emergency information, identify a person that will contact them to keep them informed. For more information visit <http://do1thing.com>.

SEPTEMBER ACTIVITIES

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

- **Labor Day Bridge Walk**, Grand Ledge, September 5th, 9:00am–12:00pm. This free annual event is in its sixth year. Join the Eaton County Parks Commissioners in a walk from Oak Park to the Grand River Bridge to Fitzgerald Park. This family-friendly event is a great way to get outdoors, get some exercise, and meet community members and leaders. See <http://bit.ly/2bPKUJ1> for more information, including where and when to meet.
- **Outdoor Youth Day**, Hastings, September 10th, 10:00am–5:00pm. Join the third annual celebration of this free event at Charlton Park! Bring your kids so they can get hands-on experience with many different outdoor activities, such as hiking, archery, fishing, and canoeing. See <http://www.barrycd.org/home/youth-day/> for more information.

