



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

March 2018

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- **Eaton County Oral Health Coalition**, March 1<sup>st</sup>, 1–2:00 pm, BEDHD Charlotte
- **B. Healthy Coalition**, March 12<sup>th</sup>, 8:30–9:30 am, BEDHD Hastings
- **Barry County Tobacco Reduction Coalition**, January 26<sup>th</sup>, 12:30–1:30pm, BEDHD Hastings
- **Eaton Rapids Health Alliance**, March 27<sup>th</sup>, 3:30–5:00 pm, Eaton Rapids Medical Center

### BEDHD CHARLOTTE OFFICE OFFERS EXPANDED HEPATITIS A VACCINATION HOURS

Because Eaton County has recently become a hepatitis A outbreak county, the Barry-Eaton District Health Department's (BEDHD's) Charlotte office has added hours during which individuals can come to get vaccinated against hepatitis A. BEDHD's Charlotte office (1033 Health Care Dr.) will offer walk-in hepatitis A vaccinations Monday–Friday, 8am–5pm. In addition, the office will be open late on Wednesdays, from 5–7pm, for walk-in hepatitis A vaccinations. **Appointments for hepatitis A vaccination are NOT required.** Clinic hours for other, non-hepatitis A vaccinations will also be offered on Wednesday evenings **by appointment** at BEDHD's Charlotte office. To schedule an appointment or for questions about vaccinations, call (517) 541-2630 (Eaton County) or (269) 798-4133 (Barry County).

### *Pathways to Better Health*

*Pathways to Better Health is a free CareHub program that helps adults get access to community services that can help improve health, get linked with primary and preventive care, and reduce unneeded hospital visits. To qualify, you must meet the following criteria: be 18 years or older; have at least two chronic health conditions (e.g., asthma, diabetes, depression, heart disease); have or be eligible for Medicaid, the Healthy Michigan Plan, and/or Medicare; and live in Eaton, Barry, Ingham, Clinton, Gratiot, Montcalm, or Ottawa counties. For more information, see the Pathways website (<http://www.ihpmi.org/carehub-pathways>) or call CareHub at (866) 291-8691 or (517) 336-3777.*

### BARRY COUNTY BABY CAFÉ

Have you visited the Barry County Baby Café yet? This club is for any mom who would like to learn more about breastfeeding, share their stories, and/or offer support for new moms! Trained staff attend each meeting to answer any questions that may come up in conversation, including topics such as skin-to-skin contact, latching, milk flow, and the transition from breast milk to solid foods. Join in the conversation every Thursday from 10am–12pm on the second floor of the Hastings Public Library! Find us on Facebook at <https://www.facebook.com/BarryCountyBabyCafe/>.

### KINDERGARTEN ROUND-UPS

It's time for kindergarten round-ups! Families who will be enrolling their children for school in the fall are encouraged to attend their school's round-up to get important information and meet other parents and teachers. Another important part of preparing for kindergarten is making sure that kids are up-to-date on their immunizations. A child who is fully immunized and ready to start Kindergarten in the fall will have had these vaccinations:

- 4 doses of DTap (Diphtheria, Tetanus, Pertussis)
- 3 doses of hepatitis B
- 2 doses of MMR (measles, mumps, rubella)
- 4 doses of polio
- 2 doses of chickenpox (varicella)

Influenza (flu) and 2 doses of hepatitis A vaccine are also highly recommended, though not required, for a child starting kindergarten. To schedule a vaccination appointment at BEDHD, call (517) 541-2630 (Eaton County) or (269) 798-4133 (Barry County). BEDHD accepts children with Medicaid and most private insurances and children without insurance.



### 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).

## YOUTH HEARING AND VISION SCREENING

BEDHD hosts free Hearing and Vision Screening Clinic at its Charlotte (Eaton County) and Hastings (Barry County) offices on alternating months. All preschool and school-age kids are welcome **by appointment only**. Call the clinic at (517) 541-2630 (Eaton) or (269) 945-9516, ext. 4133, (Barry) to schedule your appointment today!

## BLUE CROSS® WINTER WARM-UP 5K

Have fun getting fit with the Blue Cross® Winter Warm Up! Meet up with friends and family and join in on this great way to meet your 2018 health goals. For more information on the free Couch to 5K Training Program and the Goal Event—a 5K walk/run—on March 25<sup>th</sup> in Lansing, visit <https://goo.gl/4B2MCd>. To register for the Winter Warm Up, visit <https://goo.gl/kCw4wQ>. All are welcome.

## DO YOU KNOW THE VALUE OF WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally-funded program serving women, infants, and children up to age 5 by providing nutritious food, nutrition education, breastfeeding promotion and support, and referrals to health care and other services. On average a WIC family of four saves about \$240 per month by shopping with their WIC benefits. To learn more about WIC and to see if you are eligible, download the “WIC Connect” app in your device’s app store, or call the Barry office at (269) 945-9516 or the Eaton office at (517) 541-2630. Current WIC clients are also encouraged to use the app to make shopping for WIC-approved foods easier and for additional resources.



WIC Connect  
Health & Fitness

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Sheltering.** Some disasters require that you leave your home or go to a special area in your home to remain safe. Know how to respond safely when instructions are given to evacuate or take shelter. Identify the best storm shelter in your home and practice going there with your family. Learn how to “shelter in place” in case of a chemical emergency. Make sure that you have an emergency go-kit. For more information, visit <http://do1thing.com>.

## LEARN ABOUT HEALTHY MEALS AND COOKING FOR NATIONAL NUTRITION MONTH

Everyone loves food, but did you know you can easily make healthy food that tastes great? March is National Nutrition Month, a perfect time to take advantage of the following opportunities to expand your recipe book!

- **Cooking for Diabetes (ALIVE in Charlotte):** Learn about nutrition that supports diabetes prevention while savoring delicious, healthy food. Classes focus on carb counting, label-reading and heart-healthy principles. Limited to the first 16 people per class. Attendance at all session dates is strongly encouraged. Dates are March 15 (Faux Pasta), March 29 (Break the Fast), April 12 (Spring Salad), and April 26 (Diabetes Friendly Desserts) from 12–1:30pm. All classes are free. Call (517) 541-5800, option 1, to register.
- **Heart Healthy Cooking (ALIVE in Charlotte)** Learn about heart healthy nutrition while enjoying delicious, flavorful food. Classes focus on increasing fiber, fruits, vegetables and whole grains, while decreasing saturated fat and sodium intake. Limited to the first 16 people per class. Dates are March 20 (Savor the Flavor), April 3 (Taste the Rainbow), April 17 (Ancient Grains), and May 1 (Meals from the Heart) from 6–7:30pm. All classes are free. Call (517) 541-5800, option 1, to register.
- **Myth to Mouth—Feeding Your Child without Losing Your Mind (Barry County)** Presented by MSU Extension, this workshop will give healthy food options that are kid approved. Bring your own family’s favorite recipe to have it tailored to be more nutritious. Dates are March 12 (Middleville) and March 26 (Hastings) from 5:30–7:30. Both classes are free. Register at <https://familysupportbarry.com/>.