



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

June 2018

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, June 11<sup>th</sup>, 8:30–9:30 am, BEDHD, Hastings
- Eaton Rapids Health Alliance, June 26<sup>th</sup>, 3:30–5:00 pm, Eaton Rapids Medical Center
- Barry County Tobacco Reduction Coalition, June 25<sup>th</sup>, 1:30–2:30, BEDHD, Hastings
- Eaton County Oral Health Coalition, June 7<sup>th</sup>, 1:00–2:00 pm, BEDHD, Charlotte

### PROTECT YOURSELF FROM HARMFUL SUN EXPOSURE

According to the Centers for Disease Control and Prevention (CDC), sun exposure can damage your skin in as little as 15 minutes. Follow these recommendations on how to keep you and your family safe during this hot summer: Seeking **shade** under umbrellas, trees, and pavilions is a great way to protect your skin from the harsh sun, especially when you don't have sunscreen or protective clothing. You should still wear sunscreen even if you're in the shade. Long-sleeved **clothing** provides protection from the sun; darker, tightly woven fabric and dry clothes offer the greatest protection. A **hat** with a brim that goes all the way around will protect the ears, face, and neck from damaging sun exposure. **Sunglasses** can protect your eyes from UV rays and prevent cataracts. **Sunscreen** with at least 15 SPF should be applied every time you go outside, even on slightly cloudy or cool days. A thick layer on all parts of your skin can help absorb, reflect, and scatter



the sunlight, protecting your skin from melanoma and skin cancer. Reapply sunscreen if you're in the sun more than 2 hours and after swimming, sweating, or toweling off. For more information, visit <https://bit.ly/2ku7MFu>.

### REGISTER TODAY! A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities as a result. A Matter of Balance is an award-winning program designed to assist older adults with managing falls and increasing activity levels. Is this a concern of yours? If you answered yes, then join us for one of our upcoming workshops. These will be held on Mondays, June 18<sup>th</sup>- August 6<sup>th</sup>, from 9:30–11:30am at the Charlotte Community Library, 226 Bostwick St., Charlotte, MI, in the Spartan Room. To register for this **free** workshop, please call the Tri-County Office on Aging at (517) 887-1465. The workshop will provide a healthy snack and a booklet. Money donations are not required, but will be accepted.

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### *Women, do you qualify for life-saving cancer screening? Find out below!*

*We can help connect you to services through the Michigan Breast and Cervical Cancer Control and Navigation Program (BCCCNP). If you receive an abnormal mammogram or Pap test and can't afford future testing, we can help you! You may qualify if you are a Michigan resident, cannot afford your deductible, have a low household income, have no health insurance or coverage, or if your insurance does not cover screening or diagnostic testing. Call us today to see if you qualify for these screening, diagnostic, or treatment services: (616) 632-7283 (Barry) or (517) 887-4364 (Eaton).*

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### WIC PARTICIPANTS: PROJECT FRESH IS COMING UP

The Barry-Eaton District Health Department and local farmers are coming together to bring Project Fresh, a program that makes fresh, farmers' market produce available to WIC participants who are pregnant, postpartum, women, or children ages 1–4 years. To receive the \$25 coupon booklet, WIC participants should visit the Barry-Eaton District Health Department during the times listed below. First come, first served, as there are a limited number of booklets.

**Eaton County (Charlotte Office): June 14<sup>th</sup>, 9–11am, 1–4pm**

**Barry County (Hastings Office): June 15<sup>th</sup>, 9–11am, 1–4pm**





## 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).

## HOW TO ENJOY FOOD SAFE PICNICS THIS SUMMER

We all enjoy the occasional outdoor picnic; here are some tips and tricks for keeping food safe to eat while having fun in your backyard, at the park, or at the beach. Plan ahead by remembering to bring a food thermometer, a cooler with ice in it, clean utensils, trash bags, and paper towels. Do not thaw meat on the counter overnight in preparation for a grill-out—always thaw meat in the fridge—and do not partially cook the meat beforehand. These actions can cause bad bacteria growth in your food. Don't leave food out in the sun, especially perishable foods such as meat and dairy products; put them into a cooler filled with ice when not in use or when the temperature of the food is too high. If it is over 90°F outside, don't let food sit out for more than an hour. The food temperature **danger zone** is between 40°F and 140°F, so be sure to check your food regularly to make sure it doesn't reach this zone. If food sits in the danger zone for more than 2 hours (1 hour if it's hot out!), throw it away.

## JUNE 27<sup>th</sup> IS NATIONAL HIV TESTING DAY!

The CDC recommends that all individuals aged 13–64 get tested for HIV at least once. Those who are at high risk of getting HIV should get tested once a year. People at risk include men who have sex with men, those who had sex with someone who is positive for HIV/AIDS or is at risk, those who use injection drugs, those who have had more than one partner since their last HIV test, and those who have ever had hepatitis or TB and/or have ever tested positive for other STIs. Knowing your status can be powerful for keeping you and your partner(s) healthy. Join us on June 27<sup>th</sup> from 1–4pm at either of our health department locations to get your **free** HIV screening, or make an appointment at (269) 798-4133 (Barry) or (517) 541-2630 (Eaton).

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Unique Family Needs.** Disasters can happen at any time, in any place, to anyone. While many people are prepared for emergencies at home, it's also important to think about what your family's specific needs are. Is there an infant in the home? Maybe a pet, an individual with disabilities, someone who requires medicine, or an elderly person? Learn more about what your unique family needs are by talking to them about what they would need in an emergency, how and when to call 911, or where emergency supplies are kept. Make a plan to ensure that pets are taken care of in an emergency. Trusted neighbors could evacuate pets for you, when needed, if you are not home. Make sure that those with a disability have a clear and concise evacuation plan. For more information about preparing for an emergency, visit <http://do1thing.com>.

## VACCINATE BEFORE YOU GRADUATE

As teens prepare to graduate from high school, now is a great time to make sure they have all the vaccines they need before leaving for college or entering the workforce. Ensuring teens are up-to-date on all of their vaccines can protect them from illnesses that can be easily spread in dorms and workplaces. Many children can receive free vaccines through the age of 18 via the Vaccines for Children program. Teens should be up-to-date on all childhood vaccines, especially Meningococcal (meningitis), HPV, and Tdap. For more information, see [this easy-to-read flyer](#). To make your appointment, contact us at (269) 798-4133 (Barry) or (517) 541-2630 (Eaton). BEDHD offers all childhood vaccines by appointment.

## FREE HEARING AND VISION TESTING

BEDHD is hosting free hearing and vision clinics! All preschool and school-aged kids are welcome by appointment only. Call the BEDHD clinic at (517) 541-2630 (Eaton) or (269) 945-9516 (Barry) to schedule your appointment today! Clinics are at the health department from 8:30am to 12:00pm on the following dates:

Barry County (Hastings Office): July 2<sup>nd</sup> & September 10<sup>th</sup>

Eaton County (Charlotte Office): June 26<sup>th</sup> & August 28<sup>th</sup>

Watch the BEDHD website or Facebook page for additional clinics this summer.

