



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

## COMMUNITY HIGHLIGHTS

August 2018

### YOU'RE INVITED!

#### Monthly Coalition Schedule

- B. Healthy Coalition, August 13<sup>th</sup>, 8:30–9:30 am, BEDHD Hastings
- Barry County Tobacco Reduction Coalition, August 16<sup>th</sup>, 12:30–1:30, BEDHD Hastings
- Eaton Rapids Health Alliance, contact [alynch@bedhd.org](mailto:alynch@bedhd.org)
- Eaton Oral Health Coalition, contact [abarna@bedhd.org](mailto:abarna@bedhd.org)

### IT'S NATIONAL IMMUNIZATION AWARENESS MONTH!

Immunizations are one of the greatest public health accomplishments of the 20th century. This month, we celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages. Vaccination is important because it protects the person getting the vaccine and because it helps prevent the spread of disease, especially to those who are most at risk for serious complications (such as infants and young children, the elderly, and those with chronic conditions and weakened immune systems). Everyone should have their vaccination needs assessed—a baby starting at a new child care facility; a toddler heading to preschool; a student going back to elementary, middle, or high school; college freshmen and young adults encountering new living or working environments; and adults who are at risk for different diseases. Learn which vaccines are needed for each individual at <https://www.cdc.gov/vaccines/schedules/>. Contact your health care provider or call the BEDHD Immunization Clinic at (269) 945-9516 (Barry County) or (517) 541-2630 (Eaton County) to schedule your (or your child's) immunization appointment.



### BATS AND RABIES

So far this year, Michigan has had 22 confirmed cases of rabid bats, one of those being in Eaton County. During this time of year, bats are more active; this can increase the chance of a person or pet being bitten or scratched by a potentially rabid bat. Bats have small teeth and bites are often not felt; if someone has any contact with a bat or if a bat is found in the same room as someone who may not have been aware that contact has occurred (like a child or a sleeping, intoxicated, or mentally disabled person), that person is at risk for exposure to rabies. If you think you or someone in your family has been exposed to a bat, do not let the bat go. It is important that the bat be brought in to the health department for testing, which can help ensure that you and your family were not exposed to rabies. For more information on how to trap a bat, visit our website at <https://www.barryeatonhealth.org/bats-ticks-mosquitoes-and-animal-bites> or call (269) 798-4152 in Barry County, or (517) 541-2641 in Eaton County.

### *Children's Special Health Care Services*

*Children's Special Health Care Services (CSHCS) is a program that provides financial assistance to families of children and some adults with special health needs. CSHCS helps families with insurance costs and specialty medical bills for more than 2,700 severe, chronic health conditions, such as asthma, heart disease, hemophilia, immune disorders, and cystic fibrosis. There is an income-based fee for the program; this fee is waived for children covered by Medicaid or MICHild. For more information, call Barry County at (269) 798-4115 or Eaton County at (517) 541-2635.*

### SUBSTANCE USE TREATMENT AND RECOVERY

Eaton Behavioral Health (EBH) provides treatment and recovery programming for individuals who use harmful substances, with the hopes of helping people accomplish their version of a healthy and meaningful life. If you or a loved one needs help, call us at (517) 543-2580, today! Individual, couples, and group therapies, as well as and holistic methods such as acupuncture, are all offered. Screenings and referrals are also available to at-risk adolescents for early intervention prevention programs. EBH serves adolescents and adults in Eaton, Clinton, and Ingham counties. Residents of Barry County can receive substance use-related treatment by contacting the Barry County Community Mental Health Authority at (269) 948-8041.

## PATHWAYS TO BETTER HEALTH PROGRAM DISCONTINUATION

PATHWAYS to Better Health, a home-visiting program for Medicaid- or Medicare-eligible adults with chronic illness offered through BEDHD, is being discontinued due to lack of funding. The program's official end date is August 10, 2018, and client and partner notification is underway. PATHWAYS was created to help adults in the community gain access to resources that could improve their overall health. In the program's four years, it provided home-based services to residents in both Barry and Eaton counties and allowed for collaborative work between BEDHD and community support services (including hospitals, physicians, and adult protective services). In fiscal year 2017, the programs served 259 adults. Clients currently receiving services through PATHWAYS and program referral partners will be receiving a letter and resource guide from BEDHD. In addition, individuals can do the following to help with the transition:



- Call their Medicaid, Healthy Michigan, or Medicare health plan to see how they can receive services.
- Get help from BEDHD staff on navigating the Health Insurance Marketplace to enroll in or change plans or on enrolling in a Medicaid plan: call us at (269) 945-9516 in Barry County, or (517) 543-2430 in Eaton County for help applying for insurance coverage.

### Contact Us

For more information on items in this newsletter, contact Lauren Cibor, Community Health Promotion Specialist, at (517) 541-2624 or [LCibor@bedhd.org](mailto:LCibor@bedhd.org).

## NATIONAL BREASTFEEDING AWARENESS MONTH

Infants who are breastfed are less likely to develop type 2 diabetes, asthma, and obesity; also, mothers who breastfeed have a reduced risk of getting heart disease, ovarian cancer, and breast cancer. Although a fed baby is the best baby, this is why breastfeeding is encouraged by the CDC for feeding and nutrition for infants to those who are able. The health department is dedicated to providing resources for breastfeeding mothers through programs such as Women, Infants, and Children (WIC) and the Baby Café. WIC is a free program for low-income pregnant and breastfeeding women that provides a variety of support services, including breast pumps and dietary guidance. Baby Cafés are a place for local, breastfeeding mothers and breastfeeding supporters to meet and mingle. They are free of cost, and no registration is required. In

addition to support from local, knowledgeable mothers, an International Board Certified Lactation Consultant (IBCLC) or multiple Certified Lactation Counselors (CLCs) are always available to provide expert advice at each meeting. The Barry County Baby Café meets every Thursday from 10am-12pm on the second floor of the Hastings Public Library, and the Capital Area Baby Café meets every Wednesday from 10am-12pm at the Pennway Church of God. For more information on breastfeeding support, visit <https://www.barryeatonhealth.org/breastfeeding-support>.

## FREE HEARING AND VISION TESTING

BEDHD is hosting free hearing and vision clinics for all preschool and school-age kids by appointment only. Call the clinic at (517) 541-2630 (Eaton) or (269) 945-9516 (Barry) to schedule your appointment. Clinics are at the health department on the following dates: **Barry County** (Hastings office), Mon., Sept 10<sup>th</sup>; **Eaton County** (Charlotte office), Tues., Aug 28<sup>th</sup>.

## DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

**Get Involved.** This month, we are challenging you to become more involved in the safety of our community. Here's some ways to increase safety and involvement in your community if a disaster were to strike. First, connect with an isolated individual in your neighborhood or start a neighborhood organization. The elderly or those with disabilities (isolated individuals) are more vulnerable during and after a disaster. Take some time to meet them and prepare them for emergencies. Neighborhood watches are a great way to stay connected. Promote emergency preparedness in your community through clubs and organizations such as scout troops, communities of faith, and service clubs! You can also volunteer with Red Cross, and the Salvation Army to become trained to work in disasters. For more information about preparing for an emergency, visit <http://do1thing.com>.

## RECYCLING FEVER

Charlotte's Recycle-Palooza will be held Saturday, August 25, from 9 am–1 pm. Registration is required; the location for the event will be released upon registration. This event is for private, non-commercial residents, of Eaton County. Accepted items include medications, electronics, books, batteries, tires, document shredding, and other household hazardous waste. For a full list of accepted items and for information on how to register, visit <https://bit.ly/2v7QoZv>.



For more information on the Barry-Eaton District Health Department's services, visit <https://www.barryeatonhealth.org/>.