

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

What's in This Month's Issue:







- Stay healthy this holiday season
- WCHD Recycling Trailers
- Understanding Substance Use Disorder - Dec. 13th

- Breaking the Stigma: Mental Health, Addiction, & Trauma Breakfast Event
- It's Time to Get Your Flu Shot
- Creating Safe and Joyful Holiday Celebrations
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Stay Healthy This Holiday Season

Source: CDC

Consider following these tips to help prevent chronic disease.

-  **1. Make Time to Unwind and Connect with Others.** For stress relief, take deep breaths, stretch, meditate, or do an activity you enjoy. Talk with people you trust about how you're feeling and express gratitude.
 -  **2. Sleep.** Adults need at least 7 hours of sleep per night. For a healthier sleep, be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
 -  **3. Eat Healthy.** Reach for healthy options like fruits and vegetables instead of salty or sugary treats.
 -  **4. Move More, Sit Less.** Get at least 150 minutes of moderate-intensity aerobic activity every week (or about 30 minutes on 5 days), plus muscle-strengthening activities at least 2 days a week.
 -  **5. Rethink Your Drink.** Substitute water for sugary or alcoholic drinks to reduce calories.
 -  **6. Don't Use Tobacco.** You can quit today! Call 1-800-QUIT-NOW for free support.
- To reduce your risk of COVID-19 and flu,
1. Get your COVID-19 booster if you are eligible and get your annual flu shot.
 2. Wash your hands often.
 3. Test if you develop symptoms or if you will be gathering with high risk individuals.

WCHD Recycling Trailers

The Williams County Health Department offers a trailer recycling service at different locations throughout the county. At these sites, you can recycle aluminum cans, steel cans, newspaper, #1 & #2 plastic bottles. Learn more about WCHD's recycling services: bit.ly/WCHDRecycle.

WCHD Trailer Recycling Service

Accepted: aluminum beverage/soda cans, steel cans, newspaper, #1 & #2 plastic bottles.

Recycling Trailer Hours:
Weekends: 8:00am Sat. to 6:00pm Sun.
Weekdays: Wed. 8:00am to 6:00pm
 Pulaski Twp. open from 7:00am to 5:00pm

Recycling Trailer Locations:

FIRST WEEKEND	SECOND WEDNESDAY
Superior Twp: 10668 St. Rt. 107, Montpelier.	St. Joseph Twp: 317 W Railroad St., Edgerton
Millcreek Twp: 310 Anderson Ave., Alvordton	THIRD WEEKEND Florence Twp: 212 Madison St., Blakeslee
FIRST WEDNESDAY Madison Twp: 104 Angola St., Kunkle	THIRD WEDNESDAY Brady Twp: 109 S. Main, West Unity
Springfield Twp: 200 Depot St., Stryker	FOURTH WEEKEND Northwest Twp: 16473 St. Rt. 49, Edon
SECOND WEEKEND Jefferson Twp: 11246 St. Rt. 15, Montpelier	LAST WEDNESDAY Pulaski Twp: 6646 State Route 127, Bryan
Center Twp: 04266 Co. Rd. 12, Bryan	

Learn more about local recycling trailers & locations: bit.ly/WCTrailers

Understanding Substance Use Disorder - December 13th

ECHO and the Ohio Healing Communities Study are hosting an event with speakers from OverdoseLifeline. The event will cover how substance use disorders develop, how the brain adapts during treatment and recovery, and the role of stigma. Breakfast will be provided. In-person and online options available. See flyer for more details: bit.ly/3GGwewq

When: December 13, 2022 - 8am-9:30am
Where: Bryan Eagles (122 S. Walnut Street)
Register: Visit bit.ly/SUDrsvp to register by Dec. 9th

1.5 CEs available for nursing, pharmacists, social workers, & other healthcare professionals.

Breaking the Stigma: Mental Health, Addiction, & Trauma

You are invited to the Breaking the Stigma: Mental Health, Addiction, & Trauma Breakfast. The event will take place on Thursday, January 19th at 7:30am at Bryan Eagles.

Join renowned speaker, Dr. Gretchen Clark Hammond, for a community breakfast as she discusses the role of trauma and health in the development of substance use & mental health disorders, the signs of chronic stress, compassion fatigue, and how to utilize wellness strategies. The event will include 2 sessions: "Trauma as helping professionals" & "Breaking the Stigma of Mental Health and Addiction."

BREAKING THE STIGMA: MENTAL HEALTH, ADDICTION, & TRAUMA

Join renowned speaker, Dr. Gretchen Clark Hammond, for a **community breakfast** as she discusses the role of trauma and health in the development of substance use & mental health disorders, the signs of chronic stress, compassion fatigue, and how to utilize wellness strategies.

WHEN: Thursday, January 19, 2023 at 7:30am-10:30am
WHERE: Bryan Eagles (221 S. Walnut Street, Bryan)

Registration is required. Please scan the QR code or go to bit.ly/BreakingTheStigmaWC to register by January 9th.

Dr. Gretchen Clark Hammond, PhD, MSW, LSW, LCDCIII, TTS

When: Thursday, January 19th at 7:30am
Where: Bryan Eagles
 221 S. Walnut St., Bryan, OH
Use the Maple Street entrance

Register by January 9th using the following link:
bit.ly/BreakingTheStigmaWC.

Feel free to promote this event with your colleagues and other community members.

EMS CEUs available through Williams County EMS, Ohio #362

To view the full flyer: bit.ly/BreakingTheStigmaFlyer

It's Time to Get Your Flu Shot

Getting a flu shot now is the best way to protect yourself, your family, and your community from the flu. It is recommended that everyone 6 months and older get a flu shot once a year to reduce risk of serious illness. A flu shot is especially important for people with compromised immune systems, pregnant women, people ages 65 and older, people who live in nursing homes or long-term care facilities, and people with chronic health conditions. Vaccination has shown to have many benefits including reducing the risk of flu illnesses, hospitalizations, and even death.

In Williams County, there are many convenient options available where you can get a flu shot. Click the image below to see the full-size flyer or visit bit.ly/WCFluClinic.

IT'S TIME TO GET YOUR FLU SHOT WILLIAMS COUNTY LOCATIONS

There are several locations that offer flu shots in Williams County. Some locations require appointments, and some allow walk-ins. Please call or check the provider's website for appointments or to verify walk-in clinic hours.

If you have an established healthcare provider, you can also reach out to them about getting a flu shot.



Location	Ages	Appointment Hours	Community Services
Rings Pharmacy Address: 221 W Main St. Montpelier, OH 43543 Phone: 419-485-5115	Flu & COVID-19 Vaccines for ages 7+ years	Walk-ins available M-F: 8:30am - 7pm Sat: 8:30am - 1pm	Workplace flu & COVID-19 clinics available Accepts all major insurances
Klinger Pharmacy Address: 102 W Jackson St. West Unity, OH 43570 Phone: 419-924-2444	Flu & COVID-19 Vaccines for ages 7+ years	Walk-ins available M-F: 9am - 6pm Sat: 9am - 1pm	Workplace flu & COVID-19 clinics available Accepts all major insurances
Walgreens Pharmacy Address: 403 S Main St. Bryan, OH 43506 Phone: 419-636-0613	Flu & COVID-19 Vaccines for ages 3+ years	Evening appointments available. Self-schedule appointments online bit.ly/WalgreensWC	Flu & COVID-19 vaccines available Insurance accepted
CVS Pharmacy Address: 341 W High St. Bryan, OH 43506 Phone: 419-636-5021	Flu & COVID-19 Vaccines for ages 3+ years	Evening appointments available & self-schedule appointments online bit.ly/CVSWC	Flu & COVID-19 vaccines available Insurance accepted
Rite-Aid Pharmacy Address: 1221 W High St. Bryan, OH 43506 Phone: 419-636-6142	Flu & COVID-19 Vaccines for ages 5+ years	Evening appointments available & self-schedule appointments online bit.ly/RiteAidWC	Flu & COVID-19 vaccines available Insurance accepted
Walmart Pharmacy Address: 1215 S Main St. Bryan, OH 43506 Phone: 419-636-9153	Flu (7+ years) & COVID-19 Vaccines for ages 5+ years	Evening & weekend appointments available. Self-schedule appointments online bit.ly/Walmart_WC	Flu & COVID-19 vaccines available Insurance accepted
Williams County Health Department Address: 310 Lincoln Ave. Montpelier, OH 43543 Phone: 419-485-3141	Flu & COVID-19 Vaccines for ages 6+ months	Walk-ins available on Mondays Mondays: 9:30am - 4pm	Flu & COVID-19 vaccines available. Workplace & homebound clinics available upon request. Will not be turned away due to inability to pay; Uninsured; Insurance accepted

PROTECT YOURSELF AND OTHERS THIS FLU SEASON

Updated 10/31/2022

Creating Safe and Joyful Holiday Celebrations Source: NIAAA

The winter holidays are a time to enjoy the company of family, friends and co-workers. Where does substance use fit into this picture?

The widespread availability of alcohol at holiday parties gives our youth many opportunities to sneak alcohol when no one is looking, or convince a relative to let them enjoy "just one" alcoholic beverage. So, you might ask, where is the harm in that? Let's make a list.

- The younger a child is when he/she starts to drink, the more likely there will be alcohol-related problems later in life.
- Alcohol use by teens affects still-developing brains and impairs memory and learning.
- Teens who drink are more likely to commit or be the victim of violence (including sexual assault) and to experience stress, depression, and suicidal thoughts.

By allowing underage drinking during the holidays, adults deprive teens of clear, common sense and consistent guidelines they need to make good choices all year long. It is clear that parents who talk with their teens about underage drinking, set expectations for behavior, and enforce consequences for violating the rules are significantly less likely to have children who use alcohol.



National Institute on Alcohol Abuse and Alcoholism

There are some simple things that you can do to lessen the exposure of your children to holiday substances. Consider these holiday celebration tips:

- At your holiday gatherings, offer plenty of non-alcoholic foods, drinks and activities.
- Model responsible behavior by making sure that guests who have been drinking do not drive.
- Let your child know what to expect. Tell your children that adults may be drinking alcohol during the holidays, but under no circumstances are they allowed to.
- To lower the risk of alcohol poisoning, be sure to empty partially-full alcoholic drinks. Children love to imitate adults; if they have access to leftover drinks they may be tempted.
- Parents, grandparents and babysitters should also be extra vigilant during the holidays. Visitors often leave medicines on a nightstand or in the bathroom, making them easily accessible to children.

Why not create some substance-free holiday traditions for your family? It's a great way to show your child that you can have fun during the holidays without alcohol or drugs. Read more: bit.ly/3i7t4Yh

Talking Points Content Survey

We would like to hear from you. What would you like to learn more about in the new year? Share your feedback by taking the following survey: bit.ly/CTPInputSurvey.



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCCommunityTalkingPoints

For more information on WCHD programs and services, visit: williamscountyhealth.org

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