

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

What's in This Month's Issue:

- Making Healthy Habits Stick
- What's WIC Worth?
- Christmas Lights Recycling
- Breaking the Stigma: Mental Health, Addiction, & Trauma Breakfast Event
- Helping Children with Loss Group Series
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- WC Johns Hopkins COVID-19 Vaccine Project
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Making Healthy Habits Stick

Source: American Heart Association

Every journey, including your own journey to better health and well-being, begins with just one step. Anybody can build healthy habits; they just need to know how to do it effectively. Although getting and staying healthy can feel like a big challenge, it doesn't have to be. Working small, positive steps into your daily life can help you build a healthier life routine. But just putting them on your mental to-do list might not be enough.

Tying those positive steps to other things you already do regularly — a practice called "habit stacking," or "habit chaining" — can help turn them into ironclad habits. For instance, you could take a daily habit, like brushing your teeth, and add in a little movement, like doing five squats.

Here are a few other ideas.

You don't have to do the new habit at the same time as the current habit. You can add new habits before, during or after the original habit. Habits begin one step at a time.

Daily habit	Healthy habit to add
Taking a walk	Focus mindfully on the sights and sounds of your walk (instead of daily stressors at work or home).
Writing a to-do list	Start by listing one or two things you are grateful for every day.
Making coffee or tea	Wash and slice up a vegetable for snacking while you wait for water to heat or tea to steep.

What is WIC Worth?

Did you know that WIC offers benefits with food packages for kids under age 5? With food costs on the rise, WIC is more important than ever to help families offset higher grocery bills.

Who's eligible for WIC benefits?

Postpartum and breastfeeding women for up to 12 months & children under 5 years of age. If you are on SNAP, TANF, Medicaid, or meet 185% of federal poverty income guidelines, you automatically qualify! Call 419-485-3141 or visit signupwic.com to sign up.

Estimated Monthly Value

Food packages for Babies Children:	Food packages for New & Expecting Moms:
Breastfed baby 6-12 months old = \$64	Pregnant woman = \$101
Children 1-5 years old = \$75	Postpartum woman = \$87
	Breastfeeding mother = \$128

Christmas Lights Recycling

Recycle your old, broken Christmas lights at the Williams County Health Department until January 31st. The WCHD is partnering with WiltonKeck Recycling to offer this free service.



FREE!
CHRISTMAS LIGHTS RECYCLING
In cooperation with WiltonKeck Recycling

WHEN?
December 1st through January 31st
Monday through Friday 8:30am-4:30pm

WHERE?
Williams County Health Department
310 Lincoln Ave.
Montpelier, OH 43543

For more information, contact us at (419) 485-3141

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

MIGHTY CROW

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

Helping Children with Loss Group Series

Helping Children with Loss Group

GROUP MEETING DATES
 • Mon., January 9 • Mon., January 23
 • Mon., January 16 • Mon., January 30

WHERE: Sarah's Friends
 201 S Main St., Bryan, OH 43506

TIME: 6:30pm-9:00pm

For more information about the group, please email Brittany at brittany.spotts@williamscountyhealth.org

The group meets once per week for 4 weeks. There is no cost for participating in these group sessions.

REGISTRATION REQUIRED
 Scan the QR code or visit bit.ly/HCwLossGroup to register by January 9th.

Most parents want to do whatever they can to protect their children from painful moments and events that may touch their lives. In trying to "protect" them however, we often do not realize that we are inadvertently passing on to them the same bits of "misinformation" on how to deal with grief that we learned as children.

This program is not only designed to help parents, but teachers, school counselors and everyone else who has contact with children. These skills can be of enormous value no matter what loss a child has experienced, including, but not limited to the loss a parent, grandparent, sibling, a divorce in the family, or even the loss of a pet.

Join the free 4-week group to learn more about how you can help children with loss. Learn more or register at bit.ly/HCwLossGroup.

Free At-Home COVID-19 Tests Available Again



The free at-home COVID-19 testing program is available again in response to the recent winter surge of COVID-19 cases. Every U.S. household is eligible to order four at-home COVID-19 tests and orders can be placed here: <https://www.covid.gov/tests>.

CDC Expanded Use of COVID-19 Updated Booster for Children

Source: CDC

In December, the FDA and CDC updated the guidelines for COVID-19 updated (bivalent) boosters. Now, children ages 6 months through 5 years are eligible for the updated vaccine.

Children ages 6 months through 5 years who previously completed a Moderna primary series are eligible to receive a Moderna bivalent booster 2 months after their final primary series dose. Children ages 6 months through 4 years who are currently completing a Pfizer primary series will receive a Pfizer bivalent vaccine as their third primary dose.

Check to see if you or your child is eligible for a booster using the CDC's booster calculator: bit.ly/3G5xp7y.

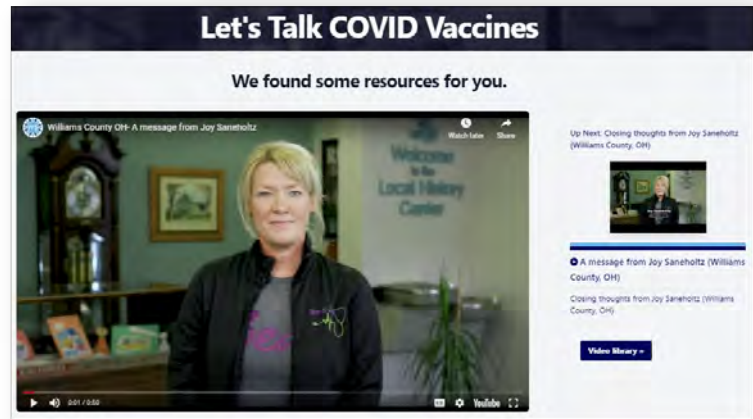
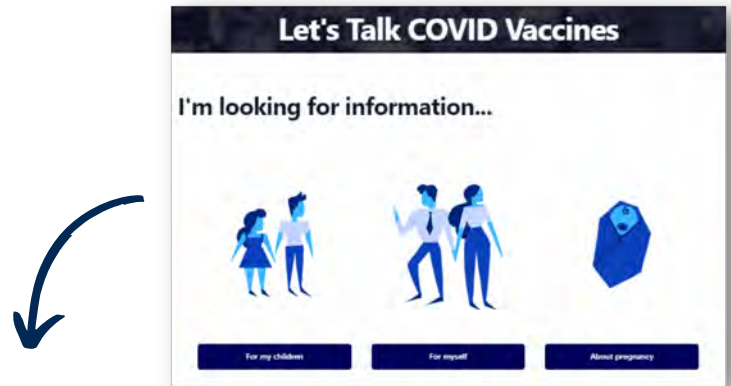
[Find Out When to Get a Booster >](#)

Williams County Johns Hopkins COVID-19 Vaccine Project

Local residents in Williams County partnered with Johns Hopkins University's Institute for Vaccine Safety to create videos to help people learn more about COVID-19 vaccines. Using the videos, Johns Hopkins developed a website that can be used to answer questions about the vaccines. First, you fill out a short, anonymous survey that covers some of your concerns about COVID-19 or the vaccine. Then, you receive a list of videos you can watch to learn more about the topics.

Once you receive the list of videos, you can click the "Video Library" button to see additional videos featuring Williams County residents. Check out the website to learn more:

<http://letstalkcovidvaccines.org>



Talking Points Content Survey

We would like to hear from you. What would you like to learn about in 2023? 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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