



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

What's in This Month's Issue:

- Register for the Trauma, Mental Health & Addiction Training
- Suicide Prevention Breakfast
- Tire Recycling Event
- Back-to-School Vaccines

- Healthy Back-to-School Habits
- Healthy Snack Ideas
- Grief Recovery - Helping Children with Loss
- Strategic Plan Survey: \$10 gift card raffle
- Healthy Aging Month
- WCHD FAQs: Bakeries & Privies

Register for the Trauma, Mental Health & Addiction Training

Dr. Gretchen Clark Hammond will be coming back to Williams County to host a second Breaking the Stigma: Mental Health, Addiction, & Trauma training. Dr. Hammond held a training for Williams County in January and the feedback from the event was so positive that the Williams County Health Department invited her back in October.

When: Friday, October 6, 2023 at 8am-11am

Register: bit.ly/TraumaMHEvent



Breaking the Stigma:
Mental Health, Addiction, & Trauma

October 6, 2023
8:00am - 11:00am

Tire Recycling Event

Mark your calendars. The Williams County Health Department is partnering with the County Engineer's Office to host a tire recycling event. Each tire will cost \$1 to recycle and must be removed from the rim.

Questions? Call Shannon at 419-485-3141 ext. 109

When:

September 21st,
9:00am - 5:30pm

Where:

12953 Co. Rd. G,
Bryan, OH 43506

Tire Recycling Event

When: September 21st | 9am - 5:30pm

Where: County Engineer's Office
12953 County Road G, Bryan, OH 43506

Cost: \$1.00 per tire

Accepted Tires

- Cars
- Pick up trucks
- Lawn mowers
- Motorcycles
- All small tires

Not Accepted

- Large tractor
- Semi truck
- Large vehicle
- Large farming equipment

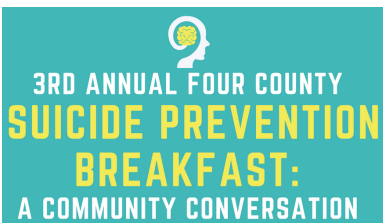
Suicide Prevention Breakfast

WCHD is partnering with the Four County Suicide Prevention Coalition and several other mental health organizations to host the 3rd Annual Four County Suicide Prevention Breakfast. Prevent suicide through awareness and bring hope to our community. Learn about local resources and discover how you can make a difference.

When: September 13th, 8am-12pm

Where: NWO Educational Service Center

Register: bit.ly/2023SPCBreakfast



Breakfast begins at 8am. Presentations start at 8:30am.

Back-to-School Vaccines

WCHD is hosting back to school vaccination clinics through September. Clinics are available every Tuesday at the Montpelier office from 9am-4:15pm and on Thursdays from 9:30am-4pm. Our next extended hours clinic (5:30pm) is September 5th.

Call to schedule an appointment for your child or ask questions about the vaccines at 419-485-3141.

Every Tuesday and Thursday
Starting July 18th through September

Tuesdays in Montpelier: 310 Lincoln Ave Montpelier, OH 43543 9am - 4:15pm*	Thursdays in Bryan: 1399 East High St Bryan, OH 43506 9:30 - 4pm
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Appointment Required

*Hours extended to 5:30pm the first Tuesday in August and September

Healthy Back-to-School Habits

Starting off the school year with healthy habits can set the tone for a successful and productive year. Here are some habits you can consider adopting:



Sleep Schedule: Making sure your child goes to bed and wakes up around the same time everyday helps them get enough quality sleep which is important for learning and brain function.



Morning Routine: Creating a routine for your children that includes breakfast, personal hygiene, and getting dressed to help them start the day off on a positive note.



Healthy Breakfast: Serving a balanced breakfast with protein, fruits, and whole grains helps provide kids with energy throughout their day.



Study Space: Having a set and clutter-free study area for your child can help them be more focused when studying.



Regular Study Time: Setting a consistent study time can make sure all homework and projects are completed on time.



Planner or Calendar: Help your children set a planner to keep track of assignments, tests, projects and after school activities.



Physical Activity: Regular exercise in your child's daily routine helps promote overall health and stress relief.



Open Communication: Talk to your child everyday about their school experiences, successes, and challenges.

Remember that it takes time to build habits, so start with a few that are most important for your family's needs, then slowly add in others. Consistency and patience are key to building your back-to-school routine.

Healthy Snack Ideas

Having balanced snacks full of colorful fruits, vegetables, lean proteins, and whole grains will help you and your kids get added nutrients when you

feel hungry throughout the day. Here are some simple ideas for healthy snacks:

- **Yogurt parfaits** - yogurt layer with berries and granola
- **Homemade trail mix** - whole grain cereal, dried fruit, nuts, and a sprinkle of dark chocolate
- **Fruit kabobs** - assorted fruits like grapes, berries, and melons skewered.
- **Cottage cheese and fruit** - top cottage cheese with fresh fruit like pineapples, peaches, or berries
- **Rice cake stackers** - rice cakes topped with cream cheese or nut butter and thin apple slices.

Grief Recovery - Helping Children with Loss

The vast majority of parents find themselves at a loss when trying to help their children deal with any grieving experience. This 4-week program is designed to teach parents and others who work with children the necessary tools to help children effectively deal with their broken hearts, no matter the loss they are facing.

When: Oct. 27th, Nov. 3rd, Nov. 10th, & Nov. 17th

Time: 1:00pm-3:30pm

Where: Shalom Counseling & Mediation (5030 County Road 15, Bryan, OH 43506)

Cost: Free! Thank you to Bryan Area Foundation for paying for the books.

Register:

bit.ly/HelpingChildren2023



Strategic Planning Survey - \$10 gift card raffle

WCHD is working on a new strategic plan & we value your opinion. Share your feedback with us & you will be entered to win a \$10 gift card.




Take this survey for a chance to win a \$10 gift card.


bit.ly/WCHD23Survey


Healthy Aging Month


It's Healthy Aging Month! Celebrate this month by incorporating healthy habits into your routine like exercise, healthy eating, and getting enough sleep. This month serves as a reminder that as we age our minds and bodies change. There are things we can do to help deal with those changes and prevent some common age-related health problems.

Consider practicing the tips below to help you stay active and independent as you age.

 **Eat & Drink Healthy** - As we age, we may need to change what we eat. Eat nutritious foods that are low in cholesterol & fat. You should also drink plenty of water to stay hydrated.

 **Move More, Sit Less** - Staying active can help prevent, delay, & manage chronic diseases while also improving balance, reducing fall risk, & improving brain health. Aim for physical activity everyday like taking a 20-minute walk or doing some strength training exercises. Talk to your healthcare provider about what is best for you.

 **Get Regular Checkups** - Going to your healthcare provider for regular health screenings is important for healthy aging. This is also a great way to catch high blood pressure or high cholesterol levels early.

 **Get Plenty of Sleep** - Sleeping for at least 8 hours a night helps your body repair itself, reduces stress and improves your mood all while lowering your risk for health problems like diabetes and heart disease.



Surround Yourself with Positivity - Your mental health plays an important role in healthy aging. Having a social network with people who make you smile and laugh makes aging even easier. Reach out to your local senior center to get connected.

WCHD FAQs: Bakeries & Privies

Can I have an outdoor privy (ex. outhouse) in Williams County as a means of waste disposal?

Ohio law allows privies when a residence does not have indoor plumbing. When a privy is used, it must have the same state-approved tank and an operation permit, just like every other septic system. The only difference is that it can have no outlet from which waste can escape - it must be totally sealed.

What are Ohio laws about home bakeries & bake sales?

In Ohio, the state Department of Agriculture permits people to produce and sell what is termed "non-potentially hazardous" bakery products. Local health departments do not oversee the regulation of home bakeries or bake sales. If you have any questions about state of Ohio food safety laws, call the food safety division at (614) 728-6250.

Talking Points Content Survey

What would you like to learn about in future Community Talking Points? 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/WCCommunityTalkingPoints

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

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