

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

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New Year: How to set realistic, health-related goals

As we step into the new year, it is an ideal time to set impactful resolutions. Of course, resolutions are much easier to make than to keep. By the end of March, many of us have abandoned our goals and settled back into our old patterns. So, what can you do to make it more likely that you will keep this year's resolutions? The following tips may help:

Limit Your Resolutions - While you might have a long list of potential resolutions, pick one and focus your energies on that. Concentrating on one goal makes it easier to maintain and helps you avoid becoming overwhelmed.

Start With Small Steps - A lot of people tend to take on too much too soon. It's better to focus on small yet significant steps that will eventually lead to your goal. For example, if you want to eat healthier, set a goal of adding one vegetable to each meal.

Get Support - Having a reliable support system helps keep you motivated and accountable. It's also much more enjoyable to work towards your goals with a friend or family member by your side.

Learn & Adapt - Many people give up on their resolutions after experiencing a setback. If you find yourself slipping back into a bad habit, don't be too hard on yourself. Rather than viewing relapses as failures, use them as a chance to learn and grow. Resolutions don't need to start in January. Start again in the morning.

Stay Motivated - At the start of a new year, you may feel optimistic and enthusiastic about achieving your

goals. However, as time goes on, you may encounter temptations and challenges that can test your resolve. To stay focused, it's important to remember why you started and what you stand to gain from achieving your objective. Consider writing a list of motivations or finding sources of inspiration to help you push through any difficulties that arise.

Staff Spotlight: Alyssa Hauer, Clerical Supervisor



Meet Alyssa, our dedicated Clerical Supervisor with a year of invaluable service at the Williams County Health Department. Alyssa is in charge of important office tasks, using her experience in customer service to help people and keep everything running smoothly. Her favorite part of the job? Working with a small group of like-minded individuals who all share a commitment to community well-being. Joining WCHD, Alyssa was excited to contribute her strong customer service skills in her new role. She also saw an opportunity to implement her ideas to improve workplace culture.

Originally from Conrad, Montana, Alyssa grew up in a small community. Now, in her "Mom Era," Alyssa finds joy in making her two little girls happy. She loves watching them experience new things and places for the first time.

We want to say a big thank you to Alyssa for all she does at the Williams County Health Department. We're excited to see how she continues to make a positive impact on our community. Stay tuned to meet more amazing people working hard to help our community!

Winter Health & Safety



As the temperature drops and winter blankets Williams County in snow and ice, it's crucial to prioritize your safety and health. Use the following tips.

Drive Carefully:

- **Slow down.** You never know where ice can be hidden under snow, so it is essential to reduce your speed. Accelerating and decelerating slowly helps avoid skids and leave enough space between you and the car in front of you.
- **Keep an emergency kit in the trunk** complete with blankets, water, non-perishable food, flashlights, and a first aid kit.

Stay Warm:

- **Dress in layers!** Dressing in layers traps warmth close to your body. Don't forget a waterproof outer layer to protect against snow and wind. Always remember your hats and gloves!
- **Stay insulated.** Ensure your home is well-insulated to retain heat. Check for drafts, seal windows, and invest in heavy curtains to retain heat.

Shovel Snow Safely:

- **Take breaks.** Shoveling snow can be tiring. Take breaks to avoid overexertion and the risk of heart-related issues.
- **Bend your knees** and lift with your legs rather than your back. Push the snow rather than lifting it when possible.

Maintain a Healthy Heart:

- **Indoor exercise.** If the cold is keeping you indoors, find ways to stay active inside. Explore indoor workouts, join a fitness class, or try home exercises to keep your body moving.
- **Maintain a healthy heart diet** with plenty of fruit, vegetables, and lean proteins. Limit excessive caffeine and alcohol intake.

Improve Mental Health:

- **Use your healthy coping skills.** Winter can sometimes bring about feelings of isolation and seasonal affective disorder (SAD). Combat these challenges by staying connected with loved ones,

engaging in activities you enjoy, and seeking sunlight when possible. If you find yourself struggling, don't hesitate to reach out for help.

Prepare for Outages & Storms:

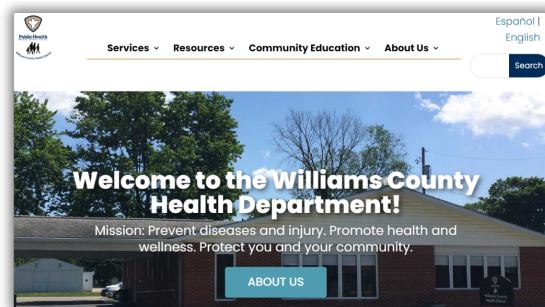
- **Stock up.** Winter storms can sometimes lead to power outages and other emergencies. Stock up on non-perishable food items, batteries, and essential supplies. Familiarize yourself with emergency procedures and have a plan to keep you and your family safe.

New WCHD Website



Exciting news! WCHD is thrilled to unveil our brand new website! <http://www.williamscountyhealth.org/>

Read about WCHD's diverse programs and access resources like data, health assessments, and annual reports. Stay informed with press releases and community talking points, engage in community education, and find links to resources and coalitions. Learn more about us and provide feedback using our online surveys.



2024-2026 Strategic Plan

The WCHD adopted a 2024-2026 Strategic Plan. The plan encompasses our mission, priorities, strategies, and goals to address key concerns and enhance our capabilities. Priorities include:

- Improving staff recruitment, retention, and development
- Increasing community member and partner outreach and engagement
- Improving communications efforts
- Assuring financial and operational viability

Healthy Winter Meal: Chili & MyPlate Guidelines

Eating healthy becomes easier with MyPlate, a simple guide created by the U.S. Dept. of Agriculture. In Williams County schools, 3rd graders learn about it— imagine a plate divided into fruits, vegetables, grains, and proteins, plus a side of dairy. This helps you make sure you're eating a mix of foods for a balanced diet.

Now, as winter arrives, we have a simple, affordable, and healthy recipe that fits perfectly with MyPlate guidelines: **Chili**.



It warms you up and is a healthy meal for winter.

Here's a simple breakdown:



Protein: Ground turkey or beef can be used as your main protein source as well as kidney and black beans. This combination ensures a protein-packed meal that supports muscle health and provides sustained energy throughout the day.



Vegetables: Load up your chili with tomatoes, peppers, onions, and corn. Veggies give you vitamins and minerals to stay healthy.



Grains: Add quinoa or brown rice to make it more filling, or even serve over spaghetti. Grains help you feel full and give you energy.



Dairy: Top your chili with a dollop of sour cream, plain yogurt, or a sprinkle of cheese. This makes your meal taste better and gives you calcium and vitamin D for strong bones.



Fruits: Fruits are not typically thought of as a chili ingredient but diced tomatoes count! You can also serve a side of fresh fruit salad for dessert.

Christmas Light Recycling



The Williams County Health Department will be collecting Christmas Lights to recycle in cooperation with WiltonKeck Recycling. Starting December 1st through January 31st you can drop your lights off at the WCHD's Montpelier office Monday through Friday from 8:30am to 4:30pm.

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



Customer Satisfaction Survey

At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services. Take our survey:

www.surveymonkey.com/r/WCHDServices



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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