

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

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National Public Health Week

April 1-7 is National Public Health Week! The first week of April every year is a time to recognize the contributions of public health and to highlight public health solutions we can strive for in the future. Each day during National Public Health Week will be focused on a specific public health topic. This year's themes are:

Civic Engagement (Monday): Civic engagement is the actions we can take in our communities to identify and address problems, including ones that impact population health. It is important for individuals to be civically engaged so they can make decisions that impact the community they live in.

Healthy Neighborhoods (Tuesday): When our neighborhoods are healthy, we have the building blocks for health lives - this includes safe sidewalks, clean environments, and easy access to nutritious food.

Climate & Health (Wednesday): The impact of extreme weather events, like heatwaves and floods, impacts human health in many ways.

New Tools and Innovations (Thursday): Public health is constantly growing and innovating.

Reproductive Health (Friday): Preventing all diseases and illnesses through screenings, education, and access to care is essential.

Emergency Preparedness (Saturday): Being ready for emergencies *before* they happen can protect our communities.

Future of Public Health (Sunday): The future of public health is about teamwork.

Involving communities in decision-making helps them have ownership over their health.



**NATIONAL
PUBLIC
HEALTH
WEEK**

Staff Spotlight: Michael Wright



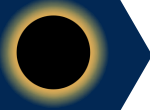
Meet Michael Wright, our dedicated Epidemiologist who has been making a positive impact at the WCHD for two years now. As an Epidemiologist, Michael plays a crucial role in understanding and preventing diseases in our community. With a background in math and science, he found his passion in public health. Michael holds a Bachelor of Science and a Masters of Public Health in Epidemiology from The University of Toledo. He is also a Certified Health Education Specialist (CHES) and has received training in data visualization.

What Michael loves most about his work is the ability to support his colleagues and witness the tangible impact of his efforts on the health of Williams County residents. One of Michael's current projects is the Williams County Lead Report. This project aims to address the issue of lead exposure in local households, particularly hazardous for children's health.

Originally from Ottawa Lake, MI, Michael enjoys spending time outdoors, hitting the gym, cooking, and relishing moments with friends and family. In Williams County, Michael finds solace in visiting the local parks. His spirit animal? A golden retriever, reflecting his friendly and easygoing nature.

We are grateful to have Mike as part of our team, contributing to the health and well-being of Williams County. Stay tuned for more updates on the impactful work happening at our Health Department.

Solar Eclipse & Eye Safety



The April 8th solar eclipse will be a once-in-a-lifetime event for some people. To ensure a safe and enjoyable experience, it's crucial to prioritize safety measures for your eyes and overall well-being. Here are some important guidelines to follow for safety during the eclipse:

Eye Safety:

Use proper eye protection:

- The only safe way to view a total solar eclipse is through special-purpose solar filters or eclipse glasses that meet the ISO 12312-2 international safety standard. Regular sunglasses, even very dark ones, are not enough to protect your eyes.

Check for damage:

- Before using eclipse glasses or solar filters, inspect them for any scratches, holes, or damage. Discard them if you notice any signs of wear and tear.

Avoid cameras or binoculars:

- Do not look at the sun through unfiltered cameras, binoculars, telescopes, or any other optical devices. Doing so without proper filters can cause severe eye damage or blindness.

General Safety:

Plan ahead:

- Research the eclipse's path and timing, and choose a safe viewing location well in advance.

Protect your skin:

- If you are outdoors for an extended period, remember to apply sunscreen and wear protective clothing to shield your skin from the sun's harmful UV rays.

Beware of crowds:

- If you're attending a public event or viewing the eclipse in a crowded area, be mindful of your surroundings and follow any instructions or guidelines provided.

Traffic safety:

- Expect increased traffic around popular viewing locations before and after the eclipse. Plan accordingly, and be patient on the roads.

Protect your pets:

- Keep your pets indoors during the eclipse to prevent them from inadvertently looking at the sun or being exposed to potentially harmful conditions.

Grief Recovery Group



A new Grief Recovery Group is now available! Our support groups offer a safe, evidence-based environment for griever to take effective and lasting action, no matter the type of loss experienced. These groups are led by Grief Recovery Method Specialists, trained and certified by the Grief Recovery Institute. The group meets once per week for 8 weeks. There is no cost for participating in these group support sessions.

WHEN:

- Wednesday, April 17
- Wednesday, April 24
- Wednesday, May 1
- Wednesday, May 8
- Wednesday, May 15
- Wednesday, May 22
- Wednesday, May 29
- Wednesday, June 5

TIME: 4:00pm - 6:00pm

WHERE:

Williams County Public Library, Harmon Room
107 E High St, Bryan, OH 43506

Scan the QR code or visit

<https://bit.ly/GriefRecoveryWC>

to register by April 17.



Free Electronics Recycling Event - April 22nd

The Williams County Health Department is partnering with WiltonKeck to host a FREE electronics recycling event. Refrigerators / freezers, air conditioners and cathode ray tube (CRT) devices / TVs / monitors will **not** be accepted. Click the image to learn more.

Where:

WiltonKeck Warehouse,
807 E. Maple St. Bryan, OH
43506

When: April 22nd,

9am-3pm

Questions? Call Shannon at

419-485-3141 ext. 109

FREE Electronics Recycling Event

ACCEPTED ITEMS:

- Small Kitchen Appliances
- External Hard Drives/ Memory Devices
- Modems
- Flat-Panel Monitors & TVs
- DVD Players/ VCRs
- Ram
- Credit Card Machines
- Cellphones*
- Wire (romex, extension cords, Christmas lights, etc.)
- Towers
- Laptops
- Office Phones
- Printers*
- Copiers*
- Stereos
- Speakers
- Mouses
- Game Systems
- Circuit Boards
- Routers

*Not for recycling

World Immunization Week

World immunization week is April 24 - 30th! This is a time to highlight the importance of protecting our communities from vaccine-preventable diseases. Vaccines are essential to the goals of public health, which is to promote and protect the health of all communities. Vaccines are available to prevent over 20 life-threatening diseases and are responsible for helping us live longer, healthier lives.

The Williams County Health Department offers vaccines for all ages - babies, children, teens, and adults. We accept private insurance and Medicaid. The WCHD will not turn anyone away due to their inability to pay. We are dedicated to protecting you and our community! To make an appointment to receive an immunization, [click here!](https://bit.ly/WCHDVaccineAppt) (bit.ly/WCHDVaccineAppt)

Kevin Briggs Suicide Prevention Events

There are several April events planned with guest speaker Kevin Briggs. Kevin Briggs is a retired Highway Patrol Sergeant who served at the Golden Gate Bridge. He worked to reduce the number of suicide deaths at the Golden Gate Bridge. You are invited to attend the following:

- **Regional Extravaganza - Featuring Kevin Briggs and Kevin Berthia**
 - April 22 at 5:30pm at Defiance High School (Defiance High School — 1755 Palmer Drive, Defiance OH 43512)
 - **Register here:** <https://cutt.ly/BwMVavkW>

- Doors open at 5pm. Free food and youth activities available. A prize drawing will also take place at 7:30pm. **All are welcome!**

Other events held for specific sectors:

- **Business Professionals Lunch & Learn:**
 - April 24th at 11:30am at the Defiance Community Auditorium (629 Arabella St, Defiance, OH 43512)
 - Boxed lunches are provided, presentation from 12-1pm, optional Q&A to follow
 - **Register here:** <https://rb.gy/zs05t3>
- **Law Enforcement & First Responders Workshop:**
 - April 25th at 12:30pm-4:00pm at the Defiance Community Auditorium (629 Arabella St, Defiance, OH 43512)
 - Free boxed lunches & continuing education (CE) available
 - **Register here:** <https://rb.gy/227910>
- **Healthcare & Mental Health Professionals:**
 - April 26th at 12:30pm-4:00pm at the Defiance Community Auditorium (629 Arabella St, Defiance, OH 43512)
 - Free boxed lunches & continuing education (CE) available
 - **Register here:** <https://rb.gy/7yjc3o>

Questions? Email Sam at smanz@defiance.schools.net

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/WCCCommunityTalkingPoints

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

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