

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

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- International Overdose Awareness Day
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### National Breastfeeding Month & WIC

August is National Breastfeeding Month, a time to celebrate and raise awareness about the amazing benefits of breastfeeding for both babies and parents. Research shows that breastfeeding can help protect babies from infections and illnesses like diarrhea, ear infections, and pneumonia. It also lowers the risk of asthma, obesity, and type 1 diabetes. Breastfeeding helps babies' digestion and boosts their immune systems.

It's not just babies who benefit—breastfeeding is healthy for parents too. It can reduce the risk of breast cancer, ovarian cancer, and diabetes. Breastfeeding also helps the body recover from pregnancy and childbirth more quickly by releasing hormones that help the uterus shrink back to its pre-pregnancy size.

For those who might find breastfeeding challenging, the Women, Infants, and Children (WIC) program offers support through their Breastfeeding Peer Counseling Program (BFPC). This program provides peer-to-peer support, breastfeeding counselors, training, and more to help parents in their breastfeeding journey. Every parent's situation is unique. Whether you are a WIC participant or not, WIC offers breastfeeding support to all parents in Williams County.

If you have questions about breastfeeding, you can reach out to WIC breastfeeding experts for support. Call our offices at 419-485-3141 (Montpelier) or 419-636-8754 (Bryan).

Breastfeeding offers many health benefits, but it's not the only way to raise a healthy and happy baby. Remember, the best choice is the one that works best for you and your family.

### Staff Spotlight: Shannon Trausch



Meet Shannon Trausch, our dedicated Environmental Health Tech and Recycling Coordinator who has been an essential part of the Williams County Health Department for an impressive 33 years, with 2 years in her current role.

Each day for Shannon is different. Her favorite part of the job is working with the public, helping them navigate the application and permitting process for environmental public health programs. Organized, compassionate, and caring, Shannon is motivated by a desire to serve and improve the health and environment in Williams County.

Shannon has spent most of her career as an Environmental Clerk before transitioning to her current role. She and her husband live outside of Edon and have two children. Her daughter, a graduate of Trine University with dual licensure in Elementary Education and Special Education, will be a Kindergarten teacher this year. Her son will be attending Northwest State, majoring in HVAC this fall.

If Shannon had a spirit animal, she'd be an owl—focused and driven, reflecting her commitment to her work. We're grateful for Shannon's long-term dedication and contributions to the health department and the community.

Stay tuned to learn more about the incredible individuals working to make Williams County a healthier place!



## Immunization Awareness Month

August is Immunization Awareness Month! This month is meant to raise awareness about why vaccines are important for people of all ages and how they can help prevent serious, and sometimes deadly, diseases and illnesses. Just as parents want to do everything possible to make sure their children are healthy and protected from preventable diseases, the Williams County Health Department is dedicated to our community's wellness and has vaccination appointments available for all ages.

The WCHD offers vaccines for:

Hep A	MMR	RSV
Hep B	Pneumococcal	Influenza
Dtap	Varicella	Covid
Tdap	Rotavirus	
HPV	Meningococcal	
Polio	(ACWY & B)	
HIB	Shingles	

The WCHD offers vaccinations to families with private health insurance, Medicaid, and those without health insurance. **We will not turn anyone away due to inability to pay.**

There are multiple clinics being offered out in the community. These include:

- **Bryan Schools:** Aug. 6th from 1-7pm (appt. required)
- **Edgerton Schools Open House:** Aug. 12th from 5:30-7pm (walk-in's accepted)
- **Stryker Schools Open House:** Aug. 13 from 4-6pm (walk-in's accepted)
- **North Central Open House:** Aug. 15th from 5:30-7pm (walk-in's accepted)
- **Edon Schools Open House:** Aug. 15th from 5-7pm (appt. required)

To make an immunization appointment, call 419-485-3141 or visit [bit.ly/WCHDVaccineAppt](https://bit.ly/WCHDVaccineAppt) today!

## Tire Recycling Event: Save the Date



WCHD is partnering with the County Engineer's Office to host a tire recycling event sponsored by the Ohio EPA. Each tire will cost \$1 to recycle and must be removed from the rim. Please note that there is a 10 tire limit per vehicle.

### When:

September 19th,  
9am-5:30pm

### Where:

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

### Questions?

Call Shannon at  
419-485-3141 ext. 109

### Tire Recycling Event

**When:** September 19th | 9am - 5:30pm  
**Where:** County Engineer's Office  
 12953 County Road G, Bryan, OH 43506  
**Cost:** \$1.00 per tire  
**10 tire limit per vehicle**  
**No Tire Dealers**

<b>Accepted Tires</b> <ul style="list-style-type: none"> <li>• Cars</li> <li>• Pick up trucks</li> <li>• Lawn mowers</li> <li>• Motorcycles</li> <li>• All small tires</li> </ul>	<b>Not Accepted</b> <ul style="list-style-type: none"> <li>• Large tractor</li> <li>• Semi truck</li> <li>• Large vehicle</li> <li>• Large farming equipment</li> </ul>
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**Tires must be removed from the rim before being recycled.**

For more information, call Shannon at 419-485-3141 ext. 109.

Recycle This Great Program  
10 tire requirement from OEPA

*Click the image to learn more.*

## International Overdose Awareness Day Event

International Overdose Awareness Day (IOAD) is at the end of August each year. IOAD is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. This is a time to remember those who we have lost from overdoses and commit to prevent future deaths.

Williams County is hosting an Overdose Awareness Day event on **August 28th** at 4:30pm at the Williams County Courthouse Square in Bryan. To submit a photo of a loved one to remember at the event, use the QR code or link below. You can also email [bethany.coutz@williamscountyhealth.org](mailto:bethany.coutz@williamscountyhealth.org).



[bit.ly/IOAD-Williams](https://bit.ly/IOAD-Williams)

**SAVE**

**THE**

**DATE**

**OVERDOSE AWARENESS DAY**

**AUGUST 28TH**

**4:30-7:00 PM**

**WILLIAMS COUNTY COURTHOUSE SQUARE**

## 4th Annual Suicide Prevention Breakfast



WCHD is partnering with the Four County Suicide Prevention Coalition and several other mental health organizations to host the 4th Annual Four County Suicide Prevention Breakfast. Prevent suicide through awareness and bring hope to our community. Learn more about suicide prevention and resources available in the Four County area.

When: September 19th, 8am-12pm

Where: NWO Educational Service Center  
205 Nolan PKWY  
Archbold, OH 43502

Registration link coming soon!

Registration is required, but there is no fee to attend!

Sign-in  
and breakfast  
will begin  
at 8:00am

Presentation  
will begin  
at 8:30



Suicide prevention is vital for saving lives, reducing the emotional and economic impact on families and communities, and promoting mental health awareness. By encouraging open conversations about mental health, suicide prevention provides hope and upholds the dignity and rights of individuals.

## Grief Awareness Day & the Grief Recovery Method

August 30th is National Grief Awareness day. This is a day we can use to recognize the time it takes to heal from loss and to highlight resources available. The Williams County Health Department offers several free & evidence-based grief recovery programs led by a certified specialist to provide support for those experiencing loss or serving others in grief.

**Grief Support 1 on 1:** This 7-meeting format is for those who prefer to work face to face with a certified Grief Recovery Method Specialist.

**Grief Support Group:** These 8-week groups offers a safe, evidence-based environment to grieverers to take effective and lasting action.

**Helping Children with Loss:** This 4-week program is designed to teach parents and those who work with children tools to help children deal with their broken hearts.

To learn more or join a group, contact our Grief Recovery Method Specialist, Brittany Spotts, at 419-485-3141 ext. 108 or [click here to send her an email](#).

## 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](http://www.surveymonkey.com/r/WCHDServices)



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](http://bit.ly/WCCommunityTalkingPoints)

For more information on WCHD programs and services, visit: [williamscountyhealth.org](http://williamscountyhealth.org)

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Bryan, Ohio 43506  
Phone: 419-636-8754  
Fax: 419-636-8107

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