

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

What's in This Month's Issue:

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Suicide Prevention Month & 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

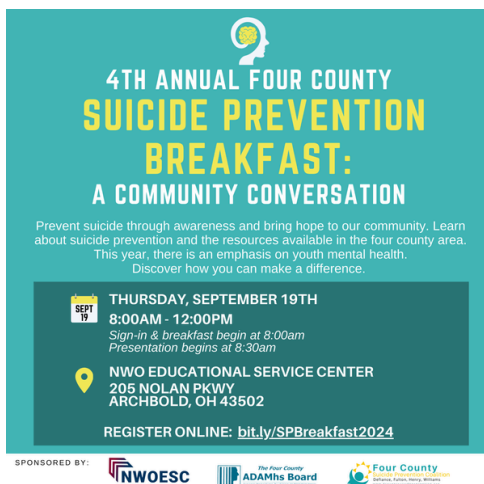
Where: NWO Educational Service Center
205 Nolan PKWY
Archbold, OH 43502

Register here: bit.ly/SPBreakfast2024

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

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

Presentations
will begin
at 8:30am






**4TH ANNUAL FOUR COUNTY
SUICIDE PREVENTION
BREAKFAST:
A COMMUNITY CONVERSATION**

Prevent suicide through awareness and bring hope to our community. Learn about suicide prevention and the resources available in the four county area. This year, there is an emphasis on youth mental health. Discover how you can make a difference.

THURSDAY, SEPTEMBER 19TH
8:00AM - 12:00PM
Sign-in & breakfast begin at 8:00am
Presentation begins at 8:30am

NWO EDUCATIONAL SERVICE CENTER
205 NOLAN PKWY
ARCHBOLD, OH 43502

REGISTER ONLINE: bit.ly/SPBreakfast2024

SPONSORED BY:   

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.

Staff Spotlight: Cyndi Stoller



Meet Cyndi Stoller, our dedicated Billing Specialist and Fiscal Admin Assistant who has been part of the Williams County Health Department team for nearly 6 months.

Cyndi loves the welcoming and friendly atmosphere at WCHD. She enjoys staying busy and adapting to the varied tasks throughout her day. Inspired by her passion for working with the public and her background in accounting, Cyndi found her perfect fit at the health department. Dependable, quick to learn, and willing to help, Cyndi embodies the spirit of teamwork and dedication.

Originally from the Defiance area, Cyndi and her husband enjoy spending weekends crafting together, finding joy in their creative projects. In Williams County, Cyndi enjoys visiting craft shows on the square in Bryan and taking walks at Rec Park.

Cyndi's favorite movie is Mrs. Doubtfire, appreciating how Robin Williams' character wanted to be present in his children's lives, a sentiment she shares as she values not missing any moments with loved ones. Her spirit animal is a lion, symbolizing her protective nature towards those she cares about.

Motivated by the comprehensive services the health department offers to the community, Cyndi is proud to be part of an organization that makes such a positive impact. We are thrilled to have her on our team!

Healthy Aging Month



September is Healthy Aging Month!

This month serves as a reminder that as we age, our minds and bodies change. There are things we can do to maintain a healthy lifestyle to help deal with those changes and prevent some common age-related health problems.

Stay Active



- Engage in regular physical exercise such as walking or yoga, and incorporate strength training exercises to maintain muscle mass and bone density.

Eat a Balanced Diet



- Focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats while staying hydrated and limiting processed foods, sugar, and excessive salt.

Mental Health



- Keep your brain active with puzzles, reading, or learning new skills, and practice mindfulness.

Regular Health Check-ups



- Schedule regular health check-ups, monitor chronic conditions, and follow treatment plans.

Manage Stress



- Find healthy ways to cope with stress through hobbies, relaxation techniques, or talking to a professional.

Stay Socially Connected



- Maintain relationships with family and friends, and participate in community activities or volunteer work.

Protect Your Skin



- Use sunscreen daily, keep your skin hydrated, and check for changes or unusual moles.

Healthy Sleep Habits



- Aim for 7-9 hours of sleep per night by establishing a regular sleep routine.

Program Spotlight: Adolescent Health Resiliency Training

The Williams County Health Department is collaborating with nine other counties in Northwest Ohio on an adolescent health resiliency project through the Ohio Department of Health. This project aims to equip adults who work with youth to be trauma-informed. In other words, the WCHD is collaborating with our partners to *create trusted adults in our community*.

In order to achieve this, staff at the WCHD and other neighboring health departments were able to receive training through the Center For Family Safety & Healing. This training is being brought back to the Williams County community in order to train adults who work with children to give them the tools to be a trusted adult.

Are you or your organization interested in becoming more trauma informed? Contact Katie Brown at katie.brown@williamscountyhealth.org or (419) 485-3141 ext. 120 to learn more!

Recycling Events



WCHD is partnering with County Engineer's Office to host a tire recycling event sponsored by the Ohio EPA this September and ERG Environmental Services to put on a Hazardous Waste Recycling event in October.

When:

September 19th,
9am-5:30pm

Where:

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

Please note there is a 10 tire limit.

When:

October 12th,
8am-12pm

Where:

WCHD
310 Lincoln Ave
Montpelier, OH 43543

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

Accepted Tires <ul style="list-style-type: none"> • Cars • Pick up trucks • Lawn mowers • Motorcycles • All small tires 	Not Accepted <ul style="list-style-type: none"> • Large tractor • Semi truck • Large vehicle • Large farming equipment
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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

Public Health | Environmental Protection Agency

FREE Household Hazardous Waste Recycling Event

Date: October 12th, 2024 **Time:** 8am - 12pm
Location: Williams County Health Department
 310 Lincoln Ave, Montpelier OH 43543

First come first serve

ACCEPTED ITEMS: <ul style="list-style-type: none"> • Aerosols • Misc. Cleaners and Toxics • Batteries (mixed household) • Fluorescent lamps • PCB Bulbs • Uplift Batteries • Propane tanks • Clean Sweep Pesticides 	<ul style="list-style-type: none"> • Automotive Fluids • Solvents/Flammable • Oil Based Paint • Latex paint • Recalled/Cracked • Smoke Detectors • Fire Extinguishers
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Questions?
 Contact Shannon for more information
 419-485-3141 ext. 109

Public Health | Environmental Protection Agency

Child Passenger Safety Program



September is Child Passenger Safety Month! The best way to keep your child safe in the car is to use the right car seat in the right way. **Correctly used car seats can reduce the risk of death by as much as 71%.** Despite this, more than half of car seats are not used or installed correctly.

Car seats are confusing - there are an array of brands, types, and vehicles to install them in, which makes it difficult to know if you are using your car seat correctly. The good news is the Williams County Health Department has certified Child Passenger Safety Technicians (CPSTs) who received thorough training to be able to provide the caregivers in Williams County FREE hands-on education and assistance with their car seats. Through the WCHD's Child Passenger Safety Program, CPSTs are able to:

1. Provide FREE car seat checks & education:

Technicians help educate caregivers on choosing the correct car seat, installing that seat correctly in their vehicle, & using the seat correctly every time.

2. Provide FREE car seats to income eligible families:

Through the Ohio Buckles Buckeyes (OBB) program, children that are WIC or Medicaid eligible can receive a free convertible or booster seat along with free education and installation help.

Are you or someone you know interested in the Child Passenger Safety program? Give us a call at (419) 485-3141 to learn more or make an appointment! We can answer your car seat questions.



Store It Safe

Source: Store It Safe

Store It Safe is about keeping children safe from accidental deaths. To keep your family safe, use these tips:

- **Guns** should always be stored out of sight and locked when not in immediate possession of the gun owner. When a firearm is not on the body of its owner, it should always be stored in a lock box so children cannot access it. Even children as young as 3 years old can pull the trigger of a firearm. Also, older children can be curious and should not be able to access the owner's gun.
- **Keep medicines and household cleaners** out of your child's reach. Household products, medicines, and sharp objects should be stored locked in high places out of sight and reach.
- **Fence in your pool or hot tub** on all 4 sides. Drowning is the second leading cause of injury-related death of children nationally in this age group. If you have a disposable pool, remove water from it when not in use.
- **Check for hazards in homes your child may visit.** Other homes, especially those with no children or older children, may pose hazards from poisonings, falls, pools and guns.

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



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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