

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

### What's in This Month's Issue:

- 5th Annual Suicide Prevention Breakfast
- Staff Spotlight - Sandy Shirkey
- Hazardous Waste Recycling Event
- National Breastfeeding Month
- 2025 Community Health Assessment
- New Birth and Death Certificates
- Back to School
- Overdose Awareness Day Event

### 5th Annual Suicide Prevention Breakfast

#### Join us for the 5<sup>th</sup> Annual Four County Suicide Prevention Breakfast!

WCHD is proud to partner once again with the Four County Suicide Prevention Coalition and local mental health organizations to host the 5<sup>th</sup> annual Four County Suicide Prevention Breakfast.

**When:** Thursday, September 11<sup>th</sup>, 2025

**Time:** 8:00am - 12:00pm

**Where:** Northwest Ohio Educational Service Center  
205 Nolan Parkway, Archbold, OH 43502

This free event brings together community members, professionals, and advocates to raise awareness, share resources, and promote hope. By opening the conversation around suicide prevention and mental wellness, we take steps toward a more supportive, connected, and informed community.

Check-in and breakfast begin at 8:00am. Presentations and programming will begin at 8:30am.

Registration is required, but there is no cost to attend. Click the photo to register!



SPONSORED BY:   

### Staff Spotlight: Sandy Shirkey



Sandy Shirkey has been a dedicated member of the WCHD for an impressive 32 years, serving as Financial Officer for the past 16.

In her role, Sandy monitors grant funds, budgets, payroll, while also handling critical human resources tasks and maintaining essential departmental records and reports.

Sandy says the best part of her job is the positive environment and her supportive coworkers. She was drawn to the field for the community engagement aspect and the strong benefits of public service, and she remains motivated by a desire to keep the department financially strong so it can continue serving local residents.

From West Unity, she holds an Associate's Degree in Accounting and is a Certified Personal Trainer and CPR/AED certified. Currently, she is working on incorporating mini fitness classes during staff breaks to support employees' mental health and overall well-being.

Outside of work, Sandy lives an active and adventurous lifestyle. She loves various forms of exercise, dancing, snowmobiling, exploring beaches and trails, and listening to live bands at local venues. Among her most adventurous experiences, she's gone skydiving and even completed a 24-hour ultra run/walk event.

Her favorite health tip is, "You are never too old and it's never too late."

Sandy continues to inspire others every day, both through her professional commitment and by motivating those around her to pursue health, wellness, and courage.

Suicide prevention saves lives. Join us in making a difference - because hope is always worth sharing.

## New Birth and Death Certificates

The State of Ohio is moving to a new system, OVRS, for all birth records from 1909 to present. The change happened on August 6<sup>th</sup> and all Ohio health departments now use OVRS to process birth records.

### To request a certified birth certificate, you'll need:

- Full name at birth
- Date and city/county of birth
- Mother's maiden name
- Father's name (if applicable)
- Reason for request
- Your name, phone, address, and signature

### Other ways to request a record:

- Online via VitalChek.com
- By mail by downloading the application on our website and mailing it to our office
- In person at our Montpelier office at 310 Lincoln Avenue

Although there are changes with the new system, our process will remain the same. Each copy will remain \$25.

## National Breastfeeding Month



August is National Breastfeeding Month, a special time to celebrate and raise awareness about the incredible benefits of breastfeeding for both babies and parents. Research indicates that breastfeeding can help protect infants from infections and illnesses such as diarrhea, ear infections, and pneumonia. It also reduces the risks of asthma, obesity, and type 1 diabetes. In addition, breastfeeding aids in digestion and enhances babies' immune systems.

The benefits of breastfeeding extend to parents as well. It may lower the likelihood of breast cancer, ovarian cancer, and diabetes. Furthermore, breastfeeding helps the body recover from pregnancy and childbirth more quickly by releasing hormones that facilitate the uterus's return to its pre-pregnancy size. Beyond health benefits, breastfeeding can also enhance the emotional bond between parent and child, fostering a sense of attachment and security.

Breastfeeding can be a source of comfort for both the baby and the mother, contributing positively to the parent-child relationship.

For those who may find breastfeeding challenging, the Women, Infants, and Children (WIC) program offers support through its Breastfeeding Peer Counseling Program (BFPC). This program provides guidance from trained peer counselors, training, and various resources to assist parents on their breastfeeding journey. Every parent's situation is unique, and whether you are a WIC participant or not, WIC offers breastfeeding support to all parents.

If you have questions about breastfeeding, feel free to contact WIC breastfeeding experts for assistance. You can reach our offices at 419-485-3141 (Montpelier) or 419-636-8754 (Bryan).

While breastfeeding has many health benefits, it is not the only way to ensure the well-being of a healthy and happy baby. Remember, the best choice is the one that works best for you and your family.

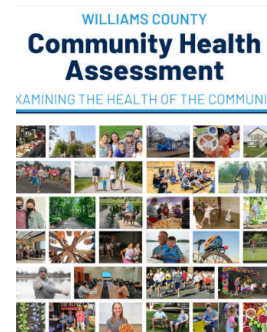
## 2025 Community Health Assessment

### Did you get a survey in the mail? We need your voice!

If you received a Community Health Assessment survey in the mail, we hope you'll take a few minutes to fill it out.

This isn't just a survey - it's your chance to speak up about the issues that matter most to you - access to care, mental health, substance use, healthy food, transportation, and more. The results help guide programs, services, and funding decisions across Williams County, from local organizations to regional health initiatives. When you respond, you help us take action where it's needed most.

Plus, ***you could win a \$25 gift card!*** Everyone who completes a mailed or online survey will be entered into a raffle as a thank-you for participating. Let's work together to build a healthier Williams County!



## Back to School

The start of a new school year brings excitement, new opportunities, and sometimes a little nervousness. For families, it's a season of change—moving from the carefree days of summer into structured schedules, new classrooms, and daily routines. Preparing early can help ensure a smoother transition, boost confidence, and set students up for a positive and successful school year.

Heading back to school can bring mixed emotions—some students feel excited, while others may feel nervous. Encourage open conversations about these feelings and remind children that it's okay to ask for help. Stress management techniques like deep breathing, journaling, or taking breaks can also be useful. Supporting a child's mental health is just as important as focusing on academics.

From homework and sports to family time and extracurriculars, schedules can fill up quickly. Using a family calendar or planner can help keep everyone on track. Encourage children to prioritize responsibilities, but also leave room for rest, relaxation, and fun. A balanced schedule helps reduce stress and keeps students motivated.

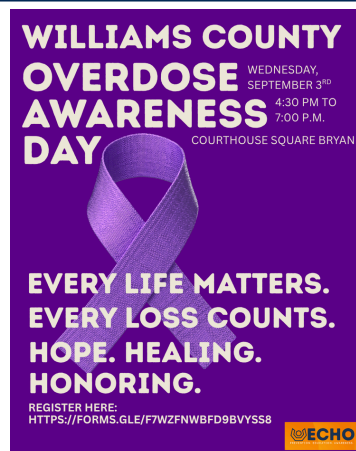
Good health supports good learning. Nutritious meals and snacks give students the energy and focus they need for long school days. Breakfast is especially important—it fuels both the body and the brain. Encourage healthy lunch and snack options like fruits, vegetables, whole grains, and lean proteins.

Physical activity is also crucial. Kids should aim for at least 60 minutes of activity per day, whether it's playing outside, riding bikes, or participating in sports. And don't forget sleep—school-aged children need 9–12 hours of rest each night.

Don't forget to freshen up on safety habits. Review bus safety, pedestrian rules, and safe driving near schools. Teach children to always look both ways before crossing the street, stay in designated crosswalks, and never walk while distracted by phones or headphones. Parents should model safe driving by following school zone speed limits and staying alert near bus stops.

Back-to-school season is more than just buying supplies—it's about building habits that support learning, health, and personal growth. By setting routines, supporting mental health, and balancing schedules, families can ensure a positive start to the new school year.

## Overdose Awareness Day



Join us  
Wednesday,  
September 3rd  
from 4:30–7:00  
PM for Overdose  
Awareness Day, a  
community event  
to honor lives lost  
and support  
recovery.

Hosted by the ECHO Coalition's Harm Reduction Work Group, with partners including Never Let Go Ministries, NAMI Four County, Four County ADAMhs Board, MVGC, Recovery Services, and more.

Come for resources, support, and connection. All are welcome.



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/WCCoCommunityTalkingPoints](https://bit.ly/WCCoCommunityTalkingPoints)

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

**Main Office**  
310 Lincoln Ave.  
Montpelier, Ohio 43543  
Phone: 419-485-3141  
Fax: 419-485-5420

**WIC Satellite Office**  
1010 E. Wilson St.  
Bryan, Ohio 43506  
Phone: 419-636-8754  
**WIC Services Only**

Follow us:



@WilliamsCoHD



@WilliamsCoHD



@WilliamsCoHD