

WYANDOT COUNTY HEALTH DEPARTMENT

PUBLIC HEALTH NEWS

NOVEMBER 2007

IMMUNIZATION CLINICS

Upper Sandusky

Mondays
(appointment only)

Tuesdays
4:30 to 6:00 PM

Fridays
9:00 to 11:00 AM

&

1:00 to 4:00 PM

Carey

November 13, 2007
2:00 to 6:00 PM

Sycamore

November 26, 2007
2:00 to 6:00 PM

Family Planning Clinics

November 1st, 15,
&, 28, 2007

Teen & Family Clinic

November 8th, 2007

Lead Testing

Tuesdays
1:00 to 3:00

WIC Clinic

Tues-Wed-Thurs
8:30 to 4:30 PM

Call 419-294-3852
for information on other
clinics and services.

MEDICAL RESERVE CORPS

By definition, The Medical Reserve Corps (MRC) is a national program sponsored by the United States Office of the Surgeon General that guides communities to organize groups of volunteers from the private sector to be able to assist with local public health initiatives and to be able to respond during times of disaster or other emergencies.

MRC units are formed at the local level based upon the needs of the community.

There are Medical Reserve Corps in all 50 states, Washington D.C., Guam, Palau, Puerto Rico, and the U.S. Virgin Islands.

Wyandot County Health Department has registered the Wyandot County MRC. WCHD staff has developed a database of medical personnel, including medical doctors, nurses, pharmacists, and veterinarians who have identified their willingness to volunteer in the event of a disaster or emergency.

These volunteers will be advised of training opportunities once registered into the national database. MRC units also need non medical personnel for clerical and other activities in disaster situations.

All WCHD staff, many of whom are registered into the MRC, have availed themselves of training opportunities including Weapons of Mass Destruction Awareness. Look for more info on the local MRC in the near future.

CULTURAL COMPETENCY

The Wyandot County Health Department is continually working towards providing "Culturally and Linguistically Appropriate Services" (CLAS). Part of the process includes providing forms and information in other languages, including Spanish, which is the second most common language spoken in Wyandot County. Translated literature should be available before the end of the year.

A survey was completed by Health Department employ-

ees and partnering agencies to assess the diversity of the staff who serve the residents of Wyandot County. The survey addressed: race, ethnicity, religious affiliation, attitudes about health and wellness, and socioeconomic status. Results of the survey will be available January, 2008.

Health Department employees were made aware of different healing methods within their county on October 8th at their annual in-service training day. Linda

Getz, R.N., introduced Wyandot County Health staff to an alternative medical treatment called "Healing Touch". Linda shared information and led the staff in applying Healing Touch techniques on their co-workers.

Questions concerning the implementation of CLAS standards to the residents of Wyandot County may be directed to Elizabeth McDougale, B.S.N., Wyandot County Public Health Nurse.

WYANDOT COUNTY HEALTH DEPARTMENT

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We're on the web!
www.wyandothealth.com



The Wyandot County Health Department is dedicated to the promotion and provision of equal access to affordable preventive health and safety services in order to positively impact the health and well-being of all citizens of Wyandot County.

CHILDPROOF YOUR HOME!

The cooler weather is shifting family activities indoors. Protect your children by childproofing your home. Cover all exposed electrical outlets. Conceal electrical cords from curious hands. This will reduce the chance of little ones pulling heavy objects, like a lamp, on top of them. Tie drapery or window blind cords out of reach to reduce choking hazards. Place barriers around old radiators and block off fireplaces and woodstoves to avoid an accidental burn. Stabilize all furniture. Secure bookcases to the wall. Early walkers often pull themselves up on furniture and can accidentally topple something heavy on them! Install baby gates at the top and bottom of stairs. Secure cabinet doors and drawers with child proof latches. Remove or move out of reach any potentially poisonous plants. Keep all cleaning products, makeup, and lotions out of reach as well. Cell phones, cameras, and remote controls for electronics are not toys! These items contain batteries which are both a choking hazard and a poison source! Read safety labels when making any purchase for your child. Make sure all items, from furniture to toys are safe and age appropriate. Install smoke and carbon monoxide detectors throughout your home. Check and replace batteries regularly. A safe home is a happy home!

Trippin' on turkey?

Thanksgiving purists always serve turkey as the main course, but is there something in that turkey that makes you drowsy?

In fact, turkey contains an amino acid called tryptophan, that when combined with the B vitamin Niacin, produces serotonin, which acts like a calming agent in the brain, inducing sleep. So does that mean that you can blame your two hour nap after you ate your Thanksgiving dinner on the turkey? Probably not. The calming effect of the tryptophan in the turkey actually works best on an empty

stomach and most Thanksgiving dinners are feasts fit for kings, heavily laden with gravies and sauces and high carbohydrate foods including pumpkin pie and all sorts of rich desserts. Your body has to work extra hard to digest a meal of that proportion! Combine a meal like that with any alcohol you may have ingested during the meal and you've got the makings of a nap that rivals Rip Van Winkle's!

After awaking from your self induced food coma, burn off some of those calories and treat your body to a long walk! Remember to check

with your health care provider before beginning any new fitness routine.

The good news about Thanksgiving dinner is; **TURKEY LEFTOVERS!** If you have trouble sleeping, you can have a late night turkey snack. Nutritionists say that a little bit of turkey before bedtime taken in on an empty stomach may be just the thing to produce serotonin and induce sleep! So gobble up some leftover turkey and enjoy your rest!

