

Coshocton Public Health District's Newsletter

(MARCH 2024)

Our Mission:

To ensure equitable access to care, prevent diseases, promote healthy behaviors and protect the well-being and health environment for all community members.

Our Vision:

We aspire to be the recognized leader in community health. Through the use of innovative, proactive and collaborative approaches we will improve conditions of health equity and wellness for all citizens of Coshocton County.

Our Values:

"I CARE" - Innovation, Courage, Accountability, Responsiveness, Equity



COME SEE US AT THIS FREE EVENT!!!!







VENDOR CALL!
All vendors who provide a health, safety or wellness service wanted!



BOOTH RESERVATIONS
Non Profit \$25 Chamber Member \$50 Non Member \$100
637 CHESTNUT ST COSHOCTON, OH 43812

Happy St. Patrick's Day!
Sunday, March 17th 2024



**It's time for the
Easter Bunny!**



**Sunday, March
31st 2024**

PREVENT. PROMOTE. PROTECT.

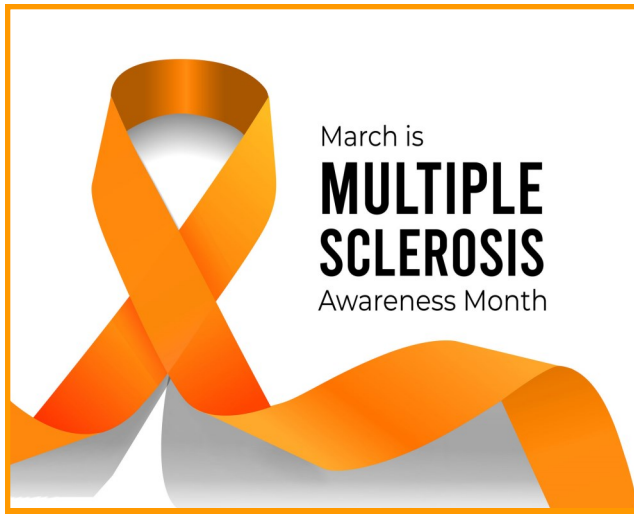


Coshocton Public Health District

637 Chestnut Street
Coshocton, Ohio 43812
(740) 622-1426

Hours: 8:00 AM—4:00 PM
Monday– Friday

Prenatal Clinics
Child & Adult Health Clinics
Children with Medical Handicaps (CMH)
Communicable Disease Investigation
Vital Statistics (Birth/Death Certificates)
Environmental
Ohio WIC



Multiple sclerosis is a disease that impacts the brain, spinal cord and optic nerves, which make up the central nervous system and controls everything we do.

In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between your brain and the rest of your body.

MS is an unpredictable disease that affects people differently. The cause of the disease is unknown and unfortunately, there is no cure. However, there are treatments to help speed up the recovery of the attack, modify the course of the disease, and manage symptoms.

The symptoms of MS may be mild or severe, short-term or long-lasting. They may appear in different combinations, depending on the area of the nervous system affected. The following are the most common symptoms of MS. But each person may have different symptoms.

First Symptoms of MS: blurred or double vision, red-green color distortion, pain and loss of vision due to swelling of the optic nerve, trouble walking, an abnormal feeling or pain such as: numbness, prickling, or pins and needles.

Severe Symptoms of MS: muscle weakness in arms/legs, trouble with coordination, spasticity (stiffness & spasms), speech problems, dizziness, hearing loss, bowel/bladder problems, depression, and loss of sensation.

About 50% of all people with MS have cognitive problems linked to the disease. The effects of these problems may be mild, and your healthcare provider may only find them after much testing. The problems may be with: focusing, attention, memory and/or poor judgement.

RISK FACTORS

These factors may increase your risk of developing multiple sclerosis:

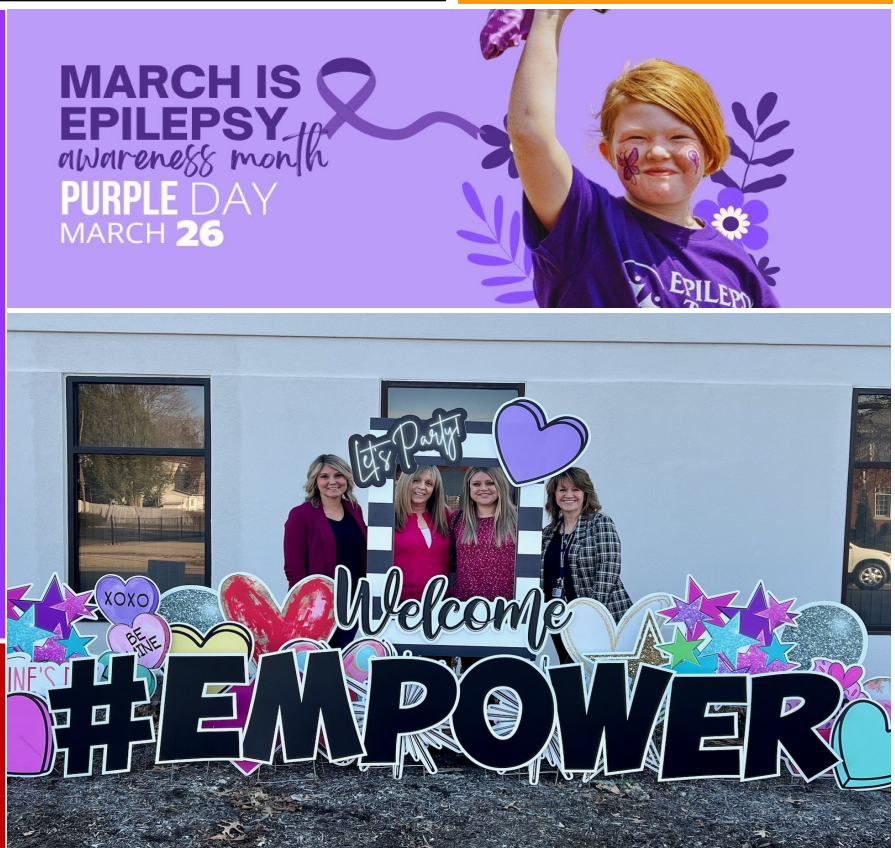
Age
Gender
Infections/Viruses
Autoimmune Diseases
Race
Climate
Vitamin D
Genetics
Obesity
Smoking

According to the World Health Organization, Epilepsy is defined as a chronic noncommunicable disease of the brain that affects around 50 million people worldwide. It's characterized by recurrent seizures, which are brief episodes of involuntary movement that may involve part of the body or the entire body. They are sometimes accompanied by loss of consciousness and control of bowel or bladder function.

For more information on signs/symptoms, treatment, & prevention, visit:

<https://www.who.int/news-room/fact-sheets/detail/epilepsy>

Tammy Smith (Director of Nursing), Kim Arden (Fiscal Administrator), Olivia Elson (Health Educator), and Debra Eppley (Health Commissioner) - attended "The Women's Empower-Her Network" event on February 12th, 2024.



On February 26, 1987, President Ronald Reagan officially declared March as National Disabilities Awareness Month. The proclamation called for people to provide understanding, encouragement and opportunities to help persons with disabilities to lead productive and fulfilling lives.

Everyone wants, and deserves, to enjoy life, feel productive and secure. But in March, we take extra steps to raise awareness about the supports and rights of the people with disabilities and to celebrate their contributions to our communities and society as a whole.



Coshocton County Board of Developmental Disabilities

The Coshocton County Board of Developmental Disabilities (CCBDD) provides the added support individuals with disabilities may need to become an active part of their community. CCBDD provides services for qualified individuals with a developmental disability such as (but not limited to): Autism, Down Syndrome, or Cerebral Palsy.

The services that CCBDD provides are built around the strengths and needs of each individual and family. These services can begin in infancy when a child first begins to exhibit delays. These services may continue to be provided throughout an individuals' lifetime to assist their needs. The CCBDD provides individuals and families with resources, referrals, advocacy, and service coordination. The CCBDD acts as a gateway to specialized financial resources that help support the special needs of individuals with disabilities. In addition, CCBDD monitors for health, safety, and quality of life.

The services provided by CCBDD today touch a vast network of specialized service providers, community agencies, and community businesses.

MISSION: Maximize the potential of Individuals of all ages with developmental disabilities by creating opportunities through education and community partnerships.

VISION: All people will have the freedom, support, and advocacy to pursue their goals, dreams and aspirations in a community where everyone matters, is included and contributes.

VALUES: Nurture, Fiscal Responsibility, Independence, Quality Services, Collaboration, Advocacy, Respect, Choice, Dignity, Trust, Self-Worth, Positive Leadership.

Hopewell School

Preschool Enrollment Application

Applications will be accepted now through February 29, 2024

- Your child must be 4 years old by August 1st.
- Your child will be required to attend a play based screening on March 8th from 9:00-11:00 AM. There will be certain criteria that the children must meet in order to go into the lottery drawing for a preschool spot.
- Once selected, the lottery drawing will take place via zoom on March 13th at 5:00.

APPLY NOW

740-622-2032

<https://www.coshdd.org/hopewell-school-preschool-enrollment-application>



**23720 Airport Rd.
Coshocton, OH
43812
(740) 622-2032**

SERVICES:

Help Me Grow
Early Intervention
Hopewell School
Therapy (Occupational, Physical & Speech)
Service & Support Administration
Recreation and Special Olympics
AND MORE!



WE THANK YOU FOR YOUR PARTNERSHIP!



Coshocton Public Health District Mobile App

Built by:  **ThePublicHealthApp.com**
CUSTOM APPS



INTRODUCING OUR NEW APP

Navigating critical information
has never been easier.



SCAN
TO DOWNLOAD!



AVAILABLE FOR DOWNLOAD NOW!



National Drug and Alcohol Facts Week (NDAFW), is an annual health observance that connect youth and their families with resources related to drugs, alcohol, and addiction.

NDAFW offers educators, prevention specialists, counselors, and other youth intermediaries, science-based information and resources that help improve knowledge and awareness, while also promoting skills that support informed decision-making, healthy coping, and other skills that are critical to the prevention of substance use among youth.

NDAFW²⁰²⁴

National Drug & Alcohol Facts Week

Join us March 18-24

Learn more at nida.nih.gov/ndafw

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—as early as 9 years old.



5 CONVERSATION GOALS

1. Show you disapprove of underage drinking and other drug misuse. (**Over 80% of youth ages 10-18 say their parents are the leading influence on their decision to drink**)
2. Show you care about your child's health, wellness, and success.
3. Show you're a good source of information about alcohol and other drugs.
4. Show you're paying attention and you'll discourage risky behaviors.
5. Build your child's skills and strategies for avoiding drinking and drug use.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.

CPHD Employee of the Month: January 2024



Stephanie Slifko is the Emergency Response and Accreditation Coordinator, aka—Motivation Coordinator. She was nominated by her team members for January's employee of the month.

“Stephanie has been working hard and has guided us moving forward with the readiness assessment towards the PHAB “Public Health Accreditation Board.”

“Stephanie has been so helpful and informative. She provides her team with strong guidance and encouragement to make it through the day. She always has a smile on her face and brings a lot of fun to the office environment.”

A “Fun-Fact” about our nominee is that she owns a boat and enjoys spending time with her family at their cabin on the lake.

Thank you for being our sunshine around the office! Keep up the great work!

Coshocton County WIC

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — even home food safety and storage practices.

It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.



NUTRITION FAIR

OPEN TO THE PUBLIC!

Friday, March 29th

1 - 3pm

637 Chestnut Street, Coshocton

(Coshocton Community Room)

Questions?
740-622-2929

**FREEBIES!
DOOR PRIZES!
GAMES!**

**FREE pictures with
the Easter Bunny!**

Sponsored By:



**Coshocton Regional
Medical Center**

National Nutrition Month® Weekly Messages

- ◆ **Week 1:** Stay nourished on any budget
Use a grocery list & shop sales
Learn about resources such as SNAP/WIC
- ◆ **Week 2:** See a Registered Dietitian Nutritionist
Ask your doctor for a referral to an RDN
Get personalized nutrition information
- ◆ **Week 3:** Eat a variety of foods from all groups
Try new foods or global cuisines
Eat fresh, frozen, canned and dried foods
- ◆ **Week 4:** Eat with the environment in mind
Be creative with leftovers to reduce waste
Buy foods in season from local markets

CELEBRATING 50 YEARS OF WIC!

Since the first clinic opened in 1974, WIC has improved the health and well-being of millions of pregnant women, infants, children, and families. For 50 years, WIC has been at the center of positive public health outcomes, providing access to healthy foods, breastfeeding support, health screenings, and referrals.

The first official WIC clinic opened in Pineville, Kentucky in 1974. By the end of that first year, WIC was fully operational in 45 states including our very own Coshocton County WIC clinic.

The WIC program provides support to 50% of all the infants born in the U.S. The program plays a vital role by equipping mothers and families with knowledge and education opportunities to make informed decisions for the well-being of their children.

Are you pregnant, breastfeeding, postpartum, or have a child under the age of 5? If you answered YES to either of those then WIC may be able to help you! Call 740-622-2929 to see if you qualify.

HOSTED BY: Coshocton County WIC



FREE KUNG FU PANDA 4 MOVIE NIGHT AT SHELBY THEATER

MARCH 8TH AND 9TH 2024

FRIDAY: 4:15 AND 7:00

SATURDAY: 1:15, 4:15 AND 7:00

FREE SHOWINGS



Sponsored by Coshocton Behavioral Health Choices through Gambling Prevention Funds



FAMILY MOVIE NIGHT

JOIN THE COMMUNITY AND CBHC IN A FREE MOVIE EVENT AT THE THEATER

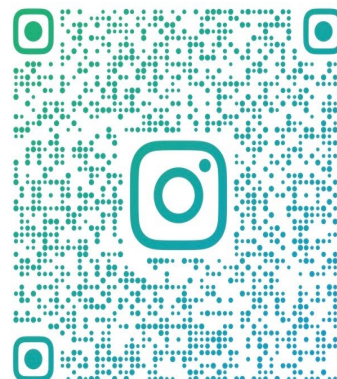
MARCH IS PREVENTION OF GAMBLING AWARENESS MONTH! LET'S TAKE THIS OPPORTUNITY TO EDUCATE OURSELVES AND OTHERS ABOUT RESPONSIBLE GAMBLING HABITS. TOGETHER, WE CAN PROMOTE A HEALTHY RELATIONSHIP WITH GAMING AND PREVENT PROBLEM GAMBLING. #CHANGE THE GAME

Come Enjoy a Free Showing of Kung Fu Panda, Take Pictures with Family in the Photo Booth, and Get Fun Freebies !!!



Coshocton Public Health District now has a 'Community Information Board.' If you or your business has any upcoming events, trainings, or services you would like made aware to the public, stop into the office to display your flyer! You may also send it via email to:

oliviaelson@coshoctoncounty.net



@COSHOCOTONPUBLICHEALTHDISTRICT