

DID YOU KNOW

Flu viruses spread mainly through tiny droplets when people with the flu cough, sneeze or talk.

SMALL STEP

Receive a flu shot each year to prevent getting and spreading the flu.

Licking County Wellness Coalition Newsletter



Volume 9, Issue 8

August 2016

Welcome!

Children are returning to school and summer break is wrapping up. As you and your family finish up those final summer activities and back-to-school shopping, make sure you are up-to-date on immunizations.

August is National Immunization Awareness Month (NIAM). Immunizations, or vaccinations, help prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults and children should get their shots. Below are some tips to make sure you and your family stay healthy with immunizations:

- Keep accurate records of the immunizations you have received and when
- Complete all courses of immunizations
- Get boosters as often as needed
- Get a flu shot every year
- Check with your doctor about which immunizations you need

See page 3 of this newsletter for more details on Immunizations.

Sincerely,

Licking County Wellness Coalition

NEXT WELLNESS COALITION MEETING

Whole Group Meeting:

October 12 @ 3:00 p.m. - Licking Co. Health Dept.

Active Living Work Group Meeting:

TBD

Worksite Wellness Work Group Meeting:

TBD

Healthy Eating Work Group Meeting:

September 21 @ 2:00 p.m. - Licking Co. Health Dept.

RSVP to: wellness@lickingcohealth.org

INSIDE THIS ISSUE

Upcoming Events	2
National Health Center Week	3
National Immunization Awareness Month . . .	3
Pink Strides Trail Run & Wellness Walk	4
Suicide Prevention Walk & Candlelight Vigil .	4
Fall Festival	5
Licking Park District Upcoming Programs . .	6
About the Wellness Coalition	7

Like what you see?

If you are not already subscribed to our distribution list, please do so now. Click [here](#) to receive the monthly Licking County Wellness Coalition Newsletter.

Upcoming Events

August

- Aug. 19: [Newark Grows Outreach Session \(Newark\)](#)
- Aug. 20: [Master Gardener Volunteer Learning Session \(Newark\)](#)
- Aug. 20: [Home Food Preservation Class \(Pataskala\)](#)
- Aug. 25: [Tai Chi at the Library \(Newark\)](#)
- Aug. 27: [Blendon Township's More Joy Run \(Westerville\)](#)

September

- Sept. 1: [Licking County 4-H CARTEENS Program \(Newark\)](#)
- Sept. 1: [Master Gardener Volunteer Learning Session \(Newark\)](#)
- Sept. 2: [Newark Grows Outreach Session \(Newark\)](#)
- Sept. 6: [Zumba at the Library \(Newark\)](#)
- Sept. 6: [MHA: Suicide Walk and Vigil \(Newark\)](#)
- Sept. 9: [West Licking Historical Society's Annual Golf Outing \(Pataskala\)](#)
- Sept. 10: [Ask the Doc - Chemical Dependency \(Newark\)](#)
- Sept. 10: [Heroes for LIFE 5K & Fun Walk \(Newark\)](#)
- Sept. 17: [Pink Strides Trail Run & Wellness Walk \(Granville\)](#)
- Sept. 24: [Archery at the Library \(Newark\)](#)

Conferences & Festivals

- Aug. 23: [OPHA Vital Statistics Conference \(Columbus\)](#)
- Sept. 15: [State Policymaking at the Intersection of Education and Health \(Dublin\)](#)

Upcoming Webinars

- Aug. 25: [AMERICA WALKS: Vision Zero: A Model Campaign](#)
- Sept. 8: [APHA: The First and Last Mile: Partnering with Public Transportation](#)

*Disclaimer: Inclusion of community events and resources does not imply endorsement by the Licking County Wellness Coalition or its affiliated agencies or partners. Some events require a fee and/or membership.

National Health Center Week: August 7 - 13

This year's theme for National Health Center Week (NHCW) 2016 is "Celebrating America's Health Centers: Innovators in Community Health." NHCW celebrates the work and services health centers provide to special populations within their community on designated days during the week. This year, focused themed days were added which allowed for more opportunities to showcase the innovative services and programs at health centers.

Sunday 8/7: Health Center Workforce

Monday 8/8: Health Screenings

Tuesday 8/9: Public Housing Health Center Day

Wednesday 8/10: Healthcare for the Homeless Day

Thursday 8/11: Farmworker Health Day

Friday 8/12: Protecting Public Health

Saturday 8/13: Health Center Enabling Services



National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.



The National Public Health Information Coalition (NPHIC), in collaboration with CDC's National Center for Immunization and Respiratory Diseases, developed [communication toolkits](#) to help reach various audiences about vaccines. The toolkits include sample key messages, media materials, social media messages, FAQs, and web links and resources. You will also find eye-catching NIAM logos and banners to highlight your participation in NIAM on your social media profiles. A media outreach toolkit is one of the new resources available this year to help reach out to media on immunization-related topics.

Each week of #NIAM16 focuses on a different stage of the lifespan. People of all ages can protect their health with timely vaccinations:

- Adults (August 1-7)
- Pregnant Women (August 8-14)
- Babies and Young Children (August 15-21)
- Preteens and Teens (August 22-28)

Pink Strides Trail Run & Wellness Walk

The 2016 Pink Strides Trail Run & Wellness Walk will be held on **September 17, 2016**. The 5K (3.1 mile) course runs throughout the trails of Infirmiry Mound Park and includes changes in elevation. A 1-mile Wellness Walk option will be led by breast cancer survivors. Both the 5K and 1-mile courses follow maintained natural trails.

Proceeds from the event will provide breast cancer prevention services (mammogram assistance, breast health education, awareness events, etc.) to qualifying women in Licking County through the SASS (Screening And Survivor Support) for Breast Cancer program. Proceeds from the event will also provide wellness programming for Licking County residents through the Licking County Wellness Coalition.

Registration is now open! Visit www.allsportsraces.com/ for more information or to register.

The 9th Annual Pink Strides Trail Run and Wellness Walk is sponsored by the Licking County Health Department, Susan G. Komen Columbus, Licking Memorial Health Systems, Licking Park District, Energy Cooperative, Velvet Ice Cream, and SASS for Breast Cancer in Licking County.



Suicide Prevention Walk & Candlelight Vigil



Mental Health America of Licking County (MHALC), Survivors After Suicide Loss Support Group, and Mental Health & Recovery for Licking and Knox Counties are sponsoring a Suicide Prevention Walk and Candlelight Vigil on **Tuesday, September 6** at Flory Park, 650 W. Church Street, beginning at 6:30 pm. Free t-shirts for the first 75 registrants are sponsored by Mental Health & Recovery for Licking and Knox Counties. There will be helpful information on suicide prevention, a time for people to share their experiences and candles to honor family members, friends and loved ones who have died by suicide. Please visit their website for more information and to print a registration form at www.mhalc.org.

MHALC also has launched Licking County's first Local Outreach to Survivors of Suicide (LOSS) Team. The LOSS Team is a group of local volunteers who want to help those who have lost a loved one to suicide. When a completed suicide occurs, team members respond to the scene along with the first responders. The LOSS Team attends to the needs of the survivors from a safe distance, away from the scene. The goal of the LOSS Team is to help those who have lost a loved one to suicide feel supported from the very beginning of the tragic loss and to inform and educate them about the services available to help them through such a difficult time. For more information, visit MHALC's website www.mhalc.org.

Fall Festival at the Canal Market District

I was a faithful viewer and reader of Little House on the Prairie as a girl. One of the things I loved to read about was their barn dances to celebrate harvest! Such a fun and simple way to celebrate! Together We Grow Community Gardens is having a Fall Festival at the Canal Market Pavilion on **Saturday, October 15 from 5-9 pm**. It is going to be an old fashioned event! We will have square dancing and contra dancing, live and silent auctions, live bluegrass music, pie eating contests, bobbing for apples, pumpkin carving contests, food trucks and much more. Tickets are on sale now: \$10 Adults, \$5 Kids (13 and under). Visit www.togetherwegrowgardens.org for more information or to purchase tickets.



This event will help fund the Victory Gardens for Veterans program coming to Newark next spring. We are building a 24' x 36' solar powered greenhouse at Everett Park to be a year round therapeutic resource for veterans. The greenhouse will be completely accessible with a ramp, automatic door, adaptable tools, accessible restroom, and adjustable tables, so whether a person is able to walk and just needs a place to go for some de-stressing time or comes in a wheelchair and wants to help plant seeds for the community gardens, we will have a place for them and offer a welcoming smile! We plan to also make it available for Newark City Schools and the Licking County Board of Developmental Disabilities.

The Victory Gardens for Veterans program is fashioned after the Healing Gardens at the Boston VA. Jeff Munsell, a Navy Veteran who works in the Boston program, tells about it: Beyond wheelchairs, waiting rooms and wards is a healing center not afraid of a little dirt, especially if it helps heal the wounds of combat Veterans. Unlike other therapy centers at VA Boston Healthcare System, the Veterans Greenhouse and Gardens Program at the Brockton campus offers the kind of therapy not found in groups, stored in tubes, or administered through needles.

The greenhouse and surrounding gardens boast a new Koi pond and are brimming with house plants, tropical flowers, cut annuals, vegetables and herbs, all cultivated from start to finish by program staff, patients and volunteers. Jeff explains that the therapy involves watering and feeding, transplanting and propagating, outdoor gardening of flowers and vegetables, landscaping, and flower arranging. It also includes seasonal horticultural projects such as seed starting, pumpkin decorating, poinsettia growing, holiday craft making, container painting and herb and flower drying.

Munsell sees firsthand the benefits of getting patients out of the mainstream medical environment and back to nature. "Just watching folks bask in the sun, take in the fresh air and interact with others in this environment is amazing. It's like planting a seed in a pot, watching it grow in the greenhouse mid- winter, and transplanting that seed outside when the time is right. It's one of nature's miracles."

For more information about the Boston Healing Gardens click [here](#).

If your company would like to sponsor a table or donate an auction item, information is available on the website: www.togetherwegrowgardens.org or call Pam Roberts @ (740) 504-7351.

Submitted by: Pam Roberts, Executive Director, Together We Grow Gardens

Licking Park District Upcoming Programs



Citizen Science Series: Stream Team Training

When: Wednesday, August 31, 6:00-8:00 PM

Where: Riverview Preserve, 375 Ohio St., Newark 43055

Licking County Soil and Water Conservation District will offer volunteer Stream Team training. Stream Team volunteers monitor a stream to help increase public awareness about water quality issues. After training, volunteers will be able to monitor the physical, biological, and chemical characteristics of a local stream and submit data to the District!

Licking County River Round Up

When: Saturday, September 10

Where: Riverview Preserve, 375 Ohio St., Newark 43055

The Licking Park District will co-host the annual Licking County River Round Up.

The District and the River Round Up committee welcome all willing volunteers and sponsors to help with river trash clean up. The goal is to clean litter from as many waterways throughout Licking County as possible. There are clean up locations across Licking County both on land and water. Please visit and register at www.lickingswcd.com.

Curious Kids Corner

When: Tuesday, September 13, 10:30-11:30 AM

Where: The Works, 55 S. First St., Newark, 43055

Curious Kids is a wonderful program held every Tuesday at The Works. Each Tuesday brings a new art or science related theme for kids to explore. Participation in Curious Kids is included with museum admission. Join the Licking Park District on the second Tuesday of each month at 10:30 AM to explore, create and discover.

Saturday Morning Hike-Birds

When: Saturday, September 17, 10:00-11:00 AM

Where: Morris Woods State Nature Preserve, 7495 Dutch Lane, Johnstown 43031

Join us the third Saturday of every month for a hike along the paths and trails of the park district highlighting the flora and fauna of Licking County. This month we will be exploring fall migration at Morris Woods State Preserve while we hike. The hike will last about an hour and may go off trail and be moderately strenuous. Please wear appropriate shoes and clothing and bring your own binoculars if you have them!

Full Moon Gathering

When: Saturday, September 17, 7:30-9:30 PM

Where: Infirmary Mound Park, 4309 Lancaster Rd., Granville 43023

Join us at Infirmary Mound Park as we gather by the light of the moon this month. A guided hike and a guided horseback ride will be available to those wishing to join us. You must bring your own horse; minimum rider age is 9 years. Helmet required for riders under 18. Afterwards we will have a bonfire, so come on out, make a s'more and meet some new friends!

Fall Paddle on the Licking River

When: Sunday, September 18, 12:00-3:00 PM

Where: Riverview Preserve, 375 Ohio St., Newark, 43055

Join the Licking Park District for a paddle down the Licking River from the Riverview Preserve canoe launch. Try your hand at either a kayak or canoe, as we explore this beautiful stretch of water. Space is limited and registration is required. Call 740-587-2535.

About the Licking County Wellness Coalition

The Licking County Wellness Coalition was founded in September 2006 and was formed as a result of the Community Blueprint. The Licking County Wellness Coalition works to create a healthier Licking County by increasing the health and wellness of county residents through encouragement and promotion of physical activity and healthy lifestyles. The Coalition is made up of a variety of representatives from local and state organizations with a vested interest in reducing and eliminating health disparities. In January 2016, the Wellness Coalition created work groups to focus on specific issues in the community.

Active Living Work Group

Focuses on safe, affordable places to be active in Licking County.

Worksite Wellness Work Group

Focuses on increasing the number of worksites that have a wellness program.

Healthy Eating Work Group

Focuses on access to affordable, healthy food options in Licking County.

For more information, contact:

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675 Price Road

Newark, OH 43055

www.lickingcohealth.org

www.lickingcohealth.org/wellness/index.html

**Healthy people living
healthy lifestyles**