

Mammography Screening is the percentage of female fee-for-service Medicare enrollees age 67-69 that had at least one mammogram over a two-year period. - Data & description taken from County Health Rankings

## HAVE YOU BEEN CHECKED?

Early detection matters.

When breast cancer is found and treated early, women have excellent outcomes. That's why screenings such as mammogram: are so important.

- Beginning at age 40, every woman should have a yearly mammogram.
- If you have certain risk factors, your doctor may suggest you have a mammogram at an earlier age.
- Monthly self-exams and an annual physical exam by your doctor are also important for finding breast cancer early.

To schedule your mammogram with the Joanie Abdu Comprehensive Breast Care Center or the Joanie Abdu Mobile Mammography Van, call **330-675-2489.** 



# Dedicated to early detection and accurate diagnosis

The Joanie Abdu Comprehensive Breast Care Center (JACBCC) is committed to providing women with compassionate, personalized and comprehensive breast car As part of that mission, our screening services:

- Use the most advanced technology to detect and diagnose disease
- patient care
- Provide rapid results to rec

## Screening services

### Joanie Abdu Comprehensive Breast Care Center

The JACBCC is the area's only comprehensive center to be accredited by the National Accreditation Program for Breast Centers and receive designation as a breast imaging center of excellence by the American College of Radiology. The center has also received the Press Ganey Guardian of Excellence award for maintaining 99 percent patient satisfaction. The center offers a full range of diagnostic services, including:

- 3-D digital mammography
- Breast-specific ultrasound
- Molecular Breast Imaging (MBI)
- Image-guided biopsy services
- Cyst and fine-needle aspirations
- Bone density testing for osteoporosis
  Breast MRI

### Joanie Abdu Mobile Mammography Van

The Joanie Abdu Mobile Mammography Van is the first mobile unit in eastern Ohio to offer 3-D mammography. This allows women to access the best in breast cancer screening, right in their community.

The unit also offers bone density screenings for osteoporosis.

### Insurance coverage

Mammograms are covered by most health plans. For the best coverage, please check that Mercy Health and the Joanie Abdu Comprehensive Breast Care Center are in-network providers with your health insurance company. You may be able to receive help paying for your mammogram if you have no insurance or have a high deductible. To find out if you qualify, call 330-480-8749.

To schedule your mammogram with the Joanie Abdu Comprehensive Breast Care Center or the Joanie Abdu Mobile Mammography Van, call 330-675-2489.



Trumbull County's Overdose (OD) Epidemic		
Year	OD Deaths	ER Visits for OD
2015	87	949
2016	107	1267
2017	133 (+2 Pending Toxicology Reports)	1254
2018	11	112

### **Project Dawn**

- A community-based overdose education and naloxone distribution program. .
- Naloxone is offered free to the public along with education to effectively administer Naloxone in the event of an overdose to save a life. •
- To receive a free kit and the training, call TCCHD at 330-675-2489, option #3.

Available through funding from TC MHRB and The Trumbull Memorial Health Foundation.

### **Treatment Options**

- TC Mental Health and Recovery Board, 330-675-2765 .
- Coleman Access Center, 330-392-1100
- Call 211 or text: FORHOPE to 741741

### **Prescription Drug Drop-Off Locations**

Bazetta Township Police Department 2671 McCleary Jacoby Rd, Cortland 8 am-4 pm, M-F

Brookfield Police Department 6844 Strimbu Dr. Brookfield 8 am-4 pm, M-F

**Cortland Police Department** 400 N. High St, Cortland 9 am-2 pm, M-F

**Champion Police Department** 149 Center St E. Warren 24 hrs/7 davs

Hubbard Police Department 233 School Street, Hubbard 8 am-4 pm, M-F

Hubbard Township Police Department 2600 Elmwood Dr. Extension, Hubbard 8:30 am - 4:30 pm, M-F

**Kinsman Police Department** 8070 State Route 7, Kinsman Call 330-876-7403 to schedule a time

Lordstown Police Department 1583 Salt Springs Road, Lordstown 24 hrs/7 days

Liberty Township Administration Building 1315 Churchill-Hubbard Road, Liberty 7 am-4 pm, M-F

Niles Police Department 15 E. State St SE. Niles 8 am-5 pm, M-F

Newton Falls Police Station Admin Bldg 19 North Canal St, 1st Floor Hall ,Newton Falls 24 hrs/7 days

St. Joseph Hospital-Mercy Health 627 Eastland Ave. Warren 24 hrs/7 days

Trumbull County Sheriff's Office 150 High Street, Warren 7:30 am-4 pm, M-F

Weathersfield Township Police Dept. 1451 Prospect St, Mineral Ridge 8 am-4 pm, M-F

Vienna Police Department 856 Ytown Kingsville Rd (SR 193), Vienna 7 am-3 pm, M-F

# DON'T BE THE DEALER



TAKE ACK

Keep them safe. Clea Take them back. Saturday, April 28 10 a.m.-2 p.m.

Visit DEATakeBack.com for a collection site near you Drug Drop-Off only available on days and times listed for each agency.

## Follow these simple steps to dispose of medicines in the household trash

# MIX

Mix medicines (do not crush tablets or capsules with an unpalatable substance such as dirt, kitty litter, or used coffee grounds;

# PLACE



Place the mixture in a container such as a sealed plastic bag;

# THROW

Throw the container in your household trash;

# SCRATCH OUT

Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.



**Recovery is Possible and** 

People can Recover





### World Of Wildlife Bicycle Tour 2018 Saturday, June 9, 2018 • Western Reserve Greenway

The 14th annual World Of Wildlife Bicycle Tour

features the Western Reserve Greenway in Northeast Ohio's Trumbull and Ashtabula counties. Choose to bike 20, 40 or 68 miles or any distance you like. With the opening of the bridge north of the Oakfield Trailhead rest stop, riders will not have to detour on public roads. The out-and-back ride will occur rain of shine. Don't miss this event, the last WOW Ride sponsored by the WOW Planning Committee!

The Western Reserve Greenway passes through large sections of premier wetlands, home to much wildlife and many species of rare and endangered plant life. You might even catch a glimpse of this year's mascot, the trumpeter swan. Biders will also pass through the Mosquito Lake Wildlife Area.

WOW 2018 is a supported ride, with two refreshment stops on or near the Greenway and pizza and other refreshments at the conclusion of the ride. Greenway Bike Patrol members and other volunteers will provide on-the-trail assistance. Rest stop locations will be posted at registration



The WOW Planning Committee is sponsoring a raffle of items donated by Bike Nashbar and other area merchants. Tickets can be purchased with the registration form and will be sold the day of the ride in the check-in/registration area. Winners will pick up their prizes upon returning from the ride.

CALL FOR COOKIES - Those who donate homemade cookies for refreshment stops will receive a complimentary raffle ticket – one for each dozen. Please bring cookies to the registration area. ONLINE REGISTRATION is available through Eventbrite. Use the link on the WOW 2018 webpage: http://trumbulimetroparks. org/parks-and-trails/wow-bicycle-ride. The registrant is responsi-ble for any additional fees. Mail-in registration remains an option.

Proceeds of WOW 2018 benefit the Trumbull County portion of the Western Reserve Greenway. Past rides have funded the pavilion materials at the Oakfield Trailhead, 2012 trail sealing and other projects. More than \$87,000 has been raised since the first WOW Ride. Any proceeds from 2018 will be donated to Trumbull County MetroParks toward the local match needed to fund Phase 4 of the Greenway, the link between Warren and Niles

The registration deadline for WOW 2018 is May 22. 2018. The cost is \$20 per rider, if the registration form is post-marked by May 22, 2018. The cost is \$25 per rider including a commemorative T-shirt, if the registration form is postmarked by the deadline. For registrations received after the deadline and on the day of the ride, the cost is \$25 per rider, without T-shirt. Children under ten years of age accompanied by a registered

parent/guardian may ride WOW 2018 at no charge. Limited quantities and sizes of the WOW 2018 T-shirt will be available for \$12 each at the registration area; some shirts from previous rides may also be available.

HELMETS REQUIRED — Each WOW 2018 participant is required to wear a CPSC approved bicycle helmet while on the mute

For more information, directions to Kent State University at Trumbull and rest stop dosing times, visit the Trumbull County MetroParks website at http://www.trumbullmetroparks.org/parks-and-trails/wow-bicycle-ride Phone: 330-647-3666

MOW -World of Wildlife Bicycle Tour





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### WOW REGISTRATION - June 9, 2018 Please remit to:

WOW • P. O. Box 1788 • Warren, OH 44482-1788 PLEASE PRINT

Address		
CityState Zip		
Email		
Day-of-Ride Phone		
Single Rider Fee (check one)		
\$20 – by May 22, 2018 – NO T-shirt		
\$25 - by May 22, 2018 - with T-shirt		
Circle T-shirt size S M L XL XXL		
\$25 – late / day-of registration – NO T-shirt		
Additional donation for Phase 4		
Additional purchase of raffle tickets to be held at the registration table. (1/\$1, 6/\$5, 12/\$10)		
No charge for children under 10 accompanied by an adult.		
Total enclosed. Make checks payable to: Great Ohio Lake-to-River Greenway Coalition.		
I plan to donate dozen homemade cookies.		
All riders must complete and sign this form.		
mportant Notice – Read Carefully		
This is a release. In signing this release for myself or the named participant,		
f the participant is under the age of 18 (eighteen), I acknowledge and understand that I am absolving and releasing the organizers of this event.		
ncluding but not limited to the Trumbull County MetroParks and Ashtabula		
County MetroParks, Great Ohio Lake-to-River Greenway Coalition, and all		
other sponsoring agencies, businesses and organizations of all liability or blame for any injury, incident, harm, loss, inconvenience or damage suffered		
or sustained as a result of any participation in the World Of Wildlife (WOW)		

or sustained as a resurt of any participation in the World Or World (WOW) Rife or in any activities associated with the ridio. I also acknowledge that I (or named participant if under the age of 18) am voluntarily participating in the WOW Ride and expressly agree to assume all risk and danger associated with or incidental to the event. I also consent to and permit emergency trate-ment in the event of injury or illness. I shall obey all traffic laws and practice courtesy and safety in cycling. I acknowledge that it is required that I wear a CPSC approved helmet at all times while bicycling in the WOW Ride.

Signature of participant or parent/guardian of rider under 18 Date v w x y z

7TH ANNUAL BIKE TO WORK

BREAKFAST EVENT

# Benefits of Cycling

- Low Impact Easy on Joints
- Aerobic Promotes Heart Health
- **Fun Way to Lose Weight**
- **Reduces Stress and Anxiety**
- **Increases Flexibility, Muscle Strength and Bone Density**
- **Great Activity for One or the Entire** Family
- **Any Age can Participate**
- **Environmentally Friendly Transpor**tation



For information on Trumbull County bike trails visit:

http://trumbullmetroparks.org/parks-and-trails/western-reserve-greenway





If your business or

WHERE W/HY:

> WHO SHOULD ATTEND:

### GIVE-AWAYS:

1

physically active by bicycling for transportation.

₩HEN: Friday, May 18, 2018

Log Cabir

Warren, Ohio

6:00 am-9:00 am

Free continental breakfast to

West of Court House Square

The purpose of the event is to

encourage people to be more

anyone who arrives on a bicycle.

All bicycle enthusiasts.

T-SHIRTS &

TIME:

FREE

T-Shirts given to the first 100 people who arrive on a bicycle. Other prizes will also be available

mm

PRESENTED BY:

**Bike to Work** Warren Committee

FOR MORE INFORMATION CONTACT:

lenna Amerine at 330-675-7807 or http://www.trumbullmetroparks.org/parks-and-trails/bike-work-warren



LIKE US ON FACEBOOK AT BIKE TO WORK WARREN, @HIO





### Household Sewage Treatment System Installation Assistance

Since 2010, the Trumbull County Commissioners working with the Trumbull County Combined Health District, the Trumbull County Sanitary Engineer's Office and the Trumbull County Building Department, have assisted 105 income-eligible, owneroccupied households with the repair or replacement (including four (4) sanitary lateral connections) of Household Sewage Treatment Systems (HSTS) through the Ohio EPA's Water Pollution Control Loan Principal Forgiveness Program. To date, \$1,418,290.78 in grant funds have been matched with \$202,961.73 in local funds to replace 105 HSTS' for a total expenditure of \$1,621,252.51.

The program's success is attributed to the professional, dedicated staff working for the Trumbull County Combined Health District, the Trumbull County Sanitary Engineer's Office and the Trumbull County Building Department who contribute to the implementation of the program in coordination with the Grants Manager. Their role is key in preparing the technical specifications, arranging for tasks to be completed ahead of the procurement process, providing inspection oversight and any critical information required to carry out the program.

Trumbull County is in the process of income-qualifying additional households for assistance in 2018 with funding available through a \$200,000 grant recently approved by the Ohio EPA. Applicants are prioritized according to a Memorandum of Understanding executed by and between the Trumbull County Commissioners and the Trumbull County Combined Health District. Trumbull County will continue to apply for these funds as long as they are offered through the Ohio EPA. The program was discontinued after Program Year 2013 and funded again in 2016 after local governments requested it be reinstated.

Other funds secured to assist households with replacing failing HSTS' includes the Ohio EPA Water Pollution Control Loan Fund; American Recovery and Reinvestment Act and the USEPA Special Appropriation Program (State and Tribal Governments); both of these programs are no longer available.

For more information on the HSTS Reserve Program please contact the Grants Manager at 330-675-6620 or the TCCHD at 330-675-2489 (#2).

Julie Green, Grants Manager Board of Trumbull County Commissioners Office

### Food Service

The Trumbull County Combined Health District (TCCHD) has authority to license and inspect food operations within Trumbull County with the exception of those in Warren City. The purpose of these inspections is to ensure a safe dining experience for our residents. The licensing period runs from March 1 through February 28. To date, we have licensed 793 food operations for the current licensing period.

During the 1st quarter (January—March) our inspectors completed 538 inspections. The inspectors found 548 violations with 132 being critical. All the critical violations were addressed before the inspection was complete. Our inspection reports are public record and can be viewed upon request.

### **Are You Prepared?**

### Make a Kit

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days.

### Make a Plan

Before an emergency happens, sit down together as a family and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

-Ohio Department of Heath (ODH)



### **Potential Hazards in Ohio**

- Flooding
- Windstorms
- Winter Storms
- **Radiological Incidents**
- Human Diseases
- Dam and Levee Failures
- **Animal Diseases**
- **Building/Structure** Collapses
- **Terrorism Incidents**
- **Explosions and Fires**
- Energy/ Power/ Utility Failures
- Pandemics, Emerging Diseases
- Earthquakes

-Ohio Emergency Management

# **Our Emergency Supplies Kit**

As you've learned, in some emergencies you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit - one for you and one for your household. You'll have everything you need to stay safe and comfortable while you're away from home.

	My	Pillowcase K	it	
	Use this checklist to gather item	s for your own pers	onal emergency supp	lies kit.
Bottle of water	∃Тоу	□Portable radio	□ First aid kit	1
□Soap	Change of clothes	Paper and pen	∐Extra batteries	And don't forget
☐ Flashlight	Toothbrush and toothpaste	Blanket	Family photos	vour special item!

### Our Household Kit

This checklist shows items that belong in an emergency supplies kit for everyone in your home. Ask a grownup to go on a scavenger hunt with you to find some items you may have already. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

### Food & Water

- ☐ Three-day supply of water, one gallon per
- person per day □ Three-day supply of canned and
- dried food

Can opener

Cooking and eating utensils

### **Emergency Gear**

- First aid kit
- Portable radio and extra batteries
- Flashlight and extra batteries
- Cell phone charger
- Matches in waterproof container Cash and coins (in case credit card readers and ATMs aren't

- **Personal Items**
- Copies of important documents (birth certificates, passports, insurance policies, etc.)
- Blankets

### L Extra clothing

- □ Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.)
- □ Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.)
- □ Baby supplies (formula, diapers, etc.), if needed

Keep your supplies organized in airtight plastic bags, and pack them in a large sturdy box or plastic tub. Store your emergency supplies kit where you can get to it guickly, in a place known to everyone in your home.

For Your Car



Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.

Flashlight and extra batteries

□ First aid kit

□White distress flag

□Maps

- □ Car cell phone charger
- □Bottled water and dried food such as granola bars
- □Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares)
- Seasonal supplies: Winter - shovel, scraper, blanket, etc.; Summer - sunscreen, shade items, etc.

Check your emergency supplies kit every six months. You may need to update some items - fresh water, fresh batteries, right-size clothes, etc. Use this planner to set dates for checking your kit.

We check our emergency supplies kit on

Month	

Date







Pet supplies, if needed

10

working)

□Map of your area

5



### Blacklegged Tick or Deer Tick

The blacklegged tick is the only vector of <u>Lyme</u> disease in the eastern and Midwestern United States. It is also the principal vector of <u>human granulocytic anaplasmosis</u> and babesiosis. This tick species may be co-infected with several disease agents, and some ticks may simultaneously infect a host with two or more of these diseases.

- Lyme Disease: Symptoms may include a bull's-eye rash developing at the site of a tick bite within two to 32 days. This rash is diagnostic for Lyme disease. However, up to 40 percent of infected humans do not develop a ring-rash, which is almost always more than 2 to 3 inches across. Fever, headache, fatigue, or joint pain also may be symptoms of Lyme disease. Immediate antibiotic therapy for Lyme disease reduces the risk of neurological, arthritic, or cardiac complications developing days to years later.
- Human Granulocytic Anaplasmosis: Onset of symptoms may begin up to three weeks after a blacklegged tick bite. Initial symptoms may include fever, headache, and muscle aches. Other symptoms may include nausea, joint pain, chills, confusion, and sometimes a rash. Anaplasmosis may cause severe illness, especially if left untreated, and 50 percent of all infected individuals require hospitalization.

### American Dog Tick

The American dog tick is the primary transmitter of <u>Rocky Mountain Spotted Fever (RMSF</u>). This species may also transmit tularemia. Toxins in the tick's injected saliva have been known to cause tick paralysis in dogs and humans. Immediate tick removal usually results in a quick recovery.

• **Rocky Mountain Spotted Fever**: Onset of symptoms may begin up to three weeks after a blacklegged tick bite. Initial symptoms may include fever, headache, and muscle aches. Other symptoms may include nausea, joint pain, chills, confusion, and sometimes a rash. Anaplasmosis may cause severe illness, especially if left untreated, and 50 percent of all infected individuals require hospitalization.

### Lone Star Tick

Lone star ticks are the primary transmitter of <u>human monocytic ehrlichiosis</u> and southern tick-associated rash illness (STARI). They also may transmit tularemia and Q-fever.

Human Monocytic Ehrlichiosis: The symptoms of ehrlichiosis are the same as for anaplasmosis (see above).
 Ohio State University Extention, Ohioline, https://ohioline.osu.edu/factsheet/HYG-2073

# **Mosquito Season**

Once again, the Trumbull County Combined Health District (TCCHD) will be conducting county mosquito surveillance and larviciding during the peak mosquito activity months of May through September. Surveillance includes the trapping and testing of mosquitos in various areas across the county. The early detection of mosquitos carrying West Nile Virus, Chikungunya, Zika, etc. will benefit all residents.

If you would like to report an area where stagnant water is present and/ or other potential mosquito breeding areas, please contact TCCHD at 330 -675-2489 x2 or complete the Complaint Form located on the TCCHD



website at: http://www.tcchd.org/pdfs/tcbh\_ehcomplaintform.pdf.



<u>Viruses</u>: Chikungunya, Dengue, Zika



### <u>Contact Us</u>

176 Chestnut Ave. NE Warren, OH 44483

Phone: 330-675-2489 Fax: 330-675-2494 health@co.trumbull.oh.us www.tcchd.org





### **BOARD MEETINGS**

Board of Health (BOH) meetings are held the 4th Wednesday of the month at 1:30pm at the Trumbull County Combined Health District.

> April 25, 2018 May 23, 2018 June 27, 2018

All meetings are open to the public.

### **Important Dates**

<u>April</u>	
4/22/18	Earth Day
4/25/18	April BOH Meeting
4/28/18	National Prescription Drug
	Take Back Day

### May

5/14-5/18	Bike to Work Week	
5/18/18	Bike to Work Breakfast	
5/23/18	May BOH Meeting	

### June

National Safety Month
World of Wildlife (WOW)
Bicycle Tour
June BOH Meeting



## "Building a Healthy Community"

### **Trumbull County Combined Health District**

### **Mission, Values & Vision Statements**

### **Mission Statement**

We are committed to protect and promote the health and well-being of our community and prevent disease, disparity and harm to our residents. This is accomplished by responding promptly to serve the needs of the public in a professional and respectful manner with emphasis on public health education and outreach.

### **Vision Statement**

The effective exchange, collaboration and communication of ideas and thoughts with all internal and external stakeholders will enhance our policies, procedures and programs. This along with the promotion of our public health services will eliminate disparities and have a stunning effect on our community.



### Congratulations Tara Lucente

Tara was named 2017-2018 Home Visitor of the Year (Region 3) by the Ohio Department of Health. This award is yet another indication of Tara's commitment to her work and the families that she serves. Great Work, Tara!

### **Employee of the Month**

### January 2018—Tony Veitz



We appreciate the effort and time that Tony puts into his duties as one of our Public Health Inspectors. Tony has been a public health inspector for 19+ years working in various environmental programs. Tony came to us from the Mahoning County Health District, and has worked for our health department for 3 1/2 years, in the sewage program. In addition to his daily duties, he also is participating in the QI project for the home sewage program.



### February 2018—Kenya Franklin

Kenya is the Family Service Program Coordinator for the Help Me Grow program. Kenya has been with the health district for almost 8 years, starting as a Family Service Coordinator, ultimately being promoted to her current position as Program Coordinator. Kenya has worked in the Help Me Grow program since January 2000, in various capacities. She is certified as a "Parents as Teacher" educator, a credentialed Clinical Supervisor by the Ohio Department of Health, and a credentialed Help Me Grow Home Visitor. In addition to her daily duties, she also sits on the health district's Accreditation Team, and has worked on several QI projects for the HMG Home Visiting Program.

### March 2018—Tara Lucente

Tara is a licensed social worker, working as a Family Service Coordinator in our Help Me Grow Program, and has been with the health district for 6 years. Tara maintains a good rapport and utilizes resources of various local agencies to assist her clients, always striving to make sure that their needs are being met. She always has a friendly smile and cheerful word, not only for her clients that she serves, but also for her fellow co-workers.

