

May & June 2024

Important Dates & Info.

Mental Health Awareness Month
- May 2024

National Women's Health Month
- May 2024

National Physical Fitness and
Sports Month - May 2024

Men's Health Month – June 2024

Family Health and Fitness Day –
6/8/2024

National HIV Testing Day –
6/28/2024

Memorial Day – 5/27/2024

Juneteenth – 6/19/2024

Spring is upon us finally!

Trivia Challenge:

Be the first to answer and win
\$10 dollars.

What are Diamonds made of?

Please do not use the internet!
First to come, is first served with the right
answer!
There can only be one winner!



Trumbull County Combined Health District Newsletter

Vol. 3, Issues 5 & 6., (May / June 2024)

Rally with our Health Insurance

As many of you may know, not just within the TCCHD, but throughout the county, the health insurance (United Healthcare) we have includes access to a program called **Rally**. **Rally** in their own words is "a website and mobile app that helps you learn simple ways to take care of yourself – from being more active to eating better. When you start making small changes and adding healthy habits to your everyday life, you start moving toward better health management, which helps you live a full, active life." Recently our grants coordinator Jenna Amerine who chairs the Trumbull County Wellness Committee reached out regarding appointment times for **Rally** biometric screenings on Thursday May the 16th, 2024 in Trumbull County. If you have downloaded the rally app and followed the directions Jenna provided for scheduling this biometric screening, you will get a \$75.00 credit on your rally app, which you can redeem for things such as an amazon gift card! In addition, you can participate in monthly walk challenge where you can choose the amount of steps you can take daily, and, if you hit that step count for any 12 days in a month, you will receive a \$20.00 credit per month as well. In these two activities alone, you have the possibility of getting \$295.00 for simply walking and taking 10 to 15 minutes for a typical biometric screening! So please, if you have not already, download the **Rally** app from the App Store or Google Play Store, and participate in the activities.

Health Equity Training Thank You and reminder.

The TCCHD administration would like to extend a sincere "thank you" to all the TCCHD staff and individuals from other agencies within Trumbull County who attended the event. We hope you gained some knowledge and insight into how applying an equity lens to the public services we all provide can enrich the lives of the constituents we serve and improve the many facets of health and assist everyone in achieving a healthier lifestyle.

Reminder, for TCCHD employees, this training has fulfilled our half-day staff training requirement outlined within our current workforce development plan. This meeting was presented virtually via zoom and recorded with the consent of all parties involved. Those TCCHD employees who were unable to attend the event, can view the training via this recording. Please see your supervisor for details.

Contact Us

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TCCHD History

1986 - Ohio mandatory seat belt law went into effect. (May 1986) Ohio became the 17th state to require drivers to buckle up.

1990 - TC experienced an outbreak of measles in the NW section of Trumbull County, with 71 cases being reported.

TCCHD Industry News

Keeping Trumbull County Safe and Healthy one step at a time!

1. The Environmental division for February & March of 2024:
 - i. Performed **341** Food Service Operations Inspections,
 - ii. **274** Real Estate Evaluations,
 - iii. **410** Residential Sewage inspections,
 - iv. **173** Plumbing Inspections,
 - v. And **184** O&M Samplings.
2. The Nursing division for February & March of 2024:
 - i. Held **6** children immunization clinics and saw **12** clients,
 - ii. Held **3** adult immunization clinic and saw **8** clients,
 - iii. Had **59** families enrolled in their home visiting program and provided **176** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits through our Project Dawn program. Please contact Tammi Krafft at **330-675-2489** for more details.

Upcoming Events in Trumbull County

- Mahoning Valley Scrappers vs. Frederick Kays – 6/9/2024, 7 pm, Eastwood Field, 111 Eastwood Mall Blvd., Niles, OH., 44446
- The Prince Project – 5/11/2024, 8 pm, Robins Theatre, 160 E. Market St., Warren, OH., 44481

Quality Improvement QI Contender for March & April of 2024

Please help me in congratulating **William “Bill” Gootee**, an REHS within the Environmental Division. **Bill** has become the TCCHD’s third QI contender for 2024, and the winner for May/June of 2024. **Bill** was chosen by members of management for going above and beyond his typical work role by acting as the TCCHD school liaison for the bud begs introductions, and the bed bug knowledge and advice he gave to numerous entities and individuals within the TCCHD and those who contacted the TCCHD.

Bill is now automatically eligible for the title of annual QI Champion which will be announced at the all-day staff training in November of 2024, where he has a chance to win a grand prize as the QI Champion of 2024.

Baby and Me Tobacco Free Program

TCCHD Baby and Me Tobacco Free Program is a smoking cessation program offered to ANY pregnant woman and their partner. The program is structured to offer support, guidance, and incentives to pregnant women who are committed to quitting smoking and ensuring a tobacco-free environment for themselves and their babies. Our BMTF certified nurses provide each participant with personalized one-on-one support, helping mothers quit (and stay quit). Our program starts with 4 prenatal sessions, followed by 6-12 postpartum sessions. Our participants receive vouchers to purchase diapers and/or baby wipes for remaining tobacco-free. Please call 330-675-2489 option 3 for more information.



Live Well Trumbull Hub



Customer Satisfaction Survey QR



TCCHD Nursing Department offers many services:

- Safe Sleep classes
- Carseat classes
- Immunization clinics for adults and children
- TB testing and treatment
- Narcan training
- Pregnancy testing
- Covid and flu testing
- Sight for Students Program
- Baby and Me Tobacco Free Program
- Help Me Grow Home Visiting Program
- Children with Medical Handicaps Program
- Communicable Disease Investigation
- Rabies and Animal Bite Investigation

Would you like to see something else added to the newsletter?

Let me know! Email me at hebonack@co.trumbull.oh.us

"Your one Trusted, and Unified source for all resources related to Health and Wellness in Trumbull County" ...

Visit the Trumbull County Wellness Hub at:

<https://livewelltrumbull.com/>

- ✚ Create a Free account,
- ✚ Register for and take Challenges,
- ✚ Access our Calendar of Events,
- ✚ Hear from experts,
- ✚ Access great resources from a number of partners.

Don't Wait...Explore the site today!

Ever visited the Trumbull County Combined Health District?

Let us know how we did with our survey below!

Customer Satisfaction Survey:

<https://www.surveymonkey.com/r/TKBSNMT>

PHwins Update and Shout Out:

As discussed during the Health Equity training event, the next round of PHwins is slated to begin September of this year. I would like to give a shout out to Jenna Amerine for agreeing to be the workforce champion back up, and Dan Dean for coordinating the IT component involved. I will share everyone's professional contact info with PHwins by July 31st, 2024, and you will all begin receiving emails and correspondence regarding PHwins shortly thereafter...so stay tuned.

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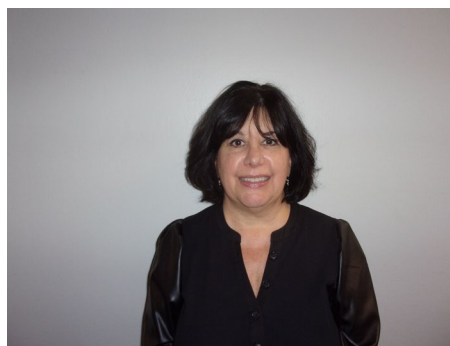
Instagram (X):

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Second Employee Spotlight

Meet Tammi Krafft



Tammi is our new Health Educator in the Administrative Division specializing in work on the Project Dawn and Harm Reduction grants.

I had the opportunity to sit with Tammi for a few minutes and ask her a few questions;

Me: How would you describe the culture of the agency here?

Tammi: The atmosphere is very friendly and accommodating. Everyone is very helpful, and you can see the teamwork happening. On a side bar, the building is extremely clean as well. Haha.

Me: What led you to this career?

Tammi: I have spent my entire professional career serving the public and community...it is a passion of mine. When this opportunity availed itself...I knew I wanted to go for it.

Me: What was your first job?

Tammi: In 8th grade, I starting working at the Dairy Go Round on Youngstown Rd.

Me: What is your favorite pastime?

Tammi: Reading and shopping for sure, but the my favorite is spending time with my grandchildren.

Me: Who or what motivates you?

Tammi: My father! He served in the military (Army) and worked for 43 years straight only calling off (1) one day. He has always been a very giving and compassionate man who always helps other. I consider him to be a role model for others, and he can fix almost anything.

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Some Information about Beating the HEAT!

From the TCCHD Nursing Director Erin Heckman

As summer approaches, so do hotter temperatures, please take a look at the info below.

Beat the Heat

Summer is a time for outdoor activities and fun in the sun, but extended periods of high temperatures can put a damper on the season and cause serious illnesses. When the temperatures rise to the high 90s for three or four days or more and are coupled with high humidity, Westchester Medical Center Health Network cautions everyone to follow these precautions to keep summer fun and safe.

Who is most at-risk for heat-related emergencies?

- Infants and Young Children
- Elderly Adults
- People Who are Ill or Infirm
- People Who Work Outside

What heat emergencies are caused by extreme heat and humidity?

	Heat Cramps	Heat Exhaustion	Heat Stroke
SYMPTOMS	Cramping of abdominal, arm and leg muscles	Profuse sweating, nausea and cramping of arm and leg muscles	Soaring body temperature
WHAT SHOULD I DO?	Hydrate and avoid further heat exposure. Consider emergency medical evaluation.	Hydrate and avoid further heat exposure. Consider emergency medical evaluation.	Seek emergency treatment immediately. Heat stroke can lead to seizures or even death.

How can I beat the heat?

- Wear light, breathable clothing
- Limit exposure to heat and sun
- Limit outdoor activities to cooler times of day
- Hydrate! Avoid alcohol
- Visit cool places, like pools, beaches or malls

Tips provided by the Centers for Disease Control and Prevention (CDC)

WMCHealth
Westchester Medical Center Health Network

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Important TCCHD Information

We have several announcements regarding some TCCHD employees...

All celebrations, yet one is bittersweet...

First, please help me in wishing all the best in her retirement and beyond to one of our public health nurses Kathy Parilla. Kathy has announced her retirement effective 5-31-2024. Kathy has worked and continues to work with the Project Dawn and Harm Reduction grants and has assisted in many other projects here at the TCCHD.

Kathy may your retirement be filled with joy, relaxation, and all the things you love to do. You've earned this time to pursue your passions and enjoy the fruits of your labor. Thank you for the positive impact you've had on the team here, and the memories we've shared together. While we'll miss seeing you around the office, we're excited for you to begin this exciting new journey.

Second, please help me congratulating Ericka Clark, our Epidemiologist. Ericka graduates this Saturday (5-4-2024) with her master's in public health (MPH).

Third, please help me in congratulating Jennifer Hudson, a family support specialist with Help Me Grow in our nursing division. Jennifer graduates this Saturday (5-4-2024) with her bachelor's in criminal justice (BSA).

And last, but certainly not least, please help me in congratulating Patrice Gillems, a family support specialist with Help Me Grow in our nursing division. Patrice graduates this Saturday (5-4-2024) with her AAS in Social Work.

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A Message from the TCCHD regarding the importance of and purpose of public health regulations.

As many of you have seen in previous versions of The Trumbull County Combined Health District Newsletter, we ALWAYS offer a segment know as

***“TCCHD Industry News
Keeping Trumbull County Safe and Healthy one step at a
time!”***

This segment was introduced as a means to demonstrate the volume of work the TCCHD does on a monthly basis. However, the question has been raised as to why we do (or what is the purpose of) these inspections and services we offer. So, the TCCHD wanted to provide the purpose behind these inspections and services so all the Trumbull County residents that use services have a better understanding.

Food Inspections – These are performed to mitigate the public’s possible exposure to foodborne illness which is highly preventable if the right steps are taken.

Point of Sale/Real Estate Inspections – These inspections are performed to prevent raw and poorly treated sewage from entering and contaminating surface and ground waters, resulting in human illness.

Plumbing Inspections – These inspections ensure proper drainage of water and wastewater from households and businesses while preventing sewage odors from entering the household.

