

September & October 2024

Important Dates & Info.

National Recovery Month -
September 2024

Food Safety Education Month –
September 2024

Sexual Health Awareness Month
- September 2024

Eye Injury Prevention Month –
October 2024

Sudden Infant Death Syndrome
(SIDS) Awareness Month –
September 2024

Healthy Lung Month –
September 2024

Columbus Day – 10/14/2024

Halloween – 10/31/2024

Fall is upon us... Boo!

Trivia Challenge:

Which state produces the most pumpkins?

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 9 & 10., (September / October 2024)

Re-Accreditation is approaching...Quickly!

In less than a month, (October of this year), we will receive our application for Reaccreditation! It has been five years since all the TCCHD worked so hard on our initial accreditation through the *Public Health Accreditation Board* or (PHAB) for short. During these five years, we not only lost approximately two years of potentially reaccreditation work to the Covid-19 response efforts, but we also lost personnel that helped with initial accreditation. In the following three years however, we have worked diligently and non-stop to get back on track and prepare ourselves as much as possible for this process, and in doing so, we have also gained new personnel with new perspective and expertise that can help us in this journey. As we approach this milestone in our reaccreditation journey, I wanted to take a moment and sincerely thank you all, for your past, current, continued efforts to help us reach this goal collectively. We couldn't have got this far without all of you. As some of you already know, I have approached many of you about being on "domain teams" in some capacity, and all of you who been asked, have agreed...pending supervisor approval of course. Again, thank you to those for that preemptive commitment. There is still much work to do however, and as the PHAB site visit steadfastly approaches we will begin to have more frequent meetings about this process and journey. I know many of you already "wear many hats" around here with regard to job duties, however, your professional expertise is both needed and wanted to prove to PHAB that we still have what it takes to achieve reaccreditation. I look forward to continuing to work with all of you to achieve this agency wide goal.

PHwins is also approaching...Really Fast!

On September the 9th, 2024, all of you within the TCCHD will begin to receive the PHwins survey through the deBeaumont foundation. This survey will go directly to your county email from debeaumont, and no one else. This survey is highly instrumental in our workforce development endeavors, and your participation is greatly appreciated. We need **"all"** TCCHD employees to participate in this survey and provide feedback for agency level data that can help guide us moving forward with our trainings. Should you have any questions or concerns regarding any aspect of this survey, please reach out to your supervisor directly, **and again...as always, thank you in advance for your anticipated participation and support!**



Contact Us

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TCCHD History

2004 - A Mass flu clinic was held with the 4 LHDs, Red Cross, EMA, St. Joseph's Hospital, Lifelines, YSU and Warren PD, and 1,250 clients immunized.

2004 - TCCHD created a "Smoke-Free Diners Guide" for Trumbull County.

TCCHD Industry News

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

1. The Environmental division for June of 2024:
 - i. Performed **462** Food Service Operations Inspections,
 - ii. **187** Real Estate Evaluations,
 - iii. **449** Residential Sewage inspections,
 - iv. **147** Plumbing Inspections,
 - v. And **1143** O&M Samplings.
2. The Nursing division for June of 2024:
 - i. Held **3** children immunization clinics and saw **21** clients,
 - ii. Held **1** adult immunization clinic and saw **3** clients,
 - iii. Had **62** families enrolled in their home visiting program and provided **91** 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

- 911 Never Forget Event – 9/11/2024, 12 pm, Eastwood Event Centre, 111 Eastwood Mall Blvd., Niles, OH., 44446.
- Warren Ghost Walk – 10/11-12/2024, 6 pm, 256 Mahoning Ave., Warren, OH., 44483.

(Quality In Action) QI Contender(s) for September & October of 2024

Please help me in congratulating **all who participated in the inaugural "TCCHD Beautification Day" in July of 2024. These individuals were Jodi Gearhart, Johnna Ben, Erin Heckman, Makenzie Hettrick, Tammi Krafft, and Steve Kramer. This team volunteered several hours on a Saturday to cleanup the TCCHD and have lunch together. The team performed several tasks including weed pulling, painting, general cleanup, and window washing. They have started a tradition that will carry on for many years to come hopefully**

This entire Team 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 they have a chance to win a grand prize as the QI Champion of 2024.

With Halloween quickly approaching, the TCCHD offers some safety tips for a safe and happy trick or treat experience:

From healthychildren.org.

- Always accompany young children on their neighborhood rounds. If trick-or-treating doesn't start until after dark where you live, consider checking with your town or park district for Halloween activities offered earlier in the day. Research shows that evenings from 6 p.m. to 9 p.m. are the riskiest times of day for child pedestrians.
- If your older children are trick-or-treating alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home and get flashlights with batteries for everyone.
- Talk with kids about the risk of distracted walking. This includes text messaging, talking on or looking at the mobile phone and listening to music.
- Cross the street as a group in established crosswalks. Most (62%) child pedestrian traffic fatalities occurred mid-block, rather than at intersections. Make sure kids know not to cross the street between parked cars or out of driveways or alleys.
- Don't assume cars will stop just because they have the right of way. Motorists may have trouble seeing trick-or-treaters.
- Stay on well-lit streets and always use the sidewalk. If no sidewalk is available, walk at the far edge of the roadway facing traffic. Only go to homes with a porch light on and, ideally, a well-lit pathway.



Live Well Trumbull Hub



Customer Satisfaction Survey QR



Keep Food Safe! Food Safety Basics

From the USDA

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Don't cross-contaminate.
- **Cook**—Cook to proper temperatures, checking with a food thermometer.
- **Chill**—Refrigerate promptly.

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 Outs:

Reminder: I Have shared everyone's professional contact info with PHwins on July 16th, 2024, and you all should now be receiving emails and correspondence regarding the PHwins survey and your anticipated participation.

Shout outs: Jenn Francis would like to give a shout out and praise to all the Help Me Grow Home Visiting Staff, for doing a "great job" on all their visits.

And Frank, would like to give a shout out to Jason Spencer for passing his REHS Exam and becoming a licensed REHS.

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Fourth Employee Spotlight

Meet Tara Lucente



Tara is a Family Support Specialist in the [Nursing Division](#) specializing in work on the [Home Me Grow Program](#). Tara is also a licensed social worker.

I had the opportunity to sit with Tara for a few minutes and ask her a few questions.

Me: **What is your job here?**

Tara: *I'm a family support specialist with the Help Me Grow program. I visit families on a regular basis.*

Me: **What led you to this career?**

Tara: *I really enjoy helping people and working with families and children.*

Me: **Are you binge watching any shows right now?**

Tara: *Yes! Jack Ryan!*

Me: **Who or What inspires you?**

Tara: *My parents! My father always was and continues to be an inspiration to me even after his passing. My mother to this day is the most wonderful role model I currently have in life.*

Me: **Who or what motivates you?**

Tara: *Positive and Happy people.*

Me: **Do you have any hobbies or interests?**

Tara: *I enjoy working out and trying new recipes to cook (not too sure I'm great at it though, Haha!). My husband thinks everything is good, but he also wants to eat! I also enjoy Yoga, and catching up with friends to laugh, love, and shop for clothes.*

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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

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UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:



Growths on or near the eye



Cataracts



Suburned eyes



Eye cancer

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aao.org/eyesmart

Get Sun Smart



47%

of sunglass wearers do not check UV ratings before making a purchase.



Always buy sunglasses labeled "UV400" or "100% UV protection."

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
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aao.org/eyesmart

Don't Turn Up the Burn

Some drugs and medical conditions can make people more vulnerable, or photosensitive, to UV damage.

Percent that DO NOT believe these things cause photosensitivity:



82%
Retin-A skin cream



72%
Antibiotics



71%
Cataracts



71%
Light-colored eyes (blue, hazel or green)

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
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