



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

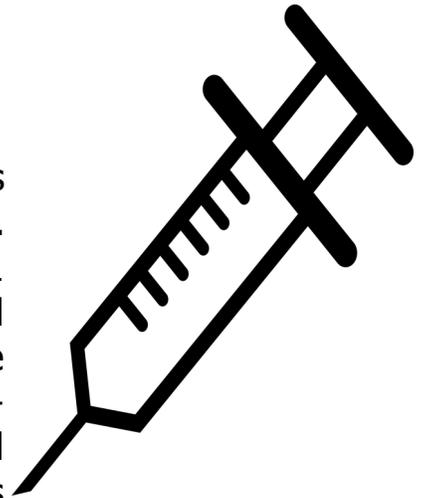
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COMMUNITY EDITION

September 2016

Seasonal Flu Shot Clinics

The Grant County Health Department has scheduled its public seasonal flu shot clinics for the 2016-17 season. This year the quadrivalent vaccine includes both a H1N1 and a H3N2 strain as well as a B/Brisbane like strain and a B/Phuket like strain. A supply of high dose flu vaccine is available for those 65 years of age and older. Vaccination is recommended for all persons aged 6 months and older unless there is a medical reason why vaccination is not recommended.



Children under 9 years old receiving seasonal flu vaccine for the first time and those not completing a series in previous year may need a booster shot one month or more after the first shot to gain the highest level of protection. Grant County Health Department has free flu vaccine available at these clinics for children on Medical Assistance/Badger Care or for children with no insurance coverage for influenza immunizations. There is also a supply of vaccine available to others for a fee.

Flu vaccine can be received at all Grant County WIC Clinics. Complete schedule can be found on the county website (www.co.grant.wi.gov) under Health Department then "Schedules". In addition to the posted schedule, seasonal flu vaccinations are now available at the Grant County Health Department located at 111 South Jefferson Street in Lancaster from 8:30am to 12:00pm (noon) and 1:00pm to 4:00pm Monday through Friday. Additional clinics will be announced later in the season including school based clinics beginning later in the fall.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

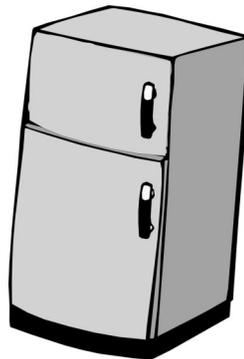
- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Freshen up the Fridge

When you're in the mood for cleaning, don't forget the refrigerator! An organized and clean refrigerator means less searching for food, making meal prep easier and faster. Writing a grocery list prevents buying food you don't need, which means less food (and less money!) is wasted. Your risk of foodborne illness is lower because foods will stay colder, raw meats will not drip on to other foods and there is less risk of spoilage.

Five steps to cleaning a refrigerator:

- 1) Turn off the refrigerator and unplug.
- 2) Remove everything. Discard old or spoiled food. Perishable food should be placed in a cooler to keep it cold.
- 3) Remove shelves and drawers; wash with hot soapy water, rinse with clean water, and dry.
- 4) Wipe inside interior and bottom of refrigerator. Replace shelves and drawers. As you put back the food, wipe off the jars and containers.
- 5) Wipe exterior to remove dirt and lint.
- 6) Plug the refrigerator back in!



For more helpful tips on how to clean and organize your refrigerator, check out www.extension.iastate.edu/foodsavings.
(Source: Food Sense)

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Oct 6th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Oct 11th—Boscobel United Methodist Church from 9:30am to 3:30pm

Oct 12th—Fennimore United Methodist Church from 9:00am to 3:30pm

Oct 18th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Oct 19th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Oct 20th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Oct 25th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Oct 26th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Oct 27th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following days:
November 11
November 24

Dementia Awareness Program

A presentation and discussion on living with, and caring for, someone with dementia. You will have the opportunity to participate in a simulation environment which will give you insight on what a person dealing with this diagnosis lives with. You will "walk in their shoes" for a few minutes.

Saturday, October 22, 2016
9:00am to 11:00am OR 12:00pm(noon) to 2:00pm
Grant Regional Health Center
507 S Monroe Street in Lancaster
(Monroe Street Conference Room)

The goal of this program is to create a positive, calm environment by a better understanding of dementia and using behavior modifications. Hopefully this will improve the quality of life for patient and family. Please RSVP one week prior to the event to ddavid@grantregional.com or call Deb David at (608) 778-7687 or GRHC at (608) 723-3255. Presentations are limited to 15 people.

Seeking Solace

When we lose someone we love, we hurt, we suffer, we grieve. We feel like it will never change. In the midst of this deep darkness, let us seek solace together.

You are invited to join us as we discuss loss, grief, hope, and healing at a series of free grief support workshops. The workshops will be held every third Tuesday of the month at the Tuffley Center in Boscobel and starts at 6:15pm. Refreshments and a craft activity will follow an informational presentation from a guest speaker. We hope you join us on a journey of healing.

DATES: 2016 - Sept 20, Oct 18, Nov 15, Dec 20
2017 - Jan 17, Feb 21, Mar 21, Apr 18, May 16

For more information or questions, contact Amy Heisz at (608) 375-6356 or Heidi Cornell at (608) 375-6278.

A Safe Ride?

Car seats can save lives but nearly three out of four parents make these five common mistakes:

- 1. Wrong harness slots:** For rear-facing seats, use slots at or below child's shoulders; for forward-facing seats, use those at or above the child's shoulders.
- 2. The harness straps are too loose or twisted:** There should be no slack; keep harness straps snug, straight and flat.
- 3. The harness retainer clip (chest clip) is over the abdomen:** Fasten clip over the middle of the chest at armpit level.
- 4. The car seat moves more than two inches when pulled side-to-side at the base near the belt path:** More than one inch of movement is too much.
- 5. When using a booster seat, the lap belt rests over the child's stomach or the shoulder belt is over the face or neck:** Lap belts must lie snugly across the upper thighs and shoulder belts across the shoulder and chest.



Always refer to the child's safety seat instructions and vehicle manual instructions for weight limits, proper use and installation.

To meet with a certified child passenger safety technician regarding installation and safety of your existing car seats or how to obtain an age-and-size appropriate car or booster seat contact the Grant County Health Department at 608-723-6416 and ask for the Car Seat Technician.



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