SPRING IS IN THE AIR, BUT SO IS THE FLU
By Gloria D. Swonger, MPH, BCPA

According to the Ohio Department of Health (ODH), seasonal influenza, better known as the flu, causes over 200,000 hospitalizations and over 20,000 deaths in the United States each year. Luckily, flu cases tend to reduce by March of each year (ODH, 2019).

Proper hygiene and handwashing skills can also help prevent the flu from spreading, especially in children who tend to wash their hands less often. Parents, teachers, and daycare staff should start teaching handwashing techniques as early as possible to children to help prevent the spread of the seasonal virus. Hand sanitizer is a great option in a hurry, but should never be used to replace handwashing.

What’s New at the FRC?

Signature Health has partnered with Wickliffe City Schools to provide a child and adolescent counselor and a nurse practitioner at the Wickliffe Family Resource Center. Both employees will be part-time, two days a week. The nurse practitioner will be offering primary care services for students, their families, and the community. There is a hope that the counselor will also add family counseling in the future. This partnership is an effort to reduce barriers that students and families in the district may be facing in relation to mental health and clinical healthcare services.

For more information and to make appointments/referrals, please contact the FRC Coordinator at 440-413-1238.
The WicKloset

Wickliffe students, who are part of the Learn, Lead, Serve group at Wickliffe High School, have worked diligently all school year to build up their donation closet and create a process for families and those in the community who are in need to receive clothes, personal hygiene products, and more. Please contact the WicKloset at wicklosetlls@gmail.com, or the FRC Coordinator at 440-413-1238, to apply for needed items.

In an effort to assist the elderly, the WicKloset will also be accepting donations of cat food, dog food, cat litter, and any other pet items that could relieve the financial burden of owning a pet. Statistics show that when the elderly own pets, it improves their quality of life, and can actually help them live longer. Many on social security face financial burdens and live alone. This initiative could help brighten their day, and potentially improve health among the elderly population.

One Door to Pathways Program

The One Door to Pathways program is a public health program by the Lake County General Health District. Our FRC Coordinator is the program manager and actively serves clients at the Family Resource Center and in other parts of Lake County. The program is an effort to reduce health disparities in the population by reducing barriers, including transportation. Health disparities are usually defined as a lack of access to numerous educational, social, and health resources. This can include lack of access to health insurance, lack of access to safe and affordable housing, and lack of access to educational and job opportunities. Wickliffe City Schools and the Lake County General Health District are committed to reducing these barriers in the Wickliffe community and improving health, educational, and social outcomes. To refer or make an appointment with our Service Coordinator, call 440-413-1238 or email at gswonger@lcghd.org.