

# Lake County General Health District **NEWSLETTER**

## Featured Highlights:

Get Homelessness and  
Mental Health Resources  
from Extended Housing

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Community Health Needs  
Assessment Deep-Dive:  
Eastlake

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Protect Yourself from the Flu

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Lake County Connections  
works with The Alzheimer's  
Association

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Kiwanis Park StoryWalk®  
Opens in Painesville

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Holiday Food Safety

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Learn about the Public  
Health Accreditation Board  
(PHAB)

## Cool Weather Wellness

It is that time of the year again, when the leaves start to change and the nights become cool once more. As we prepare for the upcoming winter and the end of 2023, the Lake County General Health District (LCGHD) continues to bring you programs and events to help you have a safe and healthy holiday season.

This fourth quarter edition highlights one of our local partners, Extended Housing, and the work they are doing to address homelessness and mental health in Lake County. You'll also find information about the new StoryWalk® at Kiwanis Park in Painesville, how to protect yourself this flu season, holiday food safety and preparation tips like how to properly thaw a frozen turkey, and more.

All of us here at the LCGHD are wishing you a happy, healthy, and safe holiday season and new year! We can't wait to share more updates and resources in 2024.



**Lake County  
General Health District**

**Public Health**  
Prevent. Promote. Protect.

# Partner Feature: Extended Housing

## Homelessness and Mental Health

Extended Housing is a service provider agency under the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADHAMS) Board, whose mission is to prevent and end homelessness for individuals in Lake County with serious mental illness. Having recently celebrated 40 years of service this past July, the organization believes that all individuals are worthy of respect, compassion, and integration into their community.



The largest resource currently available through Extended Housing is their homeless outreach program, also called the Projects for Assistance in Transition from Homelessness (P.A.T.H.). P.A.T.H. is meant to connect people who are homeless or facing homelessness with mental health and housing services. The homeless outreach team works with people who are enrolled in the program to provide support with accessing shelter, mental health services, government assistance, and other support.

While the bulk of the program is designed specifically for assisting individuals with a qualifying mental illness, the outreach team can still connect non-qualifying homeless individuals with other applicable resources.

The P.A.T.H. outreach team can be contacted by anyone, including family and friends of those who are or are homeless, or are at risk of becoming homeless. Call (440) 352-8424 or visit during walk-in hours at their office every Monday from 8:30am–3:00pm, no appointment needed.

Extended Housing has a number of other services and programs, however the waiting list for many of these services is closed due to high demand. To find updated information about available services through Extended Housing, please call or visit their website at [www.extendedhousing.org](http://www.extendedhousing.org).

### Homelessness and Mental Health Resources

**Extended Housing:** Lake County homelessness and mental health services. (440) 352-8424, located at 270 E. Main Street, Suite 300, Painesville, OH 44077. [www.extendedhousing.org](http://www.extendedhousing.org)

**Crisis Hotline:** If you are experiencing a mental health emergency, including thoughts of suicide, call the Crisis Hotline immediately at (440) 953-8255, (440) 357-7300, or (800) 411-0103. The hotline is free and available 24/7. [www.helpthatworks.us/im-looking-for-help](http://www.helpthatworks.us/im-looking-for-help)

**Lake County 2-1-1:** Dial 2-1-1 from any landline phone to speak with a specialist who can help you find answers to a wide range of questions and connect you with area resources that may be able to offer assistance. This service is free and available 24/7. You can also access their online database. [www.lclifeline.org/2-1-1/2-1-1-database](http://www.lclifeline.org/2-1-1/2-1-1-database)

**Lake County ADAMHS Board:** Info on mental health and recovery services provided through the ADAMHS Board and its network of local providers is available online. [www.helpthatworks.us](http://www.helpthatworks.us)

# Health Data Feature



## Community Health Needs Assessment: Eastlake

As part of the ongoing process to better understand the health needs of Lake County, the Community Health Needs Assessment (CHNA) Steering Committee reviews areas of need highlighted in Lake County’s 2022 CHNA. At least once a year, they select a topic to study in more detail.

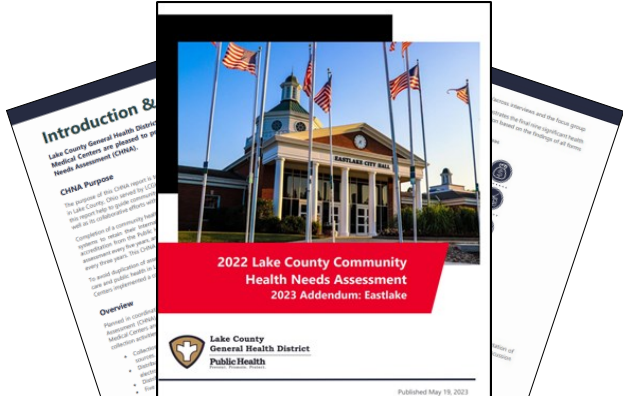
For 2023, the Committee chose to focus on health issues in Eastlake, which was identified as an area of the county with higher levels of health concerns related to food insecurity and mental health.

Additional data was collected through interviews with key partners serving the Eastlake area. A total of nine representatives were interviewed, and responses were reviewed for common themes.

### 2023 CHNA Topic: Eastlake

Food Insecurity	Mental Health
<p>Regarding food insecurity, partners described increases in use of food bank services in and around Eastlake over the past few years, starting additional services to help meet the need, and utilizing funds offered by local faith-based groups for grocery gift cards. Partners described greater impact on certain groups, including seniors on low fixed incomes, young families, individuals with disabilities, and racial and ethnic minorities. Lack of available and reliable transportation was noted as a key barrier.</p> 	<p>Regarding mental health concerns, partners described two main contributing factors: substance use/misuse, and stress from the COVID-19 pandemic. According to partners, these have contributed to neglect, trauma, use of tobacco and other substances among youth, and increases in suicides in the community. Partners felt these issues seem to impact residents of all socioeconomic statuses. A lack of familiarity with existing resources and stigma around seeking help for mental health were cited as main barriers.</p> 

Find the full “CHNA Addendum – Eastlake Food Insecurity and Mental Health” report at [www.lcghd.org/lake-county-health-needs-assessment-plan](http://www.lcghd.org/lake-county-health-needs-assessment-plan)



# Health District Updates

## Community Health Services

Influenza, also called the flu, season is quickly approaching, so it's time to consider getting your yearly flu vaccination. According to the Centers for Disease Control and Prevention (CDC), flu season usually happens in the fall and winter, with peaks between December and February ([www.cdc.gov/flu/about/season](http://www.cdc.gov/flu/about/season)). In the Northeast region of Ohio alone, the Ohio Department of Health (ODH) reported over 1,600 hospitalizations related to flu during the winter season between 2022 and 2023 ([www.odh.ohio.gov/know-our-programs/seasonal-influenza](http://www.odh.ohio.gov/know-our-programs/seasonal-influenza)).

Flu can cause fever, headache, tiredness, cough, sore throat, nasal congestion and body aches, and usually spreads via coughing and sneezing. While most people recover within two weeks, some people are at a higher risk of more serious complications, such as:

- People who are pregnant.
- Children younger than 5 years old, especially children younger than 2 years old.
- People over 65 years old.
- People with certain chronic medical conditions.
- People living in nursing homes or other long-term care facilities.



### How to Protect Yourself and Your Loved Ones:

- Wash your hands frequently. Use warm, running water, apply soap and lather well for 15-20 seconds, then rinse.
- Cover your cough and sneezes with a tissue and throw the tissue in the trash. If you don't have a tissue, cough and sneeze into your elbow, not your hands.
- Get vaccinated. Additionally, people 65 years and older can receive a high-dose vaccine which are potentially more effective than standard dose flu vaccines.

### Where to Get the Flu Vaccine

- Lake County General Health District — LCGHD offers routine vaccinations for adults and children, and may be offering flu clinics depending on the time of year. Please contact Community Health Services at 440-350-2554 or go to [www.lcghd.org/clinics](http://www.lcghd.org/clinics) for additional information.
- Local Pharmacies.
- Your Health Care Provider.
- Your Pediatrician — Children who are 19 years or younger and are Medicaid eligible, uninsured, American Indian, Alaskan Native, or underinsured may be eligible for free vaccines through the Vaccines for Children Program (VFC). Talk to your pediatrician or contact ODH at [www.odh.ohio.gov/know-our-programs/Immunization/Vaccines-for-Children-VFC](http://www.odh.ohio.gov/know-our-programs/Immunization/Vaccines-for-Children-VFC) to locate a VFC provider in your area.



# Health District Updates

## Lake County Connections



This past July, Lake County Connections partnered with the Cleveland Area chapter of the Alzheimer's Association, the leading voluntary health organization in Alzheimer's care, support and research. Together they created a series of videos which share information about Alzheimer's disease, dementia, and the Alzheimer's Association itself. All of these videos can be viewed on the LCGHD YouTube page ([www.youtube.com/@lakecountygeneralhealthdis3855](https://www.youtube.com/@lakecountygeneralhealthdis3855)).

According to the Alzheimer's Association, there are currently 220,000 people aged 65 and older who are living with Alzheimer's in Ohio. Alzheimer's disease involves the failure of nerve cells in the brain, although the exact cause of the disease is still uncertain. It is a progressive disease that affects memory, thinking, and behaviors, with symptoms worsening over time.

### Some people are at a higher risk for developing Alzheimer's disease, including:

- People who are 65 and older. This is the greatest known risk factor. After age 65, the risk of Alzheimer's doubles every five years. After age 85, the risk reaches nearly one-third.
- People with a family history of Alzheimer's disease.
- Hispanic/Latinx Americans, Black Americans, and women.

### How can the Alzheimer's Association Help?

The Alzheimer's Association provides free services related to their three main pillars of care and support.

- Community Education – Evidenced-based programs which provide information on a variety of topics, available both in-person and online.
- Caregiver Support Groups – Caregivers come to share experiences, challenges, tips, and information, and to offer support in a setting facilitated by trained volunteers.
- Dementia Care Coaching – Personalized information, coaching, and in-depth support related to the care of a person with Alzheimer's disease or a related dementia through all of the stages.

If you have questions about Alzheimer's disease and other dementias, reach out to the Alzheimer's Association Cleveland Area chapter at (216) 342-5556 to connect with someone locally. You can also call the Alzheimer's Association 24/7 helpline at (800) 272-3900 to speak confidentially to a social worker day or night.

### The Alzheimer's Association

Website: [www.alz.org](http://www.alz.org)

Cleveland Area Chapter:  
(216) 342-5556

Alzheimer's Association 24/7 Helpline:  
(800) 272-3900

The Alzheimer's Association & American Association of Retired Persons (AARP) Community Resource Finder for locating different services by geographic area:  
[www.alz.org/nca/helping\\_you/community-resource-finder](http://www.alz.org/nca/helping_you/community-resource-finder)



Find details about LCC at  
[www.lcghd.org/lakecountyconnections](http://www.lcghd.org/lakecountyconnections)





# Health District Updates

## Population Health & Emergency Planning

August 30th, 2023 marked the grand opening of the Kiwanis Park StoryWalk® in Painesville! First started in 2007 by Anne Ferguson from Vermont, StoryWalks® are made of a series of signposts along an existing walking trail which have pages of a picture book which can be read and enjoyed by all ages. StoryWalks® exist in 12 countries, all 50 states, and now in Painesville.

The Kiwanis Park StoryWalk® is a collaboration between LCGHD, the Morley Library, Friends of the Morley Library, and the City of Painesville, with assistance from Boy Scout Troop 62. Their goal was to offer a free, fun, and accessible opportunity for families to build and encourage children’s interest in reading and to promote and increase library usage, factors which contribute to the development of early literacy skills.

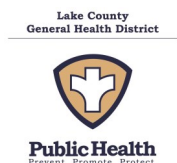
After a need for affordable and accessible early literacy opportunities for children was found via the 2022 Lake County CHNA, StoryWalks® were identified in the 2023-2025 Lake County Community Health Improvement Plan (CHIP) as a way to impact both early childhood literacy and improve physical activity.

The first book which can be read along the half-mile trail is “Hiking Day” by Anne Rockwell, but the Morley Library will be changing out the pages on each sign to include new books on a quarterly basis. In addition to enjoying the stories at Kiwanis Park, children who complete the StoryWalk® can also receive a small prize at the Morley Library by talking to the staff on the children’s floor of the library.

**Kiwanis Park StoryWalk®**

- **Location:** 301 Latimore St, Painesville, OH 44077
- **Hours:** Dawn to dusk, 7 days a week
- **Distance:** ½ Mile

LCGHD is proud to work with local partners on the Kiwanis Park StoryWalk®, and look forward to continuing to partner with them on future projects.



# Health District Updates

## Environmental Health

For many people, the holidays involve cooking special meals to enjoy alone or share with friends and family. Here are some quick tips to make your holiday meals safe and delicious this season!

### Preparation

- Wash your hands frequently – Use warm, running water, apply soap and lather well for 15-20 seconds, then rinse.
- Clean and sanitize surfaces, especially if it has touched raw meat. Use warm, soapy water to wash surfaces and then rinse and dry with a clean paper towel. Then pour or spray your sanitizing solution on surfaces and wipe with another clean paper towel.
- Use pasteurized eggs instead of raw eggs in undercooked recipes to reduce salmonella risk.
- Thaw food properly according to instructions.
- If traveling, put food into fridge as soon as possible to reduce bacteria growth.

### Sanitizers

Sanitizers get rid of any extra bacteria soap and water leave behind on surfaces after washing. For a homemade version, make a solution of 1 tablespoon of liquid chlorine bleach per gallon of water, or you can use a commercial sanitizer or sanitizing wipe.



### Leftovers

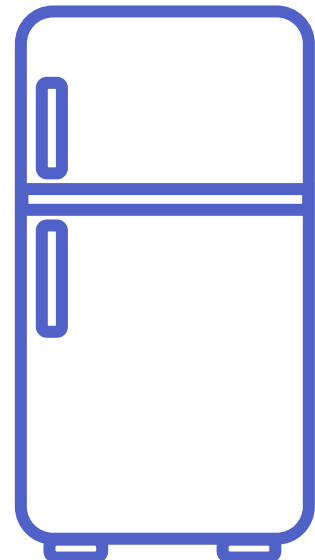
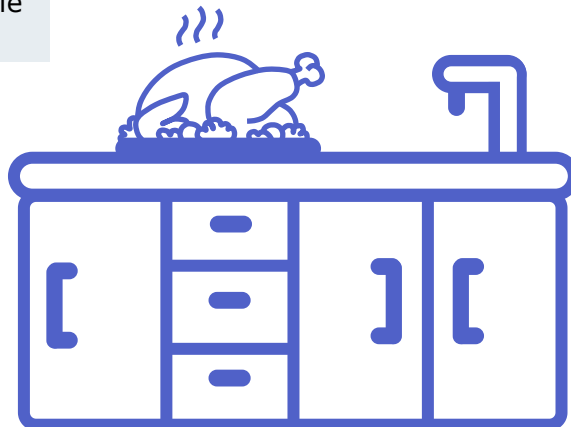
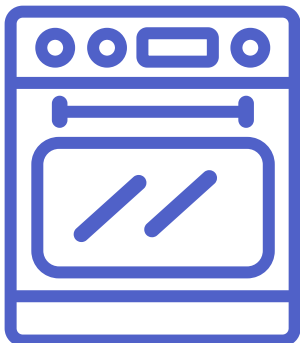
- Don't leave food out for more than 2 hours.
- Keep your refrigerator temperature at 41 °F.
- Throw out food after 7 days.

### Call the USDA Meat and Poultry Hotline

"Call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to a food safety expert or chat live at [ask.usda.gov](https://ask.usda.gov) from 10 a.m. - 6 p.m. EST., Mon. - Fri. If you need help on Thanksgiving Day, the Meat and Poultry Hotline is available from 8 a.m. - 2 p.m. EST."

### Turkeys

- The safest way to thaw a frozen turkey is by leaving it in the fridge. Allow one day in the fridge for each 4-5 pounds of weight. Once thawed in the fridge, the turkey is safe for another two days before cooking. Other thawing methods can be found at [www.usda.gov/media/blog/2016/11/18/how-safely-thaw-turkey](https://www.usda.gov/media/blog/2016/11/18/how-safely-thaw-turkey).
- While cooking, make sure the thickest part of the turkey reaches 165 °F. Use a metal stem probe thermometer for best results.



## A Note from the Health Commissioner

Dear Friends,

As part of LCGHD's ongoing commitment to serving the residents of Lake County, we strive to provide high-quality services and programs. One of the ways we accomplish this is by maintaining accreditation under the Public Health Accreditation Board (PHAB) standards, ensuring we are hitting the quality and impact standards set by PHAB and the Ohio Department of Health (ODH). LCGHD first became accredited in August of 2016, with reaccreditation happening approximately every five years, and we are proud to have been the 14th health department in Ohio to become accredited out of the current list of 113 health departments in the state.

The core domains of PHAB accreditation line up with the 10 Essential Public Health Services, which provide the framework which guides all public health plans. PHAB accreditation involves deliverables such as completing health assessments, health improvement plans, strategic plans, workforce development, and quality improvement, all of which set the ground work for effective programming and interventions.

PHAB accreditation standardizes the background work across all Ohio health departments, and ensures that we are all providing our services in accordance with the most recently provided evidence and best practices. It allows us to speak the same "language", and collaborate effectively.

We continually strive to meet these standards, and as we approach the end of 2023, we look forward to continuing to serve our community in the new year!

Sincerely,

*Ron H. Graham*



*Health Commissioner  
Ron Graham*



# Get More Information from the Lake County General Health District!

[www.lcghd.org](http://www.lcghd.org)



Sign up for alerts at <https://linktr.ee/lcghd>



## Upcoming Events

### October

Oct. 15: National Latinx AIDS Awareness Day

Oct. 18: Safe Communities Coalition meeting, 9a-10:30a at 5966 Heisley Road Mentor, Ohio 44060

Oct. 2-7: National Youth Sports Week

### November

Nov. 11: My Recovery Day Jam 2023, 7p-10p at the Rock & Roll Hall of Fame and via free streaming online

Nov. 18-24: U.S. Antibiotic Awareness Week

### December

Dec. 1: World AIDS Day

Dec. 20: Safe Communities Coalition meeting, 9a-10:30a at 5966 Heisley Road Mentor, Ohio 44060

Dec. 5-9: National Influenza Vaccination Week



## Phones Down Law

As of October 5th, 2023, law enforcement officials will now issue citations for violations of Ohio's new distracted driving law, which took effect on April 4th, 2023.

This means it is **illegal** to use or hold a cell phone or electronic device in your hand, lap, or other parts of the body while driving on Ohio roads. If an officer sees a violation, they can pull you over.

Drivers over the age of 18 can still make or receive calls using a hands-free device.

Full details on exceptions, enforcement, and penalties can be found at [www.transportation.ohio.gov/phonesdown](http://www.transportation.ohio.gov/phonesdown)



## Birth & Death Records

The Office of Vital Statistics offers birth and death records.

**Cost:** \$21.50 per copy

Walk-In Service is available Monday through Friday, between 8:00 a.m. and 3:30 p.m.

More details available at [www.lcghd.org/birth-and-death-records/](http://www.lcghd.org/birth-and-death-records/)

Get our Newsletter Online!  
[www.lcghd.org/newsletter](http://www.lcghd.org/newsletter)

