

January & February 2025

Important Dates & Info.

Glaucoma Awareness Month -
January 2025

Cervical Health Awareness
Month – January 2025

Radon Awareness Month -
January 2025

National Cancer Prevention
Month – February 2025

National Children's Dental Health
Month – February 2025

Martin Luther King Jr. Day –
1/20/2025

President's Day – 2/17/2025

Winter is upon us...Boo!

TCCHD Radon Facts:

On average how many
individuals die annually from
lung cancer due to exposure
to Radon in the United States?



Public Health
Prevent. Promote. Protect.
Trumbull County



Trumbull County Combined Health District Newsletter

Vol. 4, Issues 1 & 2., (January / February 2025)

Another Community Health Assessment is on the Horizon.

Hey, Mahoning and Trumbull
County residents!

Tell us what you think!

Community Health Needs Assessment Survey



Or visit:

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

Mercy Health Youngstown area Hospitals (serving Columbiana, Mahoning, and Trumbull Counties), and their partners, including Mahoning County Public Health, Trumbull County Combined Health District, Warren City Health District, and Youngstown City Health District, are conducting a short (15-minute or less!) survey to understand health needs in the community.

Share your thoughts on community health needs and how we can make our community a healthier place to live!



PHwins final survey and participation update!!!!!!

The PHwins survey will officially close in January of 2025. The response rate dashboards for PHwins were recently sent to all the workforce champions on 1-9-2025. These dashboards report the total number of surveys sent to the agency, the number of surveys taken and completed, and the number of surveys initiated, yet not completed. The TCCHD administration is proud to report that the TCCHD received 39 survey links representing every employee at the health district and had 37 total respondents. 36 of those respondents completed and submitted the survey, while one respondent initiated, but did not complete the survey. This resulted in a 93% response rate and qualified us for agency level data. Well done and thank you to all who took the time and participated in the survey.

Contact Us

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194 W. Main St.
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TCCHD History

1961 – TCHD becomes a “combined health district”, with the addition of the city of Hubbard and Newton Falls. Expanding the BOH from 5 members to 7. (Info out of 1961 TCHD Annual Report)

TCCHD Industry News

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

1. The Environmental division for October & November of 2024:
 - i. Performed 350 Food Service Operations Inspections,
 - ii. 199 Real Estate Evaluations,
 - iii. 416 Residential Sewage inspections,
 - iv. 102 Plumbing Inspections,
 - v. And 1,161 O&M Samplings.
2. The Nursing division for October & November of 2024:
 - i. Held 6 children immunization clinics and saw 40 clients,
 - ii. Held 2 adult immunization clinic and saw 23 clients,
 - iii. Had 68 families enrolled in their home visiting program and provided 225 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

- Great Lakes Fishing Expo – 1/24-25/2025, 10 am – 3 pm, 1620 Motor Inn Dr (Metroplex), Girard, Ohio, 44420.
- Sunday Classics Tournament – 2/16/2025, 6 pm, Past Times Arcade, 419 N. State St., Girard, OH., 44420.

(Quality In Action) QI Contender(s) for January & February of 2025

Please help me in congratulating **Ericka Clark**, the Epidemiologist for the TCCHD. **Ericka** has become the TCCHD's first QI contender for 2025, and the winner for January and February of 2025. **Ericka** was chosen by all members of management for going above and beyond her typical work role for her willingness to accept additional responsibilities for the new suicide fatality review committee being formed in Trumbull County. **Ericka** will plan & facilitate the meetings, provide the group with statistics, as well as prepare the annual report to ODH. **Ericka** is now automatically eligible for the title of annual QI Champion which will be announced at the all-day staff training in November of 2025, where she will have a chance to win a grand prize as the QI Champion of 2025.

Bimonthly Health Topic(s)

The months of January (National Glaucoma Awareness Month) and February (Low Vision Awareness Month) both have health observances related to eye care. Here are a few tips to assist in taking care of your eyes and maintaining your vision:

- ✦ Make sure to protect your eyes from the sun, when possible, wear sunglasses, if possible,
- ✦ Protect your eyes from injury, when possible, where protective eyewear of some kind,
- ✦ Try to avoid rubbing your eyes, this spreads bacteria and dust into your eyes,
- ✦ Take breaks from the screen when possible! Remember 10/10/10! If you can, take a break from the screen every 10 minutes, and look at something at least 10 feet away for 10 seconds.
- ✦ Get regular eye exams. Doctors can see and monitor any changes in your vision.
- ✦ The TCCHD has the Sight for Students program here at the health district as well, if you need assistance for improving a student's eyesight.

Live Well Trumbull Hub



Customer Satisfaction Survey QR



Our new Location:

194 W. Main St
Cortland, Ohio, 44410



"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>

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

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

Family Connects is coming to Trumbull County!

Do You Live in Trumbull County?

Family Connects Ohio

Part of the Help Me Grow system of supports

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand.

Help Me Grow is proud to partner with Trumbull County Combined Health District and Family Connects International to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources—at no cost to you.

Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep

Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

Schedule your personalized visit

A representative will contact you or use the QR code.



To learn more, please call (330) 616-3322 or email hmgreferrals@helpmegrow.org.

Team



Erin Heckman, RN
Nursing Supervisor



Shannon Wellacher, RN
Nurse Home Visitor



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Sixth Employee Spotlight

Meet Julie Paolone



Julie is a Secretary in the Environmental Division.

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

Me: What is your job here?

Julie: *Secretary for the Environmental Division. I work on numerous programs including private water systems, campground licensing, public swimming pool licensing, tattoo establishment registration and back up for the sewage program.*

Me: Where is your most memorable moment here so far?

Julie: *I've been here almost 18 years, and I would have to say doing clerical support outside at the Trumbull County Fairgrounds during the covid pandemic. It was really cold, and we vaccinated a lot of people.*

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

Julie: *Mostly everyone here works together well. The move to our new location was quite an accomplishment. We have grown stronger together since.*

Me: What was your first job?

Julie: *My first job was at Hubbard Funland. A miniature golf venue that was in Hubbard years ago.*

Me: What is your favorite pastime?

Julie: *My favorite pastime is spending time with my 15-month-old grandson Donovan. It is truly a joy to watch him grow.*

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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 known 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 these 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

Radon Information from the Ohio Department of health

Radon is a colorless and odorless gas that comes from the soil. The gas can accumulate in the air we breathe. Exposure to radon over a long period of time can lead to lung cancer.

Any radon level poses some health risk. While it is not possible to reduce radon to zero, the best approach is to lower the radon level as much as possible. The Environmental Protection Agency (EPA) has set the action level at 4 pCi/L (picocuries of radon per liter of air). At this level or higher, it is highly recommended to install a radon mitigation system to reduce the radon level.

Radon is the number one cause of lung cancer for non-smokers and the second leading cause of lung cancer in smokers. Your risk for lung cancer increases with higher levels of radon and longer periods of exposure. It is estimated that 21,000 people die each year in the United States from lung cancer due to radon exposure. For smokers, the risk of getting lung cancer from radon exposure is higher than for non-smokers. Reducing smoking and radon exposure greatly reduces the risk of lung cancer.

A radon test is the only way to know how much radon is in your home. Radon can be reduced with a mitigation system.

The TCCHD encourages all individuals who suspect their radon levels to be high in their homes to visit ODH's website at <https://odh.ohio.gov/know-our-programs/radon-education-and-licensing-program/about-radon> for more educational information including getting a radon test kit for their home.

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2025 Pack and Plays & Car Seat classes:

Trumbull County Combined Health District
194 W. Main St.
Cortland, Ohio 44410



MUST BE REGISTERED
330-675-2489 to sign-up

*Limited quantities available

*Participants should be WIC Eligible

*Participants must be a resident of Trumbull County

*Must be at least 32 weeks pregnant to receive Pack and Play or Under 1 year and 30lbs

*Must agree to review educational materials provided

Classes held at Trumbull County Combined Health District

January 6th – 2pm
February 3rd – 2pm
March 3rd – 2pm
April 7th – 2pm
May 13th – 2pm
June 9th – 2pm
July 7th – 2pm
August 4th – 2pm
September 8th – 2pm
October 6th – 2pm
November 3rd – 2pm
December 1st – 2pm

Classes held at St. Joe's at the Eastwood Mall

March 25th – 2pm
April 22nd – 2pm
May 27th – 2pm
June 24th – 2pm
July 22nd – 2pm
August 26th – 2pm
September 23rd – 2pm
October 28th – 2pm

FLU CLINIC *COVID CLINIC *IF AVAILABLE Hosted By Trumbull County Combined Health District

OSU EXTENSION
520 W. MAIN ST.
JANUARY 21, 2025
4:00pm-6:00pm

For pre-registration
Please call
Trumbull County
Combined Health
District
330-675-7835



**PRE
REGISTRATION
REQUIRED**



Risk Less. Do More.

Three reasons to vaccinate against flu, COVID-19, and RSV

- 1** You may be high risk (even if you don't know it). You're at higher risk for severe illness from influenza (flu), COVID-19, and respiratory syncytial virus (RSV) if you:
 - Are 65 years and older;
 - Have certain medical conditions like heart, lung, or kidney disease, diabetes, obesity, or asthma; or
 - Have a weakened immune system.
 If you are pregnant, your baby could be at risk for RSV.
- 2** Vaccines work best to keep you from getting severely ill if you get a respiratory infection from flu, COVID-19, or RSV. Flu and COVID-19 vaccines can prevent some infections, but like RSV vaccines, their primary job is to keep symptoms mild and keep people who get infected from needing medical or hospital care.
- 3** You can protect the people you love by encouraging them to join you in getting vaccinated to reduce the risk of serious flu, COVID-19, and RSV illness.

Vaccines prevent millions of cases of respiratory infections every year. They are a safe, trustworthy way to protect yourself. **Talk to your doctor to see which vaccines are right for you.**

**RISK LESS.
DO MORE.**
Get this season's vaccines



Learn more at
cdc.gov/respiratory-viruses

