

AROUND THE COUNTY

Morrow County Health Department encourages our residents to be prepared for emergencies. This calendar is intended to help you assemble a disaster supplies kit in small steps over a five-month period.

WEEK 12 (ANIMAL CARE STORE)

- Litter box/pan
- Pet crate
- Extra water
- Extra harness, leash, ID tags, and food for your pet(s)

VETERINARIAN

- Obtain current vaccinations and medical records of your animal(s)
- Medications

TO DO:

- Develop a pet care plan in case of disaster.
- Make photocopies of all vaccination records and put them in your disaster supplies kit.
- Put extra harness, leash and ID tags in your kit too.

Join OSU Extension for the "Live Healthy, Live Well" Spring Wellness Challenge

By Dana Brown, OSU Extension Educator

When: April 23 - June 4, 2012

What does it cost: Nothing - Free!

Who can participate: Any adult with an email account

What is included: Twice weekly educational messages, tracking log for progress, Facebook account for group interaction, weekly drawings from participants for wellness and fitness prizes.

Why: To improve your overall health and well-being while providing valuable research as to the effectiveness of social media as a means of disseminating educational information.

How do I sign up? - Contact Dana Brown at Ohio State University Extension, by email at brown.4643@osu.edu or phone 419-947-1070 by

WEE Discover begins April 5

The ODNR Division of Wildlife volunteer reported activity in the eagle nest near the State Highway post at I-71 and SR 95. The nest has been enlarged and a very young female is sitting on housekeeping there. She is difficult to see above the nest and the leafing trees will soon give her even more privacy.

"WEE" Discover, the park's pre-school program begins on April 5 with sessions at 10:15 AM and 12:45 PM. Activities are geared toward three, four, and five year olds, but all families are welcome. Short hikes and hands on natural items are part of each meeting and these are enhanced with books, role playing, songs, and art.

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The Mount Gilead Public Library

Mt. Gilead Kroger gets new medical bracelets: New texting service also available to get medical information

Shoppers at the Kroger store in Mount Gilead will notice something new and different at the pharmacy counter—a colorful, fun accessory that may also save your life or the life of someone you love. The store has begun featuring a display of stylish, new medical ID bracelets and other medical ID jewelry that can be ordered online or by phone.

Medical ID bracelets and other jewelry are lifesavers—alerting caregivers immediately to medical conditions—but they only work if people are willing to wear them all the time. Until recently, lower-cost medical ID bracelets were available but were unattractive and "clunky" and particularly unappealing to children, teens and young adults.

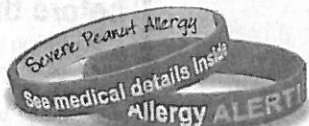
Medical ID Marketplace has introduced a series of inexpensive, bright, colorful rubber, mesh, crystal, bead, rope, leather and other designs to expand the choices available. The company also offers some more traditional styles, as well as pendant and "dog tag" jewelry options.

Most pieces of Medical ID Marketplace medical ID jewelry carry the Medical Alert symbol and can be customized at no additional charge with engraved information about the medical condition of the wearer. Medical ID jewelry is recommended for anyone who suffers from a range of conditions, such as diabetes, asthma, blood disorders, heart disease, and severe drug, food or insect allergies—in case he or she requires emergency medical care and is incapacitated and unable to explain his condition.

Medical ID Marketplace is now offering an additional option on some medical alert jewelry called TextID®. The wearer of a medical alert bracelet or pendant can pay a small annual fee to have a complete medical profile stored in a secure online account. Each account receives a PIN number. The number can be engraved on the jewelry item, along with the phone number 51020. An emergency medical technician can access the phone number, text in the PIN number and obtain

the individual's medical record, including medications and up to ten phone numbers of emergency contacts.

Medical ID Marketplace is also the only vendor in the U.S. for "write-on" Medibands. Medibands are food-grade silicone bands with a white space on the inside which the wearer can use to provide additional medical information. For example, the bracelet may simply say "Allergy" on the outside, but the wearer can write "no peanuts" on the inside—or an emergency contact number could be added. The wearer uses a permanent marker or ballpoint pen to write on the inside of the bracelet and then puts the bracelet in boiling water (that has been taken off the burner) for 30 seconds to make the written notes permanent!



Medical ID Marketplace was founded in 2003 in West Conshohocken, Pennsylvania (a suburb of Philadelphia) by two women,

Shelly Hope Fisher and Lisa Paige Hobyak who liked to make jewelry. One of their friends

had a teenage daughter who had refused to wear the ugly, obtrusive medical alert bracelets that was the only type available at the time. Hope Paige designed a pretty, fashionable medical alert bracelet for the teen, which she is now happy to wear all the time.

Hope Paige has partnered with Ronald McDonald House Charities, the Juvenile Diabetes Research Foundation, the Make-A-Wish Foundation, and other non-profits. Corporate customers include The Coca Cola Company and The McDonald's Corporation.

"Our company recognized the importance and life-saving value of medical bracelets," says Shelly Fisher. "That's why it was so important to create styles that people actually want to wear."

The display can be seen and brochures obtained at the Mount Gilead Kroger store, and at other Kroger stores throughout Ohio. The jewelry can also be ordered online at www.medical-bracelet.com, or by calling 866/805-1951.

red carpet for their patrons during National Library Week **April 10 - 14**. Library Director, Mike Kirl... the Library is planning several activities to mark the occasion. Some of the activities include a special cooking class with tea and light refreshments Tuesday, and a book sale and prizes throughout the week. Miss Lori and Miss Sharon will have programs for children during the week.

On Tuesday, April 10 Dana Brown of the Morrow County Extension Office will have a presentation titled "Cooking for One or Two in Springtime" which will take place at 2 p.m. on the Library third floor. Tea and light refreshments will be served. They are open to R.S.V.P. by Friday, April 6 if you plan to attend. The R.S.V.P. will be for the Cooking program and will also make you eligible to win one of the prizes.

Children's programs will be on Tuesday, April 10 at 10:30 a.m. and 6:30 p.m. and Wednesday, April 11 at 10:30 a.m. Miss Lori and Miss Sharon will have tea, crafts and fun centered around a spring theme. All the children's programs are on the floor.

There will be a Book Sale throughout the week. Books and some CD's, videos and audio books will be on sale for a donation on the third floor of the library during regular library hours.

For questions on any of the activities, you can call the library at 419-947-5866.

The Mount Gilead Public Library is at 411 High St. in Mount Gilead. Hours are Tues. 10 a.m. - 8 p.m., Wed. 10 a.m. - 4 p.m., Thurs. 2 - 8 p.m., Fri. 12-6 p.m. and Sat. 10 a.m. to 4 p.m. The library is closed on Sunday and Monday.

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