



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



NO. 412  
September 2020

## NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H.  
Health Commissioner

### Warren County Health Prenatal Clinic

Are you expecting?  
The Warren County  
Health District's pre-  
natal clinic may be a  
great option of care  
for you and your un-  
born child.

#### Insurance Acceptance

- Ohio Medicaid
- Care Source
- Molina
- Paramount
- Buckeye
- Contracted private insurance

**\*\*We accept unin-  
sured patients on a  
sliding scale fee  
based on household  
income**

Clinic Location:  
416 S. East St.  
Lebanon, OH 45036

Appointment Contact:  
(513) 695-1262

For more information



## *Fight That COVID Boredom!*

Since some social activities are still considered high risk for transmitting the virus, staying at home continues to be a good option. Stir craziness is real, so it is important to find fun and engaging ways to keep ourselves busy. See a list of activities to keep the whole family entertained.

- Go on a botany adventure! With a notebook and crayons/pencils in hand, try to draw local plants and observe.
- Collect rocks and categorize or paint them!
- Play balloon tennis. Use your hands as racquets..
- Ball Challenges. In partners, try bouncing a small ball right hand-to-right hand, and left-to-left.

- Make an obstacle course using hula hoops, sidewalk chalk, tunnels, paper circles for markers, sturdy tape.
- Start a weeklong fitness challenge – indoors and out – jump rope, sit-ups, pushups, etc. Team up – kids versus adults to see who has the muscle!
- Do a potato sack race or three-legged race
- Go camping inside
- Smoothie Challenge. Find out who has the best recipe!
- Make slime!
- Have a movie night
- Enjoy karaoke night
- Play with bubbles



For more details on these fun activities, visit

<https://thecenterfordiscovery.org/safe-indoor-and-outdoor-activities-for-families-in-the-time-of-coronavirus/>

## *Tips to Prevent Falls*

September is Healthy Aging Month. Falls are the number one cause of injuries leading to ER visits, hospital stays, and deaths in Ohioans over age 65.

Research has shown that after a care recipient's first fall, caregivers report a significant increase in caregiver burden, fear of falling, and depression.

Here are some things you can do as a caregiver to prevent falls for yourself and your loved one:

- Walk at least 15 minutes daily to build muscle strength and improve balance.
- Talk to your doctor and ask for a falls risk assessment. Talk about the medicines you take and your history of falls.
- Get your vision and hearing checked at least one time each year.
- Drink plenty of fluids and eat a well-balanced diet.
- Most falls happen at home. It may help to install lighting in stairways, grab bars in the bath-

room, and make sure the floors are clear of clutter.

- Take a falls prevention class together, such as "A Matter of Balance." Call your area agency on aging (1-866-243-5678) to find a class near you.

Caregivers play an important role in falls prevention. For more information about caregiving and falls prevention, visit [www.caregiver.org](http://www.caregiver.org) and [www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention)

#### Strengthen Your Legs With Chair Exercises:

1. Sit in a straight back chair with your feet flat on the floor.
2. Slowly lift your left knee into the air as high as possible, then slowly lower it.
3. Slowly lift your right knee into the air as high as possible, then slowly lower it.

4. Repeat 10 to 15 times with each leg, one to two times each day.

<https://aging.ohio.gov/wps/portal/gov/aging/>



# Healthy School Lunches

What foods are your children eating to ensure they are getting adequate nutrition for the school day? Whether your children are back at school or learning from home, it is important to have a plan.

For children that eat breakfast or lunch at school, public schools are required to plan menus meeting minimum daily quantities of fluid milk, meat or meat alternate, vegetables, fruits and grains. Schools must also ensure the children are offered a variety of vegetable subgroups weekly, milk must be 1 percent or fat-free flavored or unflavored, and half of the grains offered to students must be whole grain-rich. For more information, visit the USDA Food and Nutrition Service Nutrition Standards for School Meals website at <https://www.fns.usda.gov/school-meals/nutrition-standardsschool-meals>.

Most schools allow children to pack lunches as well. See some lunches that are great for packing and for making at home. All recipes are peanut free. The whole family will love them!

## 1. Turkey wrap

- 1 whole wheat tortillas
- 2-3 turkey lunch meat slices
- 2 cheddar cheese slices
- 1/2 cup Plain Greek yogurt with Ranch packet

- Baby carrot sticks

- 1 Apple

## 2. Whole wheat almond butter and banana sandwich

- 2 slices whole wheat bread
- 2 TBS almond butter (or try Wow butter for nut free or Sun Butter for soy free)
- 1 Banana
- 1 cheese stick
- 3/4 cup Greek yogurt
- Celery sticks
- 3 cups popped popcorn

## 3. Burrito bowl

- 4 oz. ground chicken (3-6 oz)
- 2 TBS precut pico de gallo
- 1 TBS Sriracha/hot sauce
- 1/3 cup brown rice
- 1/2 cup black beans
- 1/2 cup bell peppers
- Guacamole: try Wholly Guacamole single-serve packs
- 2 TBS Plain Greek yogurt (sour cream substitute)
- 1 pinch Fresh cilantro

## Trail mix

1 handful almonds or seeds

- 1 spoonful chocolate chips
- 5 spoonfuls plain Cheerios
- 2 spoonfuls raisins



## Back Up, Mask Up, Wash Up!

Level of risk must be considered when sending your children to school. To ensure they start the year safely and successfully, check with your children's schools about procedures to slow the spread of COVID-19.

### Lowest Risk (according to the CDC):

- Students and teachers engage in virtual-only classes, activities, and events

### Some Risk:

- Some students participate in virtual learning and other students participate in in-person learning
- Small, in-person classes, activities, and events occur
- Cohorting, alternating schedules, and staggered schedules are applied rigorously
- No mixing of groups of students and teachers throughout/across school days
- Students and teachers do not share objects
- Students, teachers, and staff engage in proper use of face masks, social distancing, hand hygiene at all times.
- Regularly scheduled (i.e., at least daily or between uses) cleaning and disinfection of frequently touched areas

### Medium Risk:

- Most students participate in in-person learning, some students participate in virtual learning
- Larger in-person classes, activities, and events
- Cohorting, alternating schedules, and staggered schedules are applied with some exceptions
- Some mixing of groups of students and teachers throughout/across school days
- Students and teachers minimally share objects

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/schools.html#:~:text=No%20mixing%20of%20groups%20of%20masks%2C%20social%20distancing%2C%20hand%20hygiene>



The Offices of the Warren County Health District will be closed

September 7th, in observance of Labor Day.

