

DHD#10 Partnering with local senior centers

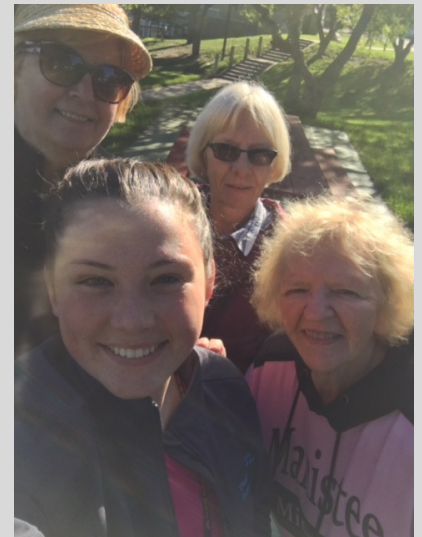
**Age Well:
Eat Healthy,
Be Active**

District Health Department #10, in partnership with the Michigan Health Endowment Fund, is working together with four local senior centers on a comprehensive grant. DHD#10 is committed to improving the health of seniors at the Scottville Area Senior Center, Oceana County Council on Aging, Manistee County Council on Aging and Kalkaska County Commission on Aging through a Community Health Impact Grant. Goals of this grant include increasing awareness and access to healthy eating and increasing opportunities for physical activity.



Walking Committee members holding signs for their new community walking loops.

Scottville Seniors taste-testing homemade, budget friendly dressings during a Learning Kitchen class.



Selfie break for Manistee Seniors during one of their Walk with Ease classes.

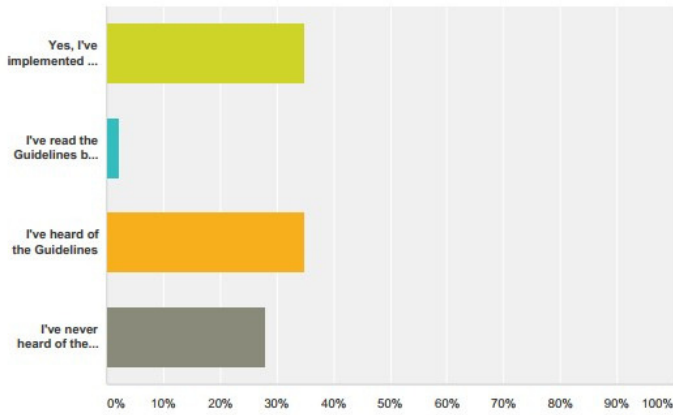
Interested in highlighting a service, program or project? Send us a newsletter submission by **April 20th** for the next quarterly newsletter.

Health Care Provider Tobacco Survey - Snapshot

2016-2017

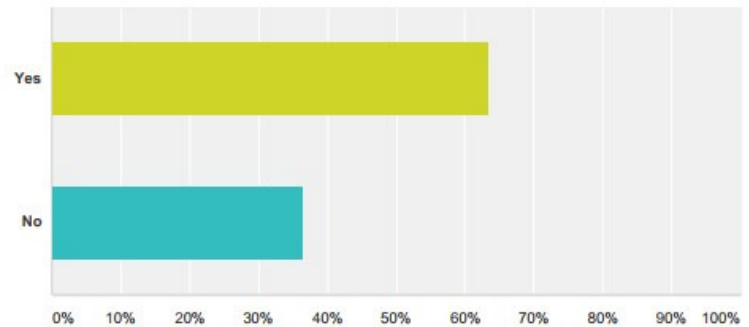
Q4 Are you aware of the 2008 Clinical Practice Guidelines for Treating Tobacco Use and Dependence? (US Department of Health and Human Services) Choose one response.

Answered: 43 Skipped: 2



Q9 Do you have referral sources for patients who want to quit tobacco use?

Answered: 41 Skipped: 4



***Contact Donna Norkoli for full survey.**
dnorkoli@dhd10.org

Find a Tobacco Treatment Specialist in Your Area

Meet with trained tobacco treatment specialists who work with **adults and youth** to help you better understand the effects of tobacco and nicotine on your health. One of our tobacco treatment specialists will help you develop your own specific program to quit.

Tobacco treatment specialists also work with your health care provider to make sure you are getting the personal medical support to help you quit. This may be in the form of nicotine replacement therapy and/or medication that helps you succeed at becoming tobacco free.

DHD#10 Tobacco Treatment Specialists:

Crawford, Kalkaska, Mecosta, Newaygo

Karen Ripke: 231-305-8659 kripke@dhd10.org

Manistee, Lake

Holly Joseph: 231-316-8558 hjoseph@dhd10.org

Mason, Oceana

Erin Barrett: 231-902-8545 ebarrett@dhd10.org

Wexford, Missaukee

Angie Gullekson: 231-876-3813
agullekson@dhd10.org

Spectrum Health Tobacco Specialists:

Spectrum Health Gerber Memorial

Sally Wagoner: 231-924-7589

sally.wagoner@spectrumhealth.org

Spectrum Health Ludington Hospital

Kelly Barnhardt: 231-845-5770

kelly.barnhardt@spectrumhealth.org

Spectrum Health Big Rapids Hospital

Laura Rush: 231-592-4483

laura.cool@spectrumhealth.org

Check out

www.livewell4health.org

for coalition updates and information.



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Please send newsletter
submissions to:



ebarrett@dhd10.org

