

Partnership for A Healthy McLean County Newsletter

Jennifer Tucker
Facilitator

February 2011

Focus Areas: Teen Pregnancy, Lack of Physical Activity, Services Available, & Overweight/Obesity

*Wear Red on Friday, Feb. 4th
for Go Red for Women's Heart Health!
According to the American Heart Association,
Heart Disease is the #1 Killer of Women. It
takes the life of 1 in 3 each year which is a rate
of 1 per minute. Take care of your heart &
please pass this on to all of the women in your
life.*

Happy Valentine's Day!

Jennifer

Partnership for a Healthy McLean County

**Good Choices, Good Health, Good for
McLean**

The next Partnership meeting is
Monday, February 21st at 12noon at
the McLean Co. Cooperative
Extension Service. Please call
302-4808 or email
healthymclean@connectgradd.net
by February 18th for the lunch count.

Children's Dental

Health Month

Medicare Information

Provided by Green River Area Development District

Did you know that Medicare Part B will cover several preventive services including a "Welcome to Medicare" physical exam and yearly "Wellness" exam? Take this checklist to your doctor or other health care provider and ask which preventive services are right for you. You can also keep track of your preventive services by visiting www.MyMedicare.gov for additional information please call 1.800.Medicare or GRADD 1.800.928.9094 and ask to speak to a SHIP counselor.

MEDICARE-COVERED PREVENTIVE SERVICES

- Abdominal Aortic Aneurism Screening
- Bone Mass Measurement
- Cardiovascular Screening
- Colorectal Cancer Screenings
- Diabetes Screenings Self management Training
- Flu Shots
- Glaucoma Test
- Hepatitis B Shots
- HIV Screening
- Mammogram (screening)
- Medical Nutrition Therapy Services
- Pap Test and Pelvic Exam (includes breast exam)
- Pneumococcal Shot
- Prostate Cancer Screening
- Smoking Cessation (counseling to stop smoking for people with no sign of disease)

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We Can!

Ways to Enhance Children's Activity and Nutrition will begin on **March 8th** at the McLean County Cooperative Extension Office. Classes will be on four, consecutive **Tuesdays** from **3:30pm-5:00pm**. Healthy snacks and childcare with fun activities will be provided. Prizes will be awarded weekly with a grand prize at the end. This is limited to the first 15 guests. Call Jennifer at 302-4808 to reserve your space.

Effects Of Substance Abuse on Infants and Toddlers

Presenters Debbie Acker, RN
& Steve Hartwig, MS MSW

February 22, 2011

10:00am-2:00pm

Green River District Health Dept.

Bedford Walker Room

1501 Breckenridge St.

Owensboro, KY

Lunch will be served.

Please RSVP to Kelli King at

kellingking@gradd.com or 926-4433.

Go Red For Women Lunch & Learn

Monday, February 28, 2011 (12pm-1pm)

@ McLean Co. Cooperative Extension Office

Call Jennifer at 302-4808 to reserve a seat for you and a friend. Seating is limited to the first 50.

Sponsored by Green River Area Development

District, Green River District Health Department, McLean County Cooperative Extension Service, & Partnership for a Healthy McLean County.

10 Commandments for a Healthy Heart

1. Know your risk factors for heart disease.
2. Talk to your doctor about reducing your risk for heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers.
(These include total cholesterol, HDL or "good" cholesterol, LDL or "bad" cholesterol, and triglycerides.)
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products.
7. Eat for your heart health.
8. Get regular physical activity. (At least 30 minutes of moderate physical activity on most or all days of the week.)
9. Aim for a healthy weight.
10. Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.

US Dept. of Health & Human Services, National Institutes of Health, National Heart Lung Blood Institutes.