

# Partnership for A Healthy McLean County Newsletter

Jennifer Tucker  
Facilitator

September 2010

Isn't the cooler weather a wonderful change? It seems to summon me to spend time outdoors. Time outdoors can be spent in so many ways. I, personally, love to sit and enjoy the view. On the other hand, I need to get moving for my health. I am looking for examples of those who have made lifestyle changes great or small to improve their health. A suggestion, from our recent Partnership Retreat, was to share stories of those who started with small changes that lead to bigger healthy lifestyle changes. If someone comes to mind, please call or email me at 302-4808 or at [healthymclean@connectgradd.net](mailto:healthymclean@connectgradd.net)

*Jennifer*

## **McLean County Seniors' Managing Diabetes Workshop**

Melissa Gaither, Certified Diabetes Educator from OMHS HealthPark will be the speaker for this event at the **Livermore Senior Center**. This will be held on **Monday, September 13<sup>th</sup> @10:30am**. To enjoy lunch following this session, call Scott Settle at 273-5412 by September 9<sup>th</sup>.

## **Free Prostate And Limited Colorectal Screenings**

The occurrence of prostate cancer rapidly increases after a man reaches 50 and 70% of all prostate cancers strike men age 65 and over. If you're a male between 50 and 70 years of age, you can register for a FREE prostate and limited colorectal screening on Thursday, September 16 from 5:00 to 7:30 p.m. at the Mitchell Memorial Cancer Center at 1020 Breckenridge Street in Owensboro. Each participant will view a 5-minute video, receive a clinical exam and PSA blood test, along with a take-home kit to detect colorectal bleeding. These screenings are being made possible by the American Cancer Society, the Kentucky Cancer Program, and the Mitchell Memorial Cancer Center, as well as local physician practices. You may register for your free screening by calling 270-685-7100 or 1-800-811-9162. Pre-Registration is required.

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## **McLean County Community Education's Learn to Live Healthy Exercise Class**

- September 9<sup>th</sup>-30<sup>th</sup>
- Mondays & Thursdays
- Calhoun Elementary School
- 6:15 Registration
- 6:30pm-7:30pm Class
- Instructor: Linda Morris
- For Questions:  
Call Beth Mitchell @273-0065

## **Partnership for a Healthy McLean County**

The next meeting is Monday,  
September 20<sup>th</sup> at 12noon at the  
McLean Co. Cooperative Extension  
Service. Please call 302-4808 or email  
[healthymclean@connectgradd.net](mailto:healthymclean@connectgradd.net) by  
September 17th for the lunch count.

If you have ideas for a logo and tag  
line, please call or email:  
[healthymclean@connectgradd.net](mailto:healthymclean@connectgradd.net)

## **WECAN! Classes**

**W**ays to **E**nhance **C**hildren's **A**ctivity and  
**N**utrition Classes will begin on October 5<sup>th</sup> at  
the McLean County Cooperative Extension  
Service. This free program focuses on physical  
activity, nutrition, and reducing time kids spend  
in front of screens (computer, tv, games). This is  
a four session program with weekly giveaways,  
**door prizes**, and a chance to win a **GRAND  
PRIZE**. Registration is limited to the first 15  
parents or caregivers. Classes will be offered on  
Tuesdays in October. **At 5:00pm, a light meal  
will be served at no charge. Free Childcare will  
be provided.** The class will be from 5:45pm-  
7:15pm. Call Jennifer Tucker at 302-4808 by  
September 27<sup>th</sup> to register. You'll be glad that  
you did!

## **Save the Date!**

**October 19th**

**Breast Cancer Awareness**

**Lunch and Learn**

Sponsored by Partnership for a  
Healthy McLean County & Melissa  
Carter, Allstate Agent

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## **PRESCRIPTION DRUG TOSS**

The McLean County Community Coalition and the McLean County Sheriff's Department will sponsor a Prescription Drug Toss on :

**Saturday, September 25<sup>th</sup>.**

Tentatively, there will be two locations:

**Livermore: Pooles Pharmacy 10am-12noon**

**Calhoun: Senior Center 12:30pm-2:00pm**

Please drop off your unused prescription drugs to be disposed of properly. For more information, call the McLean County Community Coalition at 273-0065.

## **Making a Difference that Pays!**

Conference sponsored by  
Green River Falls Prevention Coalition  
September 22, 2010

At Owensboro Christian Church  
In Building E

12:00pm-4:00pm (CST)

For nurses, PT/PTA, OT/OTA, Social Service  
Agency Employees, Health Educators, EMS,  
Fire Departments, Nursing Home  
Administrators and Home Health.

Go to [www.healthdepartment.org](http://www.healthdepartment.org) for  
updated credit information and brochure  
download.

Registration Deadline is September 20<sup>th</sup>.  
Conference fee is \$10 per person which  
includes lunch. Door prizes and prevention  
materials will be available.