

Union County Health Council

October 2010

Our Four Areas of Focus:

Nutrition
Exercise
Smoking
Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council on Facebook

National Take Back Initiative

On September 25, 2010, DEA coordinated a collaborative effort with state and local law enforcement agencies focused on removing potentially dangerous controlled substances from our nation's medicine cabinets. A national take-back day provided a unified opportunity for the public to surrender expired, unwanted, or unused pharmaceutical controlled substances and other medications to law enforcement officers for destruction. This one-day effort brought national focus to the issue of pharmaceutical controlled substance abuse. The program provided an opportunity for law enforcement, prevention, treatment, and the business community to collaborate and establish a safe collection site for all Americans, regardless of where they reside.

Union County Health Coalition coordinated this effort and the Union County Sheriff's Department set up two collection points in Union County. Sixty two pounds were collected! Union County ASAP provided funding to advertise this event. Health Coalition and ASAP members were on hand to assist as needed.



County Drug Toss

The Union County Sheriff's Department collected 62 pounds of unused or expired medications Saturday during the county's drive-up drug toss, sponsored by the Union County Health Coalition and KY ASAP. A Sheriff's deputy was on hand to safely dispose of the medicine at two locations, both in Morganfield and Sturgis. Shown above: Sheriff Mickey Arnold is shown with a participating resident.

Photo supplied

Every Woman Should Know About These 2 Tests!

1. Mammogram

Women should have yearly mammograms to look for breast changes. If you are 40 or older, talk with your health care provider to schedule your screening.

2. Pap Test

Women should have regular Pap tests to find changes in the cervix before they turn into cancer.

If you are 21 or older talk with your health care provider about how often you should be screened.

*Please contact your **Union County Health Department** at
270-389-1230*

*218 W. McElroy St., Morganfield
to see if you qualify for the
Kentucky Women's Cancer Screening Program.*

This public awareness campaign is brought to you by the partnership of:

*Union County
Health Coalition*





Breast Cancer Awareness Lunch & Learn

Union County Health Coalition
Union County Kentucky
PHONE: 270-952-4139
tbelt@ucbwest.com • www.GRADD.com

You're Invited!

October 6, 2010

Noon – Morganfield Christian Church

Lunch provided

Hosted by Union County Health Coalition

Sponsor – Melissa Carter – Allstate Insurance

**Presentation – Pearls of Wisdom by Jaime Rafferty – Ky
Cancer Programs**

****Each attendee receives a pearl necklace.**

Information booth by Susan G Komen Foundation

Goody Bags for everyone

Call 952-4139 or email tbelt@ucbwest.com to make your reservation today

LIMITED SEATING – FIRST COME, FIRST SERVE!

Second Sunday

People across the state will join together Sunday, October 10, 2010 to show the nation that Kentucky is serious about improving its residents' health and promoting physical activity. On the second Sunday of October hundreds of communities across Kentucky will partner with local officials to close a roadway and present physical activities.

Organized by University of Kentucky Cooperative Extension, and community partners and local government, the road closings give people the opportunity to be physically active in a fun, safe, and community-friendly environment. Participants of all ages will bike, blade, run and walk as well as engage in various physical activities.

The idea originated in Bogota, Columbia where officials close more than 70 miles of roads to vehicles, opening them to local residents for exercise every Sunday. Several communities in the USA have had similar events, but Kentucky is the first state.

In 2009, Kentucky's Governor and General Assembly endorsed 2nd Sunday in Kentucky. 2nd Sunday presents a compelling message of change from being a state of spectators to one of active participants.

Experiencing a fun-filled day of activities in existing roadways or parks can be the catalyst for local communities to actively pursue convenient and safe places for physical activity the other 364 days of the year. 2nd Sunday can serve as the first step in improving the physical, environmental and economic health of all Kentuckians.

In 2008, the event's inaugural year, more than 12,000 Kentuckians in 70 counties participated. In 2009 over 50,000 were active at 2nd Sunday events and this year is projected to be even larger as 114 counties have 2nd Sunday event plans. Visit the 2nd Sunday website at www.2ndsundayky.com for more information.

2nd Sunday KY is a statewide event that encourages all forms of physical activity within the comforts of the local community, and is designed to get Kentuckians on their feet and moving.

Union County will celebrate Second Sunday on October 10th from 1:30 to 3:30 at the Morganfield City Park.

The new walking trail will be officially dedicated and the ribbon will be cut. Free bike helmets will be given to all children who attend compliments of St Mary's! Free t-shirts! Lots of activities. Join us on 10-10-10!



For Parents of 8 -13 Year Olds



Ways to Enhance Children's Activity & Nutrition

Things have changed since we were kids. We could all use a hand helping our children eat better and move more. Join us to learn practical tools that really work in a fun and friendly atmosphere.

We Can! is FREE and offers:

- Cooking demos
- A chance to talk to other parents
- A Parent Handbook
- Effective tips for reducing screen time
- Creative ideas for getting your family active and loving it!



**October 5, 7, 12, & 14
Herron Tech Center**

Additional sessions to be announced!

Sponsored by:
Union County Health Coalition

**To register for upcoming We Can Series, call 952-4139
Or email tbelt@ucbwest.com**