

# WOODWORK - LITE

YOUR SATISFACTOR-TREE SOURCE OF WOOD COUNTY NEWS

## AWARENESS ALERT

August 4<sup>th</sup> – 10<sup>th</sup> is Exercise with Your Child Week.

When you practice a healthy lifestyle, your children are more likely to follow. Starting young is the key to developing healthy fitness habits. Good exercise habits also give your child a head start for Physical Education in school, sports and other activities. Encouraging each other to stick with an exercise program also helps you stay fit. A healthy body is a key to a healthy mind.

The **Wood County ADAMHS Board** wants to help those in need and recommends that you dial 2-1-1 to connect to local services.

Tree-tment works. People tree-cover.  
Treatment works. People recover.

## FAIR FUN

**We Want You!**

The Wood County ADAMHS Board and Staff are about to be in a town near you! Not only do we want to see you, but we need volunteers to man our booth. Here is the official fair list with names and locations. If you or a friend can help us out, then please call our office to sign up or use the links below!

Good Ole Summertime

- July 27<sup>th</sup>
- Downtown North Baltimore, North Baltimore, OH
- Link: <https://doodle.com/poll/ffe84vmf7pix2ck2>

Wood County Fair

- July 29<sup>th</sup> – August 5<sup>th</sup>
- Wood County Fairgrounds, 900 W Poe Rd, Bowling Green, OH 43402, USA
- Link: <https://doodle.com/poll/9xfhenm5v4p74m87>

Pemberville Free Fair

- August 14<sup>th</sup> – 17<sup>th</sup>
- 412 Maple St, Pemberville, OH 43450, USA
- Link: <https://doodle.com/poll/zbshqw2ewmv9v9ni>

Harrison Rally Day

- September 21<sup>st</sup>
- Historic Downtown Perrysburg

- Link: <https://doodle.com/poll/iy6ns34fkwupxav8>

#### Luckey Fall Fest

- September 27<sup>th</sup> – 29<sup>th</sup>
- Adams St, Luckey, OH 43443, USA
- Link: <https://doodle.com/poll/xgv3rfgkkk7abg5y>

#### Applebutter Fest

- October 13<sup>th</sup>
- Victorian Canal Town, Grand Rapids, OH
- Link: <https://doodle.com/poll/se7qadx2vw7cqkdm>

## SERVICES

### Wood County Crisis Line

If you or someone you know exhibits the following signs of a mental health crisis, please call the Wood County Crisis Line at 419.502.HOPE (4673) for immediate assistance.

- Feeling excessively sad or anxious
- Hopelessness
- Thoughts of suicide
- Feeling like harming others or yourself

### Dial 2-1-1

Use this number to connect to local services.

### Crisis Text Line

Text '4HOPE' to talk to a trained crisis counselor.

### Mobile Response Stabilization Service (Children's Resource Center's Crisis Service)

Use (419) 352-7588 for a youth in crisis.

## COMMUNITY ANNOUNCEMENTS

### Project DAWN

Project DAWN is an opioid overdose education and naloxone distribution (OEND) program. Eligible program participants are individuals who are at-risk of opioid overdose including those who are in recovery for opioid addiction and those who are actively using opioids, in addition to individuals who know someone who is at risk for opioid overdose.

For more information or to receive training for the administration of naloxone, please call the BG Zepf Center at [419\) 841-7701](tel:4198417701) X 9000.

### NAMI Wood County

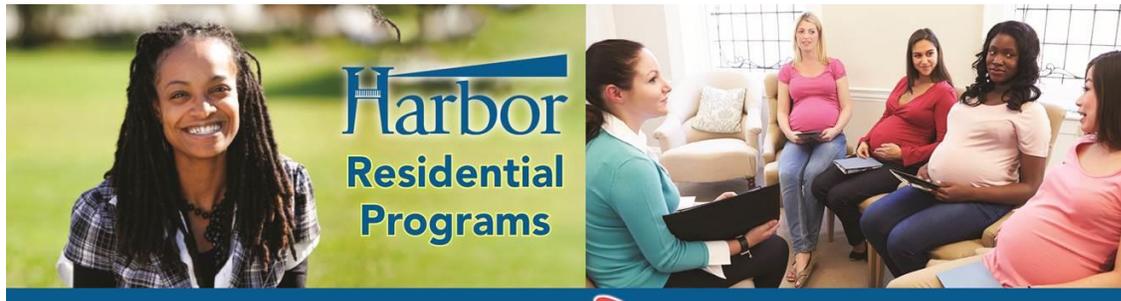
On Friday, October 4<sup>th</sup>, 2019 NAMI Wood County will kick off their second-ever **AfterBurn!**

Full of fun, family activities, food, and awareness - we hope you will enjoy an evening race at the Wood County Fairgrounds! Registration for the 5k race will open at 5PM with the chili cook-off competition starting at 7PM. Basket raffles, agency tables, children's games, and more will be available throughout the entirety of the night! We will conclude our evening with an Awareness Glow Walk, in which we will be remembering those who have died by suicide.

*Every dollar helps NAMI's mission of support, education, and advocacy of individuals with mental illness and their families.*

Want more Information? Contact Tom Davis at (419) 352-0626 or email [info@namiwoodcountry.org](mailto:info@namiwoodcountry.org)

## Harbor



### Devlac Hall

Devlac Hall Women's Residential Treatment Program serves women from all over Ohio. This residential program for women (age 18+) is designed to meet the challenges that women face in accessing treatment for alcohol and drug addictions, and lasts an average of 10 weeks. Residents learn about the disease of addiction, negative consequences of use, the process of recovery, and effective ways to cope with mental health issues.

#### Includes:

- Individual & group counseling
- Group activities
- Workshops
- Family visits

*Helping women live happy, independent, productive lives without substances*

**419.352.5387**  
1033 Devlac Grove,  
Bowling Green, OH

Payment arrangements are made on an individual basis. Medicaid and private pay accepted.



### The Chrysalis

The Chrysalis is a residential treatment program offering services to pregnant/postpartum women with addiction, and is designed to:

- \* Decrease the use and/or abuse of prescription drugs, alcohol, tobacco, illicit and other drugs
- \* Increase safe and healthy pregnancies
- \* Reduce infant mortality rate

#### Eligibility:

- Pregnant/postpartum women (up to 12 months postpartum)
- Ohio Resident
- Substance Use Disorder
- 18+ years of age
- Medicaid preferred

*Clients are able to stay in the residential program for up to 12 months.*

**567.408.7230 | [thechrysalis@harbor.org](mailto:thechrysalis@harbor.org)**

## Wood County Health Department

### Keep Your Cool in Hot Weather!

#### Learn about heat-related illness and how to stay cool and safe in hot weather.

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 600 people die from extreme heat every year.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

People age 65 and older are at high risk for heat-related illnesses.

**Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.**

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.
- Do not rely on a fan as your main cooling device during an extreme heat event.

- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate's condition and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of [heat-related illness](#).
- Learn more about how to protect young athletes from heat-related illness by taking this [CDC course](#).

**Everyone should take these steps** to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
  - Wear loose, lightweight, light-colored clothing and sunscreen.
  - Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



Wood County  
**ADAMHS**  
 Promoting Community Wellbeing

Alcohol, Drug Addiction and Mental Health Services Board