



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

Monthly Update

DECEMBER 2024

The Complex Medical Help Program

The Ohio Department of Health's Children with Medical Handicaps program is officially changing its name and will now be known as the **Complex Medical Help Program**. The program will keep the same initials, CMH. Public Health operates the program in Montgomery County.

Public Health has a group of nurses that provides outreach, and serves over 2,500 CMH families per year.

CMH links families of children under the age of 25 with special healthcare needs to a network of quality providers and helps families obtain payments for services their child needs.

Major components of the program include: conducting quality assurance activities to establish standards of care; determine unmet needs of individuals with special health care needs and their families; funding services for the diagnosis and treatment of medically eligible conditions; collaborating with public health nurses and local health departments to assist in increasing access to care; supporting service coordination for individuals with selected diagnoses; and assisting individuals and their families to access and utilize appropriate sources of payment for services.

For more information about the program and to determine if Public Health can help call **(937) 225-6459**.



Dayton Metro Library's Career Adventures Day

Public Health's Environmental Health staff participated in Dayton Metro Library's Career Adventure Day, November 11 to November 14. Over 900 students and 34 community partners participated in the event.



Students were able to learn about public health skill sets by participating in an engaging display demonstrating the need for handwashing by using "GloGerm". GloGerm is a white powder and lotion applied to an individual's hands, then flashed under an ultraviolet light. The participant then washed their hands quickly and could see how many germs were left on their hands.

There was also a storyboard of pictures illustrating the unsanitary conditions food inspectors have found during restaurant inspections.



End of 2024 Mosquito Season



Mosquito diseases can cause serious illness, hospitalization, and death in the United States. West Nile Virus (WNV) continues to be the most common mosquito-borne disease in the U.S., with almost 1,240 cases so far in 2024. As temperatures begin to drop, we have reached the end of the mosquito season in Montgomery County.

Public Health – Dayton & Montgomery County conducts surveillance for mosquitoes throughout the county. In 2024, Montgomery County has had seven positive mosquito pools for West Nile Virus to date. Public Health has conducted five spraying



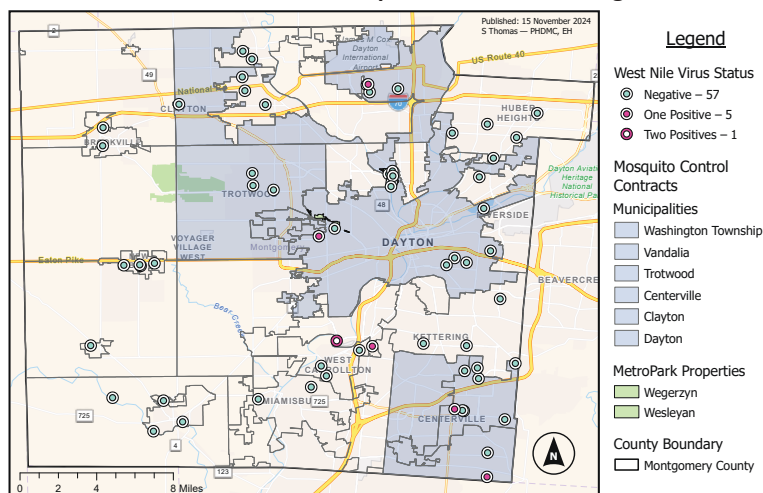
operations in 2024 in response to those positive mosquito pools to decrease the mosquito population. Public Health has also conducted three

larvicide applications to reduce the number of adult mosquitoes in wet areas and in scrap tires. Public Health will continue to conduct mosquito surveillance annually to help protect those in Montgomery County from disease.

Montgomery County reported 1 human WNV case in 2021, 3 cases in 2022, 0 cases in 2023, and 0 cases have been reported so far in 2024.



2024 Public Health Mosquito Surveillance Program



Public Health – Dayton & Montgomery County shall not be held liable for any errors in these data. This includes errors of omission, commission, errors concerning the content of the data, and relative and positional accuracy of the data. These data are for reference purposes only cannot be construed to be a legal document. Primary sources from which these data were compiled are available upon request and must be consulted for verification of information contained in these data.

2024 Mosquito Surveillance Program Totals

- 7 West Nile positive pools
- 5 spraying events 2024
- 3 larvicide events
- 0 human West Nile cases reported
- 2,229 mosquitos identified
- 107 pools reported
- 6.5% West Nile positive pools



The Enrollment Deadline for the Affordable Care Act Health Plan is December 15th.



As we navigate the holiday season, it's crucial to ensure that your health is a top priority. Public Health reminds you about health insurance available through the Affordable Care Act (ACA).

Why Sign Up for the Affordable Care Act?

The ACA helps make quality healthcare accessible to all Americans and provides the following benefits:

Financial Relief

The ACA provides subsidies and tax credits to make health insurance more affordable. By signing up, you can secure coverage without breaking the bank, ensuring that healthcare expenses won't compromise your financial well-being.

Preventive Care

Regular check-ups and preventive services are crucial for maintaining good health. The ACA covers a range of preventive services at no additional cost, empowering you to take proactive steps in managing your well-being.

Protection for Pre-existing Conditions

Worried about pre-existing conditions? The ACA ensures that insurance companies cannot deny you coverage or charge you exorbitant rates based on your health history. This safeguard ensures that everyone, regardless of their health status, can access the care they need.

Comprehensive Coverage

ACA plans cover essential health benefits, including hospital stays, prescription medications, and maternity care. You can customize your coverage based on your needs, giving you peace of mind that you're protected in various health-related situations.

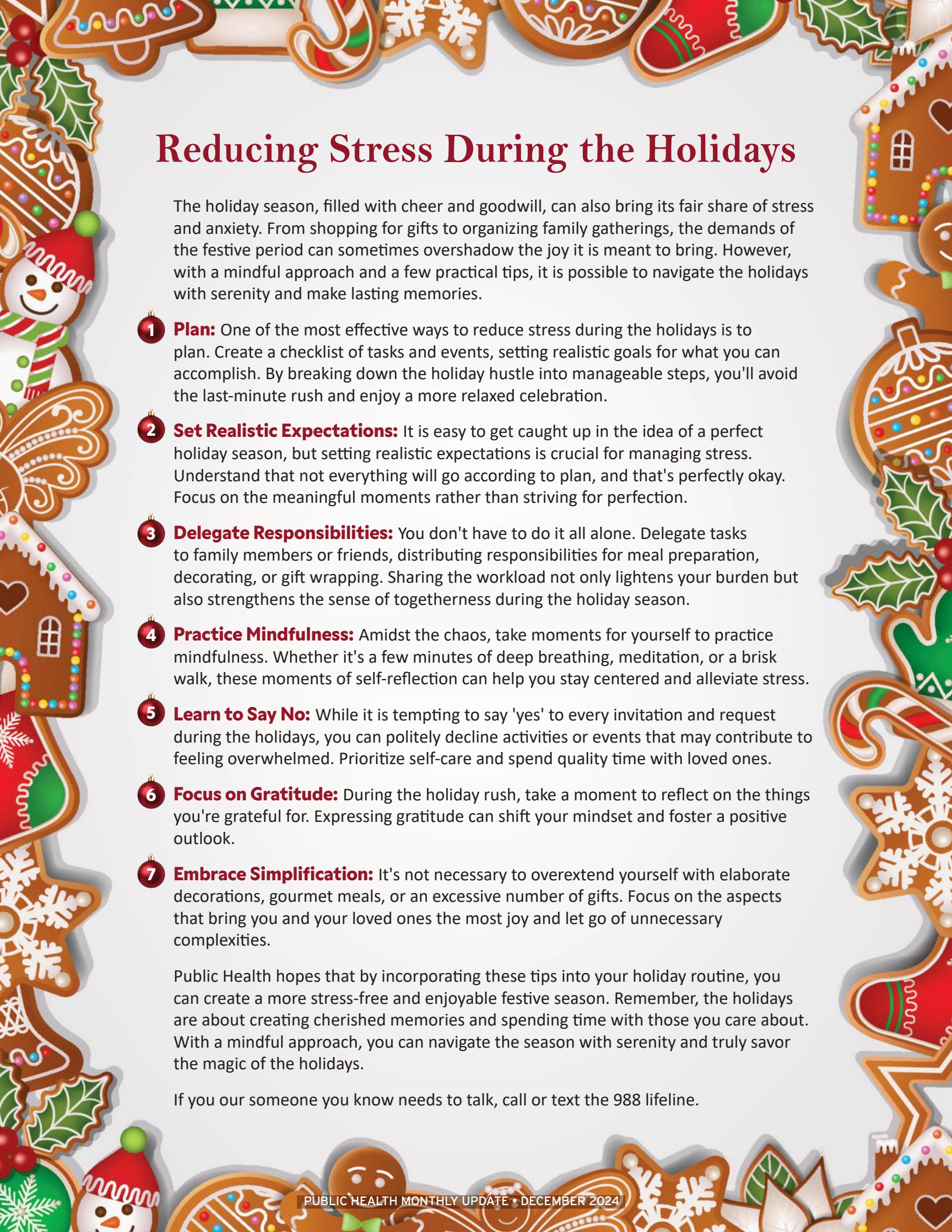
How Do I Sign Up?

Enrolling in the Affordable Care Act is easier than you might think. Open enrollment is your opportunity to explore the available plans and select one that suits your needs. Visit the Marketplace at healthcare.gov to explore available plans in your area.

Public Health Can Help

If you need assistance with the process, Public Health's Certified Community Health Worker can help. Call (937) 224-3674 for assistance.

A graphic titled 'MEDICAID APPLICATION ASSISTANCE' with a large blue plus sign in a circle. The text reads: 'Do you need help understanding Medicaid and need help applying? Public Health can help. Our **Certified Community Health Worker** can answer your questions, assist with your application and provide referrals to other local agencies.' It includes the Public Health logo and 'Dayton & Montgomery County'. A blue button says '(937) 224-3674 CALL FOR HELP TODAY!'. Below is an illustration of a healthcare worker with a clipboard, a stethoscope, a heart rate monitor, and a shield with a plus sign. At the bottom, it says: 'Dorothy Goodson, Public Health - Dayton & Montgomery County, Certified Community Health Worker, dgoodson@phdmc.org | (937) 224-3674'.



Reducing Stress During the Holidays

The holiday season, filled with cheer and goodwill, can also bring its fair share of stress and anxiety. From shopping for gifts to organizing family gatherings, the demands of the festive period can sometimes overshadow the joy it is meant to bring. However, with a mindful approach and a few practical tips, it is possible to navigate the holidays with serenity and make lasting memories.

- 1 Plan:** One of the most effective ways to reduce stress during the holidays is to plan. Create a checklist of tasks and events, setting realistic goals for what you can accomplish. By breaking down the holiday hustle into manageable steps, you'll avoid the last-minute rush and enjoy a more relaxed celebration.
- 2 Set Realistic Expectations:** It is easy to get caught up in the idea of a perfect holiday season, but setting realistic expectations is crucial for managing stress. Understand that not everything will go according to plan, and that's perfectly okay. Focus on the meaningful moments rather than striving for perfection.
- 3 Delegate Responsibilities:** You don't have to do it all alone. Delegate tasks to family members or friends, distributing responsibilities for meal preparation, decorating, or gift wrapping. Sharing the workload not only lightens your burden but also strengthens the sense of togetherness during the holiday season.
- 4 Practice Mindfulness:** Amidst the chaos, take moments for yourself to practice mindfulness. Whether it's a few minutes of deep breathing, meditation, or a brisk walk, these moments of self-reflection can help you stay centered and alleviate stress.
- 5 Learn to Say No:** While it is tempting to say 'yes' to every invitation and request during the holidays, you can politely decline activities or events that may contribute to feeling overwhelmed. Prioritize self-care and spend quality time with loved ones.
- 6 Focus on Gratitude:** During the holiday rush, take a moment to reflect on the things you're grateful for. Expressing gratitude can shift your mindset and foster a positive outlook.
- 7 Embrace Simplification:** It's not necessary to overextend yourself with elaborate decorations, gourmet meals, or an excessive number of gifts. Focus on the aspects that bring you and your loved ones the most joy and let go of unnecessary complexities.

Public Health hopes that by incorporating these tips into your holiday routine, you can create a more stress-free and enjoyable festive season. Remember, the holidays are about creating cherished memories and spending time with those you care about. With a mindful approach, you can navigate the season with serenity and truly savor the magic of the holidays.

If you or someone you know needs to talk, call or text the 988 lifeline.

Tips for Healthy Holidays



Wash hands often. Wash your hands with soap, and clean running water for at least 20 seconds, to help prevent disease.



Stay Home if you are sick. Monitor your symptoms and seek care if needed.



Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Connect socially and get plenty of sleep.



Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.



Be smoke-free. Avoid smoking and secondhand smoke. Smokers and nonsmokers face greater health risks when exposed to tobacco smoke.



Fasten seat belts. Buckle up every time, no matter how short the trip, and encourage all passengers, including children, to do the same.



Get exams and screenings. Ask your health care provider what exams you need and when to get them.



Get your vaccinations. Vaccinations such as for flu, COVID-19, and RSV help prevent diseases and save lives.



Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.



Practice fire safety. Don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.



Prepare food safely. Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.



Eat healthy, stay active. Eat fruits and vegetables, which help lower the risk of certain diseases. Limit your portion sizes. Be active for at least 2½ hours a week.

www.phdmc.org



FREE Classes Beginning January 2025

Nourish Your Newborn Class

- Build a foundation for enjoyable breastfeeding
- Learn about the importance of skin-to-skin
- Explore proper bottle-feeding techniques
- Discover tips and tricks for dealing with engorgement
- Strengthen your confidence with your milk supply
- Other breastfeeding information

Second & Third Tuesdays

2:00 pm - 3:00 pm

Drew Health Center Room 800
1323 W. Third St
Dayton OH 45402

Second & Third Wednesdays

2:00 pm - 3:00 pm

Sunrise Center Upstairs
Conference Room
1320 E. Fifth St
Dayton OH 45402



Call or text 937-272-5660
or (937) 903-9205
with any questions!

Pumping Class 101

- Learn about different types of pumps
- Find the best strategies for your pumping journey
- Explore proper bottle-feeding techniques
- Understand milk storage guidelines
- A guide to fitting your flanges

Third Thursdays

4:00 pm - 5:00 pm

Sunrise Center Upstairs
Conference Room
1320 E. Fifth St
Dayton OH 45402

*Pumps
available
for hands-on
demos!*



Call or text
(937) 901-5225
with any questions!



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Dayton &
Montgomery
County



**Department of
Health**

Women, Infants, and
Children Program (WIC)



**We Are
Hiring**
JOIN OUR TEAM

Help Us Make a Difference

Public Health - Dayton & Montgomery County is dedicated to public service and committed to quality relationships with one another and the community we serve.

Current Job Openings

Air Pollution Control Specialist I
Community Engagement Project Manager
Breastfeeding Peer Helper
Substance Use Mental Health Counselor
Public Health Nurse I
Environmental Health Specialist in Training
Communicable Disease Clinic Senior Manager
Senior Programmer/System Administrator
Director of Administration
Accounting Specialist
Director of Health Services



APPLY NOW



- Health, Dental, and Vision Insurance
- Vacation, Sick, and Personal Leave
- Paid Holidays
- Ohio Public Employees Retirement System
- Eligible for Deferred Compensation Program
- Tuition Assistance, and More!

DIVERSITY



PUBLIC HEALTH MONTHLY UPDATE • DECEMBER 2024

Public Health - Dayton & Montgomery County is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, age, national origin, disability, military status, veteran status, genetic testing, or other unlawful bias.

EVENTS

December 2024 Events

Public Health's many programs and services host a variety of community-wide events throughout the year. To register for an event or learn more, call (937) 225-5700 or [click here](#).

DEC 7 SAT

QUEENS VILLAGE

Black Girl Playdate
Holiday Edition

MATERNAL AND CHILD HEALTH
Queens Village Black Girl Playdate Holiday Edition

11:00 AM - 3:00 PM
Deca Prep

[REGISTER HERE](#)

DEC 12 THU

BECOME A SAFE SLEEP AMBASSADOR

MATERNAL AND CHILD HEALTH
Safe Sleep Ambassador Training

1:00 PM Virtual

[REGISTER HERE](#)

DEC 14 SAT

Strengthening Families
PARENTING CLASSES
7 WEEK SERIES

MATERNAL AND CHILD HEALTH
Parenting Classes

1:00 PM - 3:00 PM Virtual

[REGISTER HERE](#)

DEC 30 MON

Monthly Fatherhood Club

MATERNAL AND CHILD HEALTH
Monthly Fatherhood Club

5:30 PM - 7:00 PM
Goodwill Eastseals West Campus...

[REGISTER HERE](#)

News

MEDIA



Date	News Source	Topic
11/5/24	WHIO	Pertussis
11/15/24	WDTN	Overdoses
11/29/24	DDN	Budget
11/20/24	WDTN	House of Bread
11/25/24	DDN	Budget
11/26/24	DDN	Binge Drinking
11/26/24	WYSO	HIV

Submitted by:

Jennifer Wentzel, MPH, Health Commissioner and **Becky Thomas, MD, MPH, CHES, Medical Director**

