

## HCGHD Updates:

- The 2021 Annual Report is now available! You can access this report on our website under the Resources tab, then go to Data and Reports.
- Car seat program has had great success. This quarter there were 26 seats distributed, requiring transfers from two other counties.
- WIC had an increase in their fruit and vegetables benefits.
- There is a student nurse from Ashland University completing a Community Clinical Rotation for 6 weeks at the Health District.
- The food team met their required inspection frequencies for the 2021 licensing year (the food license year goes from March 1, 2021-February 28, 2022). The food team completed 491 food inspections in the 2021 licensing year.

## First Quarter Birthdays: Jan. - March

Jan. 5- Emma Clark  
Jan. 6- Jen Talkington  
Feb. 24- Monique Jacobs  
March 12- Laurie Sabel  
March 21- Colt Tennant

---

## Upcoming Birthdays:

April 19- Abbie Benton  
April 20- Tara Conner  
May 22- Raquel Miller  
May 25- Jen Menuetz  
May 26- Becky Starner

---

## Staff Anniversaries:

Jan. 4- Gina Cruz 1 yr  
March 15- Abbie Benton 1 yr  
April 19- Ashley Markowski 1 yr  
May 20- Laurie Sabel 20 yrs  
June 30- Becky Starner 5 yrs

## Board Updates:

- We have a new board member- Scott Balder. Scott Balder was the former fire chief at District One. He was heavily involved in the COVID-19 response throughout 2020 before his retirement and has always been a supporter of public health. We are happy to welcome him to the Board and look forward to working with him!
  - Carol Miller is retiring from the Board at the end of March. She has served on our Board for 20+ years; many of those years serving as President. She has been a true asset to the Health District and will be greatly missed.
- 

## Upcoming Events:

- Killbuck and Glenmont Resident Focus Group, hosted by Colt Tennant- March 30
- Kent State University College of Public Health Career Day, Mike and Sarah are participating - April 7
- Ohio Environmental Health Association's Annual Education Conference, Sarah is presenting- April 15
- Help Me Grow Play Groups- April 8, May 6, & June 10
- Annual Baby Shower featuring our Help Me Grow Home Visiting, Early Intervention, WIC, Car Seat Program and Safe Sleep Initiative- April 23
- Positive Aging Champion Workshops- May 6, May 13, May 20, & May 27

# First Quarter Events:

The Falls Prevention Forum was held on March 1, 2022 with 18 individuals participating. At the forum, participants were provided the data that was collected from the 2021 Biennial Holmes Co Falls Prevention Survey, educated on the Falls Prevention Program and the services offered, and was offered a time of audience participation so as to help increase involvement in fall prevention services.



## FALLS PREVENTION FORUM

MARCH 1, 2022

2:30 PM

Falls are NOT a normal part of aging!

Come and learn the results from the 2021 Holmes Co. Falls Prevention Survey. The survey was designed to gather information about the health, health practices, and falls awareness of adults 65 and older living in Holmes County. We need YOUR help to plan future action to make our 65 and older population safe, healthy, and free from falls! See you on March 1st!

This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health as a sub-award of a grant issued by Preventative Health and Health Services Block Grant under the Injury Prevention Program by the Centers for Disease Control and Prevention, grant award number 1 NB0101009265-01-00  
Flyer created 1/14/2022

WHERE?  
Holmes Co. District  
Library  
3102 Glen Dr.  
Millersburg, OH  
44654

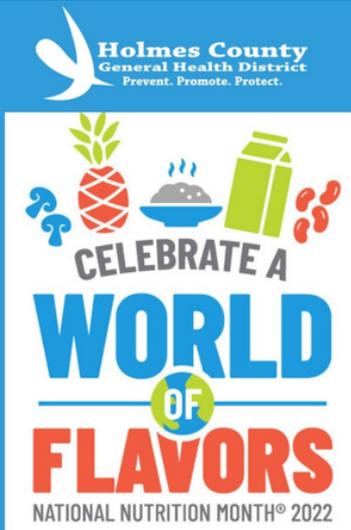
Lower level  
conference room  
Elevator available  
Refreshments!

LET'S MAKE A  
DIFFERENCE,  
TOGETHER!

Contact Kerry  
330-674-5035 EXT.  
251 with questions



# March is National National Nutrition Month!



**VIRTUAL PRESENTATION:**  
**National Nutrition Month**

**Thursday March 24**  
**at 3:00pm**

**To register please visit:**

<https://www.surveymonkey.com/r/TQR2WVZ>

Created on 2/24/22

Ashley is doing a virtual presentation for National Nutrition Month on March 24!

This year's theme is "Celebrate a World of Flavors", which embraces global cultures, cuisines, and inclusion. WIC will be posting daily on the WIC Facebook page during March!

# Employee Spotlight:

## *Monique Jacobs*



### **Congratulations to Monique for winning the 2022 Quarter 1 Employee Spotlight!**

Monique's fellow co-workers had these kind words to say about her and the work that she does:

- "Monique shows great care and compassion for all, especially her families she serves. Her calm understanding and ability to look at things in a positive manner are contagious. She has took a program in EI and made it better. Since joining the team compliance has improved significantly and she has stepped up to write program grants to ensure families are served in Holmes County. Monique exemplifies the core values of stewardship, respect, ethics, quality, community-focused and in my opinion the most important kindness. I could think of no one who is more deserving than Monique that is why I am nominating her for this award."
- "Monique always goes above and beyond for the families that are in her care. Her caring heart shows through her interactions with the families as well as the DD team she works with. Despite the large case load that she carries, her families are her priority and she gives them the time that each deserves."
- "Monique has been short handed since July 2021 and has handled the extra work/pressure amazingly. She goes above and beyond to make sure that each families needs are met. She juggles these many tasks very well with no complaints."
- "Monique connects families with services daily, however over the past few months has coordinated with multiple staff at the health district to support a family. This included pulling in experts in EH, which doesn't always happen. She has set an example for collaboration and cross referral between departments."

# Public Health Champion: *Cheryl Seabright*



It is about action. It is about community. It is about wellness and empowering individuals to be healthy. It is about recognizing an individual who serves others because she sees a need. Cheryl Seabright exemplifies what a Public Health Champion is, a servant to the community. Cheryl's mission is to provide opportunities for older adults to engage in healthy living. She displays a kind heart when working with an individual that has health issues that can make for unsafe circumstances. She takes the time to inform, educate, and guides the individual into healthy living. Cheryl is the co-chair of the Standing Against Falls Coalition, an entity of the Falls Prevention Program of the HCGHD, a certified Tai Chi for Arthritis instructor, and President of the board of the non-profit Clark Community Center which brings programs to an area of health inequities. Cheryl Seabright is a Public Health Champion because of her commitment to the individuals living in Holmes County.

Cheryl states that she is passionate about promoting public health because she believes in advocating for the 65 and older population to empower them towards healthy living. She connects this population with tools and resources that they need to remain independent. Cheryl states that she helps the 65 and older population "to live independently from exercising." She also said that "her programs allow individuals to be social while being active, which helps improve their quality of life."

Cheryl has said that the Health District has been impactful to her life because "it has given me another place to go for information or resources to help me in caring for my family. It has also helped educate me in topics that I didn't have much knowledge in."