April 2019

ORLEANS Community Health

Newsletter

2nd Quarter 2019

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OCH Residents Will Travel

On Friday, March 15th Orleans Community Health received our new van for the Nursing Home residents. Thank you to our generous contributors: Lyndonville Area Foundation, Orleans Community Health Foundation and the Community at Large.

The residents will now be able to attend community events, enjoy outings, participate in shopping excursions and make specific medical appointments.

Ruth Harold Turns 101

Ruth Harold, a resident of Orleans Community Health's North-Wing, turned 101 years old in February! Happy 101st Birthday, Ruth! This is an incredible milestone but not nearly as incredible as you are!

Ruth Harold

OCH's Generous TWIGS

The Orleans Community Health TWIGS were at it again with one of their generous donations. This time it was a the new OCH Medina Memorial Hospital Sign that's located at the front entrance. THANK YOU TWIGS!!

" A generous heart, kind speech, and compassion are the things which renew humanity." -Buddha

OCH Goes Red for Heart Health

February was National Heart Month and on February 1st OCH went RED to show our support!

Our Prep-Tech Students created a Heart Healthy bulletin board that was displayed by the Café throughout the month of February.

Some Healthy Heart Tips Are: Getting Active, Eating Well, Controlling Cholesterol, Managing Blood Pressure, Reducing Blood Sugar, Losing Weight and Quitting Smoking.

Albion Teddy Bear Clinic

On January 17th & 18th Albion students participated in OCH's Teddy Bear Clinic!

Over span of two sessions, 147 students arrived with their "Stuffies" and went through "Registration" where they receive a wrist band and met their tour guide.

Students then spend 10-15 minutes at the following stations:

1. Radiology: The students learn what X-Rays are, how they work, what X-Rays look like throughout different parts of the body and what foods kids can eat for healthy bones.
2. Pharmacy: The students learn what a Pharmacy is, what a Pharmacist does and the importance of drug safety.
3. Nurses Station: The students are asked to tell the nurses something that is troubling their "Stuffie". After the story the Nurses "treat" their "Stuffie" so they feel better.
4. Nutrition: The students get to try new foods such as bell peppers, hummus and pineapple. There is Lead Education as well as practice with washing their hands properly.

By the end of May all of the School Districts in Orleans County will have participated in MMH's Teddy Bear Clinic for the 2018-2019 School Year. Also, in May, MMH will be hosting a TBC for the Elba School District for the first time!

Cancer Services of GOWN

WHY TAKE A CHANCE **WITH COLON CANCER?**

Genesee and Orleans Counties
Cancer Services Program
Your partner for cancer screening, support and information

- **It's preventable!** Colon cancer can be prevented through screening.
- **If's often curable!** Treatment may work best when cancer is found early.
- **You have screening options!** Ask your doctor whether a do-it-at-home screening kit is right for you.

SCREENING IS FREE TO UNINSURED MEN AND WOMEN AGES 50 AND OLDER

To learn more call **(716) 278-4898**

Upcoming Health Awareness Days

April, May & June 2019

- Sexual Assault Awareness [April 2nd]
- World Health [April 7th]
- Youth HIV and Awareness [April 10th]
- National Alcohol Screening [April 11th]
- RAINN [April 18th]
- World Meningitis [April 24th]
- Hand Hygiene [May 5th]
- Bike to School [May 9th]
- HIV Vaccine Awareness [May 18th]
- Heat Safety Awareness [May 24th]
- World No Tobacco [May 31st]
- Cancer Survivors [June 2nd]
- Family Health and Fitness [June 8th]
- Blood Donor [June 14th]
- World Sickle Cell [June 19th]
- National HIV Testing [June 27th]
- PTSD Awareness [June 27th]
- World Arthritis [June 19th]

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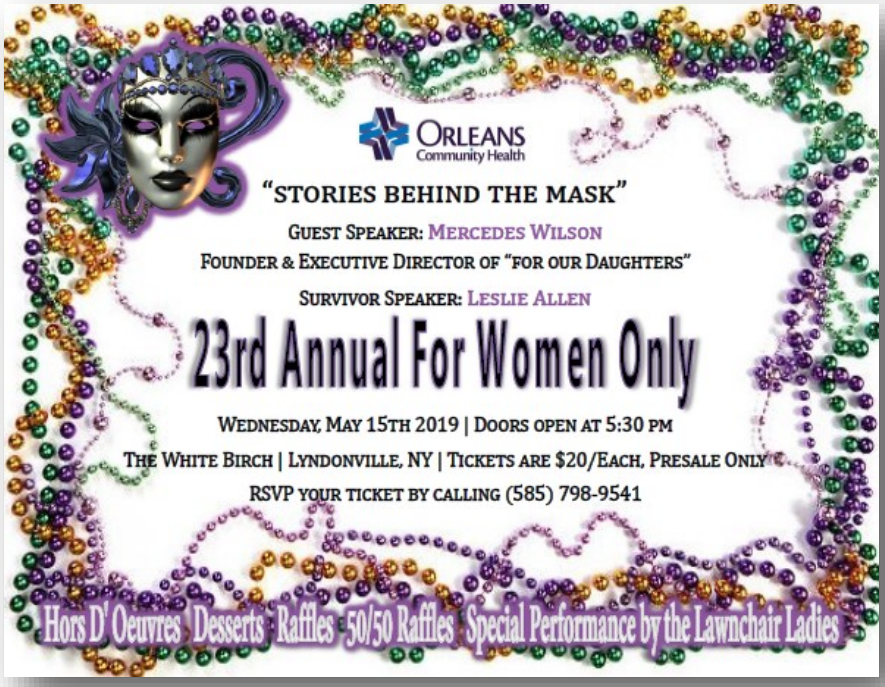

Raffle Basket Donations are Welcomed!

All proceeds benefit the Cancer Services Program of Orleans County with all proceeds staying right here in Orleans County!

Contact Jessica @ (585) 798-9541 if you are interested in donating a basket or purchasing a ticket!