



Happening Things

Here's some things that may interest you...

- A dietetic intern from OSU, Jennifer Dittus DTR, asked us to make you aware of a program for Clermont County residents called "Dining with Diabetes". It is a 4 part series teaching skills to manage diabetes including some cooking lessons. Please feel free to email her at dittus.3@osu.edu for further information.
- The Loveland Drug Task Force (LDTF) has been working hard on several initiatives funded by a Police-Relations grant they received this year. We had a presentation called "Just Under Your Nose" There was a ton of energy and great education ending with a powerful, personal story providing an emotional ending to the night. **April 25** is the next big event with "Those Who Host, Lose the Most" with a lawyer who has seen it all as part of the presentation.. There will also be an Opioid Forum on May 10. Mark your calendars now!!
- Children's Home of Cincinnati is our partner mental health provider with on-site counseling and medical management. Every building has information on how this valuable resource can be accessed- ask any of the building offices. Feel free to contact Children's Home directly at 272-2800 .
- For food allergy families, there's a generic version of the epi-pen at CVS for a sixth of the cost.

<http://www.inquisitr.com/3894176/generic-epipen-cvs-offers-an-affordable-option-to-600-epipen/>

Helpful Resources

Here are a few resources that may help:

- If you need a health care provider, Children's Home has recently opened up a clinic (the Levine Family Health Center) and is accepting new patients all ages newborn to elderly. All insurances including Medicaid accepted and uninsured are welcomed. Call 513-527-7300.
- If you child is in need of a **dental exam and/ or cleaning**, we may have some resources for you. Please call 677-7973 and leave a message.

Did you know??

Here's a few tidbits of info to consider:

- The seasonal flu is starting to hit our area and always has a way of causing problems. Please stay vigilant about working with your child on handwashing, proper cough etiquette, and good eating/ sleeping habits. Also, remember to keep your child home with any fevers (**without anti-fever medicine**), vomiting or diarrhea for at least 24 hours after the last episode or when symptom free.
- Second hand smoke can be the cause of many lung issues in children and in particular asthma and upper respiratory infections. For parents who smoke, be aware that 98% of kids with a parent/ guardian who smokes have measurable levels of tobacco toxins in their bodies, and are twice as likely to become smokers themselves. You are their idol and often they imitate any of your habits!!
- **All 7th graders** are required to have a booster Tdap and meningitis vaccine. **So 6th grade parents**, make your appointments now and get this done so you have one less thing to do next year. Your child may have already received this immunization. If so, obtain the documentation from your MD and send it to the clinic at LIS.

NEST

NEST- Provide **N**utrition and **E**ducation in a **S**afe neighborhood that will **T**ransform at risk kids is a great resource for our area. It's targeted tutoring on wheels which focuses on our at risk youth population and provides free tutoring and homework help on wheels. Yes, you may have seen the director, Evangeline Devol, driving a large RV between several of our neighborhoods to reach any at risk child to help them grow academically. But it takes many willing hands to make it successful so if you are up for helping out by volunteering your time, please call Van at 781-1238. Please go to their website at <http://nestclc.org> for more information and ways to help including financial.