



## January 2022 Newsletter

### SETTING GOALS FOR 2022

#### PLAN YOUR PREVENTATIVE HEALTH

- **Immunizations:** Many children have fallen behind in routine immunizations during the COVID pandemic, which puts them at risk of childhood disease such as measles. If you are unsure if your child is up to date with all recommended vaccines or if you need to schedule an appointment for immunizations, ask your Parenting Communities worker, your physician, or call the health department at 231-256-0200.
- **Hearing and Vision Screening:** Free hearing and vision screening is available for children 3 years and up. If you have concerns about your child, please call the health department's Hearing and Vision Coordinator, Ruth Griner, at 231-882-2107.
- **Child Developmental Screening:** Do you have concerns about your child's development? Free developmental screenings are available through the Parenting Communities program. For more information, call 231-256-0227.
- **Dental Health:** Dental care is important for both parents and babies. The American Dental Association recommends "First Tooth, First Visit" with a dentist. For more information, contact your dentist or Parenting Communities at 231-256-0227.
- **Health Insurance:** If you need assistance obtaining health or insurance or are not able to afford your medical or dental bills, we can help through our Community Connections program (link to online self-referral).



#### January 2022 Playgroup Dates

**IN-PERSON PLAYGROUPS ARE CANCELLED FOR JANUARY DUE TO THE COVID PANDEMIC.**

**THERE WILL BE VIRTUAL PLAYGROUPS ON**

**FRIDAY JANUARY 14TH  
AND  
FRIDAY JANUARY 28TH**


**See Facebook for details.**

### SETTING GOALS FOR 2022

#### PLAN YOUR PREVENTATIVE HEALTH (Continued)

- **Women's Health:** Routine breast and cervical cancer screening is important before and after pregnancy. The health department offers exams and most birth control methods for all, regardless of ability to pay. Call 231-256-0200 for more information about services at the Benzie-Leelanau District Health Department or contact your private physician for an appointment.

## January 2022 Parenting Communities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	31 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	<b>Parenting Communities Community Health Workers:</b> Hollie Anderson (231)357-5777 Kathy Bartell (231)357-5443 Courtney Yaple (231) 882-6500	<b>Parenting Communities Community Health Workers:</b> Robin Ronk (231) 882-6084 Adrianna Loomis Heather Muha ~ Social Worker (231)383-2856	Find us @PCLeelanau  NOTE: ALL PARENTING COMMUNITIES' ACTIVITIES ARE FREE FOR EVERYONE	<b>ALL IN-PERSON PARENTING COMMUNITIES PLAYGROUPS HAVE BEEN CANCELLED FOR JANUARY DUE TO COVID. SEE VIRTUAL PLAYGROUPS ON 1/14 AND 1/28.</b>	1 
2 	3 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	4	5 <b>Leelanau Laundry Project Suttons Bay Laundromat</b> 8am (last wash 10:30am)	6	7	8 <a href="#">Parenting Communities :</a> <a href="#">Benzie-Leelanau District Health Department (bldhd.org)</a>
9	10 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	11	12	13	14 <b>Virtual Parenting Communities Playgroup 10-11am</b> See FaceBook for details.	15
16	17 <b>Martin Luther King Day</b>  <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	18	19 <b>Leelanau Laundry Project Suttons Bay Laundromat</b> 8am (last wash 10:30am)	20	21	22
23	24 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	25	26	27	28 <b>Virtual Parenting Communities Playgroup 10-11am</b> See FaceBook for details.	29