

Healthy Waldo County Newsletter

Home Safety Month A Safe Home is in Your Hands

Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year. The Home Safety Council dedicates the month of June – Home Safety Month – to educate and empower both families and businesses to take actions that will make homes safe.

Just a few simple steps can dramatically reduce the dangers in most homes and may even make a lifesaving difference. Consider taking some simple steps to minimize your risk from potential injuries, or even death.

Prevent Falls

- Have grab bars in the tub and shower.
- Have bright lights over stairs and steps and on landings.
- Have handrails on both sides of the stairs and steps.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of the stairs, if babies or toddlers live in or visit your home.

Prevent Poisonings

- **Lock poisons**, cleaners, medications and all dangerous items in a place where children can't reach them.
- Keep all cleaners in their original containers. Do not mix them together.
- Use medications carefully. Follow the directions. Use child resistant lids.
- Install **carbon monoxide detectors** near sleeping areas.
- Call the Poison Control Center at **1-800-222-1222** if someone takes poison. this number will connect you to emergency help in your area.

Prevent Fires & Burns

- Have **working smoke alarms** and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can't reach them.
- Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

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Want to quit smoking? Call 1-800-207-1230 * Free * Confidential * Help



June 2010

 A Local Healthy Maine Partnership

Unity Business Fair - 5th

Cancer Survivor Day - 6th

Sun Safety Week - 6th - 12th

Men's Health Week - 14th - 20th

Flag Day - 14th

Nature Photography Day - 15th

Father's Day - 20th

Summer Solstice - 20th

Home Safety Month

Vision Research Month



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Home Safety Month...continued

Prevent Choking and Suffocation

- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy out of children's reach.
- Place children to bed on their backs. Don't put pillows, comforters or toys in the crib.
- Clip the loops in window cords and place them up high where children can't get them.
- Read the labels on all toys, especially if they have small parts. Be sure that your child is old enough to play with them.
- Tell children to sit down when they eat and to take small bites.

Be Smart Around Water

- Stay within an arm's length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water. (emptying standing water keeps mosquitoes from breeding too!)
- Put a fence all the way around your pool or spa.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120 degrees F to prevent burns.

Visit the Home Safety Resource Center at www.homesafetycouncil.org to review and download free information, including posters, brochures, safety checklists and additional tips to help safeguard your family.



Install a Carbon Monoxide Detector

A **carbon monoxide detector** or **CO detector** is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. CO is a colorless and odorless compound produced by incomplete combustion. It is often referred to as the "silent killer" because it is virtually undetectable without using detection technology.

While CO detectors do not serve as smoke detectors and vice versa, dual smoke/CO detectors are also sold. Smoke detectors detect the smoke generated by flaming or smoldering fires, whereas **CO detectors** go into alarm and warn people

In the home, some common sources of CO include * open flames, *space heaters, *water heaters, *blocked chimneys or *running a car inside a garage.

about dangerous CO buildup caused, for example, by a malfunctioning fuel-burning device.

Elevated levels of CO can be dangerous to humans depending on the amount present and length of exposure. Smaller concentrations can be harmful over longer periods of time while increasing concentrations require diminishing exposure times to be harmful. CO detectors are designed to measure CO levels over time and sound an alarm before dangerous levels of CO accumulate in an environment, giving people adequate warning to safely ventilate the area or evacuate.



Call 911 if you experience an emergency

Maine's Healthy Homes - Lead Hazard Prevention

- Most lead poisonings in Maine are caused by exposure to dust from old lead paint.
- Children under six years of age are most at risk of lead poisoning.
- Exposure to lead is most common in buildings built before 1950 (when paint contained up to 50% lead), and in buildings built before 1978 when repainting or remodeling is done.

For more information contact the Lead Hazard Prevention staff at (207) 287-7751.

<http://www.maine.gov/dep/rwm/lead/#in>

Men's Health Week

June 14th through Father's Day

GOOD RELATIONSHIPS = GOOD HEALTH – FOR MEN

Make Yourself Available

Men are taught to hide their feelings as a sign of strength and masculinity. But when it comes to loving and being loved, that belief is a sure fire guarantee of isolation, loneliness, and depression. Show up, because only what you show is available to be loved.

Honesty is Your Trump Card

Love can be trusted only when you know you are being loved for who you really are—for your excellence and shortcomings, your toughness and tenderness—all of you. Honestly letting your partner know what you think, what you feel, what you want and need opens the way for them to know you and love you. Don't play the deceit game.

Genuine Love Requires....

As simple as it may sound, a relationship takes two. Both people must feel seen, heard, appreciated, and valued. If you are the only one that counts, your partner is as good as invisible. And if only your partner counts, what's the point of being in a relationship? A real life, satisfying relationship grows out of your willingness to work with your partner.

Differences are Critical

No matter how much two people have in common, when they enter into a relationship they soon discover all the ways they are different from one another. How you treat those differences will either make or break your relationship. Trying to change your partner leads only to resistance and rejection. Opening to your partner as different from you sets the stage for a love that is real, trustworthy, and secure because they will know that they are being loved for who they are and not for some idea or image of who you think they're supposed to be. And that's the only love that lasts.

Fear is Natural

No one receives any formal training for intimate relationships. So you may expect that loving is going to be trouble-free. But once two people move beyond the bliss at the beginning, their differences become apparent. Then it's natural to be anxious and fearful that maybe who you are isn't going to be enough. That's normal. Deepening intimacy entails the risk of revealing yourself, discovering yourself, and allowing your partner to do the same.

Intimacy is not Automatic

You can have attraction, curiosity, and even sexual desire at first sight, but intimacy takes time. Intimacy results when two people share their affection and their fear, their desire and their upset, their willingness to be known and know one another. Be patient with love, it is a garden worth seeding and weeding, watering and pruning for the rest of your life.

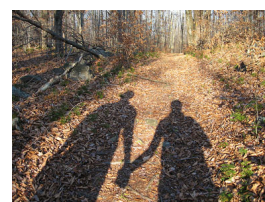
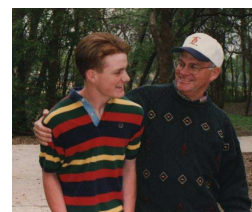
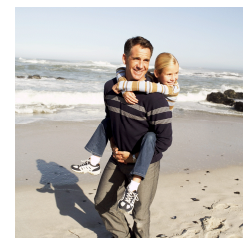
-James Sniechowski, Ph.D.

Co-Author of *Be Loved For Who You Really Are*

<http://www.themagicofdifferences.com>

Men's Health Network, Co-Founder

www.menshealthnetwork.org





Healthy
Waldo County

www.healthywaldocounty.org

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SAVE A LIFE? Report a Youth Drinking Party in Waldo County

- **For a planned party or party in progress call 1-800-660-3398**
- For more information contact: Healthy Waldo County at 338-2200 ext 109
"Parents Who Host, Lose the Most" was developed by Drug-Free Action Alliance,
www.DrugFreeActionAlliance.org

What parents should know:

- **Social Hosting is providing and/or serving alcohol to a young person(s) under the age of 21 or providing a place for minors to consume alcohol**
- **It is unhealthy for anyone under age 21 to drink**
 - *Alcohol has negative effects on a teen's developing brain & critical thinking. Alcohol use in youth affects mood, memory, verbal skills and vocabulary
- **It is unsafe and illegal for teens to drink**
 - *Alcohol use is a major factor in all of the leading causes of death and injury among youth and young adults
 - *Alcohol use has been strongly linked with assaults, vandalism and other criminal mischief, date rape, unplanned and/or unprotected sex, and depression

It is illegal to host or allow underage drinking parties at your home or camp

- *You cannot give alcohol to an underage youth, under any circumstance, even in your own home, even with their parent's permission
- *The law allows a parent or guardian to provide alcohol to their own minor child in a "reasonable amount" but the parent must be present when that alcohol is consumed. Parents cannot give permission to another adult to supervise a youth drinking party where their child may be present.

Legal Consequences:

- **Teens can be summonsed to court for possession of alcohol**
 - *A fine of \$200 up to \$400 could be adjudged
- **You can be arrested, sentenced and fined if you allow minors to consume alcohol at your home or camp**
 - *Up to one year in jail can result
 - *Possible penalties of up to \$2000 in fines can result for furnishing alcohol to minors
- **You can be arrested and charged with a felony if someone is injured or killed as a result of the alcohol you supplied**
- **You can be sued if a minor's drinking results in a death or serious injury to any person**
 - *Another adult can sue you for expenses related to any injuries, alcohol poisoning, sexual assaults or property damage that occur
 - *Your homeowner's insurance policy may not provide adequate protection when serious injury occurs
 - *Your homeowner's insurance costs may increase

Things you can do as a parent:

- Show you care enormously about the choices your children make about drugs and alcohol.
- Help your child develop tools they can use to get out of alcohol or drug related situations (Let them know that that they can use you as an excuse: "My Mom would kill me if I drank a beer").
- Emphasize your child(ren)'s positive choices & decisions, instead of focusing on what is wrong
- Compliment youth on all of their efforts, strength of their character and their individuality.
- Get to know your child's friends and parent's check-in with other parents to be sure that they share your views on alcohol and other drugs.
- Refuse to supply alcohol to anyone under age 21.
- Know where your alcohol is and how much you have to limit your teen's access to alcohol.
- Establish rules and consequences with your teen about underage alcohol consumption.