

# McLean County Health Council Newsletter

Jennifer Tucker  
Health Council Facilitator

June 2010

With warm weather and the beginning of Summer break for the schools, naturally our minds turn to physical activity such as ballgames and swimming. On the last day of school, I sat down with the kids for them to make a wish list for their vacation. After the usual requests like go to a water park and get a bigger pool, it was refreshing to hear "go for a bike ride". By the time that school starts, I hope we have enjoyed many rides, but I know we must plan for them. Time gets away so quickly. This newsletter is chalked full of ideas for physical activity such as the Longest Day of Play & the Green River 5K. We are so blessed to have these opportunities right here in our county!

*Jennifer*

## **Health Council Update**

The next meeting is Mon. June 21<sup>st</sup> at 12noon at the Cooperative Extension Service. Please call 302-4808 by June 17th for the lunch count.

## **Green River 16<sup>th</sup> Annual**

### **5K Race & Walk**

The Green River 5K will be held on July 24<sup>th</sup> at 7am. Registration and the Starting line will be at Calhoun Elementary School. The entry fee is \$10 with the late fee being \$12. There will be trophies and even a \$100 cash door prize.

New this year will be registration for K-5<sup>th</sup> grade. The entry fee is \$5 per child with deadline being July1st. Free T-shirt included! The Mclean County elementary school with the highest percentage of registered students according to school enrollment can win \$500 to go towards physical education equipment. Each school participating must have at least 10 students to be eligible for \$500.

Parent/Guardian may walk with the child free with no eligibility for prizes of any kind, or pay \$5 entry fee and receive free t-shirt or pay \$10 and be eligible for all prizes. Call Nancy Dant at 273-3273 to obtain a registration form.

## **Longest Day of Play**

Do you need some fun physical activity for the whole family? Look no further! For the third year, the Longest Day of Play, will be offered right here in McLean County, as a collaborative effort of many community agencies. Join families across the nation, as the longest day of

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the year is celebrated. This year, it will be held on Sunday, June 27<sup>th</sup> from 1pm-4pm at Myer Creek Park. Free food and drinks will be provided. Door prizes include two bicycles! Do not forget to wear your play clothes and shoes, and be prepared to get wet! For questions, to reserve a space, or sign up to volunteer, call Amber Meeks, McLean County Cooperative Extension Agent at 273-3690 or Beth Mitchell, McLean County Community Education Director at 273-0065.

[www.DrinkWaterFirst.com](http://www.DrinkWaterFirst.com)

WaterFirst is a project of the Tweens Nutrition & Fitness Coalition of Lexington. This website gives many tips to make it easy to drink water. My favorites were:

1. Look in your refrigerator and see what is most convenient to drink.
2. Keep water in the front of the refrigerator.

The website also provides a drink calculator to show how much sugar and caffeine are in drinks. It also has a section specifically for kids to help them with this healthy habit.

## **Stroke Awareness Success!**

Thank you to the Green River District Health Department for providing funding and materials for National Stroke Awareness Month activities. Educational DVDs were distributed to each school and posters were displayed for Election Day and the Battle of Sacramento. Over 60

guests were treated to a lunch and learn on May 28<sup>th</sup> at the Livermore Senior Center. Kathy Adkins, Rehab Manager for PeopleFirst, was the guest speaker at the luncheon. Thanks to everyone who planned and donated items to offer this luncheon!

## **Best Bones Forever**

Check out [www.bestbonesforever.gov](http://www.bestbonesforever.gov) to learn about the National Bone Health Campaign aimed at helping girls ages 9-14 and their parents understand that now is the time to build strong bones for life. Of particular interest are the Calcium Calculator and recipe ideas. Nine of Ten girls are not getting the calcium they need. They need daily:

- 1300 milligrams of calcium
- 200 international units of Vitamin D
- 60 minutes of Physical Activity

## **U of L/Kentucky Cancer Program Mobile Mammography Unit**

Free to those who qualify.

Insurance filed.

Transportation Available.

Mon. June 28<sup>th</sup> and Tues. June 29<sup>th</sup>

@ the McLean Co. Senior Center.

For Women 40+ who have not had a mammogram within past 12 months.

Call (270)314-0104 or (270)688-2113