



Drive Safe this St. Patrick's Day

Being a responsible driver is simple: if you are drinking this St. Patrick's Day, do not drive. Did you know there were 125 alcohol-related crashes reported in Ohio during the 2024 St. Patrick's Day weekend? Whether you are going out locally to celebrate the holiday with friends, or attending a neighbor's potluck, the message is still the same: *Buzzed Driving is Drunk Driving*.

The National Highway Traffic Safety Administration (NHTSA) and the Medina County Safe Communities Coalition urge you to join their safety initiative and understand the importance of sober driving. Even a small amount of alcohol can affect driving ability.

"Embracing St. Patrick's Day and its traditions is one thing; engaging in the deadly behavior that is drinking and driving is another. Feeling buzzed and getting behind the wheel puts lives at risk," reminds Lieutenant Bridget Matt, Medina Post Commander for OHSP.

Plan Ahead for a Safe Celebration:

- Before you have a single drink, designate a sober driver or plan a safe ride home.
- If you are the designated driver, take it seriously and don't drink.
- If you are the host of a party, ensure guests leave with a sober driver.
- If you see a drunk driver on the road, contact local law enforcement or dial #677.
- If you have a friend who is about to drink and drive, take their keys away and get them a safe, sober ride home.

Drunk Driving | NHSTA



Spring Forward into Spring Cleaning

Out with the old and in with the new – Daylight Saving Time is finally here on March 9, 2025! There is no better time to start your spring cleaning, as it can be good for your overall health.

What are the health benefits associated with cleaning?

Cleaning can get you physically moving and can help with your mood. Keeping your space neat and clean can contribute to better focus and motivation. An organized home can help you feel in control. Decluttering gives you a sense of peace and relief.

As you're cleaning and changing your clocks, remember to change your smoke

detector battery. It may also be time to get rid of no longer needed items taking up space around the house.

Unsure of what to do with no longer needed medication?

Most prescription drugs should NOT be flushed down the toilet or drains for disposal. Instead, take unused, unneeded, or expired prescription drugs to a dump location in Medina County. Simply take the medication to one of the various locations and it will be safely destroyed, no questions asked. Visit our website for [disposal locations and for information on other ways](#) to dispose of medications at home.

How can you properly dispose of hazardous waste?

Household hazardous waste may pose a threat to the health of people and/or the environment. Instead, you can take chemicals such as acids, aerosols, antifreeze, bleach, disinfectants, and paint to [Recycle Medina County](#). You can take solid items such as appliances, propane tanks, and tires to the Specialty Waste area. Carefully review the accepted hazardous and specialty waste materials [resource](#) for a complete list of items.

Prescription Drug Disposal | MCHD

Recycle Medina County



International Women's Day- March 8, 2025

This International Women's Day, we recognize the importance of women's

health. As a health department, we hope to give women's health the attention it deserves as we celebrate the achievements of women globally on this day. Health gaps do exist for women when looking at health outcomes and access to healthcare nationwide. Women of different racial, ethnic, and socioeconomic backgrounds can be directly impacted.

"These gaps manifest in various ways, including differences in life expectancy, maternal mortality, access to preventive care, and the prevalence of certain diseases."

A woman's health is also influenced by the [social determinants of health](#), such as employment, social support, income, and housing. Our 2024 Community Health Improvement Plan explains how we are working to address many of these health gaps here in Medina County.

It is important to recognize community partners and organizations making strides to understand the data and prioritize county health needs. Our Health Center also specializes in Women's health. Our Women's Health Nurse Practitioner can see and help women of all ages. Call us at 330-723-9688, option 1 for an appointment.

Public health works best when we all work together to create a healthy community.

Community Health Assessment | Medina County

Community Health Improvement Plan | Medina County

EMPLOYEE SPOTLIGHT



Lisa Vealey

Registered Environmental Health Specialist

HOW LONG HAVE YOU BEEN AT THE HEALTH DEPARTMENT?

13 years.

WHAT WAS YOUR POSITION BEFORE COMING TO MCHD?

Clerical Specialist at Wayne County Health Department before obtaining my bachelor's degree through The University of Findlay.

WHAT IS YOUR CURRENT ROLE AT THE HEALTH DEPARTMENT?

Registered Environmental Health Specialist. I am currently an inspector for the Food Program.

WHAT DO YOU LIKE ABOUT WORKING AT THE HEALTH DEPARTMENT?

No two days are the same and I am always learning new things. I like working with food operators to educate them on proper food handling. I feel it is important to protect residents of Medina County from foodborne illnesses.

WHAT DO YOU THINK WILL BE YOUR BIGGEST PROFESSIONAL CHALLENGE IN THE COMING YEAR?

Learning to work with a new computer program for our inspections that is to be launched in May.

WHAT DO YOU DO FOR FUN?

In my free time I enjoy traveling, going to concerts, walking my dog, and spending time with my husband.



Car Seat Checks and Installations

- Wednesday, March 12, 2025
- 2:00 pm to 5:30 pm
- Appointments are required. Call 330-723-9688, option 5, to schedule.
- Free and open to the public

Brunswick Senior Health & Wellness Expo

- Wednesday, March 26, 2025
- 9:30 am - 12:30 pm
- Free and open to the public

Upcoming Events

Healthy Recipe of the Month: High Protein Bagels



Ingredients:

- 1 cup plain Greek yogurt (can substitute with cottage cheese)
- 1 cup white whole wheat flour
- 1 teaspoon baking powder
- 1 large egg
- Seasoning of your choice (everything-bagel seasoning recommended)

* Self-rising flour already contains baking powder, so you're saving an ingredient.

Instructions:

- Preheat the oven to 350° F.
- In a large bowl, mix together the Greek yogurt, flour, and baking powder until a dough forms. You will have to switch over to using your hands halfway through to knead it gently, incorporating all flour, until you form one ball of dough.
- Divide the dough into 4 sections. Roll into 4 balls. Poke a hole through the middle of each ball of dough and form into a bagel shape. Place on a baking sheet.
- In a small bowl, mix together the egg with about 1/2 tablespoon of water to form an egg wash. Brush the egg wash on the bagels and sprinkle your favorite seasoning on top.
- Bake for 25 minutes until the top is golden, and the inside of the bagel is fully cooked. Let the bagel completely cool before slicing. Enjoy!

[Full Recipe](#)



The Medina County Health Department has protected your health since 1913 and has been nationally accredited since 2015. Services are partially supported by your property tax health levy. Equal opportunity provider.



Our mailing address is:

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For questions related to anything on this newsletter, please email Mike Metcalf at mmetcalf@medinahealth.org

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