

Kent COUNTY *Detail*

November/December 2008

Administration Department

Free Prescription Drug Card

Kent County Rx Card

Kent County Commissioners recently approved a prescription drug discount program offering savings to all County residents at participating pharmacies. Access to this free program is available to any resident of the County, regardless of age or income. Cards can be downloaded at www.accesskent.com/OnlineServices/rxcard. Just enter your name (e-mail address is optional) at the internet link provided and a printable membership card will be generated for you. Cards may also be obtained through local agencies and clinics affiliated with the Area Agency on Aging of West Michigan (616-988-5081). You may create, or obtain, as many cards as you need for members of your family. The card is pre-activated and can be used immediately.

Savings average 32 to 35 percent, with savings as high as 75 percent on some medications. Participating pharmacies include: Kmart, Meijer, Family Fare, Kay, CVS, and Walgreens, as well as local independent pharmacies. For a complete listing in Kent County, you can go to <http://unarxcard.com/index.php> and click on the pharmacy locator at the bottom of the page.

Department of Public Works

Much has been publicized about the upcoming digital TV transition scheduled for February 2009. For those who still have questions or need further information, this is a link that may be helpful: <https://www.dtv2009.gov/>.

For those who may have upgraded to newer technology and have outdated

televisions to dispose of, there are several Kent County sites listed below that will accept TVs as well as other electronic equipment. It is always a good idea to call ahead to verify what items will be accepted.

Materials Recycling Facility

Department of Public Works
322 Bartlett SW
Grand Rapids, MI 49503
Phone: (616) 336-4360

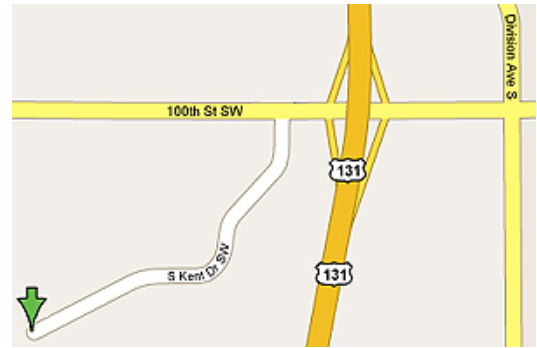
Operating hours are:
Monday – Friday
8:00 a.m. – 4:30 p.m.
Closed Sunday & holidays



South Kent Landfill

300 100th St. SW
Byron Center, MI 49315
Phone: (616) 877-4092

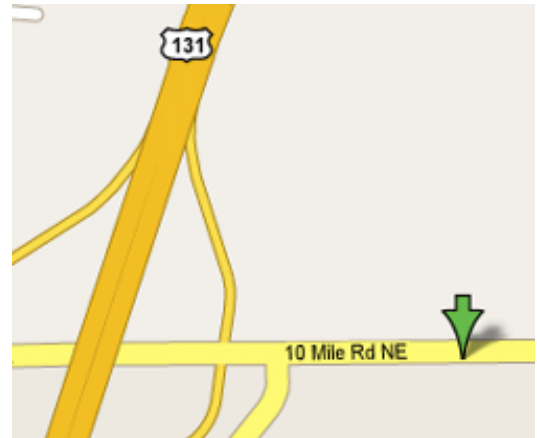
Operating Hours:
Monday – Friday 7:30 a.m. - 5:00 p.m.
Saturday 7:30 a.m. - 3:30 p.m.
Closed Sunday & holidays



North Kent Transfer Station

2908 Ten Mile Rd.
Rockford, MI 49341
Phone: (616) 866-5070

Operating Hours:
Monday – Saturday 7:30 a.m. - 5:00 p.m.
Closed Sunday & holidays



Cooperative Extension

Would you like to save more? Are you struggling with debt? Want to stop living paycheck to paycheck? Or would you simply like to be smarter about money? Michigan State University/Kent County Extension can help.

The Kent County Extension Office offers a 10 hour Money Management course called **“Dollar Sense...Everyone Can Use Some.”** Taught in a fun and non-judgmental manner, this course can help you take control of your money and get more of the things you really need and want with the money you already have.

The class is taught in five (5) two-hour classes at the Extension office, 775 Ball Ave. NE, from 6:30 to 8:30 in the evening. The course is open to the public at a cost of only \$5 per person, which makes it the best deal in town...with the possible exception of the Meijer penny horse! **For more information including dates of the next course, or to register (pre-registration is required), call Dave Treul at 336-3212.**

Health Department

Health Notes

A Service of the Kent County Health Department



December 2008: Holiday stress-busters

The frenetic pace of life surrounding the holidays means time and money woes, which can lead to an abundance of that sensation felt all-too-often by Americans: **stress**.

Increased stress increases productivity, according to the New York-based American Institute of Stress, but only up to a point, after which things rapidly deteriorate. The American Psychological Association Help Center reports that one in five Americans are worried that holiday stress could affect their physical health and 36 percent say they either eat or drink alcohol to cope with holiday stress. This year, take healthy steps to prevent and manage stress before it gets the best of you!

- **Get your Zs:** Stress can cause insomnia, and lack of sleep can increase anxiety and stress, causing a vicious cycle. According to the National Sleep Foundation, seven to nine hours of restful, uninterrupted sleep is important during times of high stress and anxiety. If that's not a reality for you, make little goals to increase sleep, and ask for help from family and friends to make it happen.
- **Seek comic relief:** Laughter and positive emotions release chemicals that act to undo the cardiovascular effects of negative emotions and help our bodies unwind. The Mayo Clinic reports that, among other benefits, laughter helps people relax.
- **Move more:** Exercising at least three times a week has multiple stress management benefits. It helps our bodies process stress-related chemicals, reduces muscle tension, releases endorphins, helps us stay fitter and healthier, and improves our sleep. According to the nonprofit Headington Institute, which provides support for caregivers worldwide, this is one of the single most effective stress management strategies.
- **Do something:** Relaxation techniques such as meditation can undo the muscular and cardiovascular effects of negative emotions and help our bodies relax, while repetitive activities such as cross-stitching, walking, drawing, and cooking can function as a form of moving meditation.
- **Watch your wallet:** In tough economic times some people are more likely to relieve stress by turning to unhealthy activities like smoking, drinking, or emotional eating. The strain can lead to more conflict and arguments between partners. Be alert to these behaviors and consider seeking help from a mental health professional before the problem gets worse. Challenging times are opportunities for real growth, offering the chance to take stock of your current situation and make needed changes. Ask for professional support. Credit counseling services and financial planners are available to help you take control over your money situation.

By eliminating unnecessary stressors and managing existing ones in a productive manner, you will make this holiday season a little happier for you and those around you.

Editorial questions or submissions: Melanie Grooters, County Detail Editor
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