

Cooperative Extension

MSU Lunch-n-Learn

On the 4th Tuesday of every month MSUE hosts a lunch and learn series that presents a single nutrition topic to members of the community who serve food-stamp-eligible individuals. This series is meant to be a "train the trainer" session. These sessions are designed for professionals, paraprofessionals, and volunteers who would like to be able to share sound nutrition information with their clients, but do not have the time or resource to do their own research and materials development.

Past topics have included Food Safety; Vitamins and Minerals; Protein, Fat and Carbohydrates; Understanding the Food Guide Pyramid; Helping People Get the Food That They Need; and Hunger, Obesity and Malnutrition. We are always looking for topics for future presentations and encourage community members to make suggestions.

We meet from 12-1 at MSUE @ 775 Ball NE. Save the date and bring your lunch and learn more about the topic of the month. Normally you will receive a handout that can be duplicated and used with your clients, a short article that can be included in your agency's newsletter, and a short PowerPoint presentation that you may use in your teaching. All materials will be provided in an electronic format - no papers to keep up with, easy to reproduce. Just email Monica at smit1159@msu.edu to reserve your space at the next lunch and learn!

**Michigan State University Alumni Lifelong Education
Spring 2009 Evening College in Grand Rapids**

Route 66: A Tour of Roadside America

The mid-20th century witnessed the development of the great American traveling experience. When the earlier development of the automobile met a newly expanding network of roads, traveling by car became an integral part of the American experience. Nowhere was this more evident than on Route 66, the “mother road,” which traveled from Chicago to Los Angeles. From quirky roadside attractions to the outlandish architecture of motor-courts, restaurants, and tourist traps, you will be given an opportunity to follow the evolution of Route 66 into an American icon.

Wednesdays, beginning April 8, 7–9 p.m.

Kent County Extension Building

775 Ball NE, Grand Rapids

(next door to the Kent County Sheriff’s Department)

3 sessions, \$39

Instructor: Bradley Payne, Evening College Lecturer

Sunday Afternoon Conversations: The Savvy Traveler

For new travelers as well as seasoned veterans—join experienced world traveler and travel host Judy McQueen for an afternoon of timely tips and new travel updates to assist you in planning your next trip. Topics will include where to travel, when to travel and how to get the best rates, how to get the most from “frequent flyer” awards, how to select airline seats, what to pack, how to curb jet-lag, how much money to carry, how to avoid extra costs of single supplements, how to decide if a cruise is right for you, and what to do when you arrive at your destination. You will also learn about health issues, safety measures, and tips for women traveling alone. This course is for both business and leisure travelers.

Sunday, April 26, 1:15–4:15 p.m.

Kent County Extension Building

775 Ball NE, Grand Rapids

(next door to the Kent County Sheriff’s Department)

1 session, \$35

Instructor: Judy McQueen, Evening College Lecturer

**To register contact Brenda Haynes, 517-355-4562 or
eveningcollege@msualum.com**

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Health Department

Health Notes

A Service of the Kent County Health Department

October 2008: Don't Wait...Vaccinate!

There are a lot of things to look forward to as we head into cooler weather, from leaves changing colors to football games to hot cider. But to everything, there is a season and the Fall marks the beginning of something that no one particularly enjoys: the flu. The respiratory illness marked by coughing, sore throat, fever, body aches, runny nose, and headache interrupts lives and causes a lot of misery.



Last season, the flu reached its peak in February in Kent County, but in general, flu season runs from October to May. This month, we will begin to see an increase in flu shot clinics in the community. Getting vaccinated can be well worth the time and cost. The flu vaccination is the single best way to prevent getting the flu, and in years when the vaccine is well-matched to the circulating strain, it is 70-90 percent effective in preventing illness. In years when the vaccine is less well-matched, it still provides a level of protection and can make symptoms milder and reduce duration of the flu for those who do become sick.

This year, for the first time, the Centers for Disease Control and Prevention (CDC) recommend that all children ages 6 months to 18 years be vaccinated for influenza. The recommendation used to apply to kids from 6 months to 5 years. The change was provoked by a Harvard study that found neighborhoods with higher numbers of children meant that everyone – including adults – became sicker, sooner, in the flu season. In other words, kids are vehicles for the germs.

In general, anyone wanting to avoid getting sick this season could benefit from the shot, but it is recommended strongly that children, people over the age of 50, and those with certain medical conditions get the shot because of their likelihood of becoming seriously ill from or spreading the flu.

The flu vaccination is available in both a shot and a mist that is inhaled. Providers can explain the differences and help patients determine what is right for them. Contrary to rumor, the influenza vaccination cannot cause the flu. Rarely, people who received the vaccination reported symptoms like chills or runny nose, but symptoms tend to go away on their own. (This is nothing, compared to getting the flu!) People who have had allergic reactions to the flu in the past or who are allergic to eggs may not be good candidates for the shot.

While frequent **hand washing**, avoiding **touching the face**, and **avoiding close contact with sick people** can also aid in circumventing the flu, **these measures are not as effective alone as getting vaccinated.**

Talk to your doctor about whether or not the flu shot is right for you. For more information about flu shot clinics in your area, call the Spectrum Health Visiting Nurse Association at (616) 486-3900. For information about free or reduced-cost flu shots for children 18 and under, call the Kent County Health Department at (616) 632-7100.

Editorial questions or submissions: Melanie Grooters, County Detail Editor
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