

Why Should Children Have Health Screenings?

Health screenings benefit the overall health of children. It is through checkups and tests that potential health problems can be identified. Early detection can give your child an added advantage if corrective measures are needed and started sooner.

Height and Weight:

Your child's height and weight will be measured at each visit to your child's doctor. The measurements will be plotted on a growth chart to see how your child compares to other children of the same age. The chart will show your child's growth pattern and will alert the physician to any issues with your child's growth.

Lead Screening:

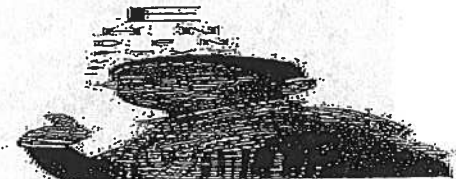
Lead can harm your child, slowing physical and mental growth and damaging many parts of the body. The most common way children get lead poisoning is by being around old house paint that is chipping or peeling. Some authorities recommend lead tests at age 1 and 2 years. If you can answer "yes" to any of the questions below, your child may need lead tests early and more often than other children.

- Has your child lived in or regularly visited a house built before 1950?
- Lived in or regularly visited a house built before 1978 (the year lead-based paint was banned for residential use) with recent, ongoing, or planned renovation or remodeling?
- Had a brother or sister, housemate, or playmate followed or treated for lead poisoning?

Vision Screening:

All children should have their vision tested before starting school or around 4 years old, unless they exhibit any of the vision warning signs listed below. Be sure to tell your health care provider if you notice any of these vision warning signs:

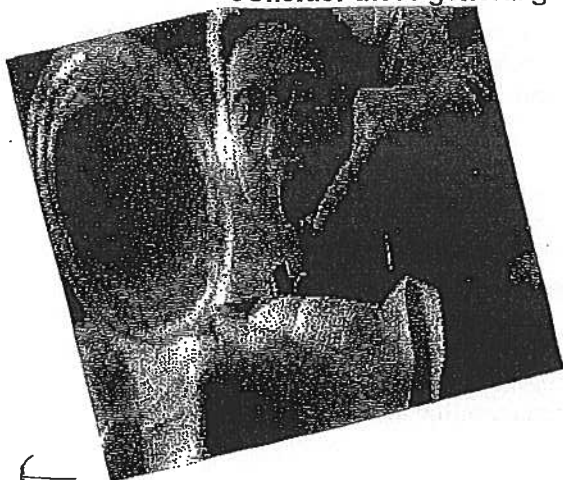
- eyes turning inward/outward (crossing)
- squinting
- headaches
- blurring or double vision



Dental Screening:

Regular dental exams help protect your child's oral health. Dental exams give your child's dentist a chance to provide tips on caring for your child's teeth, as well as detect any problems early, when they are most treatable.

Consider these general guidelines for dental exams:



Ages 6 months to 1 year:

The American Academy of Pediatric Dentistry and the American Dental Association recommend scheduling a child's first dental exam after the first tooth erupts and no later than his or her first birthday. Also expect your baby's teeth and gums to be examined at well-baby checkups.

Toddlers, preschoolers, school-age children and adolescents:

The American Academy of Pediatric Dentistry recommends scheduling dental checkups every six months. The dentist might recommend more-frequent visits if your child is at high risk of tooth decay or has other dental or oral health concerns

Hearing Screening:

In the first few years of life, hearing is a critical part of your child's social, emotional, and cognitive development. Your newborn should have a hearing screening before being discharged from the hospital. Even a mild or partial hearing loss can affect a child's ability to speak and understand language. Children who seem to have normal hearing should continue to have their hearing evaluated at regular doctors' appointments.

Be sure to tell your health care provider if you notice any of these hearing warning signs:

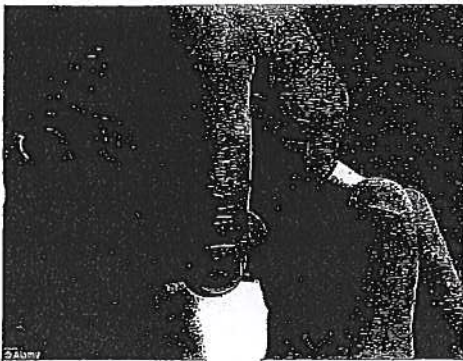
- poor response to noise or voice
- slow language and speech development
- abnormal sounding speech



Hemoglobin:

Screening for anemia (by a hemoglobin blood test) should also be considered. Anemia is having less than the normal number of red blood cells or less hemoglobin than normal blood. Anemia can cause a variety of complications, including fatigue and stress on bodily organs.

Many people develop iron-deficiency anemia but don't have any signs and symptoms because the body's iron supply is depleted slowly. Children become at risk once they stop breast feeding or using iron enriched formulas. Teens, especially females, are more at risk as their bodies develop rapidly.



As anemia progresses, some of these symptoms may appear:

- fatigue and weakness
- pale skin and mucous membranes
- rapid heartbeat or a new heart murmur
- irritability
- decreased appetite
- dizziness or a feeling of being lightheaded

Sickle Cell Disease (SCD):

Sickle Cell Disease is an inherited blood disorder that results in chronic health problems. It is most common among African Americans and Hispanics. People with sickle cell disease have abnormal hemoglobin.

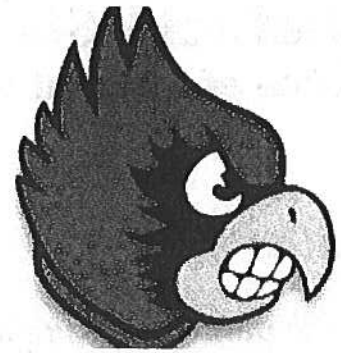
Hemoglobin is the protein in red blood cells that carries oxygen from the lungs to the rest of the body. Abnormal, or sickle-shaped, hemoglobin cannot deliver enough oxygen to the rest of the body. This causes episodes of pain. Over time, the lack of oxygen damages the organs, especially the spleen, brain, lungs and kidneys. Sickle cell disease also causes anemia, or a low number of red blood cells.

Newborn screening for SCD is now done in all states. A blood spot from a prick on a baby's heel is used to screen for a number of different genetic conditions. The initial newborn screening test determines the amount of normal hemoglobin in the blood spot. If too little normal hemoglobin is found on the initial newborn screening, another test is performed. If the second test is also abnormal, the parents are notified and the child referred to a specialist for an evaluation.

When your child is around six weeks old, s/he will need to have a confirmatory test performed on a second blood sample. If test results are still unclear, genetic testing may need to be performed on another blood sample. It is important to complete blood tests at the different points in time recommended by your doctor because the body produces different types of hemoglobin in infancy and adulthood.

**For additional information about health screenings,
please contact your child's physician or the Lorain City Health
Department at 440-204-2300!**

Brookside
SECOND HARVEST
SCHOOL
PANTRY



Sheffield-Sheffield Lake City Schools
Mobile Food Pantry Distributions
Brookside High School

(1662 Harris Rd. in Sheffield Village- enter through the southernmost driveway)

3rd Wednesday of each Month

4:30-6:00 PM

September 15, 2021

October 20, 2021

November 17, 2021

December 15, 2021

January 19, 2022

February 16, 2022

March 16, 2022

April 20, 2022

May 18, 2022

June 15, 2022

July 20, 2022

Open to any resident of the State of Ohio who is in need (income eligibility is self-declaration; no documentation required at registration).

For additional information, please see the reverse side for FAQ or contact the Office of Student Services at outreach@sslcs.org

FOOD PANTRY- Frequently Asked Questions (FAQ)

Is the pantry only available to residents of Sheffield or Sheffield Lake?

No. While the target population is within this geographic area, this distribution is open to any resident of the State of Ohio.

Do you have to have kids within the schools in order to participate?

No. This food pantry is open to the entire community for those in need, regardless of whether they have kids who attend the Sheffield Schools.

Do I need to bring a pay stub or proof of income?

No. This pantry is available for any household in need. Proof of income or documentation is not required.

What do I need to do on the day of the pantry?

Please make sure the trunk of your vehicle is empty, clean, and ready to load. If your trunk is not empty, you will be asked to leave and empty your trunk. Second Harvest is incorporating social distancing and "No Touch" practices to keep your families and our communities safe. Please follow directions of the police, school staff, and/or national guard.

Are there limits on how many items that can be taken?

This distribution currently consists of pre-packed boxes and there will be some additional extra items (meat, eggs, vegetables, produce, dairy, hygiene products depending on availability).

I want to participate, but I am unable to attend during the allotted time OR I am not feeling well. Is there anything I can do?

Yes. You are able to designate a proxy (someone who is able to pick-up items on your behalf). The person who is unable to attend (elderly, shut-in, or those with scheduling or mobility issues) should fill out the "Eligibility to Take Food Home Form-Letter of Proxy." Contact the office of student services if you need a form.

What should I do if I have additional questions?

Please contact the office of student services by emailing: outreach@sslcs.org

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United Way of Greater Lorain County – Call 2-1-1

What is the Web site?

<http://www.211lorain.org/>

What is United Way of Greater Lorain County First Call for Help?

Every day in Lorain County, someone is in need of essential services - from finding substance abuse treatment to securing food for their family. Faced with these problems, people often don't know where to turn. In many cases, people end up going without these necessary and readily available services because they don't know where to start. United Way of Greater Lorain County 211 assists over 10,000 callers in finding services to meet their needs each year.

What is 2-1-1?

2-1-1 is an easy to remember phone number that connects individuals with resources in the community. 2-1-1 provides individuals with information about and referrals to human services for every day needs and can also help them in crisis situations. 2-1-1 is a central number to call when individuals and families need services, or when they want to make a meaningful contribution of time or goods.

Is 2-1-1 free?

Yes! All 2-1-1 services are absolutely free.

Is 2-1-1 always available?

Yes! Our 2-1-1 program is available 24 hours a day, 7 days a week. As a result, people can find available help whenever the need arises.

Is my call confidential?

Yes! Your call is completely confidential. Our staff will ask for basic information including age and zip code in order to provide an appropriate referral.

Is 2-1-1 available in other locations?

As of 2013, over 90% of the United States population has access to 2-1-1. Visit www.211.org to search for 2-1-1 Information and Referral services in other communities.

Inclusion/Exclusion Criteria

It is the function of United Way of Greater Lorain County 211 to provide information about and referrals to a broad range of human service agencies throughout the Lorain County area. It is the intent of the program to provide as much information as possible to individuals who call to enable them to make informed decisions about which of the available resources may best meet their needs. While we strive to give the most accurate and appropriate information and/or referrals possible,

United Way of Greater Lorain County 211 is not responsible for the quality of service delivered by any agency to which a caller is referred. 211 Staff refer to available agencies; they do not recommend one over another.

It shall be United Way of Greater Lorain County 211's practice to maintain as comprehensive a file as possible of agencies and programs whose services are directed toward the solution of human problems. To view our Inclusion/Exclusion Criteria, [click here](#).

Need more information? Dial 2-1-1 or call 1-800-275-6106

Lorain County Health and Dentistry

Providing hope to all patients and contributing to a healthier community.

LCH&D provides high-quality, affordable medical and dental care to members of the entire family.

LCH&D follows Federal Poverty Guidelines and discounts fees for those who do not have health insurance or qualify for Medicaid. As a federal Health Center, LCH&D must charge a fee for uninsured patients who qualify for a full (100%) discount. In medical clinics, the fee is \$20/visit while in dentistry it is \$25/visit.

LCH&D services include pediatrics, prenatal care, gynecology (women's health care), family/adult medicine, asthma/allergy care, podiatry (foot care) and general dentistry. Enabling services are also provided, including transportation, outreach, translation and interpretation, and assistance with prescriptions. Common diagnoses of LCH&D patients include Diabetes, Hypertension, Heart Disease, Asthma and Tooth Decay.

In pediatrics, LCH&D provides well child exams and immunizations, school and sports physicals, and gently cares for sick infants and children. While appointments are encouraged, LCH&D offers daily "open access" in pediatrics for sick children; sign-in between 12:20 - 12:50 and your child will be seen by 2:30 pm.

LCH&D is Lorain County's provider of treatment for Sexually Transmitted Diseases. There is a fee for this service, and LCH&D will bill insurance companies for insured patients. Patients who qualify may receive lab and pharmacy services at no cost through a program with the State.

The Health Center's 8-operator dental clinic is in an inviting, modern and cheerful atmosphere where professional staff members use the latest equipment and technologies to provide hygiene, restorative and emergency care.

Medical Services

- Adult Medicine. For patients ages 19 and older. Located at 3745 Grove Avenue. Same day sick appointments available. Call first.
- Pediatrics (child and adolescent). In pediatrics, LCH&D provides well child exams and immunizations, school and sports physicals, and gently cares for sick infants and children. While appointments are encouraged, LCH&D offers daily "open access" in pediatrics for sick children; walk-in, sign-in between 12:20 - 12:50 and your child will be seen by 2:30 pm.
- OB/GYN. For girls (age 12 and older) and women. Located at 1800 Livingston Avenue. Women's health and prenatal care.
- Asthma/Allergy. For patients of all ages. Located at 1800 Livingston Avenue.
- Podiatry. For patients of all ages. Located at 3745 Grove Avenue. LCH&D encourages diabetic patients to see the foot doctor at least once each year.
- Confidential treatment for sexually transmitted diseases. Located at both sites. Urgent appointments are available. Call 440-240-1655 to schedule.

Dental Services

The Health Center's 8-operator dental clinic is an inviting, modern and comfortable environment where professional staff members use the latest equipment and technologies to provide hygiene, restorative and emergency dental care.

- Cleanings & Hygiene
- Radiographs
- Fluoride Treatment
- Sealants
- Oral Cancer Screenings
- Fillings, Amalgams & Composites
- Extractions
- Examinations
- Assistance with financial and charity applications
- Referral services for specialists and medical testing
- Assistance with prescriptions

We offer evening hours on Wednesdays until 7:00 pm. Appointments are required for evening care and can be made by calling (440) 240-1655.