



Team Bladen

March 2020

The Census is Coming: Bladen Be Counted April 2020

What do you need to know about the upcoming census?



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- Households will begin receiving official census mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.
- April 1st is the official census day, but you can begin self-response on March 12.
- The census counts every person living in the United States once, only once, and in the right place. Please be sure you count all individuals in your household no matter what their age and that they are counted at their primary place of residence.
- Your data is confidential and is protected by federal law.
- The census is used to distribute federal funding and your participation in the census helps ensure that adequate funding is provided for our area to be used for programs such as Head Start, Medicaid, Highway Planning & Construction, SNAP, Medicare Part B, and the Federal Pell Grant Program. (This is not an all-inclusive list.)
- The results of the census are also used to re-determine how many seats each state gets in the House of Representatives, and it also affects state and congressional districts and the results are used for community planning purposes.
- If you get your census information submitted early, you are less likely to have a census worker visit your house in person.
- You can help! Please encourage your family and friends to complete the 2020 census!

Contact the Editor

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Med Instead of Meds

Did you know that 2/3 of chronic diseases (such as diabetes and heart disease) can be prevented by lifestyle changes, specifically diet and exercise?

Did you know that eating the Mediterranean way can help prevent chronic disease, as well as, protect against cognitive decline by protecting blood vessels in the brain?

Several staff, students, and community members at Bladen Community College have committed to learning more about the health benefits surrounding the Mediterranean-style eating pattern and the long-term benefits that it can provide through the Med Instead of Meds Program series provided by Bladen County's NC Cooperative Extension. The program series explores the 7 simple steps to eating the Mediterranean Way and provides an opportunity to try a few delicious recipes along the way!

One of the steps focuses on eating more fruits and vegetables. To help boost your fruit and vegetable consumption give this Med Way “Fruit Chaad” a try!

Ingredients:

- 2 medium bananas, peeled and sliced
- 1 medium apple, chopped into small pieces
- 1 mango, peeled and cut into small cubes
- 1 cup halved red grapes
- 1 medium sweet potato
- 1 – 2 limes (or lime juice)
- ½ teaspoon salt (adjust to taste)
- ½ teaspoon red chili powder (adjust to taste)
- ¼ teaspoon black pepper (adjust to taste)



Directions:

1. Poke holes in the sweet potato and microwave for 5-8 minutes, rotating half way through. Allow to cool, peel and cut into small cubes.
2. Combine banana, apple, mango, grapes, and sweet potato in a big mixing bowl.
3. Squeeze juice from limes into mixture and toss.
4. Mix in the salt, chili powder, and black pepper.

For more detailed information about the Med Way of eating and recipe ideas visit medinsteadofmeds.com. If you are interested in participating in a Med Instead of Meds Program series (6 sessions), contact Krista Johnson at 910-862-4591 or krista_johnson@ncsu.edu.

Prevention of the Coronavirus Disease 2019 (from the CDC)

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see [CDC's Handwashing](#) website

For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)

These are everyday habits that can help prevent the spread of several viruses. CDC does have [specific guidance for travelers](#).



Bladen County Health and Human Services Went Red on Friday February 7th to raise awareness about heart disease and stroke because 1 out of every 3 women will die of heart disease and stroke this year.



DSS Ugly Christmas Sweater contest

Winners: tied for 1st place: LaShannon McDonald, Child Support
Anna Penny, Adult Medicaid

Pictured left to right: Amanda Sykes, Carla Smith, Sabrina Bedsole, LaShannon McDonald, Anna Penny, Vanessa Sanchez, Jill Sampson, Lorrie Ryley

THANK you for your recent participation in our United Way Combined Giving Campaign. We had #27 people turn in a pledge card for the \$2 Challenge drawing and a few more submit pledge cards for other amounts! Additionally, we know that some of you have been long time supporters of United Way and continue to contribute with your payroll deductions. United Way of Bladen County exists to support Bladen's youth and families but we exist BECAUSE of support from you! Thank you!!!!

Special thanks to Kelsey Edwards and Sheila Berkeley for serving on our committee this year and Kelsey helped with the random number drawing.



WINNERS of the \$2 Challenge Drawing

- 1) Linda Clark - 30 minute massage donated by Elizabethtown Massage R&R
- 2) Chuck Heustess - Lunch at Giorgio's (\$10 gift card) donated by Giorgios Restaurant
- 3) Becky Spearman - Mary Kay Gift Items (\$23 value) donated by Stacie Kinlaw
- 4) Nathan Dowless - lunch at Arby's (coupon) donated by The Gas Mart, Inc./Campbell Oil
- 5) Shonteia Keaton - lunch at Arby's (coupon) donated by The Gas Mart, Inc/Campbell Oil

Thanks again for everyone's support!

Stacie Kinlaw

Spotlight on Library Resources: Mango



Mango Languages is available through the Bladen County Public Library via NCLive.org under language learning. You will need a BCPL library card and your pin number, which is generally the first four letters of your last name in all CAPS. Mango provides 24/7 access to over 70 world languages and more than 20 ESL courses through Mango Languages. Mango's practical, self-paced courses make it simple to brush up on that high school French, rekindle your lifelong dream of visiting Ireland, or simply build on your high school Spanish.

If you have any submissions for the next edition of *Team Bladen*, please submit them to kedwards@bladenco.org. The next edition will be released at the beginning of June 2020. All submissions are due by May 15, 2020.