

# Putnam County Health Department

Working Towards a Healthy and Safe Putnam County May 2026



## Health Promotion Division Updates

### The Ottawa Farmers Market

The Ottawa Farmers Market continues to grow thanks to teamwork between the Putnam County Health Department, community partners, market leaders, local vendors, Go Ottawa, and the Ottawa VFW. Their goal is to create a welcoming community gathering place. Residents can buy fresh, local food while supporting local farmers, producers, and small businesses.



The Ottawa Farmers Market will be open every Wednesday from 5:00 to 7:00 PM, starting June 3 through August 26, 2026. It will be held in the Ottawa VFW parking lot. In 2026, the market plans to expand its nutrition assistance options by accepting WIC, Senior Farmers Market Nutrition Program vouchers, and SNAP benefits, to help make healthy food more accessible. Come enjoy a welcoming, family-friendly market that supports both local vendors and residents.

To register, call the health department at 419-523-5608 or scan the QR code:



### Adolescent Health Resiliency

Youth mental health continues to be a concern of parents, adults, and the youth in Putnam County. Join us on June 24, 2026 at the Leipsic Community Center from 6:30 – 7:30 PM to learn how to more effectively support the adolescents in your life. From this FREE 1-hour session, adults will learn how life experiences affect teen behavior, growth, and health; understand how to respond to stress and trauma in helpful ways; and explore communication skills to better support and connect with young people.

## Environmental Health Division Updates

### Live Well With a Clean Well

Spring is a good time to check your well water. Keeping your well clean helps keep your family safe. Bacteria, including E. coli, can get into well water if the well has structural damage or other problems. This can make people sick. Young children, older adults, and people with weak immune systems are at higher risk. Cleaning your well once a year can help prevent these problems. Chlorinating your well is simple. You may only need about a gallon of white vinegar and as little as one cup of bleach. A clean well helps keep your home healthy.

For easy, step-by-step directions, visit [www.putnamhealth.com](http://www.putnamhealth.com) and go to the Environmental → Water section.



## Food Temperature Safety

Keeping food at the right temperature is very important to prevent foodborne illness. A simple rule to remember is: keep cold foods cold and hot foods hot. This helps protect people at home, at events, and in places that serve food. Harmful bacteria grow fastest between 41°F and 135°F, which is called the “danger zone.” When food stays in this range too long, bacteria like Salmonella, E. coli, and Listeria can grow and make people sick.

Cold foods should be kept at 41°F or lower. This includes foods like salads, cut fruit, milk, and deli meats. Your refrigerator should be set to 40°F or lower. When taking food to picnics or events, use coolers with ice or ice packs. Don't leave cold food out for more than 2 hours, or 1 hour if it's over 90°F outside. Hot foods should be kept at 135°F or higher. This includes foods like soup, meat, and casseroles. Use tools like slow cookers, warming trays, or chafing dishes to keep food hot. Cooking food to the right temperature is not enough—you also need to keep it hot until it's served.

Simple habits can make a big difference. Put leftovers in the fridge quickly, use the right equipment, and check food temperatures when you can. By keeping cold foods cold and hot foods hot, we can help keep everyone safe and healthy.

## Nursing Division Updates

### Tai Chi

Tai Chi is an evidence-based program for fall prevention. It is a slow, rhythmic, and graceful exercise that promotes overall well-being. Tai Chi can improve strength, flexibility, balance, and memory/focus. This is an 8-week session for 2 days per week. PCHD trained coach, Allison Rosebrock, is offering Tai Chi classes in Kalida beginning May 12 – July 2, 2026. Due to overwhelming demand, there are two sessions. If you are interested in being on a contact list for an upcoming session, please call the health department.

### A Matter of Balance

A Matter of Balance is another evidence-based program designed to reduce your fear of falling and help you increase your activity levels by promoting exercise to enhance balance, strength and flexibility. The program includes 8 sessions in a group setting facilitated by trained coaches. PCHD trained coaches include Dawn Schmenk and Allison Rosebrock. Dawn is facilitating a session this spring in Ottoville. Look for upcoming sessions and consider participating to better your health.

### Immunization

Vaccination is a safe, effective way to prevent infant, children, and adults from serious illness. Remember to get your Kindergarten, 7<sup>th</sup> grade, and 12<sup>th</sup> grade immunizations done before school starts in August. Call the health department to schedule an appointment today. Most major insurances are accepted.



**DID YOU KNOW?**

**Over 200 diseases can spread through food!**

