

Get Healthy Ottawa

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Ottawa County Prepared for Smoke-Free Law

The Ottawa County Health Department is confident that the transition to the new Smoke-Free Air Law will be smooth for local bars, restaurants and other food service establishments. The new law, signed into legislation on December 18, 2009, goes into effect on May 1st making Michigan the 38th state to join the smoke-free air movement. The health department will enforce the new law, along with the continued enforcement of the Ottawa County Smoke-Free Indoor Air Regulation implemented in January of 2008. The county regulation adds the prohibition of smoking within 25 feet of any non-food public or private establishment entrance, operable window and

ventilation system intake and in business vehicles.

Like other regulations and codes enforced by the Ottawa County Health Department, education, training and support is essential. Residents may request presentations or further information for their group or business by contacting Amy Oosterink, Tobacco Prevention Coordinator, at 616-393-5793. "We are looking forward to May 1st and expect that compliance among business owners in our community will be quite high," stated Amy Oosterink.

Local health departments have been charged with enforcing the new law. The Ottawa County Health Department, working with the Michigan Department of Community

Health, the Michigan Association for Local Public Health and other health departments, have established enforcement guidelines which will be used in Ottawa County and throughout the state. "Enforcement guidelines assure consistency in the interpretation and enforcement of the law," stated Adam London, Environmental Health Manager. "In Ottawa County, we enforce laws because we have a responsibility to protect our residents and visitors against public health threats-- whether it be second-hand smoke or a food-borne illness. We take this very seriously."

Information about both the Ottawa County and Michigan smoke-free laws is available at www.miOttawa.org/health.

Sheridan Park in Polkton Charter Township

The late Dr. Harold (Red) Sheridan, longtime local veterinarian and former Polkton Charter Township Board Trustee, donated 57 acres of land to Polkton Township in 2003 with the understanding that it would be used to establish Sheridan Park.



The *Building Healthy Communities Grant* from the

Michigan Department of Community Health is providing funding for a walking bridge and boardwalks to enhance the park's walking paths. Volunteers from the community have given many hours towards the project.

The park has many unique natural features, including both highland and lowland areas plus the added bonus of Deer Creek and Beaver Creek running through the entire length of the park.

The late Dr. Sheridan envisioned walking trails along the creeks, identification signs for the many unique plants, flowers and trees.



The township has established a Park Committee made up of volunteers from the community. The committee is developing a recreation plan and will continue to work towards accomplishing the wishes of Dr. Sheridan and with the goal of establishing a premier park in the township where residents can enjoy nature and physical activity.

Outdoor Discovery Center's Mission to Leave No Child Left Inside

No Family Left Inside

Pig Roast, complete with a delicious picnic prepared by Beechwood Inn Thursday, May 13, 2010!

In the last two decades, childhood has moved indoors. The average boy or girl spends just four to seven minutes outdoors every day. There is a growing concern of parents, educators, physicians and many others regarding the fact that children are not playing outside much anymore, not even in the back yard or the neighborhood park. Research indicates that this change in our relationship with nature has a profound effect on the physical, mental and spiritual health of our young people as well as their attitudes about the quality of their environment.

Utilizing greater Holland area neighborhood parks and green spaces near schools, the Outdoor Discovery Center (ODC) is promoting good health through outdoor nature activity. The No Child Left Inside project focuses on three areas for outdoor nature experiences: preschool educators and daycare providers; outdoor activity for preschool children in

their own neighborhoods; community awareness and promotion of the need for outdoor activity.



The festivities kick off on Thursday, May 13 at the annual No Family Left Inside Night & Pig Roast, complete with a delicious picnic prepared by Beechwood Inn. Sample a wide variety of exciting outdoor activities and learn what is available at the ODC and in our area including:

- Catch a fish in one of the ODC's ponds.
- Try kayaking.
- Test your skill with a bow and arrow.

- Take a hay ride along the ODC trails.
- Meet our newest birds of prey.
- Get acquainted with local frogs, toads, snakes and turtles.
- Walk the trails and look for signs of spring.
- Play in the Imagination Forest.

Plenty of other outdoor activities are planned throughout the year, including the Outdoor Adventure series of programs held at area parks. Activities will help families connect with the wildlife that exists at each park and the wildlife that exists in their neighborhood. Registration is encouraged to ensure that enough materials and supplies are available. For specific dates, times and locations call the ODC at (616) 393-9453 or visit their website at

www.outdoordiscoverycenter.org and click on the calendar for program dates, along with information on Family Nature Hours, Kayaking River Encounters and much more.

Save the Dates

Free Training "Capacity Building for a Healthy & Active Community"

The Ottawa County Wellness Coalition (OCWC) is offering a **free** training to provide pertinent information on building capacity and developing support for healthy and active communities.

Ryan Cotton, Manager of the Village of Spring Lake, will speak about the successes he has had building capacity locally for the Safe Routes to School Program, as well as his experiences with the Grand River Greenway. He will also discuss tips for communicating with local decision makers. OCWC Steering Committee members will also provide a summary of the group's recent efforts throughout the county. In addition, OCWC Action Team Members will be recognized for their service to the community.

The training will be held on Tuesday, May 25, 2010 from 9 - 11:30 a.m. at the Department of Human Services Building in Holland. Mark your calendar so that you don't miss this free training opportunity! More information to come soon.

State Capitol Tour

Mark your calendar now! This fall, the Ottawa County Wellness Coalition (OCWC) will be visiting Lansing for a tour of the state capitol. All OCWC Action Team and Steering Committee members are encouraged to attend this informative event to learn more about advocacy and the legislative process in Michigan! We will watch the Senate in session, meet with a legislator and his aides, and much more. We hope that you will join us! If you have any questions, contact Lisa at 616-393-5770.

Who: OCWC members

When: Thursday, September 23, 2010 at 9:30 a.m.

Where: State Capitol, Lansing Michigan (More information will be available at a later date regarding directions, parking, etc.) RSVP: Rita at 616-393-5772 or rhuron@miottawa.org.

Save The Dates

"Capacity Building for a Healthy and Active Community."

&

State Capitol Tour



Ottawa County
Wellness Coalition

Ottawa County Wellness Coalition
12251 James Street
Holland, MI 49424
Phone: 616 393-5770

The Ottawa County Wellness Coalition (OCWC) is a collaboration of local agencies, hospitals, businesses, schools, area residents and other organizations within the community working to address the issues of overweight/obesity and unhealthy lifestyles in Ottawa County.

Check out www.GetHealthyOttawa.org

Look for the “Ottawa County Wellness Coalition” on 

Search our Physical Activity Database for . . .

- Trails
- Bowling
- Baseball
- Skating
- Fishing
- Cross Country
- Basketball
- Parks
- Running
- Walking
- Soccer
- Dancing
- Biking
- Gyms
- Hiking
- Playground
- Nature
- Fitness
- Picnic
- and more!

Ottawa County Biking



Bicycle The Lakeshore

Stretching for 30 miles along the coast of Lake Michigan, Ottawa County’s extensive network of bike paths offer a wide range of cycling excursions. Routes include miles of shoreline, impressive sand dunes, quiet rural roads, woodlands, farms and unique area attractions. Whether you’re looking for a rigorous workout or a leisurely ride, Ottawa County has the perfect route for you.

Lakeshore Connector Path Between Grand Haven and Holland

This path runs for nearly 20 miles along the shoreline between downtown Grand Haven and Holland State Park, and is a favorite of bicycling enthusiasts. There are several beachfront parks along the way including Grand Haven State Park, Kirk Park, Tunnel Park and Holland State Park. Camping is available at both state parks; however reservations should be made well in advance (1-800-44 PARKS). Lake Michigan can also be accessed at James Street and Riley Street. This path is used for many forms of recreation during peak periods, so cyclists are urged to use caution.

Gearing Up In Grand Haven, Spring Lake and Ferrysburg

A recently constructed path along the US-31 bascule bridge also allows bicyclers to travel safely over the Grand River between Grand Haven, Ferrysburg and Spring Lake.

Musketawa Trail

The Musketawa Trail is a 26-mile linear park that runs from Marne in eastern Ottawa County to Muskegon. This 12-foot wide asphalt path is also popular with hikers and rollerbladers, so please use caution during busy periods.

Safety first

Please be aware that some routes included in the brochure include sidewalks or widened shoulders on busy roads that may not be appropriate for all riders. If you have questions about specific paths, please contact the Ottawa County Parks & Recreation Commission at 616-738-4810 or visit their website at:

www.miottawa.org/ParksVI/Parks/bro.htm