

# Seneca County General Health District Monthly Newsletter



JULY 7, 2023 | VOLUME 04

## SCGHD WELCOMES NEW HEALTH COMMISSIONER

The Seneca County Board of Health has selected the county's next health commissioner.

Julie Richards, MA, LSW, LPCC/S, was named Seneca County Health Commissioner during a regular board meeting in June. She replaces interim health commissioner Laura Wallrabenstein and will assume the role July 31. Richards is a Tiffin resident and currently serves as the deputy director of NAMI Northwest Ohio. She previously served as the Director of Counseling and Wellness at Tiffin University and also was the assistant director of the Academic and Career Support Center at Heidelberg University.

Richards said she is excited and thankful for the opportunity to serve as the county's next health commissioner.



*Julie Richards, MA, LSW, LPCC/S will assume the role of health commissioner July 31.*

"I look forward to leading and developing the public health team as we fill vacant positions and continue building and fostering relationships throughout the community," Richards said. "My current role with NAMI Northwest Ohio has further opened my eyes to the mental health needs within the area, and the results of the Community Health Assessment substantiate the concerns. Moving forward, I plan to explore ways we can address this issue as a public health agency."

## DIRECTOR OF ENVIRONMENTAL HEALTH RETIRES

Laura Wallrabenstein, MA, REHS, is retiring this month after working 27 years at Seneca County General Health District.

Wallrabenstein joined the health district in 1996 as a sanitarian-in-training and served as Director of Environmental Health for the majority of her tenure. When the need arose, Wallrabenstein took on the role and assigned duties as the Interim Health Commissioner, further exemplifying her commitment and dedication to the Seneca County General Health District and the residents we serve.

Wallrabenstein also was chosen by a co-worker as SCGHD's July employee of the month. Congratulations!



*Laura Wallrabenstein was surprised with a retirement party at the health district. Above, she poses with her husband, Tim Runion.*



## UPCOMING SENIOR HEALTH CLINICS

Our next Senior Health Clinic will be Wednesday, July 12 at Kiwanis Manor of Tiffin, 7 W. Market St.

Free health screenings for those 60 and older include:

- \* Vital signs
- \* Glucose (please fast 2 hours before screening for accurate glucose results.)
- \* Hemoglobin
- \* Lung sounds
- \* Edema
- \* Urinalysis
- \* Weight/medication review and education

***The health clinic is free, but donations are very much appreciated!***

## Senior Health Clinics

**9:30 a.m. to 11:15 a.m.**

*Ages 60 and over*

- **Wednesday, July 12**  
**Kiwanis Manor of Tiffin**
- **Monday, August 14**  
**Fostoria Senior Citizens Center**
- **Wednesday, August 16**  
**Allen Eiry Center**
- **Monday, September 11**  
**Fostoria Senior Citizens Center**
- **Wednesday, September 13**  
**Seneca County Commission on Aging**



## SCGHD'S NEW ENTRANCE IS OPEN

The Seneca County Services Building renovation project is nearing its completion, and visitors can now enter the health district through the building on the East Perry Street side and use the parking lot that was previously closed during construction.



## NEW YOUTUBE VIDEO RELEASED



Check out SCGHD's new YouTube video! Watch Sanitarian Austin explain the process of collecting well water and how its analyzed at the laboratory. Need help understanding your well water test results? Click [here](#) for a well water interpretation tool. The online tool also has information on well maintenance, what to do if your well water is contaminated and who to contact for assistance.

**[Click here to visit our YouTube channel!](#)**

CHECK US OUT!



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