



News Update



HEALTH DEPARTMENT
Caring today for a healthy tomorrow

December 15, 2017

Update on Groundwater near House Street in Belmont



New Videos Answer Frequently Asked Questions
DEQ Update
Coping with Stress

Two New Videos from KCHD Explain Health Effects

In our ongoing effort to bring you the best possible information from the best possible sources. The Kent County Health Department (KCHD) is releasing two new videos with this edition of the newsletter.

The first is a continuation of our efforts to answer the questions that we are receiving most often. In this video Dr. Mark Hall, Medical Director, KCHD, talks about illnesses that are possibly associated with PFAS exposure, low birth weights and why blood tests for PFAS are not routinely recommended. The video is located here <https://www.youtube.com/watch?v=N1MkpRugsh8>

In the second video report, KCHD took the opportunity to sit down with Kory Groetsch, Environmental Public Health Director for the Michigan Department of Health and Human Services. This video covers many health issues associated with PFAS in much greater depth. More videos will be produced from the interview session with Mr. Groetsch. The video can be seen here <https://www.youtube.com/watch?v=aTJyLpFzJQ>

We hope that you will find these videos helpful and informative and that you will share them with your neighbors.



DEQ's Residential Well Sampling Efforts in Support of Their Ongoing PFAS Investigation

from Joshua Scheels, Michigan Department of Environmental Quality

DEQ staff are conducting residential well sampling at locations where Wolverine World Wide, Inc. has been unsuccessful in gaining access. In total, there are 27 homes the DEQ are canvassing this week to either collect a residential drinking water well sample or make arrangements to return, at a later date, to conduct sample collection activities.

Editors note: DEQ submissions to this newsletter are printed in their entirety and are not edited for content.



Coping with Stress (adopted from the Agency for Toxic Substances and Disease Registry)

Stress can affect more than your mood. Stress can be a threat to your health. Left unchecked it can contribute to high blood pressure, heart disease and diabetes. It is important to know that there are things that you can do to limit stress and it's potential impact on the health of your family and yourself. Environmental contamination in your community can disrupt life. You may worry that your home and neighborhood are unsafe. You may fear for your children's health if you have little or no control over possible harmful exposures, you may feel that you are unable to protect your children. You may feel uncertain about your present and future health. It's not often easy to spot or measure health effects from exposure to environmental contaminants. Sometimes those exposed don't show health problems for years. Sometimes exposure is at levels that will not cause harm. You may feel like you can't protect your health or gain closure because of these uncertainties.

Thankfully there are some ways that you can cope with the stress that environmental contamination can cause. Inform yourself and your family. Stay informed about the issues using trusted sources of information.

Talk with your children. Help them understand the situation using simple factual statements appropriate for their age. Learn about resources in your community to help you cope with stress. Learn what steps you can take to limit your exposure.

Connect with your community and help out. Tell your story. Listen to others tell theirs. Find out what your neighbors need and offer to help. Join or start a community group.

Take care of yourself. Continue your healthy regular routines. Make time to eat well, exercise, have fun and relax. Seek help if stress is negatively affecting your daily life. High levels of stress can make everyday activities seem harder.

If you are experiencing physical symptoms, such as sleeplessness, fatigue, or appetite loss, please contact your primary care physician for assistance. You can call Network 180's Access line at 616-336-3909 to talk about emotional concerns. It is free to call and the staff can help connect you with a variety of other treatment resources.

You can use this website to search for other local mental health providers <https://findtreatment.samhsa.gov/>.

As mental health coverage varies by insurance company, call the number on the back of your insurance card to find out what is covered by your insurance.

Resources

Wolverine Worldwide

HouseStreet@wwwinc.com
(616) 866-5627

For information regarding possible health effects of PFAS and PFOA

The Kent County Health Department

616-632-7100

KCPFAS@kentcountymi.gov

Michigan Department of Health and Human Services (MDHHS)

1-800-648-6942

For information about the status of the investigation and water sampling

Michigan Department of Environmental Quality Environmental Assistance Center via their online form [HERE](#) or call 800-662-9278

For House Street specific site information

Rose and Westra, a Division of GZA

Mark Westra/Lori Powers

<mailto:House-Street@gza.com>

(616) 258-7234

For information about the Plainfield municipal water system

Plainfield Water Department

(616) 363-9660

For questions about tax/property values

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<https://www.facebook.com/kentcountyhealth/>