

MAY 2022

Contributions:

Bridges Health – Winona MN, 55987

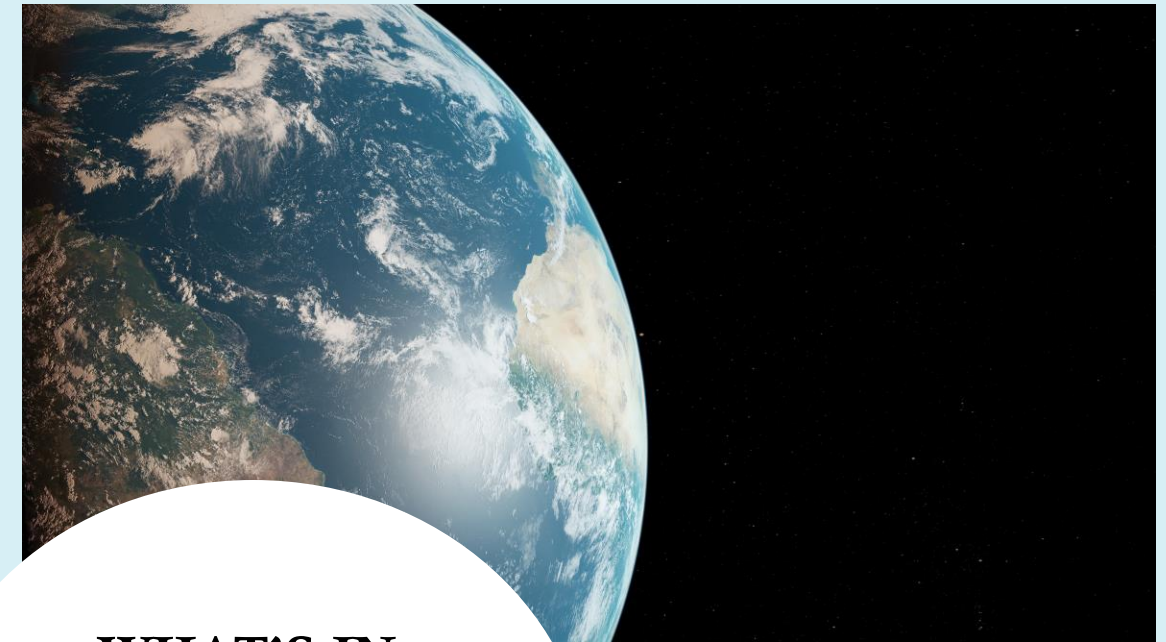
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This project is supported through a grant from the Winona Community Foundation.

THE Bridges Browse

Bridging the gap between you and health.



WHAT'S IN THE BAG?

FLIP TO PAGE 8 TO FIND OUT!

This Month's Theme:

Climate Change

Learn about ways to improve your Kid's Health inside!



Phone Number: 507-457-2891

Email: bridgescommunityhealth@winona.edu

Website: bridgeshealthwinona.org



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Bridges Locations & Services

Milton Town Hall

S2794 WI-88, Fountain City, WI 54629

Services: Health Screenings, Foot and Nail Care, Ear Lavage, Massages, Blood Pressure Checks, Physical exams, School & Sport physicals

Sobieski Park Lodge

965 7th St, Winona, MN 55987

Services: Health screenings, Foot and Nail Care, Ear Lavage, Massages, Blood Pressure Checks

Arcadia

Arcadia Elementary School

358 E. River St, Arcadia, WI 54612

Services: School & Sports Physicals, Well-Child Examinations, Family Visits

Bridges Connect

Services: Caring calls, Empower Hour, Bridges Browse Magazines, Outreach

Life Gate

1300 10th Ave NE, Rochester, MN 55906

Services: Health Screenings & Examinations, Physical & Mental Health Consultations, Foot & Nail Care and More!

Winchester Wellness (RCTC – Heintz Center)

1926 Collegeview Road SE, Rochester, MN 55904

Services: Dental Hygiene & Wellness Care



Community Resources

Assistance Programs 457-6200

-SNAP food program, medical support, cash support, emergency assistance, child support.

Public Health 457-6400

-WIC
-Maternal Child Health Nurses
-Follow Along Program
-Medication management
-Vaccinations

Project F.I.N.E 452-4100

-Language Interpreters

Medical Transportation:

Health Rides

-Blue Plus 866-340-8648
-SEMCAAC 507-864-7741
-Rolling Hills 1-800-528-7622

Administrative Office 507-864-7741

-Energy Assistance Program 1-800-944-3281

Salvation Army Heat Share Program

1-800-842-7279

Minnesota Gas Affordability Program

1-800-492-4805

Food Shelf

Winona Volunteer Services 452-5591

-402 E. 2nd St., Winona, MN

St. Charles Resource Center 507-932-5203

106 E. 11th St., St. Charles, MN 55972

Bridges Health

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Mental Health Services

Hiawatha Valley Mental Health Services

Main Office 454-4341

-Therapy
-Psychiatric Services
-Medication maintenance
-CD counseling and outpatient treatment
SCY Center 474-9320
-School Linked Mental Health Services
-Children's Mental Health Case Management

-CTSS Skills

24 Hour Emergency Crisis Response

844-274-7472

Family and Children's Center

507-453-9563

-601 Franklin St., Winona, MN

-Therapy (Individual and family), school aged day treatment, bridges preschool day treatment.

Acumen Counseling Services 855-855-

6776

-Therapy

-DBT

Winona Health Behavioral Health Dept.

454-2606

-Therapy

-Psychiatric Services

Grief and Loss Support Group Winona

Health 457-4382

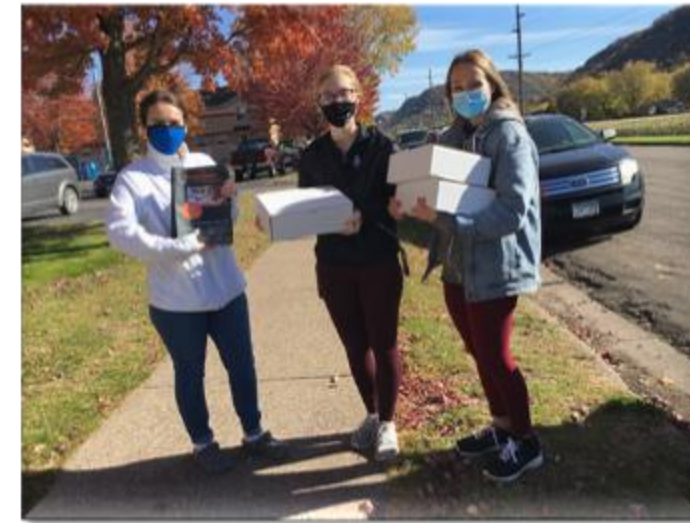
-Tuesdays 4:30 - 6:00 p.m.

Catholic Charities 454-2270

-Counseling



Who is Bridges Health?



We have created our Bridges Health virtual services to a Bridges To-Go delivery service for YOU.

Each magazine issue will have a **FREE** bag of health encouraging goodies for you and your family.

Bridges Health is a **FREE** student-led, faculty-guided clinic that provides a variety of free health services. Our clinic is run by a variety of professions so we can deliver the most meaningful services. Our focus is on health & wellness, helping you identify & reach your health goals.

Contact us at:
507-457-2891*
Email to subscribe:
bridgescommunityhealth@winona.edu

*Call 911 for emergencies

About Climate Change

What is climate change?

Climate change refers to long-term shifts in temperatures and weather patterns. It is a direct observations made on and above Earth's surface show the planet's climate is significantly changing. Human activities are the primary driver of those changes.



Climate Change vs Global Warming

Global warming refers to the long-term warming of the planet. Whereas climate change involves global warming. Climate change also refers to the broader range of changes that are happening to our planet, including rising sea levels; shrinking mountain glaciers; global temperature rise, warming oceans, and extreme events
(learn more on page 3).



What does this mean for your health?

The World Health Organization (WHO) states that **global warming/climate change will cause infectious diseases such as malaria, cholera or dengue to spread to many more areas of the planet.** On the other hand, extreme heat will increase and aggravate cardiovascular and respiratory problems.

References:

Berkley, L. (2021). *Getting to net zero carbon emissions – and even net negative – is surprisingly feasible and affordable.* <https://www.getting to net zero carbon emissions – and even net negative – is surprisingly feasible and affordable>

What is Climate Change? (2022). <https://www.un.org/en/climatechange/what-is-climate-change>

Global Climate Change. (2022). <https://climate.nasa.gov/>

The Consequences of the Greenhouse Effect. (2022). <https://www.iberdrola.com/sustainability/greenhouse-effects-consequences-and-impacts>

Iberdrola. (2022). *The plastic continent floating in the pacific.* <https://www.plastic island in the pacific ocean, the seventh continent - iberdrola>

McKenna, I. (2017). *Reducing Your Carbon Footprint: Infographic.* <https://www.reducing your carbon footprint: infographic – the communicator>

Journal in May



Small changes make a **BIG** impact! This month's issue on climate change and giving back to the environment reminds us we can make a difference.

PROMOTE CHANGE

Empower yourself, make a difference! Think of one small change you can make in your everyday life to reduce your carbon footprint.

Those little changes add up! What are three ways you can make sustainable, environmentally friendly changes within your life?

PROMOTE GROWTH

PROMOTE SUSTAINABILITY

Share What You Know! Spread the word to friends and family on climate change. Together we can make impact the future!

The Evidence for Climate Change

Global Temperature Rise



The planet's average surface temperature has risen about 2 degrees Fahrenheit since the late 19th century. This is caused from increased carbon dioxide emissions into the atmosphere and other human activities. Most of the warming occurred in the past 40 years, with the 7 most recent years being the warmest. The years 2016 and 2020 are tied for the warmest year on record.

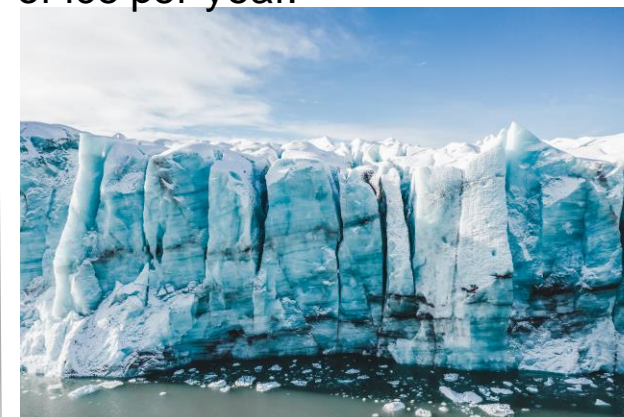
Warming Ocean

The ocean has absorbed much of the increased heat, with the top 100 meters (about 328 feet) of ocean showing warming of more than 0.6 degrees Fahrenheit since 1969. Earth stores 90% of the extra energy in the ocean.



Shrinking Ice Sheets

The Greenland and Antarctic ice sheets have decreased in size. Data from NASA shows Greenland lost an average of 279 billion tons of ice per year between 1993 and 2019, while Antarctica lost about 148 billion tons of ice per year.



Sea Level Rise

Global sea level rose about 8 inches in the last 100 years. The rate in the last 20 years, however, is nearly double that of the last 100 years and accelerating slightly every year.

Extreme Events

The number of record high temperature events in the United States has been increasing, while the number of record low temperature events has been decreasing, since 1950. The U.S. has also witnessed increasing numbers of intense rainfall events



THE GREAT PACIFIC GARBAGE PATCH

The oldest objects date back to 1977. The concentration of plastic increases exponentially every year.

700 species affected

It is estimated that every year plastics injure, suffocate or drown **100,000** marine animals. **84%** of these plastics contain substances which are toxic to marine animals.



Materials from: Japan, Mexico, Taiwan, China, Philippines, Canada, Chile, Colombia, Germany, Italy, Korea and Venezuela.



The garbage patch has an area of **1.6 million km²**, almost three times the size of France.

+ 80,000 tonnes, equivalent to 500 Jumbo jets (Boeing 747).

46% of the total mass is made up of fishing nets.

1.8 billion pieces of plastic

94% of the objects are microplastics. There are also:

- **56 billion** mesoplastics
- **821 million** macroplastics
- **3.2 million** megaplastics



Nicknamed the eighth continent, the Great Pacific Garbage Patch is a major contributor to this ecological tragedy, killing more than a million animals a year.

How Can You Help:

1. Reduce your use of plastic- buy or use reusable bags.
2. Spread awareness- we are all in this together!
3. Support programs dedicated to change such as Plastic Free Waters, 4Ocean or Seabin who are committed to cleaning up the oceans.

Oral hygiene

Nowadays there are many products that are environmentally friendly and more sustainable including oral hygiene products.

One way to help reduce waste is by using reusable products or products that are sustainable like:



Bamboo toothbrushes, or removable head toothbrushes that are known to be sustainable options according to a British study in sustainability.



There are options for floss as well, like non-plastic floss thread, or non-plastic floss picks.

One other way you could help the environment and save water is by using a glass of water when brushing your teeth instead of letting the water running from the faucet.



Oral hygiene

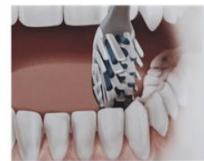
Independently of the toothbrush or floss type that you choose, it is important to have an adequate brushing technique to remove plaque buildup.



Place your brush head at a 45-degree angle making sure it overlaps the gums and the teeth and move it in small vibrating motions.



Clean the top part of your teeth in circular motions.



Remember to clean the inside of your teeth and your tongue as well.



Grab around 12 inches of floss and wrap it around your middle fingers leaving about 1 inch in between.



Gently insert the floss in between your teeth.



Wrap your teeth in a "C" shape and pull the floss up and down to clean in between your teeth.

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CARBON FOOTPRINT

A carbon footprint is the total amount of greenhouse gases produced by our actions.

The United States has some of the highest carbon footprints in the entire world, on average 16 tons per person which is almost 4 times that of people in the rest of the world.

Get personal – do something to reduce your carbon footprint

 Don't waste water	 Get Walking	 Recycle	 Green Light
 Share, borrow, lend	 Get on your bike	 Wash at 30	 Compost
 Eat less meat	 Reduce food waste	 Sustainable clothes	 Drink tap water

Getting to Net-Zero Carbon Emissions by 2050
 8 actions needed by 2030

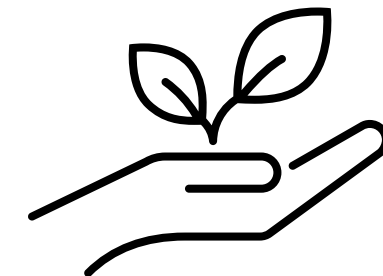
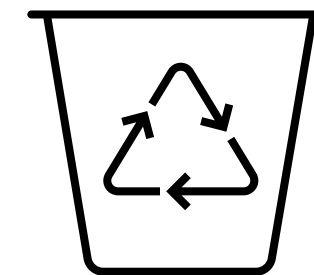
- 1** Increase solar and wind capacity 3.5 times, to 500 gigawatts
- 2** Eliminate most electricity generation from coal
- 3** Maintain current natural gas generating capacity for reliability
- 4** Increase zero-emission vehicle sales share to 50%
- 5** Increase sales share of building heat pumps to 50%
- 6** All new buildings and appliances meet strict energy efficiency goals
- 7** R&D for carbon capture, sequestration, and carbon-neutral fuels
- 8** Build electricity transmission and pipelines for carbon dioxide and hydrogen gas.



Make a Difference

How YOU can help:

- Use renewable energy.
- Use public transport and other non-polluting means, such as electric vehicles or bicycles.
- Promote ecological awareness among citizens and different administrations.
- Commit to recycling and the circular economy.
- Reduce the consumption of meat and the food waste.
- Consume organic products.



(Check out the CDC website for information on how you can help prepare for natural disasters as the climate change continues to increase weather changes

<https://www.cdc.gov/disasters/index.html>)

INSTRUCTIONS:

Print out on Letter sized paper and use as a coloring page.
Show us what you did at www.fb.com/plbfun

WWW.PLBFUN.COM



GARDENING FOR POLLINATORS

Pollinators like bees, butterflies and hummingbirds depend on these types of gardens for food and habitat.

Why is it Important?

Many the plants in the world need to be pollinated and is essential to ecological survival. Without pollinators the earth's eco system will not survive, this includes humans.

Benefits to Pollinator Gardens

Pollinators help clean the air we breathe, the water we drink and the soil we grow our food in.



- Almost half of the world’s diet of fats and oils come from animal-pollinated plants
- More than 150 food crops in the U.S. depend on pollinators
- It is estimated that crops dependent on pollination are worth more than \$10 billion per year.

The Greenhouse Effect

What is it?

The greenhouse effect is the way in which heat is trapped close to Earth's surface by “greenhouse gases.”

Human activities (primarily the burning of fossil fuels) have fundamentally increased the concentration of greenhouse gases.

What causes it?

The Greenhouse Gases

Water vapor	The most abundant greenhouse gas. Water vapor increases as the Earth's atmosphere warms, but so does the possibility of clouds and precipitation, making these some of the most important feedback mechanisms to the greenhouse effect.
Carbon dioxide	Released through natural processes such as breathing and volcano eruptions and through human activities such as deforestation, land use changes, and burning fossil fuels.
Methane	A gas produced both through natural sources and human activities, including the decomposition of wastes in landfills, agriculture, and especially rice cultivation. Methane is a far more active greenhouse gas than carbon dioxide, but also one which is much less abundant in the atmosphere.
Nitrous oxide	A powerful greenhouse gas produced by farming practices, especially the use of commercial and organic fertilizers, fossil fuel combustion, nitric acid production, and biomass burning.
Chlorofluorocarbons	Synthetic compounds entirely of industrial origin used in a number of applications, but now largely regulated in production and release to the atmosphere by international agreement for their ability to contribute to destruction of the ozone layer.

Grow Your Own Garden! Using the Seed Packet and Starter Pot included in this month's bag, you can make steps towards reducing your carbon footprint and helping our environment!



Bees are known as KEYSTONE species. That means that if bees die off, it will end most life.

Bees are responsible for pollinating 35% of agriculture grown in the United States. If the bee population goes down, so will the ability to produce food.

Pollinators contribute to \$24 billion dollars in the U.S. agriculture industry.

BRING YOUR BAG.

NO MORE PLASTIC BAGS.

Reduce Plastic. Bring a reusable bag to the grocery store and change the planet!

Promote oral health and limit your impact on the environment at the same time!



What's in the Bag?

When you subscribe to our Bridges To-Go services, you will receive a FREE bag of health promotional goodies!

What are the biggest threats to bees?

1. Loss of habitat. By changing how we use our land it can cause habitat fragmentation, and loss of biodiversity which reduces foraging opportunities for the bees.
2. Climate Change. The change in temperature has also caused changes in the seasons. Bloom times have started later giving the bee's less time to feed on pollen.
3. Pesticides. Exposure to pesticides can kill bee's directly OR weaken the colony.

How Can We Help???

Plan a bee friendly garden- see tips on page 10.



- ### FACTS ABOUT BEE'S
- ❖ There are more than 20,000 different, distinct bee species worldwide.
 - ❖ Over the last decade the world has lost almost 30% of the total beehives in the world.
 - ❖ Bees exist in various climates around the world, even into the Artic Circle.