

From the Desk of Bobbie Mitchell, Denton County Commissioner Pct. 3 – January 2018

Want to stay connected to Denton County? Watch for my column each month for updates and events happening in Precinct 3 and around the county.

It's Not Too Late to Fight the Flu

Denton County Public Health (DCPH) wants to remind you that it's not too late to get your flu vaccine. It takes about two weeks for the flu shot to be fully effective, so plan ahead and get your flu shot today.

Our DCPH Director, Dr. Matt Richardson, says that because the flu is "seasonal" and we discuss it every year, it's easy to forget the impact. He emphasizes that the flu, along with pneumonia diagnosis, is the eighth leading cause of death in the US, and we have a vaccine to prevent it.

The DCPH department recommends a three-pronged approach to fighting the flu:

1. Get vaccinated. The best way to protect yourself and your family from the flu is to get an annual flu shot. The flu vaccination is recommended for everyone 6 months and older.
2. Remember that antiviral medications are a second-line defense against the flu. If you are experiencing fever, runny or stuffy nose, sore throat, cough, muscle aches and headaches, visit your doctor immediately, and take antivirals if prescribed. These remedies can help you recover quicker, and can potentially prevent you from being hospitalized with flu complications.
3. Take everyday preventive actions to help stop the spread of germs. Cover your cough and sneeze, avoid people experiencing flu symptoms, stay home when you feel sick, and wash your hands often. These steps will help prevent respiratory viruses, including influenza, respiratory syncytial virus (RSV) and rhinovirus.

The Texas Department of State Health Services urges everyone six months old and older to get vaccinated against the flu. This is particularly important for pregnant women, young children, older adults, and people with chronic health conditions, because people in those groups are at a greater risk of severe complications if they do get the flu.

Getting vaccinated is a community effort that not only protects yourself, but also protects family, friends and those around you and helps safeguard those who are at highest risk of complications or death from the flu.

Search www.vaccinefinder.org to find the vaccine in your neighborhood. DCPH clinics offer low-cost flu vaccines to those who qualify (details listed below).

Visit www.texasflu.org for the latest information on flu in Texas, and www.cdc.gov/flu for details about symptoms, treatment and prevention.

If you have any questions about DCPH qualifications or pricing, please call your nearest DCPH clinic location.

DCPH Clinic Locations:

Denton: 535 S. Loop 288, Suite 1003, 940-349-2900

Lewisville: 401 N. Valley Pkwy, Suite 100, 972-434-4700

www.dentoncounty.com/immunizations

Qualifications: Children are eligible for free or \$10 flu vaccines if they are enrolled in Children's Medicaid or CHIP, are uninsured, or have private insurance that does not cover the flu shot. Adults are eligible for \$10 flu vaccines if they are uninsured. Those with private insurance will be charged \$40, or \$60 for the high-dose flu shot.

Master Gardeners Give Back

As 2017 winds down, we're giving thanks for the great Denton County Master Gardener Association (DCMGA) projects that benefitted our community this year, including the Flower Mound Urban Garden.

Under the leadership of DCMGA members Carol Noble and David Huffman, and in cooperation with Flower Mound First Baptist Church, the garden yielded 2,337 pounds of fresh produce, which was donated to Christian Community Action (CCA) to provide fresh, local options for their Food Services program.

In addition to growing and sharing produce, the project also educates and engages the community. One of the free programs at the site this year focused on seed harvesting and sharing. We appreciate this team and all their efforts this past year!

Denton County Fun Fact

According to the USDA's Natural Resources Conservation Service (NRCS), of the 613,120 acres in Denton County, 383,533 acres is farmland on more than 3,000 farms!

Upcoming Community and Nonprofit Events:

HVBA Luncheon January 9

Kick off the New Year by joining the Highland Village Business Association on Tuesday, January 9, 2018, for their first luncheon of 2018! The speaker is State Representative Tan Parker who will give an update on what he's been working on in the state legislature.

The luncheon will be held at Doubletree Ranch Park, 310 Highland Village Road in Highland Village, from 11:30 a.m. – 1:00 p.m. The cost is \$20 per person, payable at the door. RSVP to 972-899-5131 or hvba@highlandvillage.org.

To learn more about the Highland Village Business Association, visit the web site at <https://www.thehvba.com/>.

Denton County United Way TRIBUTE January 20

The 6th Annual United TRIBUTE will be held this year on Saturday, January 20, 2018, at the Embassy Suites Denton Convention Center. For the past five years, United TRIBUTE has celebrated their donors and their meaningful impact with an evening of live music, delicious food, and their own “Dancing With Our Stars” competition.

For questions about the event, contact Kristin Jones at Kristin@UnitedWayDenton.org or 940-566-5851 Ext. 102. Reserve your seat today!

Flower Mound Rotary Vine & Dine January 27

The members of the Flower Mound Rotary Club invite you to participate in their our 12th Annual Vine and Dine Fundraiser on January 27, 2018 at the Hilton Garden Inn on US121 in Lewisville. Enjoy a wine stroll, several courses of exquisite dining with wines paired to complement each service, a live auction, music and dancing.

During the wine stroll guests will sample many fine wines from around the world, then enjoy several courses of fine dining. From appetizer to dessert, each exquisite course will be paired with a specially matched glass of wine to complement each service. Live auction and live music will complete the evening's affair.

All proceeds raised benefit the charities and civic service projects of the Flower Mound Rotary and Rotary International. Vine & Dine Celebrates the fine art of food, wine, and more than 25 years of community service.

Go to <http://www.flowermoundwinestroll.com/> for more information.

Lewisville Area Chamber of Commerce 55th Annual Awards Gala

The Lewisville Chamber's 55th Annual Awards Gala is Friday, February 16, 2018, at the Lewisville Convention Center at Hilton Garden Inn Lewisville from 7:00 - 10:00 p.m. Tickets are \$100 per person and sponsored tables are available for \$1,500, \$1,000, or \$800.

The gala, “Unmasking the Excellence”, will be emceed by NBC 5's Kris Gutierrez and is an opportunity for the Lewisville Area Chamber of Commerce to recognize its members for the outstanding work that they do in their businesses and in the community.

For more information log onto their web site at <http://www.lewisvillechamber.org/annual-awards-gala>.

Children's Advocacy Center “Champions for Children” Gala March 24

Save the date for Saturday, March 24, for the Children’s Advocacy Center “Champions for Children” Gala. Known for incredible décor, outstanding food and friendly, competitive live and silent auctions, this is an event you won’t want to miss. This gala raises a huge portion of the money to help in the fight for healing and justice for the children in our community.

The gala will start at 7:00 p.m., with a 6:00 p.m. preview party, at the Circle R Ranch in Flower Mound.

The Children’s Advocacy Center for Denton County’s (CACDC) empowers child abuse victims, their families and our community through education, healing and justice. Their vision is to break the cycle of child abuse by educating families and our community to proactively protect children.

For more information log onto their web site at <http://cacdc.org/donate/gala/>.

Did You Know?

The Denton County Commissioners Court appoints a number of Boards and Committees that advise and assist in governing County programs. Primarily members of those boards and committees are appointed in January of odd-numbered years. A list of volunteers is maintained throughout the year, however, since vacancies may occur at other times.

If you are interested in serving Denton County and would like to be considered for appointment to a committee or board, please click the link for a list of boards and committees and for an application: <https://dentoncounty.com/Departments/Commissioners/Commissioners-Court/Volunteering-for-Service-on-County-Boards-and-Committees.aspx>.

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Be sure and connect with Denton County on Facebook at <https://www.facebook.com/DentonCountyTX> and on Twitter @DentonCountyTX.

If you have any questions or comments, please let me hear from you. My email is bobbie.mitchell@dentoncounty.com and my office number is 972-434-4780.