



McDowell County FACES Newsletter

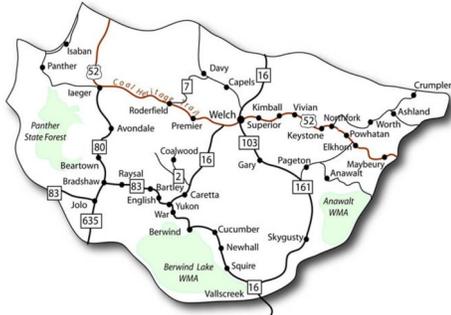
The FACES of HOPE

March, 2017

facesfrn.com

email: facesfrn@yahoo.com

Paint A New Picture of McDowell County



Over the years, we have seen many an article in the news about McDowell County, its poverty, unemployment, test scores, out-migration, drug overdoses, health rankings, and the list goes on and on. Every time we are contacted by media, we spend time with interviews and later find that little was included about our county if it was positive. Can we change this?

I challenge each of you to look in your neighborhoods, take pictures of homes that are nice, well maintained, and whether they were built or placed there within the last 20 years.

Talk to your neighbors and find out if they work, where they work, how long they worked there and if retired how long they worked altogether.

Look at your community, take pictures of parks, businesses, etc. that show pride and are operational.

Talk to your Town Councilmen/women and Mayors and ask them why they continue to fight for their

towns.

Nothing but the positive is what we are looking for!

By April 15, I would ask that you send me the pictures via email at facesfrn@yahoo.com along with stories that you have listened to.

I will work to put a presentation together to share with anyone who wants to see it and use it for good. Lets see if we can't turn the page and encourage others to come into our county to visit, work, and live.

McDowell County is a beautiful place, its people are some of the kindest and honest people you will find. We just get overlooked by the problems listed in the first paragraph. Can you help me change that?

For example, the renovations to the court house and other county offices has been really great.



Are there others? Yes! Our new schools is a big one. Our stores

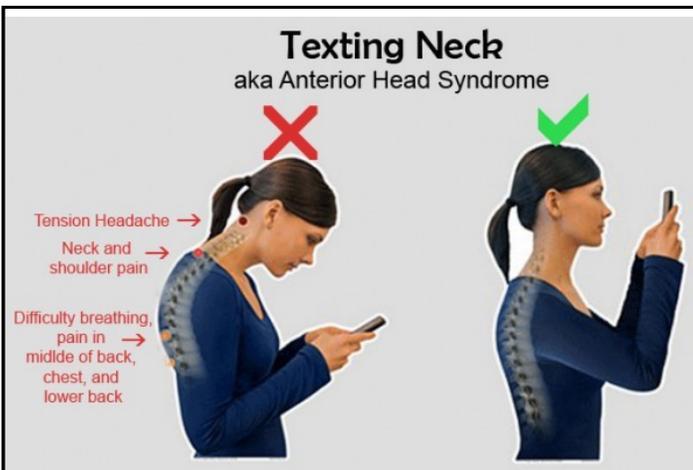
such as Rite Aid, Goodsons, Magic Mart, Dollar General, Family Dollar and Chair Restaurants all maintain their properties and are clean and inviting to the public. The Ashland ATV lodges are great along with many trails that have been placed in our county. Even while the community parks were let go by the government, a lot of upgrades were completed prior and are noteworthy especially since the county is determined to maintain them afterwards. Look at the City Hall upgrades in the county, many have made really nice changes or moved to new locations.

When we were growing up we had movies but we didn't have community centers and all the after school activities that are including entire families. We had school nurses but not school based health clinics. What we had was different but actually less than what is available now.

This is a challenge, will you take it with me? Will you do it as soon as the weather breaks and send those pictures in to me. You can talk to people starting now.

Lets paint a new picture of our County, one that is inspiring and inviting but most of all demonstrates our pride and why we continue to live and raise our families here. There is a story to tell, let it be ours for a change and not something for media to cut out the good.

Texting Syndrome



Last month we talked about the addiction to our technology, now let's look at the damage to our bodies because of technology.

Are smartphones a pain in the neck? According to new research carried out by a US doctor, they are far worse – “text neck” is becoming an epidemic that could lead to permanent damage.

The posture we adopt as we stare at our phones, according to the surgeon behind the paper, increases the stress on the neck and can cause excessive wear and tear that may eventually require an operation to correct it.

Dr Kenneth Hansraj says that although our heads weigh between 10lb and 12lb, as we angle them down to look at our phones, the effective weight on our necks increases – at a 15-degree angle it is about 27lb rising to 60lb at 60 degrees.

With smartphone users now spending an average of two to four hours a day with their heads dropped down, this results in “700 to 1,400 hours a year of excess stresses seen about the cervical spine”, according to the research.

Sammy Margo, from the UK's Chartered Society of Physiotherapy, says she thinks “text neck” is on the rise. “People carry out their lives by text, they get carried away and don't realise they need a break.”

This can cause “head pain, neck pain, arm pain and numbness,” she points out, because “a normal standing position is facing forward and all the curves of your neck and spine are in correct alignment. But when you drop your chin on to

your chest for a long period you are stretching the whole structure.”

Advertisement

“Eventually, in conjunction with a sedentary lifestyle, it could lead to serious consequences.”

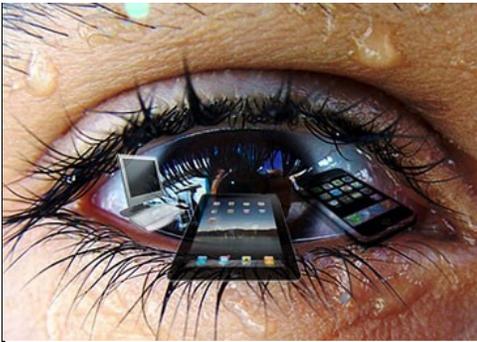
She advises people to use voice recognition and make phone calls instead, and take regular breaks and alter their texting positions to avoid problems. The NHS website's Live Well section lists helpful exercises – including gently lengthening your neck upwards as you tuck in your chin.

It is not the first time we have been warned about the dangers of texting. In 2011 it was blamed for an increase in pedestrian deaths in the US, with some towns considering the introduction of fines for people who text while walking. “Blackberry thumb” – repetitive strain injury caused by texting – has been joined by “iPad hand”, aches and pains caused by swiping and typing on a tablet. The list of ailments expands with every new piece of technology.

Here is a method of correcting the position of your head with minimal inconvenience.



Digital Eye Strain



As we stay on phones and tablets a lot during the day, I wondered just how does technology affect our eyes? This is what I found.

Blue light, also known as high energy visible (HEV) light, is a type of light with short wavelengths emitting a higher energy. Blue light penetrates deep into the eye, so exposure may result in:

Damage to the retina exposing the eye to hidden spikes in intensity
Long-term vision problems such as age-related macular degeneration (AMD) and cataracts
Suppressing the natural release of melatonin, disrupting sleep
Aside from sunlight, digital screens – like those of TVs, computer/laptops, smart phones and tablets – are the most common source of individuals' blue light exposure. More than 80 % of Americans report using digital devices in the hour before going to sleep, which has been shown to disrupt sleep patterns by increasing alertness to the brain.

HOW DOES DIGITAL EYE STRAIN COME INTO PLAY?

With an increase in digital technology, there has been an increase in blue light exposure. In turn, many individuals suffer from the physical eye discomfort after screen use for longer than two hours at a time, also known as digital eye strain.

More than 87 % of Americans report using digital devices for more than two hours per day, and 52.2 % report using two digital devices simultaneously.

WHAT IS THE IMPACT?

Americans report experiencing the following symptoms of digital eye strain:

31 % report experiencing eye strain
22 % report experiencing dry eyes
22.6 % report experiencing headache

22.1 % report experiencing blurred vision

30.1 % report experiencing neck and shoulder pain

Americans are becoming increasingly digitized, with more of our daily tasks moving online. For example:

73 % use a computer to do research
55 % use a smart phone as an alarm clock

50.4 % use a computer to go shopping

49.4 % use a smart phone to check the weather

48.7 % use a computer to find a recipe

Digital eye strain is becoming a family affair, affecting all age groups. The following report using digital devices for more than two hours per day:

91 % of those ages 18 to 39

88.6 % of those ages 40 to 59

78.5 % of those ages 60 and up

WHAT CAN BE DONE TO REDUCE EXPOSURE TO BLUE LIGHT?

Eyewear is available with lenses featuring blue light-filtering capabilities – that reduce the negative effects of blue light – as well as anti-reflective or anti-glare properties. This technology can help minimize the negative effects blue light

has on the body's circadian rhythm, which can hinder a good night's sleep. This technology also reduces the symptoms of digital eye strain. But individuals don't have to sacrifice style for function when it comes to eyewear. These specialized lenses can be incorporated into virtually any pair of frames, so individuals can choose eyewear that complements their personal look, while meeting their eye health needs.

However, 68.5 % of Americans report they have not discussed their digital device usage with their eyecare provider, and 73.5 % reported they did not know eyewear can be used to protect the eyes from short- and long-term effects of digital eye strain, as well as blue light exposure.

The Vision Council recommends individuals and their child(ren) visit a local eyecare provider to discuss their digital habits and what eyewear solutions are available to relieve the symptoms of digital eye strain and reduce exposure to blue light.

In addition to eyewear solutions, other ways to relieve digital eye strain include:

Following the 20-20-20 rule, taking a 20-second break from the screen every 20 minutes and looking at something 20 feet away

Reducing overhead lighting to eliminate screen glare

Positioning yourself at arm's distance away from the screen for proper viewing distance when at a computer

Increasing text size on devices to better define content on the screen.

Increasing text size on devices to better define content on the screen.

Examinations and Prevention!

Digital Eye Strain Continued

HINDSIGHT IS 20/20/20

Protect Your Eyes from Digital Devices

1/3 of adults (30%) spend most of their waking hours (9+) on digital devices

A majority of adults (61%) experience digital eye strain due to prolonged use of electronic devices

WHEN DO WE USE DIGITAL DEVICES?



Meal preparation



Recreational reading



Traveling



Waking up



Work

SYMPTOMS REPORTED:

- Eye strain (32.8%)
- Neck/shoulder/back pain (32.6%)
- Headache (24%)
- Blurred vision (23%)
- Dry eyes (22.8%)

72.5% of adults are unaware of the potential dangers of blue light to eyes



Born 1997-2014

1 in 4 kids

spends more than 3 hours a day using digital devices

More than 30% of parents who say they are very concerned about the impact of digital devices on children's eyes allow more than 3 hours of screen time daily



Born 1981-1996

2 in 5 Millennials

spends at least 9 hours on digital devices each day

Most millennials (85%) own a smartphone and a majority (57%) of them take their smartphones to bed and use them as alarm clocks



Born 1965-1980

1 in 3 GenXers

spends at least 9 hours on digital devices each day

More than 60% of GenXers report symptoms of digital eye strain



Born 1946-1964

1 in 4 Boomers

spends at least 9 hours on digital devices each day

Boomers are more likely to watch TV on a daily basis than other age groups (81% vs. 77% of GenXers and 68% of Millennials)

CAUSES OF DIGITAL EYE STRAIN

Text on digital devices

Blue light emitted from digital screens

Time spent staring at screen

Work station distance and set up

Existing vision issues

SOLUTIONS

Increase text size to better define the content on your screen

Computer eyewear with blue light blocking lenses

Every 20 minutes, take a 20 second break, and stare at something 20 feet away

When using a computer, sit in your chair and extend your arm. Your palm should rest comfortably on the monitor

Computer eyewear can be tailored to be occupational lenses or progressive lenses

1/3 of adults who experience digital eye strain don't do anything to alleviate their symptoms

Meetings/Events of Interest

**McDowell County
FACES
Community Meeting**

**March 9, 2017
12:00 noon**

**FACES Office
FMRS Special Speaker**

**ATOD Meeting
March 20, 2017
Sterling Drive Inn**

4:00 p.m.

**Contact Ginger:
304-436-5255**

**Southside K-8
Family Movie Night
March 24, 2017
6:00 p.m.**

**Contact Sarah Muncy
at 304-320-5607 for
more information**

**South Central
Community
Collaborative**

**McDowell County
DHHR
March 16, 2017
10:00 a.m.**

**Special Training on
Autism
CEUs will be provided.**

**Contact Yvonne Walker
at DHHR
304-436-8302 to register
for the training.**

**Southside Community
Schools Meeting**

**March 13, 2017
4:00 p.m.—6:00 p.m.**

**Southside School
Partners Meeting
Call Sarah Muncy**

304-320-5607

**McDowell County
HOPE Coalition**

**March 27, 2017
10:30 a.m.—noon
FACES Meeting
Room**

McDowell County

4-H Cookbook

Needs Your Recipes

**This is a fundraiser for the 2017 activities of
4-H.**

Contact Donald Reed 304-436-9008

For Submission Info and Forms

Deadline is March 15, 2017