

WEST MICHIGAN COMMUNITY FORUM

Jan Feb March 2023

This is a 2 minute program that airs Saturday and Sunday mornings on WQXC-FM and WZUU-FM that discusses issues relevant to the communities and helps meet the needs of Van Buren, Kalamazoo and Allegan Counties.

Jan 1-2, 2022 We discussed National Donor Month, which is in January. Blood donations are important to help people around the country on a daily basis. The Red Cross needs all types of blood. We talked about how someone can help, and what is done with donated blood.

Jan 8-9, 2022

We discussed the latest information regarding the Corona Virus in the state of Michigan. We gave information on cases, deaths, recoveries, vaccines, testing rates, and how people can get more information on the virus in Michigan.

Jan 15-16, 2022

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Jan 22-23, 2022

We discussed Glaucoma. More than 3 million people in the US have it. It is the leading cause of irreversible blindness. For more information go to glaucoma.org.

Jan 29-30, 2022

We discussed human trafficking in America. The Department of Homeland Security has taken up the task of trying to reduce this problem. For more information go to dhs.org.

Feb 4-5, 2023

It is Burn Awareness Week. Make sure you have a plan if your home is on fire. There are plenty of things you can do to make sure your warning systems are in place, and that you and your family have an escape route planned. Go to [cdc.gov/safekid/burns](https://www.cdc.gov/safekid/burns) for more information.

Feb 11-12, 2023

March is National Kidney Month and the NKF is urging all Americans to give their kidneys a second thought and a well-deserved checkup.

Feb 18-19, 2023

February is American Heart Month. Heart disease doesn't happen just to older adults. It's happening to younger adults more and more often. Make sure to get your heart checked on a regular basis. Go to [cdc.com](https://www.cdc.com) for more information and tips.

Feb 24-25, 2023

We discussed National Children's Dental Health Month. It is important to be aware of your child's teeth. Tooth decay is the most common chronic disease in children. For more information go to [nidcr.nih.gov](https://www.nidcr.nih.gov).

March 4-5, 2023

March is National Sleep Deprivation Month. According to the CDC, insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression. Go to [SleepFoundation.org/SAW](https://www.sleepfoundation.org/SAW) for more details.

March 11-12, 2023

We discussed kidney problems in the US. Kidney disease often has no symptoms, and it can go undetected until very advanced. For more information go to [kidney.org](https://www.kidney.org).

March 18-19, 2023

We discussed Cerebral Palsy Awareness Month. CP is a group of permanent movement disorders that appear in the early childhood, affecting body movement and muscle coordination.

March 25-26 , 2023

We discussed Michigan Governor Whitmer's proclamation that this week is Severe Weather Awareness Week. Michigan deals with tornadoes, thunderstorms, and severe weather every spring. It is a good idea to be prepared for bad weather, whether you are at home or away. For more information on how to stay safe, go to [Michigan.gov](https://www.michigan.gov).