



Happy summertime..... Jeannette Smith, ECD President

***I want to commend the ECD hospitals represented at the MAHA Annual Meeting & Educational Institute. There seemed to be a sense of renewal & positive feelings in the air at the Grand Hotel more so this year than ever before for me. People were friendly and anxious to share things with each other. Congratulations to those attending the conference and representing your hospitals.

There were 23 first timers this year from all over the state!! The East Central District had 36 attending the conference from 7 hospitals, with 13 delegates present.

The By-Law changes were all accepted with the delegates from each hospital casting votes as they were presented.

Check the MAHA website for information from the conference and some of the presentations, for you to review. The information should be available by next week.

*****July 1, 2017**, is the deadline for articles and pictures for the MAHA Highlights Magazine. You did a wonderful job of sending things to me for the last publication coming out in April. I know you have had lots going on since my last request. So gather them up and send them to me. I will pass them on to Sandy Reardon, who then does her magic to make your submissions a work of art.

Check out the April issue on the MAHA website as well for ideas if you need some help. And, please contact me if you have questions or comments about your ideas.

*****Summer weather is here**. We did get a million dollar rain here in Shiawassee County the other day!!!! Keep the sun screen handy and do not forget your bug spray. Those nasty **mosquitoes** are potentially dangerous. The CDC has had warnings out to be cautious. Below is some information for those who have not tried homemade sprays using essential oils, but would like to know more about it. You can find many recipes! Mosquitos: citronella, lemon eucalyptus, peppermint, lemon, eucalyptus, catnip, basil, clove, thyme, lemongrass, geranium, and/or lavender.

Fleas: cedar wood, citronella, eucalyptus, tea tree oil, lemongrass, lavender, orange, pine
Ticks: rose geranium, juniper, rosewood, thyme, grapefruit, oregano. Some studies have also shown additional effective ingredients may include: neem oil, soybean oil, vodka, garlic & vanilla extract. (Alcohol, e.g. vodka, assists the liquid in drying faster.) Using a 4 oz. clean spray bottle, fill it with 2 ounces of distilled or boiled water. Add 1 ounce of witch hazel (acts as a binder) or vodka, then about 50 to 75 drops of essential oils, any combination of the above oils should work. If you want to add more varieties of oils, just add less of each oil as you work. If you wish the mixture be less strong, just add fewer drops of some of the oils. You just want be sure to keep the total percentage of essential oils under 15% for safety. Remember, you don't want to fill the bottle completely full, so there is room to shake the mixture each time, which is necessary as the essential oils do not dissolve in the water and will therefore separate. Good luck.

