



SCCOGS NEWS

The Scioto Chapter of
the Ohio Genealogical
Society

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December 2011

A Note From The Editor

Hello Members,

Wow! Here we are at the end of the year 2011! I, for one, am glad to see it go. It has been a very hard year for most people and I certainly hope 2012 holds a brighter future for all! Perhaps hard times will make folks become closer to their fellow man and to show friendship and love toward them.

Inside this issue you will find unknown photographs, the 2012 slate of officers from the nominating committee, Athens Lunatic Asylum Cemetery Transcript and information regarding tracing your Family Medical History! I must admit that I filled out the My Family Health Portrait online at <http://www.hhs.gov/familyhistory/> and, although I knew it was there, I was amazed at the amount of heart disease that runs in my family history!

Until the next issue—best wishes for you and yours to have a bright, happy and safe Holiday Season! Merry Christmas and Happy New Year to all of our members!

Joyce M. Sadler
Newsletter Editor



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Next Meeting—December 10th

The next meeting of the Scioto County Genealogical Society will be Saturday, December 10, 2011, at 1:00 pm in the Robert Copley Meeting Room of the Portsmouth Public Library, Portsmouth OH.

Carrie Eldridge will present "Trails That Made Portsmouth Important." Carrie has had a life-long interest in family history. She is a college teacher of geography. The publication of her pioneer migration atlases have brought national recognition of her work. Come see what routes your ancestors may have taken into Scioto County!

Meetings are free and open to the public. All are welcome and encouraged to attend. Contact: Jodi Wright 740-285-2424



Special points of interest:

- Meeting December 10th

2011 SCCOGS Officers:

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2012 Officers / Member Updates / Request for Info

Punch and cookies will be served at the December 2011 meeting to celebrate the holidays.

The nominated slate of officers from the nominating committee for the new year are:

President - Pat Lacy
Vice President - Jodi Wright
Corresponding Secretary— Jan Edwards
Recording Secretary - Phyllis Crawford
Treasurer - Gladys Reynolds

Nominations will be accepted from the floor and the election will then be held at the meeting.

Member Updates:

Betty J. Canady – new email address - jobet34@gosnc.com

Henry R Porter, Jr – new address – 1568 Stone Glen Drive Lancaster, OH 43130

new lifetime member, **Aaron R Dodds** of Carrollton, OH. Researching: Bennett, Phillips, Summers/Summors-all of Bloom Furnace. He also says he is looking for the family of Joseph D Summors, 1843-1889, 1st Lt. 1 USCHA & 117th OVI .

REQUEST FOR INFORMATION

I'm currently researching material for a new regimental history of the 39th Ohio Volunteer Infantry. A significant number of men from the area were recruited into Company A. I'm interested in information regarding any of the soldiers from this regiment - including stories, letters, diaries, photographs. Anyone providing information used in the book will be credited as the source for the information.

Thanks for any help you might be willing to provide.

Sincerely,
Lois Lambert
ljlambert@cinci.rr.com

We Appreciate You!
Thank you for being a valued member of
SCCOGS!

2011 SCCOGS Photos / October Meeting Notes



SCCOGS President, Mima Vita, addresses members and guests, at the October 2011 SCCOGS Meeting.



SCCOGS Members and Guests attending the October 2011 Meeting.

Notes from the October Meeting

Lost data is found! Gladys Reynolds reported that Greenlawn computer records which had been missing for over a year have been found and are now back on the computer at the Greenlawn Office. She and other volunteers had been working part time for seven years to computerize the burial records at Greenlawn. About one half of the records are added and now back, but there are still another 13, 000 which have yet to be added to the computer. Thanks should be given to Mr. Terry Stevenson of the Portsmouth Public Library who found the lost records and is helping find a way to complete the project.

Mima showed a copy of the booklet from the 2011 Roy Rogers Festival in which SCCOGS had placed an advertisement.

Jodi Wright reported on attending the Eastern Kentucky Genealogy Conference in Paintsville, KY . She said that the Greenup County Genealogy Society President asked her to invite SCCOGS members to attend their next conference in April 2012.

Publications:

President Mima reported that one copy of our publication, Gravestones Inscriptions of Nile Township has been donated to the OGS library in Belleville, Ohio. A copy also was given to the Nile Township Trustees. Mima reported that they were very appreciative.

You might want to read An Appalachian Childhood, which we discovered through a query from Mr. David Osborne its author. Mr. Osborne is a native of Scioto County and lived "up in the hollow at the head of Pond Creek ." Mr. Osborne's parents were Grover Cleveland Osborne and Rebecca Tackett, who had 14 children. One of those was his father, Steve, who married Thelma Mae Smith of Portsmouth in 1933. They had five daughters and eight sons. The author tells of the "hard experience and carefree joys of growing up in Appalachia." The Public Library has three copies.

Mima reported that OGS is asking for donations to help toward early repayment of the \$600,000 USDA loan they received to build the new OGS Library. Mr. Sam Isaly will donate \$1.00 for every \$10.00 donated by the membership over the next two years. This will help pay the loan down so the interest will be reduced and the loan can be paid off sooner. Donations may be sent to: Ohio Genealogical Society, 611 State Route 97W, Bellville, OH 44213

At the request of the President Pat Lacy and Molly Stroud volunteered to be on the Nominating Committee. They will report at the December meeting when the election will be held for officers for 2012.

The South Webster Cemetery Project is continuing with Jodi Wright and Jan Edwards hoping to complete reading the inscriptions this fall. Call Jodi or Jan to help.

Jodi Wright introduced the speaker for the October meeting, Mr. Lynn Grimshaw whose subject was Ohio Cemetery Laws. Mr. Grimshaw told of some cases he had been involved in when Scioto County Prosecutor. He dealt with private and public cemeteries, right-of-way issues, access to land locked cemeteries, and private versus Township cemeteries.

Unknown Photos

Quoting Karen Gardner <hireme2write@yahoo.com>: Hello! I am doing some genealogical research and I have a few photos where I am unable to identify the people. My family is from Harlan, KY and Wise, VA area. I failed to mention that also my family comes from Kingsport, TN area. Please see the attached for scans of the pictures. The picture with two gents has the older fella with the long hands. I have those hands, my dad (Alex) does, and my grandmother (Montana) did, too. So I think he is either a Shepherd or a Napier. I do not know about the younger fella. The other gent we have no idea. I suppose



Quoting Sheila: Please help me identify these old photos. They are from the familys of: Jacob Wilhelm (1797-1849) and Amanda Melvina Day (1809-1892) of Portsmouth, Scioto, Ohio OR William Moore (1783-1871) and Susannah Maxwell of Pennsylvania or Wellsville, Ohio. There are dates on the back of 2 of the pictures of "Aug 21, 1868" and "Robbie March 30, 1871." Thank you, Sheila sgehly@comcast.net



ATHENS LUNATIC ASYLUM CEMETERY

Received from: Doug McCabe, Curator of Manuscripts, Mahn Center for Archives and Special Collections
Alden Library, Ohio University, Athens, OH

ATHENS LUNATIC ASYLUM CEMETERY
CIVIL WAR VETERANS

Grave #	Name	Year of Birth	Year of Death
545	Jesse Brown	1835	1916

Admitted as Jesse Brown, patient #6289, from Scioto County in 1915. Admission Records are missing.

A Jesse Brown is listed in the 1870 Census as 35, farmer, native of Ohio, residing in Allensville Post Office, Eagle Township, Vinton County, with \$9,000 in real estate and \$1,000 in personal property, with wife Sarah J. (32, keeping house) and children Shadrick G. (12, working on farm), Isaah R. (9), Simon W. (7), Herman J. (5), and Elma (1) and parents George (63, infirm) and Axie? (62, not capable of an occupation - insane) [there are no female Browns from Vinton County admitted to the Asylum from 1870-1880]. The 1880 Census indicates Jesse as 45, farmer, with wife S.J. (42, keeping house) children I. Riley (19, farming), Simon W. (17 farming), Herman J. (15, farming), Elma (12), and Ella Ratcliff (12, nephew?), George Brown (73, father, farmer, native of New York), and Jeramiah Wackman (60, boarder). The 1900 Census indicates Jesse as 65, born February 1835, farmer, could read and write, with wife Sarah J. (62, born December 1837, mother born in North Carolina), grandson Everett (10), daughter Elma Ratcliff (31, widow), and granddaughter Ethel (4). The 1910 Census indicates Jesse as 75, farmer, with wife Sarah (73), grandson Everett (19, teacher) and granddaughter Ethel (15, laborer).

Graves Registration (ACRec) shows that he was in the 148th OVI, Company E as a Sergeant from May 21, 1864 through September 14, 1864. He was born in 1835 and died July 1, 1916. This information is confirmed by The National Park Service's Civil War Soldiers and Sailors System.

The National Archives Rolls show he enlisted May 2, 1864 at Londonderry OH, mustered in May 17, 1864 at Marietta OH, 29, born in Vinton County OH, farmer, dark eyes, dark hair, dark complexion, 6' ¼", 5th Sergeant and sick at Fortress Monroe May - July 1865.

See <http://www.itd.nps.gov/cwss/soldiers.cfm> for Regimental history. VA marker installed 10/29/11

Grave #	Name	Year of Birth	Year of Death
265	John Brown	1843	1897

Admitted as John Brown, patient #380, 886, 1838, in 1875, 1879, and 1886 from Gallia and Scioto Counties. Admission Records indicate him as 25, resident of Huntington Township in Gallia County, violent and "He has shown slight symptoms ever since the war..." Admitted March 6, 1875. Re-admitted at 30 on March 14, 1879, violent and "He was sent to the Asylum about three years ago and was there about a year then he ran away..." Re-admitted in 1886 from the Scioto County Infirmary.

The 1870 Census shows him as 25, resident of Huntington Township in Gallia County,

ATHENS LUNATIC ASYLUM CEMETERY

native of Ohio, farm worker, could read but not write, living with father George (60, farmer). The 1880 Census shows him as 32, native of Pennsylvania, former laborer and a patient in the Asylum.

The 1890 Census Veterans Schedule shows him as having been a private in the 56th OVI Company E from 1861 through 1864, was from Gallipolis and a patient in the Asylum. The Ohio Roster indicates him as 18, a private in the 56th OVI Company E, entering the service October 15, 1861 and mustered out November 12, 1864. This is confirmed by the National Park Service's Soldiers and Sailors System.

The National Archives Rolls show he enlisted October 15, 1861 at 18, 6', fair complexion, black eyes, dark hair, born in Columbiana County PA, laborer, mustered in at Camp Morrow in Portsmouth OH November 28, 1861, in Ward J Convalescent Camp at Vicksburg July - August 1863, sent from Schofield Barracks in St. Louis to Vicksburg September 23, 1863, guard on U.S. Hospital Boat at Algiers LA March - April 1864, absent sick at Algiers LA January - February 1864, rejoined Company July 27, 1864, transferred to 83rd OVI at Algiers LA February 1864,. Mustered out at New Orleans November 19, 1864.

See <http://www.itd.nps.gov/cwss/soldiers.cfm> for Regimental history. VA marker installed 10/29/11

Grave #	Name	Year of Birth	Year of Death
386	John Bruce	1848	1905

Admitted as John Wesley Bruce, patient #4214, in 1903 from Scioto County. Admission Records indicate him as 55, resident of Rush Township, native of Ohio, blue eyes, brown hair, 5' 8", farmer, married to Lyatha Ann Bruce, illiterate, Protestant, and occasionally violent. Admitted June 25, 1903.

The 1900 Census shows him as 50, born 1850, resident of Washington Township, native of Ohio, farm laborer, no education, wife Lyatha (41), and children Johnnie (17), Jackson (14), James (10), and Frances (1).

The Ohio Roster indicates him as 18, a Private in the 23rd OVI Company F, entering the service December 26, 1863 and mustered out July 26, 1865. This is confirmed by the National Park Service's Soldiers and Sailors System.

The National Archives Rolls show he enlisted December 7, 1863 at Rushy Ivania OH, mustered in December 7, 1863, 18, farmer, born in Logan County OH, gray eyes, light hair, light complexion, 5' 3", \$300 bounty, captured May 11, 1864 at Blacksburg VA, confined at Richmond, paroled at Charleston SC on December 6, 1864 and reported to Camp Chase December 10, 1864. POW

See <http://www.itd.nps.gov/cwss/soldiers.cfm> for Regimental history. VA marker installed 10/29/11

Grave #	Name	Year of Birth	Year of Death
765 N	John Martin	1888	1929

Admitted as John Martin, patient #8718, in 1929 from Scioto County. Admis-

ATHENS LUNATIC ASYLUM CEMETERY

sion Records are missing. The Asylum Graves book shows him as John Martin (col) and buried December 28, 1929.

The 1900 Census shows a John as 12, resident of Louisville KY, native of Kentucky, teamster, could read and write, living with grandfather Harris Brown (72, laborer), grandmother Katy Brown (70), George Brown (42, laborer), Mary Brown (4), cousin Charles Campbell (17, servant) and cousin Cora Matthews (11).

Graves Registration (ACRec) shows him in the 36th Bn., US Gds. Cp., Company A, Grant, ILL from July 28, 1918 through January 31, 1919, born December 27, 1891 in St. Marys, OH and died December 28, 1929. This information is incorrect. The black Martin, born July 20, 1888 in Louisville KY, entered the service as a Private at 28 from Portsmouth OH on August 5, 1918 in the 158 Dep. Brig. To August 22, 1918, then Company F 813 Pioneer Infantry in the defensive sector of the AEF from September 15, 1918 to July 16, 1919 and honorably discharged July 25, 1919.

Grave #	Name	Year of Birth	Year of Death
524	William Monroe	1847/1848*	1914

Admitted as William Monroe, patient #6122, in 1914 from Scioto County. Admission records are missing.

The 1860 Census lists William as 13, white male, and living at home in Homer Township, Morgan County. The 1880 Census has him 28, married with one child, a laborer, living in Malta Township in Morgan County. The 1900 Census has him 51, married with two children, living in Deerfield Township in Morgan County. The 1910 Census lists Monroe as 63, widowed white male, living in the Almshouse in Washington Township in Scioto County, native of Ohio, no trade, who could read and write.

Athens County Recorder's Office Graves Registration shows him in the 29th OVI, Company D, as a Private from October 12, 1864 through July 13, 1865. He was born in 1847 or 1848 and died October 23, 1914. The Ohio Roster indicates he entered the service at 16 as a draftee on October 12, 1864 and mustered out on July 13, 1865. This information is confirmed by The National Park Service's Civil War Soldiers and Sailors System, with the additional note that he was William L.

The National Archives Rolls show he was drafted October 12, 1864 at Newark OH, mustered in October 21, 1864 at Columbus, 18, blue eyes, light hair, fair complexion, 5' 7", farmer, actually 16 with parental consent, substitute for Henry Miller and mustered out July 13, 1865 near Louisville KY.

See <http://www.itd.nps.gov/cwss/soldiers.cfm> for Regimental history. VA marker installed 10/29/11

ATHENS LUNATIC ASYLUM CEMETERY
SPANISH-AMERICAN WAR VETERAN

Grave #	Name	Year of Birth	Year of Death
854	William Porter	1878	1935

Admitted as William Porter, patient #9892, in 1935 from Scioto County. Admission Records are missing.

The 1920 Census shows him as 41, resident of Portsmouth in Wayne Township, native

ATHENS LUNATIC ASYLUM CEMETERY

of Kentucky, steel mill laborer, widowed, and could read and write. The 1930 Census shows him as 52, resident of Green Township, native of Kentucky, retail grocer, living with wife Grace (22), Elijah (18, farm laborer), Diward (13) and Vernon (1).

The US Army Register of Enlistments shows him as 19, resident of Bowling Green, KY, native of Kentucky, musician, dark hair, dark eyes, dark brown complexion, enlisted August 26, 1898 in the band Company I of the 24th Infantry and discharged January 15, 1899.

Grave #	Name	Year of Birth	Year of Death
95	William Shipman	1819	1883

Admitted as William Shipman, patient #128, in 1874 from Scioto County. Admission Records are missing.

The 1850 Census shows him as 32, resident of Portsmouth, native of Virginia, clerk, living with William Kenney (35, hardware merchant) and family. The 1860 Census shows a William as 37, resident of Washington Township, native of Virginia, grocer, living with wife Catherine (25), Frank (9) and Ida (6). The 1880 Census shows him as 61, native of Virginia, former merchant, married and a patient in the Asylum.

The Ohio Roster shows him as 41, enlisting October 23, 1861 in the 1st OVLA Company L as a Private and mustering out October 23, 1864. This information is confirmed by The US Civil War Soldier Records and Profiles, American Civil War Soldiers and US Civil War Soldiers.

The National Archives Rolls show he enlisted October 23, 1861 at Portsmouth OH, mustered in February 18, 1862 at Camp Chase VA, 42, 5' 6", light complexion, gray eyes, brown hair, born in Virginia, salesman, \$100 bounty, detailed to extra duty March 12 - August 16, 1862 and mustered out October 22, 1862 at Cedar Creek VA.

See <http://www.itd.nps.gov/cwss/soldiers.cfm> for Regimental history. VA marker installed 10/29/11

ATHENS LUNATIC ASYLUM CEMETERY
WORLD WAR I VETERAN

Grave #	Name	Year of Birth	Year of Death
1113	Jesse C. Sparks	1898	1969

Admitted as Jesse C. Sparks, patient #11151, from Scioto County in 1942. Admission Records are missing.

The 1910 Census shows a Jesse as 13, resident of Red Bush Precinct, native of Kentucky, living with father Silvanus (50, farmer), mother Alice (43), Samantha (18) and Grover (17). The 1920 Census shows him as 23, resident of Red Bush Precinct, native of Kentucky, farmer, could read and write, living with wife Ethel (24) and Mary (1 month). The 1930 Census shows a Jesse as 33, resident of Johnson County KY, native of Kentucky, farmer, married at 22, could read and write, living with wife Ethel (34), Mary (10) and Kenneth (6). Ohio Deaths show him as 70, formerly of Scioto County and divorced.

The World War I Draft Registration shows a Jesse Sparks as 21, born September 24, 1896, resident of Akron OH, native of Williamsburg KY, working for B.F. Goodrich and nearest relative David Sparks of Clay WV. The Ohio Soldiers in WWI shows him as in-

ATHENS LUNATIC ASYLUM CEMETERY

ducted at Akron OH July 24, 1918, born in Williamsburg WV, 21 years old, in 156th Dep. Brig. until July 29, 1918, transferred to the FA Rep. Dep. to August 9, 1918 and then Battery B of the 105th FA until discharge, with AEF August 22, 1918 to March 13, 1919 and honorably discharged April 7, 1919. The National Homes for Disabled Volunteers (Montgomery County OH) shows a Jesse Sparks as 35, admitted January 8, 1932 and discharged January 27, 1932, native of Kentucky, Protestant, single, father D.J. Sparks of Dundon WV, served as a Private in Co B of the 105th Field Artillery from July 24, 1918 to April 17, 1919.

ATHENS LUNATIC ASYLUM CEMETERY
CIVIL WAR VETERAN
CONFEDERATE

Grave #	Name	Year of Birth	Year of Death
372	Andrew Spence	1832	1904

Admitted as A.J. Spence, patient #4354, in 1904 from Scioto County. Admission Records indicate him as 71, resident of Portsmouth, native of Virginia, in Ohio 29 years, gray hair, blue eyes, 5' 7", farmer, married, common education and Protestant. Admitted May 7, 1904.

The 1850 Census shows him as 16, resident of Johnson County KY, native of Virginia, farmer, living with father Jobe (37, farmer), mother Sarah (33), Rhoda (15), Mary (13), Lenton (11), Alafair (9), Emily (7), Mariah (6), Nancy (4) and Arter (1). The 1860 Census shows him as 27, resident of Johnson County KY, native of Virginia, farmer, living with Alfin (21), Lafayette (5), William (4) and Mary (3 months). The 1880 Census shows him as 47, resident of Jefferson Township in Adams County, native of Virginia, farmer, living with wife Alafare (41, keeping house), Mary (20, Sarah (15), Andrew (13), John (11), Ancy (7), Eli (5) and George (2). The 1900 Census shows him as 62, resident of Meigs Township, native of Virginia, preacher, married 47, years, could read but not write, living with wife Adafare (62), Essie (16), son-in-law James Dalton (39, farmer), daughter Sarah (35), Garfield (18), John (14), Charles (5) and Esther(3).

The US Civil War Soldiers shows an A.J. Spence as a Private in the 17th Virginia Cavalry Company H, CSA.

The National Archives Rolls show he enlisted May 10, 1863 at Craigsville VA, no horse, absent with leave February 20, 1864, teamster November - December 1864, POW paroled May 16, 1865 at Staunton VA and listed in 1865 as 38, 5' 8", fair complexion, light hair and blue eyes.

See <http://www.itd.nps.gov/cwss/soldiers.cfm> for Regimental history. VA marker installed 10/29/11

FYI: There are numerous other non-veteran Scioto Countians buried at the Asylum. I have built a Directory about them and I hope it will go on-line by the end of the year. In the meantime, there is a project to get additional markers for each of the patients buried under just numbers. So, if you know of anyone who thinks they have ancestors who were patients at the Asylum (we have an index to patients from 1874-1954) or if they suspect a patient was buried there, then you can direct them my way and I'll do what I can to help find info.

Put Health History on the Menu this Holiday Season

Can We Talk? Put Health History on the Menu this Holiday Season

By Kimberly Powell, About.com Guide

<http://genealogy.about.com/b/2011/11/24/put-health-history-on-the-menu-this-holiday-season.htm>

Holiday gatherings are a perfect time to talk about genealogy and family trees. U.S. federal health officials want Americans to take this a bit further over the Thanksgiving weekend, however, and serve up a little family health history at the holiday table. This Thanksgiving is the 8th annual National Family History Day, as declared by the U.S. Surgeon General

Taking the time to learn, and record, your families' health history is a positive step toward ensuring many years of future family gatherings. Knowing who in your family had what type of cancer or suffered from diabetes can provide the critical information your doctor needs for proper diagnosis, treatment and prevention.

"On this Thanksgiving holiday, I hope you and your family will take a few minutes to create a family health portrait," Dr. Benjamin said. "Learning your family's health history is a valuable investment to make in your health and your family's health."

Not sure where to start? The American College of Medical Genetics suggests people ask the following five questions this Thanksgiving to start the conversation about family medical history.

Are there any health problems that are known to run in our family, or that close relatives have been told are genetic? If so, what are these conditions?

Is there anyone in the family who had cancer, heart disease, or other adult-onset health problem at an early age, such as between 20 and 50?

Does/did anyone in the family have mental retardation, learning problems, or have to go to special school?

Have there been any early deaths in the family, including stillbirths, infant deaths, multiple miscarriages, or shortened lifespan?

Have any relatives had extreme, unexpected or reactions to medications or therapy?

Tracing Your Family Medical History

You know you got your curly red hair from your grandmother, and your prominent nose from your dad. These aren't the only things you may have inherited from your family, however. Many medical conditions, including heart disease, breast cancer, prostate cancer, diabetes, alcoholism and Alzheimer's disease have also been shown to be passed down through families.

What Is A Family Medical History?

A family medical history or medical family tree is a record of important medical information about your relatives, including illnesses and diseases, along with the relationships among the members of your family. A family health or medical history is begun by talking with your immediate family members -- parents, grandparents and siblings -- as they provide the most important links to genetic risk.

Put Health History on the Menu this Holiday Season

Why is a Family Medical History Important?

Some studies say that over 40 percent of the population is at increased genetic risk for a common disease such as cancer, diabetes or heart disease. Understanding your risk for developing such diseases is an important reason to learn more about your family history. By knowing your risk, you can make informed decisions about prevention and screening, and even participate in genetic-based research aimed at understanding, preventing and curing disease. For example, if your father had colon cancer at age 45, you should probably be screened at an earlier age for colon cancer than age 50, the average age for first-time colon cancer screening.

How is a Family Medical History Used?

How is a family medical history used? A family medical history helps document familial patterns which may impact your health, such as trends towards specific types of cancer, early heart disease, or even something simple such as skin problems. Compiling a family medical history can help you and your doctor spot these family patterns and use the information to assist with the following:

- Diagnosing a medical condition
- Determining whether you may benefit from preventive measures to lower your risk of a specific disease
- Deciding what medical tests to run
- Identifying other members of your family who are at risk of developing certain diseases
- Calculating your risk of certain diseases
- Calculating your risk of passing certain conditions to your children

What Should Be Included in a Family Medical History?

Going back about three generations (to your grandparents or great-grandparents), try to collect details on every direct family member who has died and the cause of death. Also, document the medical conditions of all family members, including the age at which they were first diagnosed, their treatment, and if they ever had surgery. Important medical conditions to document include:

- Cancer
- Heart disease
- Diabetes
- Asthma
- Mental illness
- High blood pressure
- Stroke
- Kidney disease
- Alcoholism
- Birth defects
- Learning disabilities
- Vision or hearing loss

For family members with known medical problems, make notes on their overall health, including if they smoked, were overweight, and their exercise habits. If a family member had cancer, be sure to learn the primary type and not just where it metastasized. If your family members came from a different country, make note of that as well, as some medical conditions have possible ethnic roots.

Put Health History on the Menu this Holiday Season

How Should I Document My Family Medical History?

Family medical history can be recorded in a similar manner to the traditional family tree, just using standard medical symbols in a pedigree format - squares for men and circles for women. You can either use a standard key, or create your own which specifies what your symbols mean. Remove any personal names from your work before giving it to your doctor or anyone outside the family. They don't need to know the names, only the relationships among individuals, and you never know where your medical tree might end up!

My Family Can't Help Me, Now What?

If your parents are deceased or relatives are uncooperative, it may take some real detective work to learn more about your family's medical past. If you can't get access to medical records, try death certificates, obituaries and old family letters. Even old family photos can provide visual clues to diseases such as obesity, skin conditions and osteoporosis. If you're adopted or otherwise can't learn more about your family's health history, be sure to follow standard screening recommendations and see your doctor for a physical on a regular basis.

Keep in mind that the format and questions don't have to be perfect. The more information you gather, in whatever format is easiest for you, the more informed you'll be about your medical heritage. What you learn could literally save your life!

Family members share their genes, as well as their environment, lifestyles and habits. Everyone can recognize traits that run in their family, such as curly hair, dimples, leanness or athletic ability. Risks for diseases such as asthma, diabetes, cancer, and heart disease also run in families.

Everyone's family history of disease is different. The key features of a family history that may increase risk are:

- Diseases that occur at an earlier age than expected (10 to 20 years before most people get the disease)
- Disease in more than one close relative
- Disease that does not usually affect a certain gender (for example, breast cancer in a male)
- Certain combinations of diseases within a family (for example, breast and ovarian cancer, or heart disease and diabetes)

It may also be concerning if multiple family members have high cholesterol or if anyone had a heart attack at a young age, like before they were 50 years old.

If your family has one or more of these features, your family history may hold important clues about your risk for disease.

To learn more about your family history, you should ask questions and collect information about grandparents, parents, aunts and uncles, nieces and nephews, siblings, and other children, including:

- major medical conditions and causes of death,
- age of disease onset and age at death, and
- ethnic background

My Family Health Portrait - a new, free computerized tool to help make it fun and easy for anyone to create a sophisticated portrait of their family's health on your own computer. <http://www.hhs.gov/familyhistory/>

SCCOGS PUBLICATIONS FOR PURCHASE

For more information on these publications, please visit our website at www.sccogs.com/books.htm

History of the Lower Scioto Valley \$65.00 \$6.00 S/H
 1870 Census Index \$7.50 \$3.00 S/H
 1850 Census Index—Wayne Twp \$2.00 \$3.00 S/H
 1850 Census Index—Clay, Jefferson or Harrison Twp \$3.75 \$3.00 S/H
 1850 Census Index—Brush Creek or Nile Twp \$4.75 \$3.00 S/H
 1850 Census Index—Union or Washington Twp \$4.00 \$3.00 S/H
 1850 Census Index—Vernon Twp \$4.50 \$3.00 S/H
 1850 Census Index—Madison Twp \$5.00 \$3.00 S/H
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