From The Escambia County HealthDepartment

Phyllis Hall is our new Social Worker (PHSW II) with the Escambia County Health Department effective January 1, 2015! Congratulations Phyllis and Welcome to the Alabama Department of Public Health!

Stacey Williamson is also going to work in Escambia Co. one day a month!

Come join your HIV Community Prevention Group! This group includes anyone, living or working in the southwest counties of Alabama, who are concerned with HIV / AIDS. (Baldwin, Butler, Clarke, Conecuh, Covington, Escambia, Monroe, and Washington). The Prevention Group encompasses people from all aspects of community life.

They plan, promotoe, and engage in HIV education and prevention activiites.

Meeting details:

Second Friday of each month from 11-12 noon in the Community Room of the Monroe County Health Department (416 Agriculture Drive, Monroeville, AL). The Monroe Co. Health Dept. phone number is 251-575-3108 should you need more details.

Contact: Kendall Bradley Maye, Area 9 HIV / AIDS Coordinator

Scale Back Alabama (SBA) is a free statewide weight-loss program designed to encourage Alabamians to get healthy and to have fun while doing it. Since the first competition in 2007, Alabamians have lost more than one million pounds!

Scale Back Alabama is designed to address the state's challenge with obesity; however, we caution individuals to check with their health care provider before beginning a new exercise or diet regimen.

2015 Dates

- Kick-Off: January 6
- Weigh-In Week: January 19-25
- Weigh-Out Week: April 6-12
- Final Event: April 24

Are your vaccinations up to date? We can help! We can help you set up your child's screenings and shots to stay on track! Just ask for Randi or Phyllis!

251-368-9188 or 251-867-5765

- **MONTHLY OBSERVANCES:**
- **January** – Cervical Health Awareness Month
- **February** – American Heart Month
- **February** – Teen Dating Violence Awareness Month

March – Colorectal Cancer Awareness Month

HEALTH TIPS:

Protect yourself and your family.

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's, or (second hand), smoke.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Gather emergency supplies. Make a plan. Be informed.

Fun, Food, and WIC:

- **Making Fun and Healthy Snacks**
- The following are some fun and healthy snack ideas for you and your child.
- **Fish in a Fish Tank**
- Ingredients:
- · Crackers (whole grain)
- · Fish-shaped crackers
- · Cream cheese
- · Blue food coloring
- Directions:
  Color a tablespoon of cream cheese blue. Spread the cream cheese on a whole grain cracker. Place a fish cracker in the "water" and you have a fish in a fish tank. Your child can help prepare this snack by placing the crackers on a plate and by placing the fish crackers in the water.

Check out our new Facebook Page!

Upcomming CEU's…

To view the webcast go to www.adph.org/alphtn on the day of the program and click on the "View Webcast" link.

Caring for the Patient with Urinary Incontinence - A Program for Home Care Paraprofessionals

Wednesday, January 28, 2015	2:00 p.m. - 4:00 p.m. (CT)

Urinary Incontinence (UI) is the loss of bladder control. This can be caused by any number of reasons, but typically it is due to muscles in the pelvis that are either too weak or too active. Program faculty will discuss the different types of UI, causes, symptoms and ways that a Home Health Aide can help a patient dealing with UI.

Conference Flyer, Registration and Course Details coming soon.

Providing Oral Care to Patients in Home Care

Wednesday, February 11, 2015	2:00 p.m. - 4:00 p.m. (CT)

Daily dental care is an essential part of a healthy lifestyle. Program faculty will discuss the adverse side effects of improper oral care, ways to prevent dental diseases, and how you can assist your patients in maintaining proper oral health.

Conference Flyer, Registration and Course Details coming soon.

Diabetes Program

Wednesday, February 18, 2015	2:00 p.m. - 4:00 p.m. (CT)

Conference Flyer, Registration and Course Details coming soon.

De-escalating Consumer Behaviors in Traditional and Nontraditional Health Care Settings

Tuesday, February 24, 2015	10:00 a.m. - 12:00 p.m. (CT)

Conference Flyer, Registration and Course Details coming soon.

Infection Control Update 2015

Wednesday, March 18, 2015	1:00 - 3:00 p.m. (CT)

It is imperative that health care workers have the latest Infection Control information in order to protect themselves, their co-workers and their patients. That's why this program is important for all clinicians who interact with patients.

Conference Flyer, Registration and Course Details coming soon.