From The Covington County Health Department

Jamie Bender is the new environmental Supervisor covering Covington County! Congratulations Jamie! We have all of our local environmental staff also should you have questions or needs arise.

334-222-1175

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.

<u>Meeting details:</u>

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 with their Dr., and review shots to stay on track! Just ask for Misty, Pam, or Kellie. 334-222-1175

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

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.

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.

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.