



The Public Health News

Cumberland County Health Department Newsletter

Fall/Winter 2011

Meet Our Staff

Name: Jody Husted

Position: Registered Environmental Health Specialist

Years at Health Department: 6 years

Duties: Inspections, Plan Review, Compliance Assistance and Enforcement in the following programs: Retail Food, Septic System, Youth Camp, Campground, Public Recreational Bathing, and Public Health Nuisance

Quote: "You can't build a reputation on what you're going to do." –Henry Ford



Special points of interest:

- Good oral health enhances our ability to speak, smile, smell, taste, touch, chew, swallow, and convey our feelings and emotions through facial expressions.
- Air pollution in the home can come from wood smoke, tobacco smoke, gas-burning furnaces, gas-burning appliances, radon gas, mold and allergens.
- Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis decrease pain, improve function, stay productive, and lower health care costs.

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Chronic Disease Self-Management Program Peer Leader Training

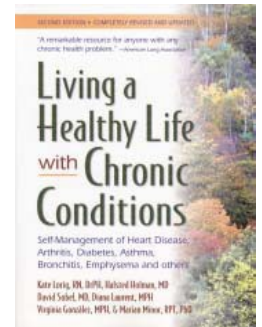
The Cumberland County Health Department is offering a free Peer Leader Training from the Stanford University's Chronic Disease Self-Management Program called "Take Control of Your Health". This program is known worldwide as a cost effective, evidence-based health promotion program for people with chronic illness and their caregivers. "Take Control of Your Health" helps people learn healthier ways to live, and gain confidence and motivation to manage their health and maintain active, fulfilling lives. It is not a 'sit and listen' type of workshop, but is highly interactive with lots of opportunity for discussion and group problem-solving.

Individuals interested in becoming a Peer Leader must attend all four "Take Control Of Your Health" training days to be certified as a Stanford University Chronic Disease Self-Management Peer

Leader. Each peer leader will receive a Leader's Manual and the *Living a Healthy Life with Chronic Conditions* book.

Peer leaders can be people who have chronic conditions or caregivers for people with chronic conditions. Peer leaders who attend the training are required to deliver one free six-week 2-1/2 hour "Take Control of Your Health" workshop at a community location within a year following the training. If you are associated with an agency, two to three individuals per agency should plan to attend the training, since the courses are taught in teams of two.

Please contact Brenda Burke at (856) 327-7602 ext. 1105 if you are interested in becoming a Chronic Disease Self-Management Peer Leader.



Free Vaccines, STD Clinic, and HIV Testing

The Public Health Nursing Department offers the following FREE services:

Sexually Transmitted Disease Clinic (STD)

A free walk in clinic for persons who want to be tested and evaluated for treatment for sexually transmitted diseases. Clinic is open every Wednesday at the FamCare building located at 30 Magnolia Ave in Bridgeton (across from the Bridgeton ER). Registration is from 4:00-5:00 PM.

HIV Testing

Free rapid HIV testing is available without an appointment every Wednesday at STD Clinic. HIV test results are available within 20 minutes of testing.

Shots for Tots Clinic

Immunizations (school shots) are offered free to children ages 2 months to 18 years that do not have health insurance or have Medicaid. Clinic is held the 2nd Thursday of the month at St Andrews Episcopal Church, 186 East Commerce St., Bridgeton from 10:00AM to 12:00PM and the 4th Thursday of the month at the First United Methodist Church, 201 North 2nd St., Millville from 10:00AM to 12:00PM. Please bring your child's up to date shot record.

Early Intervention Services

Early intervention services are designed to address a problem or delay in development as early as possible. The services are available for infants and toddlers up to age three.

If your child is under the age of three and should be crawling, walking or talking, but is not, please call Early intervention toll free at 1-888-653-4463 for information about a free developmental evaluation. The coordination of services, if found to be needed for a child who lives in Cumberland County, are offered locally through the Cumberland County Health Department.

The evaluation will look at gross motor skills,

Adult Vaccines

The following immunizations are available free to adults ages 19 years to 64 years that do not have health insurance or have Medicaid Health insurance: Tetanus, Pertussis (whooping cough), Meningitis, Hepatitis B, Pneumonia, HPV, Flu (available seasonally). Adult vaccines are available at STD Clinic.



Flu Shots

It's not too late to get your yearly flu shot. The Health Department still has vaccine available and encourages all residents ages 6 months and older to get an annual flu shot but especially people at high risk of getting the flu including: children younger than 5 years, adults 65 years and older, people with chronic health conditions including asthma, heart problems, COPD, diabetes, and people who smoke.

Visit the Health Department's website at www.cshealth.org for the next available flu clinic or contact the Public Health Nurses at (856)327-7602 for questions or additional information.

fine motor skills, communication, speech, language, sensory, social and emotional development, cognitive, adaptive and self-help skills of the child. After the evaluation, you will receive information about your child's development.



Early intervention recognizes and respects the important and central role of the family in their child's life. Early Intervention teaches the family or other important people in the child's life, various play activities and exercises to do during the child's daily routine.