

# Public Health News Briefs



## March-April 2010

### ***Spanish Food Safety Class on March 1***

There will be a Food Protection class offered in Spanish on Monday, March 1<sup>st</sup> from 2 to 5 p.m. at San Juan Basin Health Department's Columbine room. The cost is \$30. Advanced registration and payment required. This is an introductory course for food service workers in food safety and best practices in the industry. It is designed for the staff member that is new to the business and as a refresher for the more experienced staff members. This course meets the requirements of the 2004 Colorado Retail Food Establishment Regulations. Participants who successfully complete the course and exam will receive a two-year 'Excellence in Food Service' certification card.

### ***Food Service Training on March 15th***

This four hour food protection class is designed for food service employees and as a refresher class for managers. It will take place on Monday, March 15<sup>th</sup> from 1:00 p.m. to 5:00 p.m. at San Juan Basin Health Department's Conference Training Center, 281 Sawyer Drive in Bodo Park. The cost is \$40 and includes all materials and certification card. Advanced reservation is requested. Please call Marian at 247-5702, ext. 223 or email: [mschaub@sjbhd.org](mailto:mschaub@sjbhd.org).

### ***Radon Workshops Offered***

San Juan Basin Health and Colorado State Extension Office are offering free radon presentations throughout Southwest Colorado again this year. Individuals attending also receive free test kits. Testing your home is important – especially in this area as about 2/3 homes tested in 2008 had radon levels high enough to warrant mitigation recommendation.

<u>Date</u>	<u>Location</u>	<u>Time</u>
Tuesday, March 9	Pagosa Springs Community Center	1:30 pm
Tuesday, March 16	LaPlata County Fairgrounds	3:00 pm
Wednesday, March 17	Silverton Brown Bag Lunch	12:00 noon
Tuesday, March 30	Mitigation Meeting, Fairgrounds	3:00 pm
Thursday, April 15	Mitigation Meeting, Fairgrounds	6:00 pm
Saturday, April 17	Channel 9 Health Fair	
Tuesday, April 27	Mitigation Meeting, Bayfield Public Library	6:30 pm

### ***Catch up with Immunizations Opportunity ~ Two Shot Fridays***

Adults still have a great opportunity to catch up with their immunizations on Fridays from 10 a.m. to 2 p.m. San Juan Basin Health Department is offering a walk-in clinic with several vaccinations for just \$14.70 thanks to receipt of a grant from the American Recovery and Reinvestment Act. That's one-third their normal cost! Immunizations offered are the tetanus boosters and pneumonia shots which are recommended now for anyone at high risk for respiratory disease, smokers and those over age 65. Seasonal (\$25) and H1N1 (free) flu shots offered as well. No appointment is needed. Call 247-5702 for more information.

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### ***We're In the Schools During April***

San Juan Basin Health's immunization program will be visiting all elementary schools in La Plata County during April to vaccinate 5<sup>th</sup> graders with their required (and recommended) immunizations to enter 6<sup>th</sup> grade. This is a service for parents to make it as convenient and affordable as possible to get their children immunized. **Parents of 5<sup>th</sup> graders should look for packets being sent home beginning the end of March.** Parents can read the State Health Department's letter at: [www.cdphe.state.co.us/dc/immunization/parentletterschooldoses1.pdf](http://www.cdphe.state.co.us/dc/immunization/parentletterschooldoses1.pdf).

There's also a letter for parents of children who will be entering preschool this year detailing required vaccines as well as websites where parents can go to find out more about the relevant diseases and vaccines at: [www.cdphe.state.co.us/dc/immunization/IZParentletterdoses.pdf](http://www.cdphe.state.co.us/dc/immunization/IZParentletterdoses.pdf).

### ***Immunization Network Meets April 13***

The Durango, Ignacio, Bayfield, Cortez, Immunization Network (DIBCIN) will meet April 13 from 3:30-4:30 p.m. in San Juan Basin Health Department's El Escondido Conference Room. The public is invited.

### ***Free Screenings for Senior Citizens***

The Senior Outreach program continues to provide free screenings to our senior citizens. Our nurse tests blood pressure, temperature, heart rate, oxygen level, and blood glucose level. All take place from 11 a.m. to 12 noon. Anyone 60 years or older can receive a free nursing visit at home by calling the Senior Outreach Nurse Tracy Davis, R.N. at 749-4007.

**Second Thursday of each Month in Durango** at the La Plata County Senior Center  
(March 11, April 8, May 13)

**Third Thursday of each month in Ignacio** at the Ignacio Senior Center  
(March 18, April 15, May 20)

**First Friday of each Month in Bayfield** at Pine River Valley Senior Center  
(March 5, April 2, May 7)

### ***ServSafe® Program Manager Training National Certification ~ April 5-8***

The ServSafe program is recommended for managers and owners. Considered the "Gold Standard" in food safety training, this national certification program is a comprehensive, integrated program of practices related to food safety and provides science-based information on how to run a safe establishment and to establish sound food safety policies.

The ServSafe training is April 5 through 8 from 8:00 am to noon daily. The cost is \$150 per person which includes textbook, materials and exam processing. Please register in advance by calling Marian at 247-5702, ext. 223 or email: [mschaub@sjbhd.org](mailto:mschaub@sjbhd.org). The course is held at San Juan Basin Health Department's Conference Training Center, 281 Sawyer Drive in Bodo Park.

### ***Spanish Food Protection Class April 21 in Pagosa***

This is a 3 hour class designed for food service employees and as a refresher class for managers. Material will be presented in Spanish. The class takes place in Pagosa Springs on Wednesday, April 21 at the Community Center from noon to 4:00 PM. The cost is \$30. Advanced reservation requested by calling Marian at 247-5702, ext. 223 or email: [mschaub@sjbhd.org](mailto:mschaub@sjbhd.org).

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### ***Know your Numbers with Free Heart Screenings***

**Free** Heart Healthy screenings are offered every Tuesday at San Juan Basin Health Department. It only takes 15 minutes and you get immediate results. Please call 247-5702 to schedule an appointment. Screenings are also offered the first Friday of every month at the Ignacio Community Library. Please call 563-9287 for an appointment. Screenings include: cholesterol, triglycerides, blood pressure, blood sugar, body mass index (BMI), risk assessment score, and prevention education. Colorado Heart Healthy Solutions is a program of San Juan Basin Health Department.

### ***Co-Parenting the Nurturing Way – On-going classes***

The Nurturing Parenting Program in Pagosa Springs is also holding monthly co-parenting in divorce, the Nurturing Way sessions that will meet the courts requirements for parenting classes. This class is usually held on a weekend and there is a fee with lunch provided. Call Lily at 749-5541 for the date and preregistration. All proceeds support the Nurturing Parenting Program.

### ***Nurturing Parenting Program in Pagosa Springs ~ Volunteer Opportunity***

A new session of Nurturing Parenting begins February 23<sup>rd</sup> in Pagosa Springs. There are opportunities for volunteers who would like to participate in our nurturing experience. We need caring, reliable volunteers to work with the children under the guidance of skilled facilitators. Please call Lily at 749-5541 for a short training session and more information.

### ***Making New Beginnings Possible***

The Nurse Family Partnership (NFP) local program reported a successful year - obtaining a full caseload in part due to increased outreach efforts to engage and educate the community about the program. The national NFP program recently launched a new web site that presents the broad spectrum of its constituencies, from the parents and communities they serve to supporters from many walks of life. Check it out at: [www.nursefamilypartnership.org/](http://www.nursefamilypartnership.org/). This new website showcases the work of the incredible nurses who deliver the NFP program in communities across the country. Nurse-Family Partnership fosters long-term success for first-time moms, their babies, and society. Nurses deliver the support first-time moms need to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life. For more information, call Jane Henson-Inda at 247-5702, ext. 204.

### ***Certified Wound Care Nurse Taking New Referrals***

Kim Pappas, an RN with over 10 years of wound care experience, is accepting new patients with a variety of wounds including both chronic and acute. She has a National Alliance of Wound Care certification, and specializes in seeing patients in the Home Health setting to treat pressure ulcers, venous stasis ulcers, chronic diabetic ulcers and non-healing ulcers. A holistic approach is utilized including, diet/nutrition teaching, medication management, and behavioral modification. Once skin integrity is restored, interventions are put in place to reduce reoccurrence of skin breakdown. You can reach Kim at 247-5702, ext. 276.

### ***Employment Opportunities***

Please check our website [www.sjbhd.org](http://www.sjbhd.org) for up-to-date job opportunities.

### ***Contact Information for Public Health News Briefs:***

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