

# *Public Health News Briefs*



*November-December 2009*

## ***November is National Family Caregiver Month***

During National Family Caregiver Month, San Juan Basin Health would like to thank all of the Family Caregivers in our community and recognize the tremendous work they do. Contact Dawn Simard at 247-5702, ext. 240 for information on how we can assist caregivers over 60 or those under 60 caring for family members or friends over 60. Here are few ideas of how you can recognize a caregiver you know: offer a few hours of respite time to a family caregiver so they can spend time with friends or simply relax; send a card of appreciation or a bouquet of flowers to brighten up a family caregiver's day; or encourage the caregiver to attend the local caregiver support group at the Durango Senior Center. Call 259-0122 for more information.

## ***H1N1 Flu Clinics and FluWatch***

San Juan Basin Health Department has provided over 1000 H1N1 vaccinations to individuals within the priority population groups. This massive effort was made possible with the wonderful participation of community partners: the Upper Pine Fire Protection District who professionally staffed the clinic in Bayfield; the Medical Reserve Corps of Southwest Colorado who provided quality medical volunteers for the Durango and Bayfield clinics; and the Red Cross and the Southwest Baptist Disaster Relief/Mesa Verde Baptist Association for serving up appreciated refreshments.

**We are holding four more clinics this week for specific priority groups and will schedule additional clinics as we receive more vaccine.** The CDC has stated that there will be enough vaccine for everyone who wants a vaccination.

**CLINIC UPDATE:** Individuals can find information about upcoming San Juan Basin Health H1N1 flu clinics and vaccine availability at other providers in the community at [www.sjbhd.org/en/h1n1-resources](http://www.sjbhd.org/en/h1n1-resources) or call our FluLine at 247-5702, ext. 1520. We also provide updates to the La Plata County InfoLine 385-4636 (385-INFO), ext. 2277 for H1N1 clinic updates and ext. 2270 for listing of other flu information lines. San Juan Basin Health recently partnered with the Durango Herald to run a weekly FluWatch box in its Tuesday newspaper to give the community a brief update of flu activity locally and a listing of H1N1 vaccination clinics and which groups are eligible.

## ***Pagosa H1N1 Vaccination Clinics***

San Juan Basin Health Department in Pagosa Springs is holding a walk-in H1N1 vaccination clinic from 2-7 p.m. on Tuesday, November 17. This is for individuals in special population groups to receive their H1N1 vaccination including: children 6 months to 24 years old, health care professionals, caregivers of children under 6 months, pregnant women, and adults under age 64 with chronic high risk health conditions. Individuals in these groups can also schedule an appointment for any Monday by calling 264-2409, ext. 33. The H1N1 vaccinations are free.

*continued on page 2*

### ***Girls Circle Group on Tuesdays***

The DRAGON Youth Project at San Juan Basin Health Department is offering a free Girls Circle group every Tuesday from 4 to 5:30 pm at Durango Joe's on College Drive for girls ages 13-16. Girls Circles are structured support groups for adolescent girls that promote resiliency, confidence, and connection while addressing risky behaviors in a safe space. Please contact Kendra Gallegos Reichle at 247-5702, ext. 225 for more information. ***Check it out on Facebook!! Search: Girls Circle Durango***

### ***Free Screenings for Senior Citizens in Nov-Dec***

The Senior Outreach program continues to provide free screenings to our senior citizens. Our nurse will test blood pressure, temperature, heart rate, oxygen level, and blood glucose level.

**Second Thursday of Each Month** (November 12, December 10)

10:45 to 12 Noon at: Durango/La Plata County Senior Center

**Third Thursday of each month in Ignacio** (November 19, December 17)

10:45 to 12 Noon at: The Ignacio Senior Center

**First Friday of Each Month in Bayfield** (November 6, December 4)

10:45 to 12 Noon at: Pine River Valley Senior Center at Bayfield

### ***Health Screenings for Latino Adults***

Promoviendo La Salud will be offering several health screening opportunities for Latino adults in Durango and Pagosa Springs. Promoviendo conducts screenings the third Thursday of each month at San Juan Basin Health (November 19 and December 17) from 8 to 10 a.m. Screenings at the Adult Education Center in the Commons Building are on November 11-12 from 8 to 10 a.m. and in Pagosa Springs the first Tuesday of each month at San Juan Basin Health Department from 8 to 10 a.m. (November 10 and December 8). There is a \$15 suggested donation. No appointment is necessary. Screenings include blood pressure, height/weight/BMI, pulse oximetry and a blood test for glucose and cholesterol. Clients must fast 10-12 hours prior to the test for accurate results. For more information, please call 247-5702, ext. 207.

### ***Understanding the Teen Brain~ November 8 & 9***

Assets for Colorado Youth, chosen by the La Plata Children, Youth and Family Master Plan for our local youth-adult partnership trainings, will present a workshop in both Durango and Ignacio entitled ***It's All In Your Head: Positive Youth Development & the Adolescent Brain***. Learn the latest research on adolescent brain development in a manner that makes it applicable to everyday life with preteens and teens including: improving communication; establishing and respecting clear boundaries and expectations; and helping young people stay safe and thrive! For youth from middle school-age up, youth serving professionals, adults who care for and about young people, community leaders, and advocates. Space is limited! Call 303.832.1587 or e-mail [registration@buildassets.org](mailto:registration@buildassets.org) to **RSVP by November 5**. Please provide your name, organization, e-mail address & phone number.

Sunday, November 8 from 4:30-8:15 pm at Durango Recreation Center

Monday, November 9 from 4:30-8:15 pm at Ignacio Sun Ute Community Center

### ***Lasso Tobacco Coalition Meeting Tuesday, November 17<sup>th</sup>***

Lasso Tobacco Coalition is meeting on Tuesday, November 17 from 11:30 to 1:00 at San Juan Basin Health's Larkspur Conference Room. A light lunch is provided. To RSVP or for more information, please contact 247-5702, ext. 227.

*continued on page 3*

### ***Peer Mentor Training for High School Students ~ December 4-5***

There will be a Peer Mentor training for high school students facing health challenges on December 4-5. It will be an overnight training at the SunUte Community Center in Ignacio. Teens invited to participate are those who have faced or are living with a significant health challenge such as diabetes, paralysis, hearing or other sensory loss, severe asthma, or brain based disorders such as Asbergers, epilepsy, depression or ADHD. Students will be trained in communication skills, stages of adjustment to trauma, resource and referral, and logistics of peer mentoring. Call Liza Tregillus for more info: 749-9607.

### ***Immunization Network Meeting December 8***

DIBCIN (the Durango, Ignacio, Bayfield, Cortez Immunization Network) will meet on December 8<sup>th</sup> from 3:30 to 4:30 at San Juan Basin Health Department's Escondido Conference Room. School and clinic nurses, doctors, Head Start staff members, daycare providers and other interested members of the community are invited. Refreshments provided.

### ***Successful Training for Interpreters***

The Interpreter Network's Orientation for Interpreters in late September was a huge success! Twenty bilingual individuals from local service agencies learned the basics of language interpreting skills, including: how to manage an interpreter session; roles of an interpreter; interpreter code of ethics; and much more. This training was sponsored by La Plata Unity Project and Promoviendo La Salud.

If you are interested in becoming a volunteer interpreter or would like to be notified about upcoming interpreter trainings, please contact the La Plata Unity Project at [contact@laplataunity.org](mailto:contact@laplataunity.org). The Unity Project also maintains a list of volunteer interpreters that are available to assist both clients and providers with interpreting/translation needs. Availability and volunteer experience vary. Contact Crystal at 903-1761 or Grisela at 764-0986, with the La Plata Unity Project, for more information.

#### **H1N1 RESOURCES**

1. [flu.gov](http://flu.gov) - CDC and Health and Human Services website
2. [www.colorado.gov/nofluforyou](http://www.colorado.gov/nofluforyou) - Colorado Department of Public Health and Environment H1N1 website is an informative, frequently updated site where you can also sign up to receive emails any time there's an H1N1 update
3. [www.sjbhd.org](http://www.sjbhd.org) - San Juan Basin Health Department's website includes media releases, direct links to trusted sites, and a H1N1 Resource page with FAQs, posters, factsheets, podcasts, and links to credible websites
4. **CoHELP - 1-877-462-2911** Colorado's Help Line with toll free live operators answering questions about flu and H1N1

### ***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:***

San Juan Basin Health Department: 247-5702, ext.1605 \* [jlooney@sjbhd.org](mailto:jlooney@sjbhd.org)