

# COMMUNITY WELLNESS

## NEWSLETTER



# 2015

You may remember “2001 A Space Odyssey”, that futuristic movie released about 47 years ago. Wow! Where did the time go. Once again it’s time to say “Happy New Year”, a good opportunity to assess the one just past and a wonderful time to plan for the new.

Most people probably have good intentions for improving their own and their family’s lives, perhaps friends and coworkers, and even people they don’t know. But let’s face it - that old axiom, “the road to Hell is paved with good intentions”, is probably true and failed intentions run high, UNLESS there is some supportive actions to prop up the intent and desire. Dr. Heidi Grant Halvorson, a psychologist and author, has a checklist of things that successful people do differently from the those who can’t seem to reach goals.

- Be a realistic optimist: That optimist part is probably as important as the “realistic” part. Feeling positive, determined and sure that something can be accomplished can be motivational, particularly if things get a little tough down the road.
- Set specific goals: Very specific, with a willingness to accept that most lofty goals are of a longer-term nature than we’d like.
- Plan: When a goal is set, figure out the details. What, When, How, and a good Plan B - What If.
- Measure your progress: It’s a journey, so build in some check-points along the way to measure and reinforce your progress and sound the alert if adjustments are needed.
- Get gritty. What?!? Yes, being gritty is a necessary determination to tough it through when things just aren’t working perfectly. The stick-to-it ethic.

This is a short checklist because the basic framework for action is universal. What’s missing? Having a support structure.

Lots of us want to be tough and independent, never asking for or needing help. But having someone to encourage us and provide accountability is so important to keep us humble, truthful with ourselves, and emotionally in the game, boosting flagging energy and desire by reminding us how far we’ve come and how good it will feel when we’ve met our goal. Here’s a perfect example:

The Florida Department of Health - Hillsborough County’s Get Into Fitness Today (GIFT) program facilitates free community-based support groups to help individuals improve fitness levels and reach their healthiest weight. We are fortunate to have trained Community Lay Health Advisors (CHA) who provide educational sessions, mentoring participants and setting examples.



Theresa and Jannie, two of our long-time CHAs, have both set personal goals. Theresa became involved with *Black Girls RUN*. She admits being skeptical about whether, at age 65, she could finish a race, but decided to give it try, and bucket list item #4 was born. In November 2014 she ran the Rock ‘n Roll Savannah (Ga.) 1/2 Marathon in 3 hours 28 minutes and left 500 people behind her. Feeling pretty good about that accomplishment, she

ran another 1/2 marathon in St. Augustine in December 2014 and finished in the top 50% of her age group ahead of quite a few younger participants.

Jannie accompanied Theresa to Savannah as a support person. She was so impressed with Theresa’s outcome, she signed up for the St. Augustine 5K and finished 7th in her age group.

Both ladies agree - it feels amazing to set and reach a goal. So say we all. Happy New Year!

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**Tips for Keeping a Resolution**

It may be my age, but time seems to be moving a lot faster than it used to. It seemed like only yesterday that we were ringing in a bright new 2014 and here we are now in the year 2015. Not that I am complaining; it's just an observation. I like the start of each new year with the sense of fresh new challenges and the opportunity to fix what did not work the previous year or simply do better. It's why we are all so fond of New Year resolutions. Many of us want a second chance, we want to set some positive expectation or goals that we seek to achieve for at least the first few weeks or months of the year. Yes, it's a reality that many of us also do not manage to keep our New Year's resolutions, but I am still a fan of making one anyway, especially when it relates to my health or my family. Not a thing wrong with setting a reasonable goal for yourself that is focused on improvement. So go for it, make a New Year's resolution.

Note however, that it needs to be reasonable. While I love lofty, audacious goals, I don't want to set myself up for failure. I would like to have the weight that I had at age 16, but it's not going to happen - talk about audacious! So my more reasonable resolution is to lose 10 pounds this year. Consider this tip one: be reasonable and realistic in making your resolution.

Another tip that helps in maintaining a resolution is finding some way to establish a method for accountability. How do I stay on track? That may vary from person to person. In my case sharing my intent, objective, goal or resolution with a friend helps. They may choose to join me in my efforts (many of my friends need to lose a few pounds anyway) or they may provide encouragement and support. Obviously, if I have informed my good friend that I am working to lose a few pounds she would not be making offers of baked products and other high calorie items that would jeopardize my success.

Finally, be reasonable with yourself. If you have some failures, don't give up, don't beat yourself up. Keep trying. Track your progress and fix what you need to in order to stay on track. Of course, as you see progress or when you achieve your objective, celebrate or reward yourself. When I lose my 10 pounds I will not be rewarding myself with any baked goods or chocolate (a few of my favorite things), but I will be spending some time in Dillard's!

Resolution may be defined as a formal expression of will, or intent. I recently read that the word resolution is currently in the top 1% of lookups and is the 56th most popular word on Merriam-Webster.com. I am guessing that many are not just trying to define, but to "do" the word.

**Have a question or comment?**  
 Contact us:  
[hillschdfeedback@doh.state.fl.us](mailto:hillschdfeedback@doh.state.fl.us)

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# Nutrition Nuggets

With the flu season peaking at the end of December through mid-February, it is essential to protect ourselves and others to avoid severe illness. While everyone needs to practice preventive hygiene, such as washing hands thoroughly and often, coughing into the arm at the elbow crease and avoiding crowds when ill, seniors, pregnant women and children under the age of five are considered at higher-risk.

In addition, we can increase cold and flu prevention with certain lifestyle choices, like the foods we eat. A prescription of vitamin packed flu-fighting foods may be the best medicine for the flu. Experts agree, a balanced diet rich in a variety of fruits and vegetables, whole grains, lean proteins and low-fat dairy products—along with those other things like hand washing, rest, and physical activity—can contribute to a well-functioning immune system and can even help speed up recovery if you do come down with the flu. The KEY is not to wait until you are already sick.

Our immune system is what protects us from viral infections, and the foods we eat have a major impact on the immune system's ability to fight off the flu. Fruits and vegetables are perfect for keeping your immune system ready because they contain a variety of vitamins like A, C and E, as well as minerals and antioxidants that all work together to keep your immune system and your whole body healthy. You could rush to the store for vitamin and antioxidant supplements, but they may not have the same effect as whole foods.

Don't be shy, load up on brightly colored fruits and vegetables like oranges, red peppers and broccoli, which are not only high in vitamin C, but also immunity-improving vitamin A. Mushrooms get overlooked as a health food, but they possess a big weapon you need this flu season: selenium, which helps white blood cells fight sickness. Add fresh mushrooms to omelets, salads, wraps, or sauté them with other nutritious vegetables.

While vitamin C tends to get all the attention, vitamin D and E are also powerful nutrients that work together to help prevent colds. Exposure to sunlight provides vitamin D, but our exposure to the sun is limited in the winter. Along with fish, fortified milk is one of the best dietary sources of vitamin D. Enjoy a glass of low-fat milk at meal times. Good sources of vitamin E include whole grain products, seeds and nuts, dark green leafy vegetables (spinach, asparagus, broccoli, and turnip greens), avocado and plant oils like olive oil.

Unfortunately, we tend to eat fewer fruits and vegetables in the winter, the opposite of what we should be doing. Shoot for at least five servings of fruits and vegetables every day to get adequate vitamins, minerals, and antioxidants—all the things you need for a healthy immune system.

Start improving your chance of staying well and avoiding the flu this year by getting a flu shot, a daily dose of moderate sunlight, always focus on nutrient rich foods first and don't forget to stay hydrated.

## Carrot Soup with Sweet Orange Cream

### Ingredients:

- ◆ 2 teaspoons Oil (Olive or Vegetable)
- ◆ 1 pound Carrots, washed, peeled and chopped
- ◆ 1 medium sweet onion, peeled and chopped
- ◆ 1 tablespoon Garlic, minced
- ◆ 4 cups Vegetable Stock (or Sodium-Free Bouillon)
- ◆ 1 medium Orange (Zest and Fruit)
- ◆ 6 ounces Fat-Free Vanilla Greek Yogurt
- ◆ ¼ teaspoon Vanilla Extract
- ◆ 4 tablespoons Roasted Pumpkin Seeds
- ◆ 4 tablespoons Dried Cranberries

### Instructions

**FOR THE SOUP:** Heat a large sauté pan on medium. Once hot, add oil, carrots, onions. Sauté until vegetables are soft, about 10 minutes. Add 2 1/2 cups. vegetable broth to vegetables and allow to simmer for 5 minutes. Place cooked vegetable mixture and oranges

(see orange cream instructions below) in a blender and blend until smooth, about 1 minute. Add remaining 1 1/2 cups. vegetable broth and pulse quickly to combine.

**FOR THE SWEET ORANGE CREAM:** Wash and zest orange – Remove remaining orange rind and roughly chop fruit for the soup. Add zest to yogurt along with vanilla extract and stir to combine. Chill until ready to use.

**TO PUT TOGETHER:** Spoon 1 cup of soup in bowl. Top soup with 2 tablespoons of the Sweet Orange Cream. Sprinkle with 2 teaspoons of dried cranberries and roasted pumpkin seeds. Serve hot or cold!

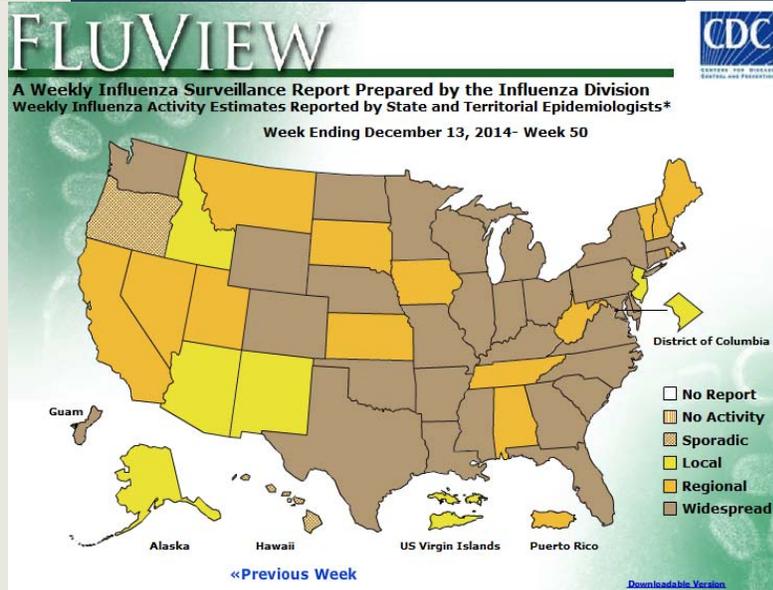
**Notes:** This will keep well in the fridge for three days, but can also be frozen. Adding a little vegetable broth before re-heating is recommended as it tends to thicken over time.

## EARLY START TO INFLUENZA SEA-

Influenza cases are usually highest in February, but the 2014-15 flu season is off to an earlier than usual start. In the last few weeks, influenza and influenza-like illness levels have steadily increased across Florida. Several influenza outbreaks in long-term care facilities have already been reported across Florida this season.

**Influenza A (H3)** is the strain of flu circulating more than any other so far this season nationwide. While it is too early to tell if this flu season will be worse than other years, seasons when influenza A (H3) circulates predominantly are often associated with higher rates of illness and death, particularly in the elderly.

As of early December, flu activity was highest in children but overall has been widely spread throughout the state. Visits to hospital emergency departments and urgent care centers with the influenza-like illness or a discharge diagnosis of influenza (for those 18 years of age and under) is higher than in the previous four flu seasons at this time of year, and is at or higher than what is typically seen at the peak of the season. **Increased influenza activity in children regularly comes ahead of increased activity in all other age groups.**



\*This map indicates geographic spread and does not measure the severity of influenza activity.

The proportion of pregnant women seeking care in emergency departments or urgent care centers is also higher than in previous years at this time of the year.

There have been 3 influenza-associated child deaths in Florida for this season, and although some or all of these children may have been at higher risk for severe complications, none had received the vaccine.

You may be hearing that this year's flu vaccine does not "match" well with the influenza strain circulating this season. There are many different flu viruses and the ones selected for annual vaccines are updated each year based on 1) which influenza virus strains are circulating, 2) how they are spreading, and 3) how well current vaccine strains protect against newly identified strains. Currently, 141 national influenza centers in 111 countries conduct year-round surveillance for influenza and study the disease trends. Occasionally, a suitable new vaccine virus cannot be identified in time to be included in the upcoming year's vaccine.

It takes at least 6 months to produce large quantities of vaccine for delivery in time for vaccination to begin in the fall. In some years certain flu viruses may not circulate until later in the season, or a virus can change (mutate), late in the season. This makes it difficult to forecast which viruses will predominate the following season and/or to identify a vaccine virus strain in time for the production. The annual flu vaccine contains 3 or 4 flu viruses so even when there is a less than ideal match against one virus, the vaccine may protect against the other viruses. For these reasons, even during seasons when there is a less than ideal match, everyone 6 months of age and older are recommend to receive flu vaccination, particularly people at high risk for serious flu complications, and their close contacts.

## FLU MYTHS vs. FLU FACTS

**MYTH**  
THE FLU SHOT CAN GIVE ME THE FLU

**FACT**  
FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION

**FACT**  
GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK

**MYTH**  
VACCINES ARE NOT PROVEN TO PREVENT THE FLU

**FACT**  
IF YOU GET THE FLU VACCINE, YOU ARE ABOUT 60% LESS LIKELY TO NEED TREATMENT FOR THE FLU

**MYTH**  
IT IS BETTER TO GET THE FLU THAN TO GET A FLU VACCINE

**FACT**  
PEOPLE SHOULD GET A FLU SHOT AS SOON AS THEY ARE AVAILABLE BECAUSE IT TAKES ABOUT TWO WEEKS FOR ANTIBODIES TO DEVELOP

**MYTH**  
I SHOULD WAIT TO GET VACCINATED SO THAT I'M COVERED THROUGH THE END OF THE SEASON

For more fun myths and facts, go to: [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm) or [www.cdc.gov/flu/about/qa/misconceptions.htm](http://www.cdc.gov/flu/about/qa/misconceptions.htm)

All of the information on this page was excerpted from the following sources: Florida Department of Health—Hillsborough County EPI Notes and [www.cdc.gov/flu](http://www.cdc.gov/flu)

# Take control of your health: make a SMART New Year goal!

It's a new year and an opportunity to give your health goal a fresh start! Perhaps you have made New Year's Resolutions in the past, but your commitment waned by March. Or perhaps you feel it is a waste of your time and energy to make a resolution "just because it's that time of the year."

By understanding a few of the benefits of setting goals, you may be motivated to write and keep your 2015 goals.

## S.M.A.R.T Goal Setting

Goal setting does not need to be complicated. It also does not need to take a lot of time. Using S.M.A.R.T goals principles will help keep goal writing simple. S.M.A.R.T goals are:

- **Specific:** A specific goal will answer the six "W" questions: Who, What, Where, When, Which and Why. EXAMPLE: "To improve my heart health, I will walk four laps around the track of my neighborhood park three days a week."
- **Measurable:** A measurable goal will help you stay on track and check your progress. EXAMPLE: I will walk 30 to 45 minutes on Mondays and Wednesdays after work, and Saturday mornings.
- **Attainable:** An attainable goal should stretch you slightly so that you feel you are being challenged, but the goal should not be impossible to achieve.
- **Realistic:** A realistic goal is within your reach and requires that you have the knowledge, skills and abilities to reach it.
- **Timely:** Your goal should have a deadline to give you a sense of urgency to start taking action to achieve the goal. Be sure to include a start date and target date. It's a good idea to set milestones along the way to an ambitious goal; like "I will lose the first five pounds by xx/xx/xxxx date, the next five by xx/xx/xxxx," and so forth. One big goal and deadline is a lot harder to manage for most of us!



## Example of a S.M.A.R.T healthy goal

To improve my heart health, I will begin a walking program on January 5, 2015. I want to lose 15 pounds by June 30, 2015. I will walk 4 laps around the track of my neighborhood park in 30 to 45 minutes, three days per week. My walking days will be after work on Mondays and Wednesdays, and on Saturday mornings.

## Ready to take control of your health?

Are you taking charge of your health? Regular health care, including preventive care, can enhance and extend your life. Most people are good caretakers, taking care of others needs becomes their priority. But what about your own health, your personal needs?

Regular health exams and tests can help your health care provider find problems before they start. They also can help find problems early enough, so that your chances for treatment and cure are better. By getting the right health care services, screenings, and treatments, you are taking steps to improve your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.

If you aren't already, It's time; prevention is the key to a long healthy life! Work on scheduling health care appointments to discuss what screenings, tests and exams you need and when you need them. Keep track of important health information and be prepared for medical appointments. Follow your doctor's instructions regarding lifestyle changes and prescribed medications. Play an active role in your health care.

## Some recommended screening tests and check-up items:

Breast and Cervical Cancer Early Detection  
Cholesterol  
Diabetes  
Colorectal Cancer Screening  
High Blood Pressure

Immunization Schedules  
Oral Health  
Prostate Cancer Screening  
HIV/AIDS  
Viral Hepatitis

Florida Breast and Cervical Cancer  
Early Detection Program  
Quick Facts  
\*\*\* Hillsborough Program \*\*\*

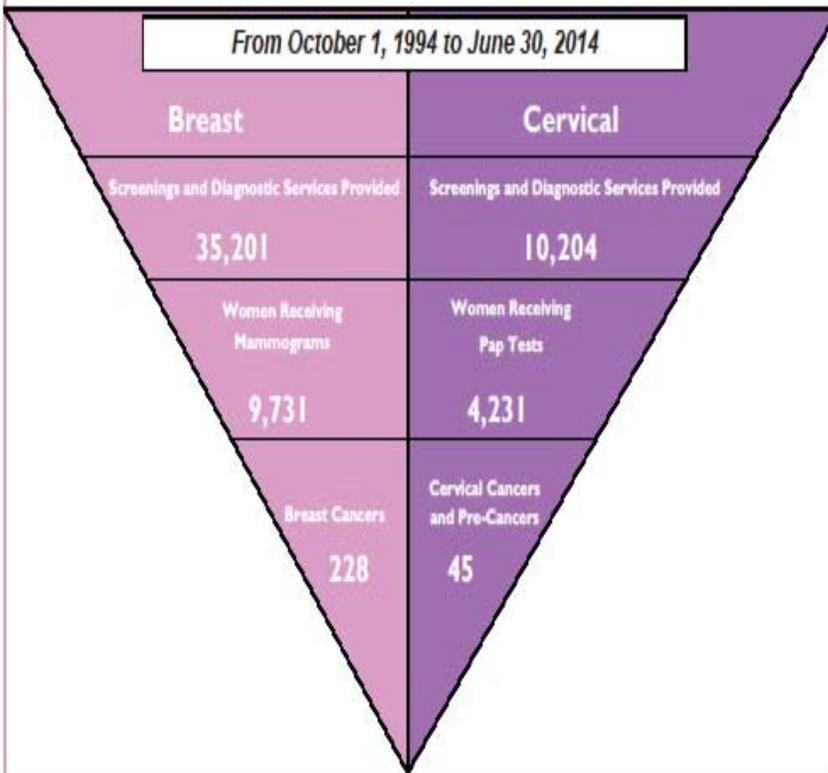


The National Breast and Cervical Cancer Early Detection Program as administered by the Centers for Disease Control and Prevention (CDC) funds the Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP). This funding serves approximately 5.7 percent of the eligible, at-need population in Florida.

Eligibility Requirements:

- Females between 50 and 64 years of age, and
- Household income at or below 200% of the Federal Poverty Level, and
- Uninsured or no insurance that covers screenings.

The Hillsborough BCCEDP provides a vital link to screening, diagnostic, and treatment services for women.



During FY 2013-14

The Hillsborough Program Provided: \*

- 3,002 breast screenings and diagnostic services
- 174 Pap tests and cervical diagnostic services
- 1,490 women with mammogram screenings\*  
\*Includes those women screened <299 days
- 187 women with Pap tests

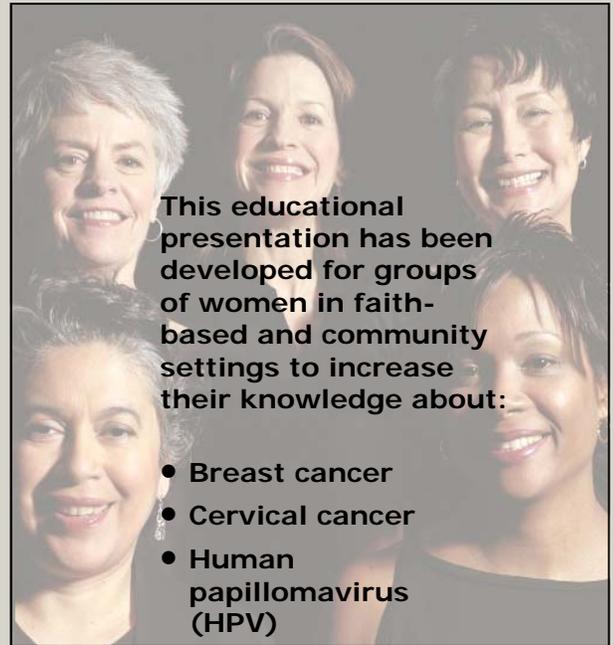
Detected:

- 33 breast cancers
- 0 cervical cancers and pre-cancers

October, 2014

\* Hillsborough Program numbers are for all contracted services for the region including Hardee, Highlands, Hillsborough, and Polk counties. The services are "duplicated", which means some clients received multiple services.

Florida Breast and Cervical Cancer  
Early Detection Program



This educational presentation has been developed for groups of women in faith-based and community settings to increase their knowledge about:

- Breast cancer
- Cervical cancer
- Human papillomavirus (HPV)

*For Peace of Mind*

*This FREE 45-minute presentation can be provided in English and Spanish at your church, organization or community meeting.*

**Participants receive:**

- Information and assistance in locating breast and cervical cancer screening locations in your county (including Hardee, Highlands, Hillsborough and Polk)
- Mammograms and Pap Test applications for those participants who are eligible for the program

**Call (813) 307-8071  
for more information or visit us at:  
[hillsborough.floridahealth.gov](http://hillsborough.floridahealth.gov)**

# WHY GO SMOKE FREE?

Ask Your Landlord About No-Smoking Policies That Could Clear the Air in Your Home.



For More Information, Visit [www.hcada.com/tobacco](http://www.hcada.com/tobacco) or Call 813-238-4034

## CONSIDER THIS:

More than 80% of adults in Florida are non-smokers and the vast majority of tenants -four out of five- would prefer to live in smoke-free housing.

# Hearts Exercise

According to the American Heart Association, regular physical activity positively contributes to good heart health. Most people know this, even if they don't exercise regularly. But all of the following benefits may just make the couch potatoes decide it is worth the effort! Regular exercise:

- Improves blood circulation
- Improve cholesterol levels
- Prevents and manages high blood pressure
- Reduces coronary heart disease

If that is not enough to get you moving, there are more benefits! Regular exercise:

- Keeps your weight under control by burning calories and helps control appetite
- Helps you manage stress
- Helps you quit smoking
- Helps you fall asleep faster, sleeping more soundly
- Prevents bone loss
- Reduces risk of stroke
- Boosts your energy level
- Delays age-associated chronic illness/disease

If you haven't been active, getting some advice from your healthcare provider, who will consider your medical history and age, will help determine what activities and at what level are best for you.

If you aren't sure exactly what to do, walking is one of the easiest ways to begin. It's free and it's an activity



that can be done almost any time. Walking has a very low "drop-out" rate and it is a perfect activity to include socializing. Walking with friends or family gives you time to talk, laugh, AND encourage and hold each other accountable.



People with disabilities, long-term injuries, or mobility issues due to age can have a tendency to live less-active lifestyles, so it can be even more challenging to exercise

on a regular basis; however, physical activity need not be strenuous to achieve good benefits.

Social support from family and friends has been consistently and positively related to regular physical activity, particularly for people with disabilities. Resources for physical activity for those with disabilities can be found at



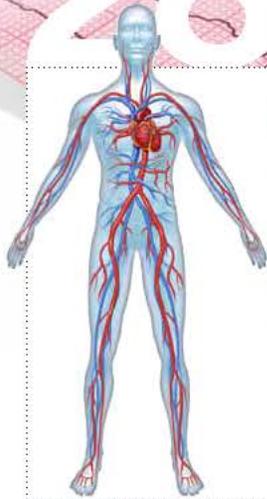
[healthfinder.gov/FindServices/SearchContext.aspx?topic=14554](http://healthfinder.gov/FindServices/SearchContext.aspx?topic=14554)



*Helpguide* provides free educational supplements. This organization collaborates with Harvard Health Publications, the consumer health publishing division of Harvard Medical School.

<http://www.helpguide.org/articles/exercise-fitness/chair-exercises-and-limited-mobility-fitness.htm>

# 28 FACTS for a healthier heart



ARTERIES

## FACT #1

Just as arteries in the heart can be blocked so too can arteries in other body parts.

## FACT #2

Quality sleep is good for your heart. Try to get eight hours of good quality sleep each night.



8 hours of good quality sleep

## FACT #3

Every minute without CPR and defibrillation in a cardiac event outside of the hospital decreases your chance of survival by 10%.

Early recognition and access to emergency services are key to survival.



## FACT #4

More than **1000** people die each day from sudden cardiac arrest. It is the leading cause of cardiovascular death.



## FACT #5

Breathing secondhand smoke can make your blood more likely to clot, causing a heart attack or stroke.

Avoiding smokers is especially important if you've had a previous heart attack or diagnosed with heart disease.



## FACT #6

**Smokers** are **2-4 times** more likely to develop coronary heart disease and **2-3 times more likely to die** from it than non-smokers.

## FACT #7

Heart disease is the killer in the U.S.

#1

**Good news:** Most of it is preventable.

Sources: American Heart Association, CDC, mayoclinic.com

# WIC SMILES 4 U



## WIC SONRÍE PARA TÍ

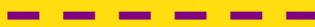


### Eligibility Requirements

### Requisitos de Elegibilidad

**Pregnant Moms  
up to 6-months  
post partum**

Madres embarazadas y hasta después de los 6 meses del parto



**Children 6 months -  
21 years of age.**

Niños entre los 6 meses y 21 años de edad



**Six locations  
throughout  
Hillsborough County**

Seis localizaciones en el Condado de Hillsborough

**Get your family's teeth  
checked for free.**

**Examine los dientes de su familia de  
manera gratuita.**

**Walk-ins  
preferred. Call for  
location  
813-373-8665**

**No es necesario hacer  
cita, llame para  
información de la  
localización más cercana  
a usted  
813-373-8665**

**Dental mobile  
located in the  
same parking lot  
as WIC**

**Los Móviles Dentales  
se encuentran  
localizados en los  
parqueaderos de las  
Clínicas del WIC**

**Start now to give your child a Healthy smile.**

**Empiece ahora a darle a su niño  
una sonrisa Saludable.**



USDA is an equal opportunity provider and employer.  
I USDA es un proveedor y empleador que ofrece  
igualdad de oportunidades.



# SUNDOWNING

It sounds like a pleasant way to end the day, but for about 20% of people with Alzheimer's disease and dementia, dusk can be a time of confusion and agitation, often lasting through the night, and it can add extra stress for caregivers.

Sundowning, or sundown syndrome, causes are not well understood. Research suggests it may be related to changes in the brain's "circadian pacemaker" - the cluster of nerve cells that keeps our bodies on a 24-hour clock. Studies in mice reveal chemical changes in the brain that are characteristic of Alzheimer's disease may play a role. It also finds that older mice make more of an enzyme that is associated with anxiety and agitation before they go to sleep than middle-aged mice do. Sundowning typically peaks during the middle stages of Alzheimer's getting better as the disease progresses.

People with Sundowning may become more:

- ◆ Forgetful and confused
- ◆ Agitated and restless
- ◆ Anxious and even delirious

As they have trouble sleeping, they may pace the floor, wander, or yell and become combative.

Several things can increase the risk for Sundowning:

- ◆ Pain
- ◆ Severe constipation
- ◆ Poor nourishment
- ◆ Infection
- ◆ Being on many medications at the same time
- ◆ Noisy/disruptive sleeping environment

There is no specific treatment, but there are ways to make the syndrome less severe:

**Activity** - Being more active during the day through physical activity like walking or hobbies that require moving around like gardening, and discouraging daytime naps may help people sleep better at night.

**Healthy diet** - Make sure a person with Alzheimer's or dementia eats properly, limiting caffeine and sugar to morning hours, with early dinners, and light snacks before bedtime.

**Medical Advice** - Since these patients have lost some communication skills and may not be able to say exactly what is bothering them, providers should be alert for physical problems like pain, infections or bladder problems that can contribute to nighttime agitation. As people age, they may take more medications so a regular review of prescription medications is important to prevent over-medication or medications that conflict with one another.

**Light therapy** - Exposure to bright lights during the day, such as sunlight, may help reduce symptoms, especially when combined with exercise.

**Good sleeping environment** - If they seem more comfortable, allow these individuals to change bedrooms or to sleep in a favorite chair or couch. Keeping the room partially lit may also help reduce confusion if the person wakes during the night. It may help them remember where they are and can help prevent falls if the person rises.

**Calm reassurance** - Gently tell the person where they are and what time it is. They may disagree but avoid arguing and offer reassurance that they are OK.

Sources: "Sundowning: Causes, Symptoms, and Treatment", Reviewed by Michael W. Smith, MD, WebMD, LLC, Jun 2013. Article accessed [www.webmd.com/alzheimers/guide/sundowning-causes-symptoms-treatments](http://www.webmd.com/alzheimers/guide/sundowning-causes-symptoms-treatments), December 2014.



On Veterans Day, Hillsborough County, in collaboration with the Tampa Hillsborough Homeless Initiative and the City of Tampa, launched the rapid rehousing program dubbed Operation Reveille to keep pace with the national goal of ending homelessness among veterans by 2015. Employees from the Florida Department of Health - Hillsborough County, shown above, helped staff the event.

A February 2014 county survey indicated there were 250 homeless veterans. Operation Reveille reduced those numbers by following a housing-first model which moves people directly from the streets into their own homes. This program then provides 12 months of services to help individuals into self-sufficiency and retain their homes. Those services include intensive case management, employment services, health care and financial counseling. After a year, veterans may still be eligible for assistance based on their needs. This system brings together government agencies, faith-based organizations, nonprofit agencies and businesses. Funding for Operation Reveille comes from federal, local government and private sources.

Excerpted from: "Operation Reveille provides housing, services for homeless veterans" 11/13/14 [Last modified: Thursday, November 13, 2014 2:51pm] © 2014 Tampa Bay Times



SUNDAY, December 7, 2015 marked the kick-off of Tampa's Coast Bike Share bicycle rental program at Water Works Park in downtown Tampa. As Tampa and other county municipalities become more pedestrian and bike-friendly, ridership is expected to climb. Currently, 100 bikes for rental are available, but with the enthusiasm for this kind opportunity, Coast Bike Share expects to increase that to as many as 300, depending on demand.

Rentals can be on the spot at various locations with a credit card or by entering an account number, which can be established online.

<http://coastbikeshare.com/>

Safety is a primary concern but a similar program started in North Carolina has had 23 million rentals without a fatality, according to Jim Shirk of the Hillsborough County Metropolitan Planning Organization's Bicycle Pedestrian Advisory Committee. A very impressive and important record.

Florida Department of Health - Hillsborough County staff members took rides and give the program a big thumbs up. A great opportunity to get outdoors and get physically active!



City of Tampa Mayor Bob Buckhorn and FDOH-Hillsborough's Ashley Carter and Deidra Bryant, Nutrition Educators from Nutrition/WIC division.





## SEXUALLY TRANSMITTED DISEASES CLINIC SERVICES

Our Sexually Transmitted Disease (STD) clinic offers low-cost (up to \$30.00) confidential services to the public. Medicaid and Hillsborough Health Care Plan are accepted. Clinic location is 1105 E. Kennedy Boulevard, Tampa 33602 (corner of Kennedy and Nebraska Avenue, downtown Tampa). Client parking is on the Jackson Street-side of our building.

Tests offered include HIV, Syphilis, Gonorrhea, and Chlamydia. Testing for Herpes and/or treatment for Herpes can only be performed when lesions are present.

The clinic operates on a walk-in basis only. The hours of operation are 7:00 am - 4:00 pm (last walk-in patient must be registered by 2:30 pm), Monday through Friday, except for State holidays.

Reduced services are provided on the 2nd and 4th Tuesdays of the month, which are reserved for staff training.

To find other HIV testing sites near you, please visit <https://gettested.cdc.gov>.

The Florida Department of Health in Hillsborough County has teamed up with the Hillsborough County Tax Collector to offer birth certificates at more locations around the county. Beginning in February 2014, select Tax Collector offices began issuing Florida birth certificates, and **there are currently 4 offices providing this service**. For your convenience, birth certificates are available at the following locations:



### Tax Collector Locations: (813) 635-5200

#### North Tampa Tax Collector

3011 University Center Drive #150  
Tampa, FL 33612  
Hours: M-F 8am - 5pm

#### Plant City Tax Collector

Strawberry Plaza  
1834 Jim Redman Parkway (SR 39)  
Plant City, Florida 33563  
Hours: M-F 8am - 5pm

#### West County Tax Collector

Waters Crossing Shopping Plaza  
6283 W. Waters Avenue  
Tampa, FL, 33634  
Hours: M-F 8am - 5pm

#### South County Tax Collector

3002 E. College Avenue  
Ruskin, FL 33570  
Hours: M-F 8am - 5pm

*Please note that birth certificates issued at the tax collector locations are \$14 for the first copy, \$9 for each additional copy, and are subject to an additional convenience fee.*

### Florida Department of Health - Hillsborough Vital Statistics Offices: (813) 307-8002

#### University Area Vital Statistics

13601 N. 22nd St.  
Tampa, FL 33613  
Hours: M-F 7:30am - 4:30pm

*Need a Birth Certificate from another state?*

#### St. Joseph's Women's Hospital

3030 W. MLK Jr. Blvd.  
Tampa, FL 33607  
Hours: M-F 8am - 4pm

*Visit the website [www.cdc.gov/nchs/w2w.htm](http://www.cdc.gov/nchs/w2w.htm)*

#### Brandon Office

212 S. Moon Ave.  
Brandon, FL 33511  
Hours: M-F 8am - 4pm

*You'll find all of the information necessary to obtain a certificate.*

Get to YOUR

# Healthiest Weight



we can help!

[www.GetIntoFitnessToday](http://www.GetIntoFitnessToday)



Registered Dietitians, Registered Nurses and Health Educators are all available to help you identify problem areas in your journey to getting healthier. Join others today who are reaching their healthiest weight and improving their nutrition and fitness levels. No Fees!

[Use Flu Vaccine Finder](#)  
to locate a provider near you!

[Baby Reminder app](#)  
**where's baby?**  
Look before you lock.

**LOCAL RESOURCES** (support groups, etc.) for Alzheimer's, Cancer, Parkinson's, and other conditions:  
[www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm](http://www.caregiver.com/regionalresources/states/FL/support/hillsborough.htm)

## ON-GOING COMMUNITY ACTIVITIES

**ALZHEIMER'S SUPPORT GROUPS:** Alzheimer's Association of Florida support groups for family members, caregivers and others interested in learning more about the disease. Many groups throughout Hillsborough County, including Hispanic groups. Call 1-800-272-3900 for all the locations and more details. <http://www.alz.org/flgulfcoast/>

**LOCAL COMMUNITY MARKETS:** ..... [www.tampabaymarkets.com](http://www.tampabaymarkets.com)

**PARKS AND RECREATION:**

- Hillsborough County Parks, Recreation, and Conservation: [www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)
- Plant City Parks and Recreation: ..... <http://plantcitygov.com/>
- Tampa Parks and Recreation: ..... [www.tampagov.net/dept\\_parks\\_and\\_recreation/](http://www.tampagov.net/dept_parks_and_recreation/)
- Temple Terrace Parks and Recreation: ..... [www.templeterrace.com/](http://www.templeterrace.com/)

**ST. JOSEPH'S CHILDREN'S MOBILE CLINIC:** FREE exams & immunizations. Appointments required. [Contact Family Support and Resource centers for appointments.](#)

**TANGO IN THE PARK:** Free tango lessons. Thursdays 6—7 pm through March 2015. No partner, no experience, no special shoes required. (non-rubber soled shoes recommended. NO flip-flops). Curtis Hixon Park, 600 N. Ashley Street, Tampa

**YOGA IN THE PARK:** Curtis Hixon Park, every Sunday of the month 6 pm to 7 pm, weather permitting. Free but donations are accepted. Yoga as you watch the sunset! Bring mat & water. Call (813)-944-2291 for more information.

**ZUMBA IN THE PARK:** Curtis Hixon north terrace. Wear appropriate athletic wear and shoes. TUESDAYS 6-7PM. Free. Call 813-221-3686 for more information. Curtis Hixon Park, 6-00 N. Ashley Street Tampa

## January 2015

### 1/1 HEALTH DEPARTMENT IS CLOSED.

1/17 & 18 Tampa Bay Black Heritage Festival: Celebrate the 15th anniversary of this event at Curtis Hixon Park, Ashley Drive, downtown Tampa.. For information about all activities, visit : [tampablackheritage.org/](http://tampablackheritage.org/)

1/17 University of South Florida Bicycle Club will host a roadside cleanup on Fletcher Ave (between Bruce B Downs and 15<sup>th</sup> street). Instruction and cleanup begins at 8:30am. For more information contact [jackman@cutr.usf.edu](mailto:jackman@cutr.usf.edu)

### 1/19 HEALTH DEPARTMENT IS CLOSED.

1/24 Children's Gasparilla Parade: Come visit us at the Florida Department of Health - Hillsborough County's booth. Bayshore Boulevard near the beginning of the parade. Check the web for more details. [gasparillaextravaganza.com/extravaganza2/childrens\\_parade.html](http://gasparillaextravaganza.com/extravaganza2/childrens_parade.html)

## February 2015

2/21 Gasparilla Distance Classic: You still have time to get ready to run! More information about one of Tampa's signature events and registration at [www.tampabayrun.com/](http://www.tampabayrun.com/). Something for everyone to get out and get active! 5K walk, run, and stroller roll, 8K, 15 K and 1/2 marathon.

2/21 & 22 Health Fitness Expo: 8 On Your Side hosts their annual expo at the Tampa Convention Center. For more information, visit [10times.com/side-health-fitness](http://10times.com/side-health-fitness).

**DIABETES PREVENTION:** Are you at risk for developing diabetes? Here's a FREE opportunity to prevent Type 2 diabetes. Weekly education & support. Call 813-307-8071 to register. **\*\* Healthcare Provider Referrals accepted.**  
**\*\*\* Our program is the 1st in Florida & 4th in the nation to receive full CDC recognition for having met all standards!**

**DIABETES SELF-MANAGEMENT EDUCATION:** Learn to better manage your diabetes in small group settings led by a healthcare professional. Free 6-week sessions offered through out the county. Call 813-307-8071 to register.

**\*\* Healthcare Provider Referrals accepted.**

### **MAIN OPERATOR**

**and Director's Office ..... 307-8000**

### **COMMUNITY HEALTH**

Community Health Director .... **307-8071**

Epidemiology ..... 307-8010

Health Education ..... 307-8071

Breast/Cervical Cancer....., X7112

Community Health Advisors ..... X7103

Diabetes ..... X7104

Family Reunion Program ..... X7102

Florida KidCare..... X3502

Weight Management ..... X7103

Health Literacy ..... X7106

Lead Poisoning Prevention..... X7108

School Health ..... X8502

Sterilizations ..... X3502

Office of Health Equity ..... 307-8066

\* All numbers are area code (813).

### **DISEASE CONTROL**

HIV/AIDS Specialty Center ..... 307-8064

Immunizations..... 307-8077

Sexually Transmitted Diseases .. 307-8064

Anonymous Testing ..... 307-8064

Tuberculosis (TB) ..... 307-8047

### **ENVIRONMENTAL HEALTH..... 307-8059**

**HUMAN RESOURCES..... 307-8015**  
**X3100**

### **NUTRITION/WIC ..... 307-8074**

### **PHARMACY**

**(HIV/AIDS care clients only)..... 307-8072**

### **PUBLIC HEALTH**

**PREPAREDNESS..... 307-8015**  
**X4405**

### **PUBLIC**

**INFORMATION OFFICER..... 307-8015**  
**X4404**

**VITAL STATISTICS ..... 307-8002**  
**(birth & death records)**



**MISSION:**

To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

Florida Department of Health  
Hillsborough County  
Health Education (71)  
Post Office Box 5135  
Tampa, Florida 33675-5135

<http://hillsborough.floridahealth.gov>