



Clay Community Health Happenings



Winifred Holland, Health Officer

December 2014

904-529-2800



WORLD AIDS DAY

World AIDS Day is celebrated on December 1st each year around the world. While the theme of the World AIDS Day Campaign 2011-2015 is "Getting to Zero: Zero New HIV Infections. Zero Discrimination. Zero AIDS-Related Deaths.", the 2014 U.S. theme for World's AIDS Day is "Focus, Partner, Achieve: An AIDS-free Generation". World AIDS Day provides an opportunity to address HIV/AIDS disparities, HIV related stigma, blame, and spark dialogue about stopping the spread of HIV/AIDS among all populations. The observance of World AIDS Day has become one of the most recognized health awareness days worldwide. World AIDS Day provides a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services.

For more information on World AIDS Day including local events, the importance of testing and HIV prevention, and statistics on HIV/AIDS in the state of Florida, please visit the FL DOH's site www.wemakethechange.com

And, please keep in mind, for yourself, your loved ones, and the community that we serve, the Bear Run clinic is the ONLY public and free HIV testing site in Clay County. Getting tested is the ONLY way that a person can know their status!

Free Flu Shot Clinics *for Adults only*

St. Vincent's Mobile Van and the Florida Department of Health in Clay County are offering free flu shots for adults:

DATE: December 1, 2014

Time: 9:00am-12:30pm

Place: Florida Department of Health in Clay County 3229 Bear Run Blvd Orange Park 32065

Date: December 10, 2014

Time: 9:00am-12:30pm

Place: Florida Department of Health in Clay County 3229 Bear Run Blvd Orange Park 32065

Date: December 19, 2014

Time: 9:00am-12:30pm

Place: Florida Department of Health in Clay County 1305 Idlewild Ave Green Cove Springs 32043

The Florida Department of Health in Clay County cleans up again!

The Florida Department of Health in Clay County (DOH-Clay) is continuing to work on the Florida Health Cleans Up! project in support of the Florida Department of Transportation's (FDOT) roadside litter prevention media campaign, "Drive it home...Keep Our Paradise Litter Free."

Locally, the Florida Department of Health in Clay County (DOH-Clay) signed up for the Adopt-A-

Mile program managed by the Clay County Department of Environmental Services. The first cleanup event that took place on September 19, 2014 collected twelve bags of trash along both sides of one mile of County Road 739 (Henley Road).



The second cleanup event took place on November 21, 2014. Two miles of CR 739 (Henley Road) were cleaned by eight DOH-Clay volunteers. Volunteers filled 8 bags of garbage weighing about 30 pounds. Most of the collected garbage consisted of candy wrappers, cigarette butts, drink straws, fast food restaurant items (bags and wrappers), beer cans, and many sugary drink containers and loose labels.

"It looks like we are keeping our area clean! On our first cleanup event (September 19th) twelve bags of trash were collected and this time, we only filled 8 bags of trash," said health officer Winifred Holland.





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Florida Health Cleans Up! is a venture of Healthiest Weight Florida, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. The Department's goal is to encourage physical activity and walking while emphasizing how small choices affect your health and environment.

More information about Healthiest Weight Florida and Florida Health Cleans Up! is available at www.HealthiestWeightFL.com.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

www.FloridaHealth.gov

TWITTER:HealthyFLA

FACEBOOK:FLDepartmentofHealth

YOUTUBE: fldoh

FICKR: HealthyFla

PINTEREST: HealthyFla

PARENTING IN THE DIGITAL GENERATION

On December 3, 2014 from 5:00 – 6:30 PM at the Ed Stansel Complex located at 1345 Idlewild Avenue in Green Cove Springs, the Clay Teen Health Center staff will present a free Parent Workshop to provide strategies for improving parent-teen communication. Dinner will be provided, and there will also be the opportunity to win a raffle prize.

HOLIDAY HEALTHY EATING

On Tuesday, December 9, 2014 from 6:00 P.M. to 7:30 P.M., St. Vincent's Medical Center Clay County, located at 1670 St. Vincent's Way in Middleburg, Florida is offering a food demonstration featuring St. Vincent's very own Aimee Cleveland, Registered Dietician and Margaret Cuevas Brantley, RN & Certified Diabetes Educator.

For \$20 per person you can participate in learning about identifying carbohydrates, the "plate method" and carbohydrate counting that will assist you in making healthy carbohydrate choices for a meal.

A choice of chicken or pork dinner will be served, cooked right before your eyes! You won't want to miss this fun and educational event. Register now, seating is limited.

**To register
Call: 904-308-8966**

SPICY BUTTERNUT SQUASH



Whisk together 2 Tbs. canola oil, 1 tsp. chili powder, ¼ tsp. salt, 1 Tbs. honey, and 2 tsp. hot water. Peel, cut in half, seed, and slice a medium butternut squash into ½" pieces. Toss with the dressing. Roast on a baking sheet.

WHITE BEAN DIP



For a quick, guaranteed-to-please dip, purée in a food processor: a 15 oz. can (drained and rinsed) Great Northern, navy, or other white beans, 2 Tbs. extra virgin olive oil, 1 clove garlic, and a squeeze of fresh lemon juice. Great with carrot sticks.

INSTANT BERRY SHERBET



Combine 1 cup of frozen mixed berries (strawberries, blueberries, blackberries, raspberries) with 1 frozen chopped banana and ¾ cup of plain, 0% (fat-free) greek yogurt in a blender. Process until completely smooth. Makes 2 cups.

Clay County Health Department
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