

# *Public Health News Briefs*



## **September-October 2010**

### ***Be an AmeriCorps Community Prevention Organizer***

San Juan Basin Health is looking for a motivated person who wants to work towards positive youth development and substance abuse prevention in La Plata County. This AmeriCorps position is a one-year commitment. Community Prevention Organizers will receive a living allowance of \$15,300/year, health care coverage, a \$5,350 education award, as well as job and life skills development and the opportunity to serve the community in a crucial area of need. For a position description and application, e-mail [cathy@rsapp.org](mailto:cathy@rsapp.org), or apply on-line at [www.my.americorps.gov](http://www.my.americorps.gov). The application deadline is September 3.

### ***Get Your Free Shot in the Arm***

Immunization is one of the most significant public health achievements of the 20th century. Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends, and their communities from serious, life-threatening infections.

San Juan Basin Health Department is making it convenient and FREE for adults to get current on some of their immunizations. Free vaccinations for adults include: the whooping cough and tetanus combination, pneumonia, and chicken pox. Call 247-5702 for an appointment in La Plata County or 264-2409, ext. 0 in Archuleta County. This free vaccination offer is made possible through a grant from the American Recovery and Reinvestment Act. For more information on San Juan Basin Health Department's immunizations program and what vaccines are recommended for adults, visit [www.sjbhd.org/immunizations](http://www.sjbhd.org/immunizations).

### ***Lasso Tobacco Coalition Meeting September 9th***

The Lasso Tobacco Coalition will meet Thursday, September 9<sup>th</sup> from 11:30 to 1:00 p.m. in the Columbine Room at San Juan Basin Health. This meeting will focus on the Coalition's new strategic plan. To RSVP, please call 335-2048.

### ***Substance Abuse Prevention Specialist Training - October 25-28***

San Juan Basin Health will host a Substance Abuse Prevention Specialist Training (SAPST) on October 25 through 28<sup>th</sup>. The training is for: Prevention and Health Professionals, Youth Services Professionals, Human Service Professionals, Agency Directors, Community Advocates Criminal Justice, Law Enforcement, Faith-Based and Religious Leaders, Concerned Citizens, School Counselors, Health Teachers, and Health Educators. For more information or questions, email: [rps@omni.org](mailto:rps@omni.org) or visit the website at: [www.rpscolorado.org](http://www.rpscolorado.org).

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### ***Free Screenings and Shots 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. FREE pneumonia and TdaP – Tetanus, Diptheria, and Pertussis (whooping cough) combination vaccine will be given during each of the September and October screenings.

Second Thursday of each month in Durango at the La Plata County Senior Center  
(September 9, October 14, November 11)

Third Thursday of each month in Ignacio at the Ignacio Senior Center  
(September 16, October 21, November 18)

First Friday of each month in Bayfield at the Pine River Valley Senior Center  
(September 3, October 1, November 5)

### ***Second Regional Training for Peer Mentors in October***

The second regional training Peer Mentors will take place in October (date and location to be determined). This program trains high school students who live with challenging health conditions to build communication and other skills so that they can be available to meet with other youth in the region with a similar diagnosis. This year's peer mentor group will include youth with diabetes, epilepsy, hearing loss, cancer, paralysis, ADHD, and an organ transplant. These survivors have experiences and strengths to share. If you know a teen who might be interested in mentoring, or a youth in the region who would like a visit from a mentor, call Liza Tregillus at 749-9607. Liza is the Regional Social Worker for HCP (Health Care Program for Children with Special Health Needs) which serves La Plata, Archuleta, San Juan, Dolores and Montezuma counties. Donations are needed to help with the continuation of this pilot, so feel free to call about that as well!

### ***STAFF***

#### ***Barbara Benson New Manager of Long Term Care Options Program***

San Juan Basin Health Department is sad to lose one of its long-time employees, Rita Fowler, RN. Rita has managed the Long Term Care Options program for over 17 years. She began as a nurse for home health and case manager at San Juan Basin Health, and has helped hundreds of clients over the years find ways and resources to stay in their home for as long as possible. Rita will be greatly missed by her clients and fellow staff members who wish her the best in her new position as a district school nurse.

Barbara Benson will become the new Program Manager on September 6. She has been a case manager and assistant program manager for Options for Long Term Care with San Juan Basin Health for 7 years. This program provides case management, transportation, help with housework and personal care, errands, assisted living and respite care. Barbara can be reached at 335-2072. For more information about the Options for Long Term Care program, visit: [www.sjbhd.org/options-for-long-term-care-hcbs](http://www.sjbhd.org/options-for-long-term-care-hcbs).

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## **RESOURCES:**

### ***Hantavirus Prevention***

San Juan Basin Health Department and the La Plata County Building Department want to remind community members that mice and rodent control is an important personal and public safety practice. This becomes even more crucial as fall approaches and mice may be looking for a winter home.

- [Guidance on Prevention and Clean Up](http://www.cdphe.state.co.us/dc/zoonosis/hanta/Hanta_prevention.pdf)  
([www.cdphe.state.co.us/dc/zoonosis/hanta/Hanta\\_prevention.pdf](http://www.cdphe.state.co.us/dc/zoonosis/hanta/Hanta_prevention.pdf))
- For Hantavirus Factsheets, video clips, statistics, resources, visit:  
[Colorado Department of Public Health and Environment](http://www.cdphe.state.co.us/dc/zoonosis/hanta/index.html)  
([www.cdphe.state.co.us/dc/zoonosis/hanta/index.html](http://www.cdphe.state.co.us/dc/zoonosis/hanta/index.html))
- For additional assistance or a brochure, please call the Health Department at 335-2052 or La Plata County at 382-6250 regarding mouse-proofing your home or buildings.

### ***Prescription Drugs Disposal Options and Information***

San Juan Basin Health Department's most recent Creating Community column in the Durango Herald (September 1, 2010) focuses on the impacts of personal care products and pharmaceuticals in our water systems and where/how community members can dispose of unused and expired prescription drugs.

Check out our online version of the article at [www.sjbhd.org](http://www.sjbhd.org). It has details on local options for disposal of pharmaceuticals along with resources and links to articles and studies.  
([www.sjbhd.org/prescription-drugs-in-water](http://www.sjbhd.org/prescription-drugs-in-water))

### ***Employment Opportunities***

Please check our website [www.sjbhd.org](http://www.sjbhd.org) for up-to-date job opportunities. Click on employment in the top menu.

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

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