

# partners in public health

Atlantic County Division of Public Health  
201 South Shore Road, Stillwater Building  
Northfield, New Jersey 08225



Atlantic County Executive, Dennis Levinson  
Atlantic County Board of Chosen Freeholders  
Joseph F. Silipena, Chairman



The Atlantic County Medical Reserve Corps (MRC) consists of community volunteers who are available to assist in times of public health emergencies, including some licensed medical professionals.

Volunteers meet quarterly and receive trainings to better prepare them for emergency response activities.

For more information, or to volunteer, please call 645-7700, ext. 4259 or visit the New Jersey Medical Reserve Corps Web site at [www.njmrc.nj.gov](http://www.njmrc.nj.gov).



Atlantic County  
Division of Public Health  
Fall 2007

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## County Hosts Special Events to Celebrate Minority & Multicultural Health Month

The Atlantic County Division of Public Health recognized Minority & Multicultural Health Month this September with a series of special events aimed at educating residents about the importance of regular health screenings.

Statistics show that many racial and ethnic minorities are dying prematurely and suffering from diseases such as diabetes, stroke, cancer, heart disease, HIV/AIDS, and vaccine preventable diseases because they do not receive regular health care.

“Our goal is to promote healthy people and healthy communities and that includes hard-to-reach populations that face social, economic and cultural barriers to quality health care,” stated Atlantic County Executive Dennis Levinson.

Health Educators and Public Health nurses were busy reaching out to the Atlantic

County community, providing health education and services at several scheduled special events.

On September 15, the Division of Public Health hosted a mini-health fair offering blood pressure and cholesterol screenings, healthy snack preparation demonstrations, health education materials, refreshments, door prizes and give-aways. Public Health nurses held a Women’s Health clinic which provided free exams. Representatives from Contours Express Gym, Island Gym and Shore Memorial Hospital also attended and provided information and displays.



Health Educator Linda Duca prepares healthy snacks at the County’s “Mini-Health Fair”

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Call 645-5853 to schedule a Health Education presentation for your organization, on a variety of health topics.

In addition, the Division presented an educational program titled “Mind, Body & Spirit” on September 13 and 20 at the Atlantic County Library/Mays Landing. The presentation included useful information about nutrition, fitness and stress management. Those in attendance received free blood pressure screenings and enjoyed healthy refreshments.

The Atlantic County Division of Public Health offers Health Education events all year long. To learn more about upcoming events or to schedule an event for your business or organization, please call 609-645-5853.

## From the Health Officer's Desk...

Dear Public Health Partner

October welcomes fall, foliage and fun. Unfortunately, it also brings cold and flu season. A good way to help prevent illness this season is with a flu shot.

The Division of Public Health makes it easy to get a flu shot, with 11 clinics scheduled throughout the community from mid-October through December. Please review the schedule below and share it with a friend or family member.

Wishing you and your family a safe and happy holiday.



Patricia Diamond  
Director/Health Officer

## Contact Us

Community Health  
609-645-5933

Environmental Health  
609-645-5971

Health Planning, Education &  
Information  
609-645-5853

Substance Abuse Services  
609-645-5932

Public Health Emergency  
Hotline  
609-677-5720

On the Web:  
[www.aclink.org/publichealth](http://www.aclink.org/publichealth)

## Share the Season, *Not* the Germs

Did you know that each year 22,000,000 days are lost from school due to the common cold?



Handwashing is the first line of defense in the prevention of illness. By simply practicing proper handwashing, you can share the season with the ones you love...not the germs.

Here are the 4 principles of proper handwashing:

1. Wash your hands when they are dirty or before eating, with warm water and soap scrubbing vigorously for 20 seconds.
2. Do not cough into your hands.
3. Do not sneeze into your hands.
4. Above all, do not put your fingers in your eyes, nose or mouth.

## National Breast Cancer Awareness Month



The Atlantic County Division of Public Health recognizes October as National Breast Cancer Awareness Month by offering free women's health services which include a clinical breast exam and mammogram prescription.

All women over 40 should have a routine clinical breast exam and mammogram. Additionally, women should perform a self-exam every month and report any breast change to their health care provider immediately.



To schedule an appointment, call 645-5933.

## Don't "Fall For the Flu" This Season: Get Your Flu Shot

The Atlantic County Division of Public Health offers public flu clinics to residents at a variety of locations throughout the county. Flu shots are available to any resident 18 years or older for a fee of \$15. Pneumonia shots are also available to eligible residents 65 years and older for a fee of \$25. Either shot is free for residents who present their Medicare Part B cards. Listed below are the 2007 Public Flu Clinic dates and locations:

**Saturday, October 13** 10:00 AM to 12:00 PM  
Atlantic Cape Community College, Gymnasium  
5100 Black Horse Pike, Mays Landing

**Wednesday, October 17** 10:00 AM to 12:00 PM  
Our Lady of Sorrows Church Hall  
Wabash Avenue, Linwood

**Friday, October 19** 9:30 AM to 11:00 AM  
Louise Basile Memorial Center (Buena Nutrition Site)  
Central Avenue (behind City Hall) Minotola

**Tuesday, October 23** 10:00 AM to 12:00 PM  
St. Katharine Drexel Church  
6075 West Jersey Avenue, Egg Harbor Twp.

**Thursday, October 25** 10:00 AM to 12:00 PM  
St. Bernadette's Church Hall  
1421 New Road, Northfield

**Thursday, November 1** 10:00 AM to 12:00 PM  
Brigantine Community Presbyterian Church Hall  
1501 W. Brigantine Avenue, Brigantine

**Thursday, November 8** 10:00 AM to 12:00 PM  
Pleasantville Recreation Center  
400 W. Brighton Avenue, Pleasantville

**Friday, November 9** 10:00 AM to 12:00 PM  
Lafayette Avenue School  
400 N. Lafayette Avenue, Ventnor

**Wednesday, November 14** 10:00 AM to 12:00 PM  
St. Elizabeth Ann Seton Church Hall  
591 New Jersey Avenue, Absecon

**Friday, November 16** 10:00 AM to 12:00 PM  
Stockton College Main Arena, Parking Lot 5  
Vera King Farris Drive, Pomona

**Saturday, December 1** 10:00 AM to 12:00 PM  
Hammonton High School  
566 Old Forks Road, Hammonton



## World AIDS Day is December 1, 2007

4.3 million people were diagnosed with HIV in 2006, the highest ever.



Visit [www.worldaidscampaign.org](http://www.worldaidscampaign.org) to see how you can make a difference.

## Want to be sure that the food you're eating and the toys you are buying are safe?

Current U.S. Government recalls of unsafe, hazardous or defective products or food can be viewed on the web at:

[www.recalls.gov](http://www.recalls.gov)