

HealthNews



MEN'S HEALTH MONTH

Awareness. Prevention.
Education. Family.

www.menshealthmonth.org

Men's

Top 10 Health Threats

1. Heart Disease
2. Cancer
3. Injuries
4. Stroke
5. COPD
6. Diabetes
7. Flu & pneumonia
8. Suicide
9. Kidney Disease
10. Alzheimer's Disease

Centers for Disease Control & Prevention

Facts about men and their healthcare:

- Men have limited contact with doctors & the healthcare system
- Men fail to get routine checkups & preventive care
- Men often ignore symptoms & delay medical care
- Men can be too embarrassed to speak openly with a doctor

Men's irregular contact with doctors means they often do not receive any preventive care for potentially life-threatening conditions. State of Men's Health: Florida

To locate free and low-cost screenings and healthcare, check with local hospitals, the County's health department, and Senior Friendship Centers.

HEALTH TIP

To improve the quality and length of your life:

- Choose fruits, vegetables, whole grains & low-fat foods
- Exercise 20 min/3 days wk
- Protect yourself from the sun
- Watch your cholesterol levels
- Limit saturated fats
- Don't smoke
- Limit alcohol
- Wear your seatbelt
- Keep your weight under control
- See a doctor at least once/year
- Manage your stress
- Know your family health history

menshealthnetwork.org

For more about men's health, to read *Blueprint for Men's Health* or *State of Men's Health: Florida*, go to Men's Health Network at menshealthnetwork.org

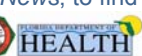


To get involved with the Florida Men's Health Network, E-mail: info@menshealthnetwork.org

FYI

Among men, more than one-half of premature deaths are preventable.
Blueprint for Men's Health

This newsletter is published by the Community Health Improvement Partnership (CHIP), a community-led effort to improve the health of Sarasota County residents. CHIP also works with Charlotte and DeSoto counties to improve the health in the region, in partnership with each county health department and all of the hospitals in the tri-county area. For more information on CHIP or *HealthNews*, to find out what is going on in your community, or to get involved, go to: chip4health.org.



If you want to invest in community health by supporting CHIP, you can donate online through the Gulf Coast Community Foundation of Venice at: GulfCoastCF.org/donateonline. Highlight: *Community Health Improvement Partnership*. Thank you.

EVENTS - JUNE

Support Groups

- 2** - Diabetes
1pm:SMH/Blackburn Point
6pm: SMH/hospital
- 2** -2pm: Prostate, VHP
- 2** -6:30pm: Crohn's & Colitis,
SMH/Waldmere
- 4** -7pm: NAMI, VHP
- 5** -12pm: Better Breathers, DH
- 8** -2:30pm: Chronic Fatigue, DH
- 9** -12pm: Osteoporosis, ECH
- 11** -2pm: Stroke, VHP
- 11** -7:30pm: Coping with
Loneliness, ECH
- 12** -3pm: Pulmonary Education &
Support, ECH
- 12** -5:30pm: Cardiac, VRMC
- 16** -9am: Diabetes, ECH
- 18** -9:30am: Parkinson's,
SMH/5880 Rand Blvd
- 18** -12:30pm: Healthy Heart, DH
- 18** -1:30pm: Ostomy, VHP
- 18** -7pm: Crohn's, ECH
- 19** -10:30am: Cancer is Not
Contagious, ECH
- 19** -10:30am: SPOHNC
(oral, head, neck cancers), ECH
- 19** - 6pm: MS,
SMH/5880 Rand Blvd
- 20** -10am: Parkinson's, ECH
- 23** -6pm: Ortho/Neuro, VRMC
- 24** -10am: Heart Failure,
SMH/hospital
- 25** -11:30am: Stroke, ECH

Ongoing:

- Alcoholics Anonymous:
Tues/Thurs, 7:30pm, ECH
- Alzheimer's: Tues, 3pm, SFC
- Amputee: Fri, 9:30am, VHP
- Caregivers:
Tues, 3pm, SFC/Venice
Thurs, 10am, SFC/Sarasota
- Family: Mon, 6:30pm, VHP
- SHINE: Thurs, 8:30-11am
Pat Buster bldg, SFC/Venice
- Nutrition: Tues, 6pm, VYMCA
- Past (Parents of Addicts Sharing
Time): 2nd/4th Tues, 6:30pm, JPL
- TOPS: Weds, 10am, VYMCA

Screenings

Blood Pressure -

- Englewood:
6 - Englewood Bank, McCall Rd
11 - Bank of America, Placida Rd
18 - SunTrust, Indiana Ave
19 - Bank of America, Indiana Ave
25 - Englewood Bank, Englewood Rd
27 - Englewood Bank, Placida Rd
All locations 9 -11am, ECH
North Port: Mon, 11am, SFC at
NP Community Education Center
Sarasota: Mon, 11am, SFC
Venice: Mon, 9-10am, SFC

Blood Pressure & Blood Sugar -

- Venice: VHP
Thurs, 8:30 -10:30am (must fast)

Blood Sugar -

- Venice: Tues, 8-9:30am, SFC

Medication (over age 55) -

- Venice: June 4, 930am - 12pm, JPL

Memory - by appointment: 917-7197

- Sarasota:
June 19 - 9:30am, SFC
Venice: June 4 - 1pm, SFC

Vision -

- Venice: Lions Club at VHP
June 5 - 7:30am,
qualify & pre-register: 486-6065

Classes/Lectures

- 2, 9, 23** -12pm: three-part *Living Smart with Diabetes*, ECH
- 4** -8:15am: Heart Healthy, VRMC
- 10** -10am: Better with Age,
SMH/5880 Rand Blvd
- 10** -5:30pm: Living Well with
Epilepsy, SMH/5880 Rand Blvd
- 17** -9:30am: Women Living with
Neurological Disease & Disability,
SMH/5880 Rand Blvd
- 17** -6pm: Organic Foods,
Fruitville Library
- 18** -10am: Your Web/Your Health, JPL

CHAT Meetings

(Community Health Action Teams)

LOVN

(Laurel, Osprey, Venice, Nokomis)

June 13 - 8:30am

Venice Library

Englewood

No June Meeting

United Methodist Church

700 E Dearborn St

Newtown

June 24 - 5:30pm

1781 Dr Martin Luther King, Jr Way

North Port

June 11 - 4:00pm

New Location: Police Station

4980 City Hall Blvd

Boomers Plus

June 27 - 8:30am

Friendship Center

1888 Brother Geenen Way, Sarasota

For CHAT information: 650-4856

Get Active

Fit for the

Future

Senior Friendship Centers offer low-impact aerobics, dancing, Tai Chi, Yoga, and many more options to get fit while having fun. For a list of all classes & activities, go to:
seniorfriendship.com/events

Start Your Heart

Walking Program

-Sarasota County Parks & Rec-
Get a free pedometer for enrolling.
Track miles walked for incentives.

Enroll by phone at 486-2595

parksonline@scgov.net

Newtown Community Walk

Sat, June 21

8am

Fredd Atkins Park

650-4856

H2U health, happiness, you

Membership is \$15 year

Open to ages 50+

classes, trips, discounts, more

- Doctor's Hospital of Sarasota
- Englewood Community Hospital

Unless indicated (\$), all programs are free & open to the public. DH= Doctor's Hospital of Sarasota, ECH=Englewood Community Hospital, JPL=Jacaranda Library, SFC=Senior Friendship Center, SMH=Sarasota Memorial Hospital, VHP=Lions Club at Venice HealthPark, Jacaranda Blvd, VPL=Venice Library, VYMCA=Venice YMCA, VRMC= Venice Regional Medical Center

LOCAL RESOURCES

Routine Care

Sarasota County Health Department sarasotahealth.org

Eligibility: aged 54 and younger (no age limit for dental), uninsured, Medicaid/ KidCare; sliding fee.

Services: primary care for children & adults, women's health & family planning, dental & pharmacy.

- North Port Health & Family Service Center - 548-0100
6950 Pan American Dr
Hours: M/W/Th 8-5, Tu 8-6, F 9-1
- Sarasota - 861-2900
2200 Ringling Blvd
Hours: M-W 8-5, Th 10-7, F 9-1
- Venice South County Family Health Center - 861-3300
7820 Tamiami Trail S, Bldg B-2
Hours: M/Th 8-5, Tu 9-6, W 9-5, F 8-12
- Children's Health Center - 861-1400
1750 17th St, Bldg E, Sarasota
Hours: M-Th 8-5, F 9-1

Services: primary care for infants & children **under 18.**

- Mobile Medical Unit - *Health in Motion*

Services: free or low-cost blood pressure screenings, diabetes screening, children's immunizations, STD screening & testing, HIV testing, health education.

For schedule of stops, call 861-5000 or go online to:
sarasotahealth.org.

Centers for Healthy Aging seniorfriendship.com

Eligibility: aged 50 and older, Medicare, Medicaid, uninsured or have a financial need; sliding fee.

Services: primary & specialty care, dental & pharmacy.

- Sarasota - 556-3215
1900 Brother Geenen Way
Hours: M-F 8-5
- Venice - 584-0043
2350 Scenic Dr
Hours: M-F 8-4:30

Hospitals

- Doctor's Hospital of Sarasota - 342-1100
5731 Bee Ridge Rd doctorsofsarasota.com
- Englewood Community Hospital - 475-6571
Medical Blvd englewoodcommunityhospital.com
- Sarasota Memorial Hospital - 917-9000
1700 S Tamiami Trail smh.com
- Venice Regional Medical Center - 485-7711
540 The Rialto veniceregional.com

Sarasota Healthcare Access

Serving those who:

- Do not have health insurance
- Have used a hospital ER within the past year for medical care that was not an emergency
- Meet eligibility requirements

Services provided at:

- Sarasota County Health Department
- Senior Friendship Centers clinics

Services are low or no cost:

- Medical care for adults & kids
- Dental
- Lab
- Medications

861-2884

Medicine

The Community Pharmacy
of Sarasota County
serving qualified Sarasota County residents
-uninsured or underinsured -



To apply, call **445-5687**. Have prescriptions & financial information with you when you call.
cpsarasota.org

Mammograms

For women without health insurance

- ✓ If you are age 40-49:
South County Family Health Center
Be Smart Program
Call 861-3380 to see if you qualify

- ✓ If you are 50 or older:
Senior Friendship Centers'
Breast Cancer Awareness Program
Call 556-3247 to see if you qualify



Flu Shots

Flu Information Line
861-2800
sarasotahealth.org

Quit Smoking

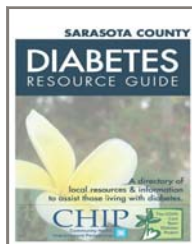
For Assistance



FOR YOUR INFORMATION

Diabetes Resources

Download a copy from the CHIP website: chip4health.org or call Gail at 861-2969.



*Special thanks to
Doctor's Hospital of Sarasota*

June is National...

Home Safety Month



- Have grab bars in the tub and shower
- Store household items with the words *caution*, *warning*, *danger* or *poison* in child-proof places
- Keep items that can fit in a child's mouth out of their sight and reach
- Do not leave children alone in and around water
- Have working smoke alarms

Community Markets- Saturdays

- **Newtown Open Air Market**
9am-1pm Fredd Atkins Park
- **Sarasota Downtown Farmer's Market**
7am-12pm, Lemon Ave
- **Venice Farm Market**
8am-12pm, Centennial Park

Tobacco News

FREE Support for Quitters
Mondays 3pm
Human Services Bldg J
1750 17th St, Sarasota
Call 866-534-7909



Be Good to Yourself

'Health is not merely the absence of disease. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Takes steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.'

Centers for Disease Control and Prevention

County Parks & Recreation '08 Guide

Tennis-Basketball-Step Aerobics-Gymnastics
Swing, Line & Ballroom Dancing-Zumba-Yoga
To read the Spring-Summer '08 Guide, go to:
SCGOV.net/communityservices/parksandrecreation
Click on the front page of the Guide

Health Coverage

Presenting new, more affordable healthcare options for families, individuals under 65 and small businesses

For information, visit:

GetSarasotaInsured.com

No vendors. No sales pitches.
Does not address Medicare questions or coverage.
Sponsored by CHIP

Free School Physicals

FOR: South County students
with no health insurance

WHEN: Saturday, June 14
8am to 1pm



WHERE: South County Family Health Center
7820 South Tamiami, Bldg B-2 Venice
(next to Manatee Community College)

CALL: **861-3301 for an appointment**
Florida requires a full physical for students entering a Florida school for the first time

Caregiver Support

Caregiver's Resource Centers

- Sarasota - 1820 Brother Geenen Way
- Venice - 2350 Scenic Dr

*classes, support groups, community resources listed at
seniorfriendship.com/events
Senior Friendship Centers*

VERB summer program

Free and low-cost activities for ages 9-13
VERBsarasota.com

Meet & Greet

First Friday Senior Coffee Club

North Port Library
June 6, 10-11:30



Friendship After 4

Lifelong Learning Program
classes starting at 4pm - The Friendship Centers
Sarasota & Venice

Boomer Plus CHAT

Open to adults of all ages
Friday, June 27, 8:30am
Monthly meetings at Sarasota Friendship Center
E-mail: boomers@chip4health.org