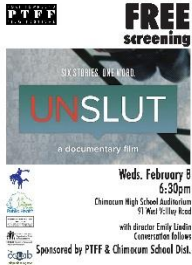


What's Happening @ Jefferson County Public Health

February 2017

- 1, 8, 15, 22 **Wednesday Breastfeeding Tea**
A support group for moms and babies held every Wednesday at JCPH from 11:00 – 12:30 p.m.
- 1, 8, 15, 22 **Empowering Women for Wellness Exercise and Nutrition Class CALL 385-5811 TO SIGN UP.**
Wednesdays, 10:00 AM to 11:30 AM.
Community United Methodist Church, 130 Church Lane, Port Hadlock
Expectant and post-partum mothers are encouraged to join this free weekly exercise and nutrition class, hosted by JCPH's Kathy Anderson. A provider referral is required. Call 385-5811 for details or email spencer@olympicpeninsulaymca.org for more information.
- 3 **First Friday Babytime @ Jefferson County Health Department**
Babies up to 18 months and their caregivers enjoy songs, nursery rhymes, fingerplays, bubbles and other gentle activities for the very young. Please join us at 10:00am on the first Friday of the month. For more information call Port Townsend Library at 360.385.3181.
- 8  **UnSlut, Showing @ Chimacum High School Auditorium**
This film is focused on sexual shaming and bullying will be shown at the Chimacum High School Auditorium, Wednesday, February 8th, at 6:30 as part of the Port Townsend Film Festival community conversations screenings. The screening is hosted by the Chimacum Prevention Coalition, Jefferson County Public Health, Dove House Advocacy Services, and the CoLab.
Join us for this free community-wide screening.

All month



February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. The good news? Heart disease can often be prevented when people make healthy choices and manage their

health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

[Click here for more information.](#)

All month



February is also Teen Dating Violence Awareness Month. In 2015, nearly 10 percent of high school students in a relationship experienced physical violence by their partner within the past twelve months (CDC - 2015 YRBS Data). **You can participate on Twitter**

with #teenDVmonth. Let's work to prevent teen dating violence by spreading awareness, resources, and research. [Click here for more information on Teen Dating Violence Awareness Month from Love Is Respect.](#)

Ongoing

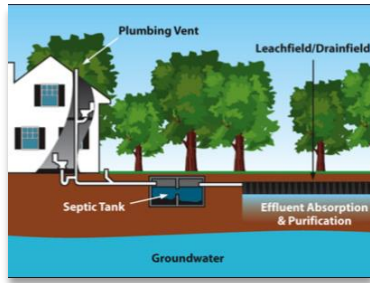
Grants Available For Open Space Projects in Jefferson County



The Jefferson County Board of County Commissioners invites applications for projects to enhance the county's open spaces. The Conservation Futures Program and Fund help protect important wildlife habitat, agricultural and timber lands, visual buffers, scenic areas, and open space lands linked to parks, cultural and

historic sites – all for the health, benefit and welfare of citizens. Projects must provide permanent protection of open space lands through the acquisition of real property or development rights or involve operations and maintenance costs for properties previously acquired with conservation futures funds. To request a program manual and application, and for more information, contact tpokorny@co.jefferson.wa.us or call (360) 379-4498. **The application deadline is Thursday, March 30, 2017 at 4:30 PM** to the Jefferson County Environmental Health Dept., 615 Sheridan St., Port Townsend, WA 98368 or email to tpokorny@co.jefferson.wa.us. Workshops to explain the details of the Conservation Futures Program to agencies, groups and interested citizens are available by request throughout the year.

HotSpot Fact Sheets



Jefferson County Public Health has been sampling Upper and Lower Chimacum Creek, Lower Putansuu and Lower Naylor's Creek for fecal coliform bacteria each month. Fecal coliform bacteria are an indicator of contamination and potential risk of waterborne diseases. When bacteria levels are high, people can get sick from swimming or consuming shellfish from the area. We want to work with the community to maintain water quality. [Click here for to see the latest Hotspot Factsheets.](#)

On-line Parenting Workshop for parents and caregivers of Teens



Provides communication tools and models 15 communication methods to develop mutual respect, communication skills, and enhanced listening skills.

For additional information and to sign up contact

Denise Banker

Community Prevention and Wellness Initiative Coordinator
Jefferson County Public Health

360-385-9438

dbanker@co.jefferson.wa.us

As you enact your new year's resolution think 5210!



Back to School Immunizations

Walk-in immunization clinics Tuesdays and Thursdays from 1-4 p.m. at JCPH. No appointment necessary.

Private insurance billing, Washington Apple Health accepted, sliding scale available. Please bring your immunization records.

[Click to view the Childcare and Preschool Required Immunizations](#)

[Click to view the School Requirements](#)

WIC Clinic and Family Planning Clinic: Hours Have Changed

Women, Infants, and Children (WIC) provides eligible pregnant or breastfeeding women and children under 5 years old with access to nutritious foods, information about feeding children nutritiously, and referrals to other services. Appointments are available in Port Townsend, (Mondays and Thursdays, 9-4:30 by appointment); in Quilcene (Walk-ins 1st, 3rd, and 5th Wednesdays of the month, noon to 4:00); and in Chimacum (1st & 3rd Tuesday of the month 9-2 by appointment). Call (360) 385-9400 for more information.

Upcoming
February

Let us know if you have an event to list in the next What's Happening issue!