

NATIONAL HEALTH CENTER WEEK AUGUST 4-10, 2024

Every August, the National Association of Community Health Centers (NACHC) sponsors National Health Center Week (NHCW) to celebrate and increase awareness of America's 1,400 Community Health Centers (CHCs). National Health Center Week is an opportunity to highlight the commitment and passion of Community Health Center staff, board members, and supporters who make it possible to provide quality, comprehensive healthcare services to more than 31.5 million patients across 14,000 communities annually. Please join to celebrating this year as to:

- Raise awareness and advocate for Community Health Centers with state and federal policymakers, and media.
- Highlight how Community Health Centers provide essential access to comprehensive quality care.
- Educate communities about the services available at Community Health Centers; and
- Foster partnerships that help address the healthcare challenges of uninsured and underinsured individuals and families.

Atlantic County Sheriff's Office

CHW Services

FREE HEALTH SCREENING

LINK WITH DOCTORS LAB WORK AND MEDICAL SERVICES

FREE FOOD DISTRIBUTION

FREE FOOD DELIVERY TO SENIORS AND DISABLED CLIENT

SOCIAL AND IMMIGRATION SERVICES ASSISTANCE

BRIDGE THE LANGUAGE BARRIER

FREE HEALTH FESTIVAL
Friday August 9th 5PM-8PM

NATIONAL HEALTH CENTER WEEK 2024

FREE EVENT FOR ALL!

- FOOD TRUCK
- PIZZA BUFFET
- GIVEAWAYS
- VACCINATIONS
- FACE PAINTING
- HEALTH SCREENINGS
- FREE BACKPACKS FOR SCHOOL
- INSURANCE ENROLLMENT
- COMMUNITY RESOURCES
- MUSIC AND MORE!

MERLE PAVILION (PLEASANTVILLE)
932 S Main Street
Pleasantville, NJ 08232

Southern Jersey Family Medical Centers
609.567.0434 • www.sjfm.org

FREE HEALTH FESTIVAL
Saturday August 10th 12PM-3PM

NATIONAL HEALTH CENTER WEEK 2024

FREE EVENT FOR ALL!

- FOOD TRUCKS
- PIZZA BUFFET
- GIVEAWAYS
- VACCINATIONS
- FACE PAINTING
- HEALTH SCREENINGS
- FREE BACKPACKS FOR SCHOOL
- INSURANCE ENROLLMENT
- COMMUNITY RESOURCES
- MUSIC AND MORE!

Event will be held in the parking lot next to the AC Civil Courts at N. South Carolina Ave. btwn Bacharach Blvd and Arctic Ave.
Atlantic City, NJ 08401

Southern Jersey Family Medical Centers
609.567.0434 • www.sjfm.org

Your Health Your Life

Tips for a Healthy and Safe Summer

Protect yourself from the sun & heat

- Apply sunscreen with at least SPF 15 Reapply throughout the day
- Wear a hat and lightweight, light-colored, clothing
- Drink plenty of water and avoid sugary beverages
- Stay in an air-conditioned place as much as possible
- Use your stove and oven fans to maintain a cooler temperature in your home
- Take a cool shower or bath to cool off!

Prevent tick and mosquito bites

- Use Environmental Protection Agency (EPA) registered insect repellents, wear long-sleeve shirts and long pants
- Stay outdoors at dawn and dusk, which are peak mosquito-biting times and avoid tick-infested areas such as tall grass and bushes
- Drain standing water to reduce the number of places mosquitoes can lay their eggs and breed.

Vaccines for kids

- Schedule a check-up with your child's doctor
- Make sure your child is up to date on age-specific and routine vaccinations
- Talk to the doctor about your child's overall physical and mental health.

Prevent summertime injuries

- Wear a helmet on bikes, scooters, skateboards, or anything else on wheels
- Follow safety signs on playgrounds and parks
- Travel smart: Bring a first aid kit, buckle your seatbelt, properly secure child seats, and never leave kids or pets in a hot car

Be safe in and around water

- Learn to swim. Be able to get a breath and float
- Swim in areas supervised by life guards
- Wear a life jacket near lakes, oceans, and rivers
- Be aware of ocean and river currents
- Avoid alcohol when boating, swimming, or using a hot tub

Find ways to stay active

- Learn a sport with friends in the neighborhood
- Visit and explore the local parks
- Take a walk and count how many steps you take
- Get enough sleep each night and stick to it
- Rest is also a healthy part of an active routine

We want to hear from you!

Help us understand the needs in your community
Scan the QR Code or Visit <https://bit.ly/AtlanticSurvey2024>

All responses are confidential

FAMILY CRISIS HELP AVAILABLE

Families who are experiencing serious difficulties in managing the behavior of children 10-17 years old for whom they are responsible can seek assistance through the Atlantic County Juvenile/Family Crisis Intervention Unit (FCIU). FCIU is a legally mandated program that is available 24-hours to intercede in family conflicts and help strengthen the family unit. Its services include short-term crisis stabilization, family assessment, case management, treatment planning and referrals to appropriate community-based services. FCIU is available to meet in-person by appointment with youth and their families in its Northfield office, Monday through Friday, 8:30 AM – 4:30 PM. Appointments can also be conducted by phone or as a virtual meeting to help de-escalate and resolve family conflicts.

For assistance, please call (609) 645-5861. You may also send an email to: family_crisis@aclink.org or send a fax to: (609) 594-3752. Referral forms are available online at: www.atlanticcountynj.gov

NATIONAL WELLNESS MONTH



National Wellness Month is celebrated every August in the United States. The official dates for National Wellness Month are August 1-31, 2024. During this time, various organizations and individuals are encouraged to promote health and wellness in their own communities.

Get ready to prioritize your mental and physical well-being because August 1 marks the start of National Wellness Month! This month-long holiday was created in 1976 by a group of health and wellness professionals who wanted to promote self-care and healthy lifestyle habits. It's a time to focus on all aspects of wellness.

Self-care is an important component of well being for us as well as those around us. Practicing self-care, managing stress, focusing on proper nutrition, exercise and water intake are all steps we can attempt to enhance our quality of life. It takes 21 days to build a habit and 90 days to for it to become a lifestyle change; its never to late to start. In honor of National Wellness Month here are a few things everyone can do to enhance their overall wellness.

1. Increase your daily water intake: On average, most people should consume approximately 13.5 cups of water a day.
2. Practice Mindfulness: Mindfulness is a practice where you focus on what you are sensing and feeling in the moment. This can help you gain mental clarity and control over how you respond to situations.
3. Stretch or practice yoga: If you are on your feet all day, or sitting at a desk most of the day, stretching daily can help improve your posture, heal back pain, as well as ease your mind.
4. Pay attention: If something is making you feel overwhelmed or stressed, pay attention and act. Take a walk, try a breathing technique, talk to a friend, find something positive to help alleviate the overwhelming feeling, and give yourself the opportunity to slow down.

Italian American festival



Atlantic County Sheriff Joe O'Donoghue prioritizes respect for diverse cultures to foster community unity. To build a safer, healthier community, he is working to make everyone feel valued and empowered. On July 16, the Sheriff attended the 149th year of the longest-running Italian American festival in Hammonton, despite the extreme heat. County sheriff's officers were present to ensure everyone's safety while they enjoyed the festival.



HAAC: Nuestro Pueblo Awards 2024

The Hispanic Association of Atlantic County (HAAC), founded in 2018, aims to advocate for, empower, and advance the overall wellbeing of Hispanic residents of Atlantic County and the State of New Jersey.



In eight short years the organization has worked with and for the Hispanic community by awarding scholarships to Hispanic collegebound students, distributing free backpacks and school supplies, conducting food drives, and providing COVID-19 testing. The Nuestro Pueblo Awards is an annual fundraising event organized by the HAAC to gather funds for the Hispanic collegebound students to come, highlight current recipients, and bring together the Hispanic community. This year the awards ceremony held at the Hard Rock Casino in Atlantic City included the recognition of local engineers, business owners, medical professionals, and board members.

Free Health screening At Bangladesh Community center

The Bangladesh Association of South Jersey, Rowan Virtua Medicine and Atlantic County Sheriff's office Community Health Workers are collaborating to provide free health screenings for underserved populations in Atlantic County.



This initiative aims to detect health issues early, educate participants on prevention, and ensure access to follow-up care. It underscores community support and empowerment through proactive healthcare initiatives.

NATIONAL NIGHT OUT

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live.



National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.



Galloway Township:
Tuesday, August 6th
5:30pm-8:30pm
Galloway Township
Police Department
300 E. Jimmie Leeds
Road, Galloway,

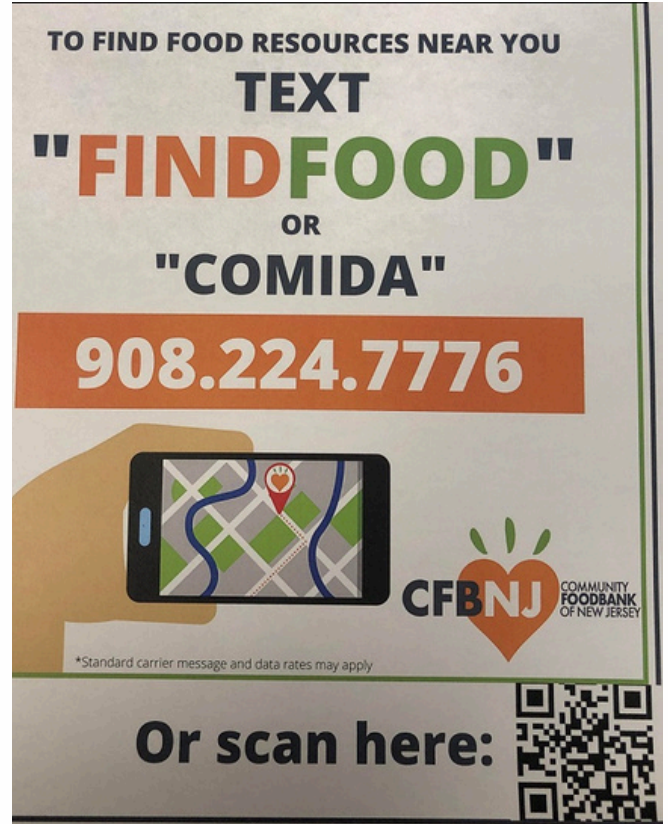
Pleasantville:
Tuesday, August 6th,
5pm- 8pm
South Pleasantville
Little League Field
Tilton & Langston
Avenue

Hammonton Township:
Friday August 16th
5:00 pm -8:30 pm
Hammonton High School
566 Olds Forks Road,
Hammonton. NJ



Help is three numbers away.

211 NON-EMERGENCIES	988 SUICIDE AND CRISIS	911 EMERGENCIES
Food	Thoughts of Suicide	Medical
Housing	Mental Health Crisis	Fire
Utility Assistance	Substance Use Crisis	Crime
Healthcare Services	Emotional Distress	Abduction
Transportation	Veterans Crisis	Domestic Violence
Legal Services		Impaired Driving
Counseling		Suspicious Activities




TO FIND FOOD RESOURCES NEAR YOU
TEXT
"FINDFOOD"
OR
"COMIDA"
908.224.7776

CFBNJ COMMUNITY
FOODBANK
OF NEW JERSEY

*Standard carrier message and data rates may apply

Or scan here:



Community Health Workers (CHWs) are responsible for conducting targeted community outreach to provide a source of enhanced health and social support. Create bridges between underserved populations with formal providers of health, social and other services.

Office: Atlantic County Sheriff's Office. 4997 Unami Blvd, Mays Landing NJ 08330

Phone: 609-909-7200

Facebook: Atlantic County Community Health Workers.

For collaborations with Atlantic County Community Health Workers, Email to Director: Martinez_Victoria@aclink.org OR Supervisor: Islam_Touhidul@aclink.org