

HEALTHY HAPPENINGS

Welcome to our January issue. We hope you enjoy!

VAPING CESSATION

Smoking leads to disease and disability and harms nearly every organ of the body. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD). A new year is a fresh start. Make the decision to stop smoking today to better your health. Want to register for a cessation class? Call 443-523-1700!



FREE TOBACCO CESSATION CLASSES

HOSTED BY THE SOMERSET COUNTY HEALTH DEPARTMENT
FREE VOUCHERS FOR NICOTINE PATCHES AND GUM



Mondays from 3:00 pm - 4:00 pm
at the Princess Anne Library
11767 Beechwood St., Princess Anne, MD



Tuesdays from 3:00 pm - 4:00 pm
at the Crisfield Library
100 Collins St., Crisfield, MD



Wednesdays from 11:00 am - 12:00 pm
at the Somerset County Wellness and Recovery Center
11674 Somerset Ave., Princess Anne, MD



Virtual and In-Person
One-on-One appointments available



IMMUNIZATIONS

Reduce your risk of severe illness, hospitalization, and even death, by staying up-to-date with vaccinations this winter. It's never too late to get vaccinated against COVID-19 or the flu. We offer COVID-19 boosters every Wednesday and Friday. Flu vaccinations are also available by appointment. For more information or to schedule an appointment, call 443-523-1700!

ADOLESCENT HEALTH

Attention parents & guardians! Are you interested in learning more about the apps your children are using? Are you curious about the state laws on sexting? Or the dangers of sexting? Join us for a free, virtual education session to learn how to protect your youth in this digital age on Tuesday, January 17 at 6pm. Scan the QR code to register!

RADON AWARENESS

Radon is an invisible, odorless radioactive gas in the earth that can enter into lower level rooms of your home, like a basement. The longer you and your family are exposed to radon, the greater risk you have of developing lung cancer. Testing for radon is easy, affordable and the best way to protect your family from exposure. To order test kits for your family, visit mde.maryland.gov.



Sexting and Other Online Activities

Attention Parents & Guardians!
Join us for a FREE, virtual education session to learn how to protect your youth during this digital age.

TUESDAY, JANUARY 17TH

6:00PM

Scan
the
QR
code:



Somerset County
Health Department



@somersethealthmd



@somersethdmd

REPRODUCTIVE HEALTH

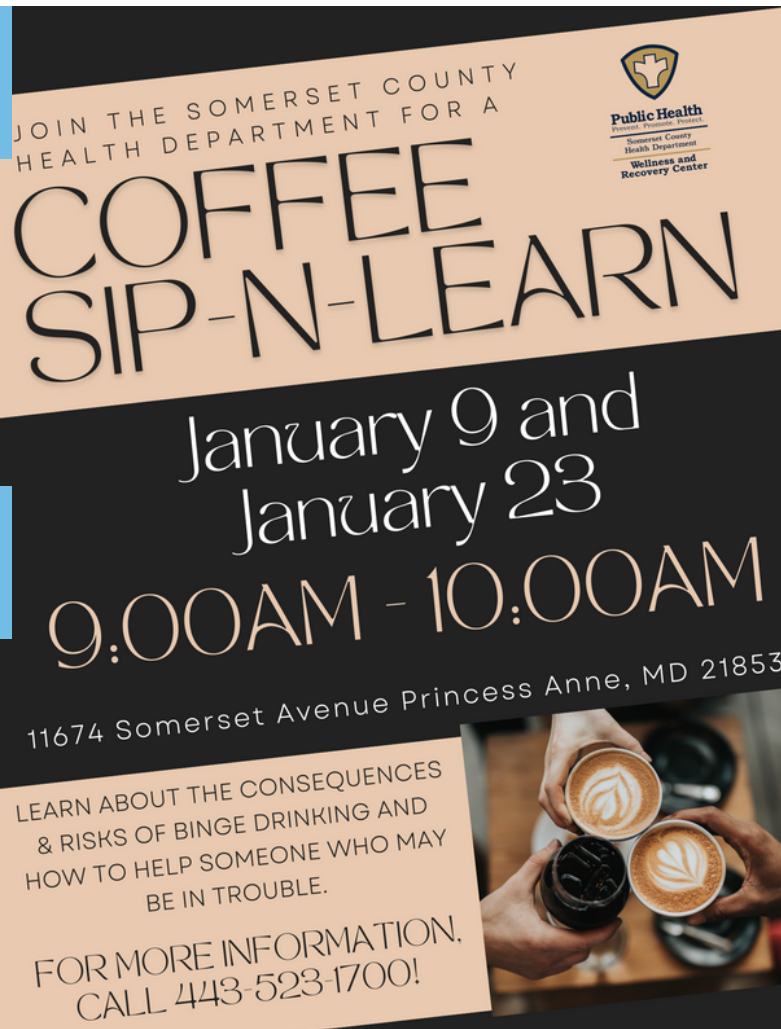
January is National Birth Defects Prevention Month! Birth defects affect people in every phase of life. We know that not all birth defects can be prevented. But, you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy (like maintaining a healthy weight and taking 400 micrograms of folic acid every day!) What is best for you is also best for your baby. For more information, visit somersethealth.org.

SIP-N-LEARN

Did you know? Excessive alcohol use can increase a person's risk of stroke, liver cirrhosis, alcoholic hepatitis, cancer, and other serious health conditions. Learn about the consequences and risks of binge drinking and how to help someone who may be in trouble at our Coffee Sip-N-Learn on January 9 or January 23 from 9am to 10am at our Wellness & Recovery Center.

SUBSTANCE MISUSE

We have something you can check off your New Years Resolution List! Getting rid of your unused, unwanted, or expired medications. Take them to the box at any one of the following locations: Crisfield Police Dept., Somerset County Sheriff's Office, Princess Anne Police Dept., Maryland State Police (Princess Anne Barrack), Karemore Pharmacy, Crisfield Pharmacy or Marion Pharmacy. No liquids, needles, thermometers, or biohazard materials.



JOIN THE SOMERSET COUNTY HEALTH DEPARTMENT FOR A

COFFEE SIP-N-LEARN


January 9 and January 23
9:00AM - 10:00AM

11674 Somerset Avenue Princess Anne, MD 21853

LEARN ABOUT THE CONSEQUENCES & RISKS OF BINGE DRINKING AND HOW TO HELP SOMEONE WHO MAY BE IN TROUBLE.

FOR MORE INFORMATION, CALL 443-523-1700!

Public Health
Somerset County Health Department
Wellness and Recovery Center



COLORECTAL CANCER

If you are 45 or older, it's time to get screened for Colorectal Cancer. Even if you have no symptoms or a family history, regular screenings can help prevent cancer. It takes guts to put your health first. Colorectal Cancer is the fourth leading cause of cancer-related deaths. Tomorrow can't wait. Call 443-523-1700 to see if you qualify for a colonoscopy at no cost to you!



Somerset County
Health Department



@somersethealthmd



@somersethmdmd



HEALTHY LIVING

This easy chicken and broccoli soup is creamy and luscious, but still light. This is the perfect soup to make on a busy weeknight when you have leftover roast chicken or rotisserie chicken on hand. While the recipe calls for chicken breasts, if thighs are what you have on hand, feel free to use those.

INGREDIENTS

- 3 tablespoons unsalted butter
- 1 $\frac{1}{4}$ cups thinly sliced leek, white and light green parts only
- 3 medium carrots, chopped
- 2 medium celery stalks, chopped
- 4 cloves garlic, finely chopped
- 3 tablespoons all-purpose flour
- $\frac{1}{2}$ cup dry white wine
- 4 cups unsalted chicken broth
- 1 $\frac{1}{2}$ cups whole milk
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{4}$ teaspoon salt
- 3 cups broccoli florets (about 8 ounces)
- 3 cups shredded cooked chicken breast
- 2 tablespoons lemon juice

DIRECTIONS

1. Melt butter in a large pot over medium-high heat. Add leek, carrots and celery; cook, stirring occasionally, until softened and translucent, 6 to 8 minutes. Reduce heat to medium, add garlic and flour and cook, stirring constantly, until the garlic is fragrant and the flour has toasted, about 1 minute. Add wine and cook, stirring constantly, until almost completely reduced, about 1 minute. Slowly add broth, stirring constantly. Add milk, pepper and salt and bring to a simmer (do not boil) over medium-high heat, stirring often and scraping the bottom of the pot to release any browned bits.
2. Reduce heat to medium to maintain a low simmer; add broccoli florets. Cook, stirring occasionally, until the broccoli is tender, about 8 minutes, adding chicken during the last 2 minutes of cooking. Remove from heat and stir in lemon juice. Serve immediately.



HIV/HEP C TESTING

Many patients with Hepatitis C and HIV go undiagnosed. Early diagnosis means early treatment. That's why it's important to know your status. We offer free, weekly, HIV & Hepatitis C testing every Monday from 11:30am - 1:30pm at our Wellness & Recovery Center (11674 Somerset Avenue). Get your confidential results in just 20 minutes. For more information, call 443-523-1700.



SNOW SAFETY

Shoveling snow can mean taking on more than your body can handle and ignoring signs that you need to take a break from shoveling may prove to be harmful. Take it slow, listen to your body, dress warm, and watch your back! For more information, visit [ready.gov](https://www.ready.gov).



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