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Message from the Assistant Health Officer

Greetings! As we reflect on the year 2022, I am extremely proud of how DOH-Seminole has continued to implement strategies to ensure all citizens have an opportunity to thrive. We've done so through emergency preparedness, outreach, and providing services that address social and economic factors and the social determinants of health.

Our accomplishments highlighted in this newsletter demonstrate that we have remained committed to delivering programs and essential services at a time when public health proved to be challenging. Through community outreach, we provided public awareness to many wraparound services the Department offers to improve health outcomes of all citizens in Seminole County.

I express my gratitude and appreciation to our residents, dedicated staff, managers, and leaders who have worked tirelessly to advocate and bolster our health strategies. Thank you to our community partners as we cannot do this work alone. We work to continually improve our organizational culture and capacity to serve the community. This newsletter serves as an opportunity to acknowledge and celebrate the hard work of our program staff striving to achieve our vision of optimal health and well-being for Seminole County communities.

DOH-Seminole has a strong presence in the communities through many outreach events to help bridge this gap by connecting individuals to the help they need while also developing programs to benefit entire communities. During these past 6 months, we hosted a mobile mammogram event, participated in the Leadership Seminole Healthcare Day, Rescue Mission Community Service Day, Touch-a-Truck event, among others and our team had the opportunity to facilitate two Community Dialogue sessions engaging residents and community leaders to provide input on the 2022 Community Health Needs Assessment.



Ana Scuteri
Assistant Health Officer
Florida Department of Health in
Seminole County

COMMUNITY SERVICE DAY

Mobile Mammogram Event

On January 5th, Breast and Cervical Cancer Early Detection Seminole Regional Coordinator, Tiffanie Johnson hosted the first mobile mammogram event in Lake County (part of the Seminole Region territory) and were able to provide 22 screening mammograms. Twenty of the 22 clients seen were women helping to eliminate barriers that prevent access to care through the Orlando Health grant for women in need ages 40-50 years old.



Paving the Way

On January 21st, DOH-Seminole joined Paving the Way, the Central Florida Human Trafficking Task Force, One More Child, the Victim Service Center, and community members for the 2nd Annual Seminole County Red Sand Project. The event increased awareness for those affected by human trafficking by filling sidewalk cracks with red sand and documenting the sidewalk transformation on social media using #RedSandProject. The city of Sanford issued a proclamation to eliminate the existence of human trafficking within its borders and to encourage all to help end human trafficking and exploitation. A total of 35 people attended the event. DOH-Seminole and other community partners provided resources to attendees.

Leadership Seminole Healthcare Day



On January 6th, the Mobile Health Unit team participated in the Leadership Seminole Healthcare Day.



Rescue Mission Community Service Day

On January 10th, DOH-Seminole OHPE, PrEP, EPI, diabetes, and CIMHS Mobile Unit programs participated in the Rescue Mission Community Service Day. The team provided 5 Rapid HIV tests, 4 hepatitis tests, 12 A1c tests, blood pressure screenings and shared about all DOH-Seminole programs. The event had a great turnout and the community benefitted from all the great community partners in attendance.



The Rescue Outreach Mission is a registered 501(c) 3 non-profit organization that exists to serve disadvantaged people throughout Central Florida by providing resources that help prevent homelessness and assisting those who are homeless to become self-sufficient.

In 1986, Mother Blanche Bell Weaver, pastor of the Rescue Church of God, saw people in her community living without basic essentials. With the support of her church and members, she founded the Rescue Outreach Mission to provide safety, support and a healing environment for her community.

Medical Screening Instruction

On January 23rd, the Community Integrated Mobile Health Services team was teaching and demonstrating basic medical screening to the Office of Health Promotion and Education (OHPE). Basic screening consists of blood pressure, BMI, SpO2 (oxygen count), A1c, and glucose check ups. These screenings are provided to the community during the weekly mobile outreach events to expand services and better serve our community.



PINK GOES RED FOR HEART HEALTH

Touch-a-Truck Event

DOH-Seminole participated in the 2023 Touch-a-Truck event at Cranes Roost on February 4. Participants experienced vehicles and equipment from agencies that respond during and after severe weather events. DOH-Seminole provided information about services and programs.



Adopt-a-Road Cleanup

On February 10, the Green Team led the Adopt-a-Road clean up event. Several staff participated in cleaning parts of Airport Boulevard and collected 10 bags of trash, recycled glass and plastic bottles, and plastic car parts.



Pink Goes Red for Heart Health

On February 18, DOH-Seminole participated in the Pink Goes Red for Heart Health – SOAR to better health with Alpha Kappa Alpha Sorority. DOH-Seminole was represented by the Tobacco Prevention Program, CIMHS, and OHPE. We offered educational resources and basic medical screenings. It was a fun filled event that included yoga, dancing, and a CPR demonstration by the American Heart Association.



The American Heart Association trains millions of people globally every year by educating health care providers, caregivers, and the general public on how to respond to cardiac arrest and first aid emergencies.

Community Dialog Sessions

On February 16 and 17, DOH-Seminole facilitated the last two of the three scheduled Community Dialogue sessions in the cities of Sanford and Altamonte Springs, respectively. The sessions engaged residents and community leaders to provide input on a summary of findings from our 2022 Community Health Needs Assessment and participate in a prioritization exercise to help the Healthy Seminole Collaborative identify areas the upcoming 2023-2026 Community Health Improvement Plan should focus its efforts on. In total, 47 county residents joined the three hosted sessions. Survey results from 30 participants showed that 100% either agreed or strongly agreed that their opinions were valued and the topics discussed met the needs of their community. More than 90% either agreed or strongly agreed that there was enough time to provide input. The first session was held in Oviedo in January.



FLORIDA HEALTHY BABIES

Josh's Benches for Awareness

Josh's Benches for Awareness is a non-profit organization that focuses on suicide prevention awareness by providing benches, with the suicide hotline number, to be placed in high traffic areas. The Jenó & Lois Paulucci Family Foundation donated two benches to Seminole County. Seminole County Government offered the benches to DOH-Seminole to raise awareness about suicide prevention. The 5 feet long bench is made of recycled plastic. For every bench sold 540 milk jugs avoid being discarded into landfills so it's earth friendly too.



Coalition for the Homeless

On Thursday, March 2nd, Alice Gibson, Debbie Marhee and Gigi Rivadeneyra attended a Youth Provider Fair, hosted by the Youth Action Society of the Central Florida Commission on Homelessness in Orlando. The event provided an overview on the issue of youth homelessness and HUD's Youth Homelessness Demonstration Project grant that will serve Orange, Osceola and Seminole counties and how agencies might get involved. The team also



toured the newly renovated youth center at the Coalition for the Homeless of Central Florida with their Youth Program Coordinator Natasha Yeung.

Florida Healthy Babies

Florida Healthy Babies staff Tommye Brown and Erica Vazquez visited Lake Brantley High School for an outreach on March 10th.

A guidance counselor at the high school shared the following comment:

"Just want to take a moment to thank you and your assistant for coming out and serving our students during today's visit. I watched in awe as you both calmly, respectfully and thoroughly responded to the students' concerns during both lunches. It was truly wonderful hearing the students' questions and listening to their insights on numerous topics. This was a wonderful event and I hope you will consider returning in the future. I will be sure to share with Administration our teachers' request to have you visit their classrooms. Thanks again. You are truly amazing and so needed on our school campus. Have a wonderful weekend!"

Florida Healthy Babies staff provide education and information on services such as nutrition education, breastfeeding, injury prevention, parent education, early literacy and more. Call 407-665-3278 or send an email to chd59webmaster@flhealth.gov to learn more.



Florida Outstanding Woman in Public Health

Ana Scuteri was recognized on Wednesday, April 5th as the 2023 Florida Outstanding Woman in Public Health during the University of South Florida (USF) College of Public Health's 2023 National Public Health Week Annual Awards Ceremony. Ana is pictured below with USF School of Public Health Dean Dr. Donna Petersen and DOH-Seminole colleagues.



Child Abuse Prevention Month

In April, the Florida Healthy Babies team placed a pinwheel garden display at the front of the Airport location with a message to create awareness about Child Abuse Prevention Month.



EVERY KID HEALTHY DAY

Mass Casualty Functional Exercise

On April 20, the Central Florida Disaster Medical Coalition conducted its annual mass casualty functional exercise for hospital, first response agencies, and county health departments for all nine counties in the region to participate. The exercise scenario involved multiple train derailments and chemical releases to reenact a medical surge incident. Volunteers participated as injured victims and were sent to participating hospitals emergency rooms to test the hospital system's ability to handle a large number of victims. The exercise also allowed county emergency management to plan for family reunification for incident victims and simulate mass evacuations from the areas impacted by the initial train derailment and chemical spill.

In Seminole County, all four county hospitals and several standalone emergency departments participated in the event with staff in the county Emergency Operations Center playing as both supporting participants in the scenario and as support for the overall exercise.



HOSA Leadership Conference

On April 15, Donna Walsh joined DOH-Orange Health Officer Dr. Karch and Senior Community Health Nursing Supervisor from DOH-Orange Misty Orr to participate as panelists promoting Health Careers with facilitator Jon Conley at this year's Florida HOSA (Future Health Professionals) Leadership Conference (Expo and Career Fair) at the Marriot Orlando World Center. This provided an opportunity to meet, connect and engage with adult student advisors from various counties through-out Florida. Information regarding the importance of their role in public health, the overall healthcare profession, as well as the history of community health in the hopes to increase public awareness of public health careers was provided. During the workshop DOH-Seminole staff interacted with advisors to identify potential ways to facilitate greater interest and exposure to community health.



Every Kid Healthy Day

The YMCA hosted the Every Kid Healthy Day event at the J. Douglas YMCA on April 29. The event featured an obstacle course, arts, crafts, a scavenger hunt and information booths for families. Gigi Rivadeneyra from the School Health Program participated.



NACCHO Project Public Health Ready

Donna Walsh, Samantha King, and Ana Scuteri received a NACCHO award for Project Public Health Ready (PPHR) recognition during the April NACCHO Conference in Atlanta.



Congratulations Samantha and all those who provided support in completing the application for your excellence, dedication and a job well done, making DOH-Seminole the first in the state to be recognized under the new criteria!

Project Public Health Ready is a criteria-based training and recognition program created by the National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control and Prevention to help county health departments develop core public health, emergency preparedness competencies. This intensive 18-month program provides the structure to build training and preparedness capacity using a continuous quality improvement model.



Adopt A Road Cleanup

On Thursday, May 18th, DOH-Seminole staff participated in the Adopt-a-Road cleanup hosted by the Green Team and the Employee Wellness Committee. A total of 15 bags of trash were collected.



DROWNING PREVENTION

Florida Healthy Babies Daycare Spotlights

DOH-Seminole Florida Healthy Babies team conducted three Daycare Spotlights with Lake Mary Bilingual Academy, Meadows Academy, and Kid City USA Longwood. These daycares are part of the DOH-Seminole infant mortality initiative which focuses on providing safe sleep, breastfeeding initiation, Shaken Baby Syndrome, and tobacco cessation education resources for daycares and parents. The Florida Department of Health is committed to improving birth outcomes. This requires public health agencies working together with health care providers, communities, and other partners to reduce infant mortality in Florida. This joint approach can help address the social, behavioral, and health risk factors that contribute to infant mortality and affect birth outcomes.

Lake Mary Bilingual Academy Daycare



The Lake Mary Bilingual Academy Daycare was spotlighted by Tommye Brown, a DOH-Seminole employee, on May 16th. The safe sleep and breastfeeding programs tools that DOH-Seminole offers to daycares were the main points of discussion. The Lake Mary Bilingual Academy Daycare took part in the DOH-Seminole Safe Sleep Program and received training on the Seminole High Five initiative. This mother-daughter pair has vowed to use their expertise, commitment, and hard work to continue education by offering a distinctive bilingual method of training our future leaders.

Goldsboro Elementary

On May 12, Heather Haskett, Children and Youth Health Educator at DOH-Seminole, visited all the 5th graders at Goldsboro Elementary. She had the pleasure of co-teaching a class with Mrs. Mary Lynn Hess that addressed not only the grade level standards on organs and their systems, but also the importance of proper eating and exercise to organ health.

Mrs. Hess led the kids through an engaging station-rotation lesson where they got to see actual animal organs as they learned about organ functions, the systems in which they belong, and their location in the human body. Ms. Haskett brought her "OrganWise Guys" curriculum and interactive game of labeling food groups to teach the importance of taking care of those organs through physical activities and eating a healthy balanced diet.



Annual Hurricane Functional Exercise

On May 31, the Seminole County Office of Emergency Management hosted the county's annual hurricane functional exercise to simulate and test the response activities that would occur if the county were to



be threatened or impacted by a severe hurricane event. Multiple agencies were present, including DOH-Seminole, to practice their roles and procedures by responding to calls and requests from a simulation role playing as the different residents, staff, and agencies that would normally call into the EOC during an event. Seminole County conducts this exercise every year at the start of hurricane season to make sure everyone is ready.

To learn more about hurricane preparedness please visit the Office of Emergency Management's Prepare Seminole website at

[Prepare Seminole | Seminole County](#)

Falls Prevention Program



Did you know?

DOH-Seminole's Community Integrated Mobile Health Services also has a Falls Prevention Program. These are some simple things you can do to keep yourself from falling.

- Talk to your doctor about evaluating your risk for falling and reviewing your medicines to see if any might make you dizzy or sleepy.
- Do strength and balance exercises.
- Have your eyes checked.
- Make your home safer.

To learn more about the program contact Colleen Lewis at 407-665-3028.

Drowning Prevention

On June 13, DOH-Seminole Florida Healthy Babies Initiative presented "Stewie the Duck" Learn to Swim drowning prevention Reading 4 Health activity at Seminole Kids Academy.

Childhood drowning is preventable, however it is still the leading cause of death for children ages 1-4. Drowning happens in seconds and is often silent. Drowning can happen to anyone, any time there is access to water. In attendance was our DOH-Seminole staff (Tommye Brown) and Seminole County School ePath-ways Summer Interns (Jadelynn Bonilla, Pranay Arora, Ruby Feng, and Jyotsna Reddy). The children enjoyed listening to the reading of the story, singing and were very attentive to answering questions. The children were able to recite the three (3) **Drinking Water 2. Always wear the life vest 3. Always have a grown-up watching you.**



MEN'S WELLNESS SUMMIT

Health Recipe for a Healthy Baby



Bueno Pharmacy Outreach

The Community Integrated Mobile Health Services and Seminole County Community Services Department attended the Bueno Pharmacy monthly outreach. It is always a pleasure when other agencies join partners to serve our community. The team completed nine blood pressure checks, five A1c tests, and six glucose tests. The PrEP Program completed three rapid HIV tests and the Hepatitis Program provided 10 hepatitis immunizations and eight referrals.



Rescue Me Project Ministries

Rescue Me Project Ministries (RMPM), Inc. asked DOH-Seminole to assist them with their ongoing needs to help homeless men in the area. Together with the clinic, the STD program, and medical records staff we were able to provide the ministry with 50 backpacks filled with resources for the men. This venture shows how various departments can come together to help meet the community's needs.

Pictured are Kizzy Rivers from RMPM and Heather Haskett from OHPE.



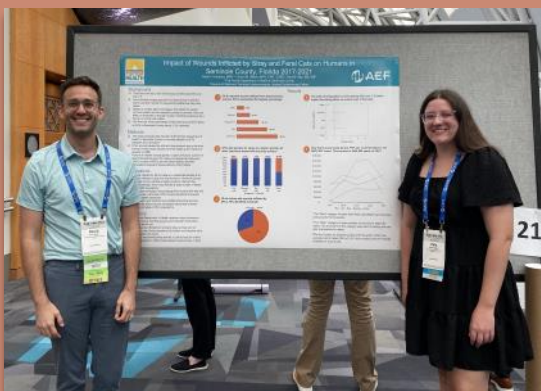
Men's Wellness Summit

The Men's Wellness Summit was hosted by DOH-Seminole on June 24. A panel discussion moderated by Environmental Health Program Manager Raymond Roe discussed important men's health topics and a panelist shared his personal health journey. Men's health screenings including STD/HIV testing, A1c, blood pressure checks, glucose checks, tuberculosis (TB) test, hepatitis A, and hepatitis B immunizations were available for those in attendance as well as health and wellness resources. Free haircuts and lunch were provided for the participants.



CSTE 2023

On June 24 - 29, Kala Hubbard, Council of State and Territorial Epidemiologists (CSTE) Applied Epidemiology Fellow and Kevin Baker, Epidemiology Manager attended the CSTE 2023 Annual Conference in Salt Lake City, Utah, where Kala's abstract was selected to be displayed as a poster presentation for the conference.



Substance Abuse Services



You Are Not Alone
Anxiety, depression, panic attacks, and high levels of stress are normal reactions to a disaster or traumatic event. While we recover, make sure to use healthy ways to cope with the feelings you may be experiencing.

Breathe

- Count to four as you take a deep, slow breath.
- Breathe out for eight counts.
- Repeat three to seven times or until you feel calm.

Be in the Moment

- Name 3 things you see.
- Name 3 sounds you hear.
- Move 3 parts of your body.

Change your Focus

- Listen to music.
- Talk to someone you trust.
- Engage in a physical activity.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is intimately connected with physical health and lays the foundation for positive growth. Mental health not only affects an individual, it also impacts families and communities.

We Are Here For You
Call 2-1-1
Thousands of caring experts are available to help, 24/7. Calls are confidential and can be anonymous.

Call 9-8-8
Provides 24/7, free and confidential support for people in distress.

Start to Heal
HopeForHealingFL.com
Connects Floridians to local resources for assistance with mental health and substance abuse services.



Client Appreciation

DOH-Seminole continues to provide and enhance exceptional services to our clients. These comments of appreciation from our clients attest to the quality of these services and the professionalism of our staff providing them.

- “Daytoria with Seminole County Health Department was Amazing! Daytoria was so very kind, patient, and very knowledgeable. Daytoria also was extremely proficient, and extremely thorough with job duties. Daytoria, is an exceptional employee asset with Seminole County Health Department!”
- “First time attending and my family and I were completely satisfied with the attention of Doctor Joseph for the physical examination and nurse Noemi.”
- “Richard was extremely helpful and helped get some forms that were needed. Extremely grateful for all his support. He really went above and beyond and cared about my problem and stepped up to resolve it. So so grateful to him and all his staff.”
- “I always enjoy my WIC appointments. I especially love the reminder calls for appointments!!”
- “Noemi made me feel comfortable in a very uncomfortable situation talked to me step by step and gave me really useful information really GOOD nurse”
- “Iraci was sweet, precise and went out of her way to help me. I just moved here from Georgia and this has been a difficult transition but Iraci was a HUGE help! Thank you lots!!”
- “The staff are great and made my daughters first dental appointment amazing. i will be coming back and strongly recommend to all!”
- “The best ever. Very clean up to date on everything. Outstanding service to everyone and organization is appreciated. They treat me like family.”
- “Richard L. at the front desk helped run to the medical staff to help me get my medication script fixed at Walmart pharmacy. Richard was kind and very helpful. The med problem script order was quickly fixed! I really appreciate your front desk people. Thank you.
- “Staff was very helpful and informative of my benefits and options especially for me being a first time mom.”
- “I have always had excellent service, people are friendly and nice and always answer any questions I have or are able to direct me to the information I need.”



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Visit us at Seminole.FloridaHealth.gov

The Florida Department of Health in Seminole County was founded in 1941. We have two satellite offices – WIC in Casselberry and Environmental Health in downtown Sanford. According to the CountyHealth Rankings & Roadmaps (program of the University of Wisconsin Population Health Institute with support from the Robert Wood Johnson Foundation), Seminole County is currently ranked number three out of 67 counties in the state of Florida.