



Community Environmental Health News

Country Club Estates ALBANY, GEORGIA TOOLS FOR CHANGE, INC
 Evergreen P.O. Box 3841
 Albany, Georgia 31706-3841

Town & Country
 West Town

June 2010

Volume 1 Issue 2

CARE STEERING Committee Meeting

Please join us the 4th Thursday of each month for our regular meetings at New Hope Full Gospel Ministries 1610 W. Oakridge Dr. 6:00 p.m. Your participation is needed.

COMING SOON

Community Forum

July 22, 2010
 New Hope Full Gospel Ministries
 1610 W. Oakridge Dr.
 6:00 p.m.

Guest Speaker
Gary Morefield
 Water Director
 WG&L Commission



Focus Group

Professional Facilitator
 July 2010

Residents and partners invited to discuss community health and environmental issues in the four CARE communities.
Dinner Provided



Back to School Community Health Fair

August 2010
 10:00 a.m - 3:00 p.m.
 Health Screenings,
 Community Vendors/Booths,
 Health Speakers, food,
 & fun.
Free Community Event.



Dr. Mildred McClain, Savannah, GA

Albany, Georgia Tools for Change, Inc. (AGTFC) CARE Steering Committee hosted a Community Forum on May 28, 2010, in the West Town Elementary School Cafetorium featuring Dr. Mildred McClain as the key-note speaker. Dr. McClain is a long time community activist and founder of the Harambee House Community Center in Savannah, Georgia. She served as speaker and facilitator of the forum in which she provided a very

National Community Motivator Leads Community Forum and Leadership Training

inspirational message to encourage CARE Steering Committee members and community residents to continue the work of educating and motivating our neighbors to take action and be engaged in the CARE project.

During her visit, Dr. McClain led a Leadership Training session in which she shared practical ideas on how to motivate residents and build capacity. The session also included a detailed discussion of the progress that has been made by the Savannah, Georgia CARE recipients. She emphasized the importance of having a

vision to guide the overall progress of the project. The Albany, Georgia CARE group was extended an invitation to visit the Savannah CARE Community to further our efforts in completing the final steps of the 10 Step Roadmap provided by EPA for Level I.



Dr. McClain & Attendees

CARE Steering Committee and Community Residents Trained To Use PACE-EH (Protocol for Assessing Community Excellence in Environmental Health)

Albany, Georgia Tools for Change, Inc. CARE Steering Committee took part in a PACE-EH (Protocol for Assessing Community Excellence in Environmental Health) training June 11-12 conducted by Tom Struzick from the University of Alabama, Birmingham, Alabama. He provided insight on how to gather the community's concerns and develop solutions by taking action. Examples were given of other communities in the Birmingham area that were able to band together to tackle some major health issues in their community. The

trainer emphasized the importance of developing local partnerships with the schools, churches, health agencies, and political leaders in the community. He also stressed the importance of working with local corporations to develop a comprehensive program for sustainability. He urged the Committee to be resourceful in identifying assets within the CARE group and communities. We were encouraged to review our goals to ensure that they are realistic and achievable.



C. Leggett, E. Thomas, T. Smith, V. Brooks, J. Hatch, M. Boyd



C. Dukes, G. Hudley, C. Henley, Z. Hardwick



G Hudley, M. Rogers, Tom Struzick, Trainer, Michelle Boyd, Presenter

What is Indoor Air Quality?

A healthy environment is one in which the occupants of the residence or building feel a sense of health and well-being. The qualities of good indoor air include:

- Introduction of fresh air and distribution of adequate ventilation air.
- Control of indoor contaminants such as mold.
- Maintenance of acceptable temperature.
- Relative humidity maintained in an acceptable manner for occupants.

your home, you should clean up the mold and fix any water problems, such as leaks in roofs, walls, and plumbing. Controlling moisture in your home is the most critical factor for preventing mold growth.

To remove mold growth from hard surfaces use commercial products, soap and water, or bleach solution of no more than 1 cup of bleach in 1 gallon of water. Use a stiff brush on rough surface materials such as concrete.

If you choose to use bleach to remove mold:

- Never mix bleach and other household cleaners or ammonia. Mixing bleach with ammonia or other cleaning products can produce dangerous

toxic fumes.

- Open windows and doors to provide free air.
- Wear non-porous gloves and protective eye wear.

If area to be cleaned is more than 10 square feet, consult the U. S. Environmental Protection Agency (EPA) by going to the web site at

<http://www.epa.gov/mold/>

- Always follow the manufacturer's instructions when using bleach or any other cleaning agent.

Polluted indoor air causes problems or can have serious consequences such as repetitious health problems, coughs, eye irritation, headaches, and allergic reactions. If there is mold growth in

Pollutants and Sources of Indoor Air Pollution

Asbestos
 Biological Pollutants
 Carbon Monoxide (CO)
 Formaldehyde/Pressed
 Wood Products
 Lead (Pb)
 Nitrogen Dioxide (NO₂)

Pesticides
 Radon (Rn)
 Respirable Particles
 Secondhand
 Smoke/Environmental
 Tobacco Smoke

Stoves, Heaters,
 Fireplaces, and
 Chimneys
 Volatile Organic
 Compounds (VOCs)

How To Live Longer

Are you eating as many fruits and vegetables as you should? Here are some easy ways to include them in your diet. Stock your kitchen with fresh, frozen, dried, or canned fruits and veggies.

Add fresh fruit or frozen berries to your cereal or pancakes. Add spinach, broccoli or other veggies to your omelet. Spread a generous helping of applesauce on your whole grain toast. Add raisins or bananas to your peanut butter sandwich. Add fresh or frozen veggies to your spaghetti sauce. Choose the salad option instead of fries when you buy lunch at a fast food restaurant. Be Creative!!

10 Best Foods & 10 Worst Foods

According to Dr. Lee Causey, Inventor of the first "diet shake"

BEST FOODS

1. Sardines- full of Omega 3 fatty acids
2. Blueberries- great antioxidant
3. Cabbage

4. Oatmeal – (not the microwave kind) The Old Fashioned Oats kind - don't ruin it by loading on lots of sugar
5. Seeds & Nuts- sunflower seeds, walnuts, almonds...all fresh, not fried and salted
6. Beans
7. Apples- an apple a day keeps the doctor away...for REAL. For those with dentures, just cut the fruit into small, chewable sections.
8. Broccoli
9. Yogurt – good dairy because of the probiotic enzymes and less fat. (Probiotic=good for life)
10. Watermelon

WORST FOODS

1. Donuts –fried sugar and white flour. The worst of the worst.
2. Soda –has no nutritional value but lots of calories
3. French Fries- one serving has a whole test tube of fat; like eating scoops of Crisco

4. Chips- fried and processed food
5. Fried Fish- we live in the South, which makes this one hard; yep, there are OTHER ways to cook fish...broiled, baked or grilled outside.
6. White Flour- we know white bread is out. Just got to do it.
7. Dairy- cow's milk is for cow babies, not humans. The milk ads are made to sell milk. If you continue to use cow's milk, go for the "blue" or "purple" cap. Leave the "red" cap in the store!
8. Red Meat- tastes good but hard to digest. To digest properly, steak requires enzymes from the heart, as well as the stomach. That's why some may have a heart attack after eating a big meal.
9. Candy – Oh, well...
10. Cereal- cold cereal only. Not oatmeal, cream of wheat or farina

For more info:

www.firstfitness.com/drhatch or www.zavita.com/drhatch

CARE STEERING COMMITTEE OFFICERS
 Carl A. Dukes, President
 Connie Leggett, Vice President
 Barbara Carroll, Secretary
 Carolyn Smith, Community Coordinator (CARE)

Albany, GA Tools for Change Leadership
 Ellis Harris, President
 Dr. Michael Rogers, Vice President
 Nedra Fortson, Secretary
 Edgar Davis, Treasurer
 Rebecca F. Reid, Administrative Officer
 Jacqueline Jenkins, Technical Advisor



Albany, Georgia Tools for Change, Inc.

P.O. Box 3841
 Albany, GA 31706-3841

CONTACT:
 Carolyn Smith, CARE
 Community Coordinator
 229-888-1040

FAX:
 229-432-7332

E-MAIL:
reid_agtfcao@bellsouth.net

<http://www.agtfconline.org>