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Community
Health Center

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COMMUNITY HEALTH CENTER

June 2019
Newsletter

INFORMATIONAL SEMINAR HELD JULY 22 AT BUTLER PUBLIC LIBRARY AT 6PM

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LYME DISEASE IN PA

Lyme disease is a bacterial infection transmitted to humans primarily through the bites of infected deer ticks. It is the fastest growing vector-borne infectious disease in the United States according to the Centers for Disease Control and Prevention. The CDC recently raised the number of estimated new cases of Lyme disease each year from 30,000 to 300,000. Some experts say the figure is far higher. Over the last five years PA ranked first for reported cases in the U.S. The PA Department of Health reports that there were 5758 confirmed and probable cases of Lyme in 2013 with 7,400 cases, a 25% increase, in 2014. Experts believe the actual number of cases is at least 10-12 times higher than the number reported.

LYME DISEASE TRANSMISSION

Lyme disease is transmitted mostly by the deer tick. Many people are not aware when they've been bitten by a tick and may not make a connection when they begin to experience symptoms, which can be weeks, months, or even years after a tick bite. The longer the tick is attached, the greater the probability of disease transmission. Lyme disease is known as the "great imitator". Over 150 common Lyme symptoms are core symptoms of other diseases. It takes a skilled

medical practitioner to recognize the patterns of what may seem like unrelated symptoms to make a diagnosis of Lyme disease. Lyme disease is frequently misdiagnosed as MS, Parkinson's, ALS, Chronic Fatigue syndrome, Fibromyalgia, Lupus, Alzheimer's disease, Rheumatoid arthritis, TMJ, carpal tunnel syndrome, ADHD, depression or other psychiatric illnesses.

Dare 2B Tick Aware

The Dare 2B Tick Aware program was set up by the PA Lyme Resource Network to implement a state-wide, community-based Lyme & Tick-borne disease prevention program. The goal is to improve the use of prevention strategies, reduce tick bites, and improve early diagnosis.

Join us at the Butler Public Library on July 22nd at 6 pm where a certified Lyme's Disease educator will teach us about the different types of ticks and the dangerous diseases they carry.

July 22nd @ 6pm
Butler Public Library
218 N McKean St, Butler, PA 16001
Open to the Public
Admission is free



MyPlate for Summer

Now that summer is in full swing, it's time to dig into the lessons of MyPlate! Let's see how these ideas can inform a healthy eating pattern at this time of year...

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2020 Census

Founding Fathers thought a population count important enough to mandate as part of the Constitution. But some question the importance of the census and some complain that it's an invasion of privacy...

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Vary Your Protein Routine:

It's easy to eat a variety of protein foods during the summer months, especially if you have a great farmers' market nearby. Try new varieties of beans and peas for a boost of both plant protein and fiber, or pick up a fun bag of nuts or seeds that you've never eaten before. At the markets, you can talk with people about the best ways to try your purchases and which new protein food might be most delicious for you.

Stock Up on a Variety of Fruits and Vegetables:

The same advice about variety and trying new things also works well with the fruit and vegetable food groups! With so many fruits and veggies being in season and at peak ripeness during the summer, there's no better time of year to try new-to-you foods. Talk with the people manning farmstands, farmers' market booths, and the produce section of your grocery store to find out which fruits and vegetables might be a good fit in your meal plan, and consider trying one new fruit and vegetable each week. You never know when you might find a new favorite, and introducing extra variety is a great way to stave off boredom with what you eat while reaching MyPlate's recommended servings of fruits and vegetables each day.

Steer Clear of Empty Calories:

Ice cream, sodas, potato salads, and chips with dip abound in the summer months, and many of these foods are loaded with empty calories that fill you up but contribute no nutrients to your eating plan. Eat these foods in moderation, choosing nutrient-dense foods like fruit, vegetables, whole grains, lean protein, and low-fat dairy instead. When you're going for a treat, have it in small portions and really enjoy it. For the rest of the time, find a healthier alternative.

Hydrate with Water:

As the temperatures rise, so does your need to stay hydrated, especially if you're physically active. Follow MyPlate's advice and "Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed."

How will *you* use MyPlate to have a healthy summer?

By Judy Doherty, PC II, AOS, BS



Oven Roasted Summer Veggies

Serves 8 | Serving Size: 1 cup
Total Time: 17 min | Prep: 5 min | Cook: 12 min

Roast a batch of summer veggies and use them for many meals!

Ingredients:

2 zucchini cut in large cubes
2 yellow squash cut in large cubes
2 cups cherry or grape tomatoes
1 tsp olive oil
salt and pepper to taste
granulated garlic
vinegar

Directions:

Preheat the oven to 450 degrees.

Toss all of the ingredients together except for the vinegar. Roast the veggies together until they are crisp tender, about 12 minutes.

Remove from the oven and toss with vinegar. Serve hot or chill and use on salads. Top with fresh herbs. *Enjoy!*
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HEALTH & WELLNESS

Our H&W team provides classes & education - free of charge - and open to the community. Diabetes management, understanding your medication, managing stress, supermarket savvy, weight loss, smoking cessation, healthy eating and more!

FOR MORE INFORMATION

Call Linda Reichart, Director of Health & Wellness at 724-841-0980 x110 or visit our website: www.butlerhealthclinic.org

The 2020 Census is fast approaching

Census Day 2020 is April 1 and will count every person in all fifty states and five U.S. territories. Examples of questions asked include:

- how many people living in your home
- whether you own or rent your home
- what the sex, age, and race of each household member is

These questions have been submitted and approved by Congress years in advance.

Responses are kept confidential

You will never be asked for your social security number, donations, bank account numbers, or anything on behalf of a political party.

Responses to these questions will be kept completely confidential. The Census Bureau is bound by law to

protect your information and use it strictly for statistical purposes. You and your household will never be identified by these statistics. The infrastructure surrounding the IT department is designed to defend against cyber threats so no outsider can ever access your information.

Participation helps your community

The 2020 population count is required by law for everyone in the U.S. and its territories. It is important because the results of the census determine your congressional representation as well as federal funding for states and communities. Every year, more than \$675 billion goes toward hospitals, fire departments, schools, roads, and more. Butler County is highly underfunded. Participation in the census may be what it takes to get the funding our county needs.

You may be contacted to participate in additional surveys that are completely optional. Although not required by law, we highly encourage your participation. Your answers, combined with others, become the statistics that businesses, governments and people like you use to make informed decisions about education, emergency preparedness, employment, international trade, health, housing, and other important topics.

For more information or to view FAQ's about the 2020 census, visit www.census.gov

