

# Three Rivers Health District Newsletter

## Healthy Resolutions

The beginning of a new year is a fresh start where many make resolutions with intentions of making lifestyle changes. Resolutions range over various topics but let's make 2024 a year to focus on bettering the health and well-beings' factors in our life. Below are a few health tips for reaching some goals and being a healthier version of ourselves.

- 1. Drink more water:** Adults are recommended to have a daily fluid intake of about 15 cups for average men and 11 cups for average women. Limit Coffee, carbonated sodas, and sugary drinks.
- 2. Make realistic changes to your eating habits:** Create a healthy eating habit that is easy to stick to and budget friendly for long term results.
- 3. Exercise:** Consistency is key. A 20-minute walk everyday can help prevent and manage many chronic diseases. A little can go a long way when done regularly.
- 4. Make a wellness or annual checkup with your physician:** Always start the year off with a wellness exam to get a jump start on your care and treatment. Don't forget about your vision and dental exams too.
- 5. Prioritize adequate sleep:** Most healthy adults need at least seven hours of sleep a night for



## Cervical Cancer Awareness

January is Cervical Health Awareness month where many organizations are shining a light on prevention strategies through screening and vaccination of Human papillomavirus (HPV) and cervical cancer. Over 14,000 women in the United States get diagnosed with cervical cancer a year, but you can lower your risk by getting screened regularly starting at the age of 21. The HPV test and Pap test are screenings that detect early signs and prevent cervical cancer. HPV vaccine can also help protect against the growth of abnormal cells that most often cause cancer. A screening is still recommended even if a person is vaccinated. Every Woman's Life (EWL) is a program through VDH that offers cervical screenings for uninsured or low income woman. For more information visit

<https://www.vdh.virginia.gov/every-womans-life/>



## Clinic Schedule

### FAMILY PLANNING

- ESSEX - 1/11; 1/25
- GLOUCESTER - 1/3; 1/18
- KING & QUEEN - 1/8
- KING WILLIAM - 1/8
- LANCASTER - 1/2; 1/16
- MATHEWS - 1/17
- MIDDLESEX - 1/17
- NORTHUMBERLAND - 1/9; 1/23
- RICHMOND CO - 1/9; 1/23
- WESTMORELAND - 1/10; 1/31

### IMMUNIZATION (INCLUDING COVID-19)

- ESSEX - 1/9; 1/23
- GLOUCESTER - 1/12; 1/19; 1/26
- KING & QUEEN - 1/8; 1/24
- KING WILLIAM - 1/8; 1/22
- LANCASTER - 1/2; 1/16
- MATHEWS - 1/3; 1/17
- MIDDLESEX - 1/3; 1/17
- NORTHUMBERLAND - 1/9; 1/23
- RICHMOND CO - 1/9; 1/23
- WESTMORELAND - 1/8; 1/22

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

- ESSEX - 1/5; 1/9; 1/12; 1/16; 1/19; 1/23; 1/30
- GLOUCESTER - 1/2; 1/5; 1/8; 1/9; 1/12; 1/16; 1/19; 1/22; 1/23; 1/28; 1/30
- KING WILLIAM - 1/4; 1/11; 1/18; 1/25
- LANCASTER - 1/3; 1/10; 1/17; 1/24; 1/31
- MIDDLESEX - 1/4; 1/11; 1/18; 1/25
- NORTHUMBERLAND - 1/8; 1/22; 1/28
- RICHMOND - 1/3; 1/10; 1/17; 1/24; 1/31
- WESTMORELAND - 1/2; 1/9; 1/16; 1/23; 1/30

## National Pharmacist Day

January 12th presents the opportunity to celebrate National Pharmacist Day and honor the incredible work pharmacists provide in the community. In addition to the active involvement in all aspects of patient care, including in hospitals, pharmacies, and healthcare settings, pharmacists are integral to community health education and outreach. Pharmacists in the Three Rivers Health District have been critical to public health efforts, from providing COVID-19 vaccinations during drive-through clinics to dispensing prescription medications and providing information to patients about the drugs and their use. Pharmacists advise physicians and other healthcare workers on the selection, dosage, interactions, and side effects of medications to treat health problems.

Thank you to all of our pharmacy partners!



## Three Rivers Family Planning Clinics

Three Rivers Health District's Family Planning program provides services for reproductive health, to include birth control, STI testing and treatment, and health education and counseling. Services are available for insured and uninsured patients on a sliding scale income basis. Clinics are held monthly in each county health department. Clinic dates are listed on our website and on the first page of this newsletter under clinic schedules. To make an appointment for a family planning clinic, call your local health department.

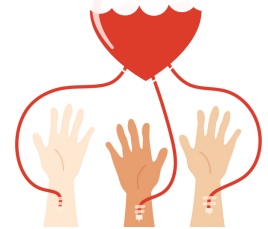


## Save a life, Donate Blood

Every two seconds in the United States someone is in need of blood. National Blood Donor month is recognized in January because winter months are very difficult to maintain a sufficient blood and platelet supply. Blood and platelet are essential for severe illness, surgeries, child birth, cancer treatment and so much more. Individuals who are at least 17 years old and weigh 100 pounds are eligible to donate. For more information on blood and platelet donations visit <https://www.redcrossblood.org/>

### Blood Drives in the District

- 1/3: Riverside Walter Reed Hospital: 11am-4pm
- 1/9: Tappahannock- Essex Volunteer Fire Department: 1pm-6pm
- 1/23: Montross Community (Stratford Harbour): 12pm-5pm
- 2/21: Quinton Community Center: 2pm-6pm



To make an appointment or find a donation place near you visit [Donate Today](#)



## Contact Us



Three Rivers Health District

[www.vdh.virginia.gov/three-rivers/](http://www.vdh.virginia.gov/three-rivers/)

(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>