

SAVE THE DATE! August 3 Health Fair

The Center will hold a **health fair** Thursday, Aug. 3 from 10 to 2 at both the Hill (428 Columbus Ave.) and Dixwell (226 Dixwell Ave.) locations. There will be free food, entertainment, activities for kids and health information ranging from having a baby to pulling a tooth. **EVERYONE IS WELCOME!**

OB Open Evenings

Ob-Gyn is now open for evening sessions. The evening clinic runs every Tuesday and Thursday, 5:30 to 7:30. We do group prenatal care in addition to problem and routine visits, said Dr. Robert Samuelson, Ob-Gyn director. Ob-Gyn is located at 428 Columbus Ave., New Haven. Telephone: 503-3095.



Aracelis Rivera, front desk registrar, welcomes patients to Ob-Gyn.

Two staff awarded graduate school scholarships

Two HHC staff, **Valerie Lane** and **Tawanna Woolfolk**, have been chosen to receive full scholarships to the master of public health program through the Graduate Minority Scholars Program at Southern Connecticut State University. The program is funded by the Connecticut Health Foundation. Valerie is a health educator in the AIDs Department and Tawanna is a social worker in the Village of Power. "I am very excited to be representing Hill Health Center," Tawanna said. "It is my hope that through my education, research and dedication, I can add to Hill Health's mission of serving the underserved in New Haven." **Congratulations**

DR. ELRINGTON to practice in Dixwell Clinic

Dr. Carol Mark Elrington has joined the Hill Health Center's Internal Medicine Department. He is seeing patients at the Center's Dixwell Clinic, 226 Dixwell Ave.



Dr. Elrington

Dr. Elrington attended medical school at the University of the West Indies and the University of Virginia. He is Board certified in internal medicine. He served his residency at the Roanoke Memorial Hospital and the Salem VA Medical Center.

Hill Health Center-Dixwell provides pediatric and internal medicine services. The Center also provides at that site child and family guidance services, outpatient drug and alcohol treatment, AIDS counseling and testing, Birth-to-Three Program services and the Village of Power program

Center names DENTAL DIRECTOR

Dr. Alexandra L. Chan has been named the new dental director of Hill Health Center.



Dr. Chan

A graduate of the New York University College of Dentistry, Dr. Chan comes to New Haven from the Institute for Urban Family Health in the Bronx where she was dental director. She has practiced dentistry in New York and Connecticut.

Her predecessor, **Dr. Gwendolyn H. Testa**, who was HHC dental director for more than 25 years, continues to see patients in the Center's Derby dental clinic.

Hill Health Center operates general dental clinics in New Haven and Derby, as well as a school-based clinic at Brennan School, New Haven. The Center provided dental care to more than 5,000 people in 2005.

Take Action against the "SILENT KILLER"

More than 2,600 HHC patients have the disease known as the "silent killer" – hypertension or high blood pressure. Below are tips to lower blood pressure — exercise, less salt and alcohol. Instead of salt, use other spices. Check with your provider if you have questions.

SPICE IT UP and Use Less Sodium

TIPS TO REDUCE SALT AND SODIUM



- Buy fresh, plain frozen, or canned "with no salt added" vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereal without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose "convenience" foods that are low in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna, to remove some sodium.
- When available, buy low- or reduced-sodium or no-salt-added versions of foods.

TIPS FOR USING HERBS AND SPICES

HERBS AND SPICES	USE IN
BASIL	Soups and salads, vegetables, fish, and meats
Cinnamon	Salads, vegetables, breads, and snacks
Chili Powder	Soups, salads, vegetables, and fish
Cloves	Soups, salads, and vegetables
Dill Weed & Dill Seed	Fish, soups, salads, and vegetables
Ginger	Soups, salads, vegetables, and meats
Marjoram	Soups, salads, vegetables, beef, fish, chicken
Nutmeg	Vegetables, meats, and snacks
Oregano	Soups, salads, vegetables, meats, and snacks
Parsley	Salads, vegetables, fish, and meats
Rosemary	Salads, vegetables, fish, and meats
Sage	Soups, salads, vegetables, meats, and chicken
Thyme	Salads, vegetables, fish, and chicken

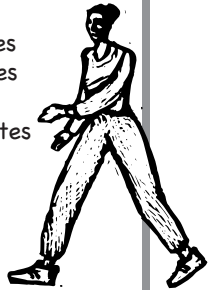
Experiment with these and other herbs and spices. To start, use small amounts to find out if you like them.

Lower Your Blood Pressure by Being Active

EXAMPLES OF MODERATE-LEVEL PHYSICAL ACTIVITIES

COMMON CHORES

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes



SPORTING ACTIVITIES

- Playing volleyball for 45-60 minutes
- Playing touch football for 45 minutes
- Walking 2 miles in 30 minutes (1 mile in 15 minutes)
- Shooting baskets for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Performing water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Playing basketball for 15-20 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes (1 mile in 10 minutes)



Easy on the ALCOHOL

Drinking too much alcohol can raise blood pressure. It also can harm the liver, brain, and heart. Alcoholic drinks also contain calories, which matters if you are trying to lose weight.

If you drink alcoholic beverages, drink only a moderate amount— one drink a day for women, two drinks a day for men.

WHAT COUNTS AS A DRINK?

- 12 ounces of beer (regular or light, 150 calories)
- 5 ounces of wine (100 calories), or
- 1 1/2 ounces of 80-proof whiskey (100 calories).



The new public library branch in the Hill opens this September and will be called the Courtland Seymour Wilson Library. It's on the corner of Washington Avenue and Daggett Street, near the Post Office.

