



Wishing You Good Health, Hope and Kindness This Holiday Season
 From All of Us at WILLOW: Shelyan, Jamika, Vanessa, Winell, Seetha and Lara



Health & Wellness



December 4, 2018 is World AIDS Day

Albany County Department of Health provides HIV/STI Testing to county residents. Hours are Tuesday and Thursday 8:30-10:00am
 Call (518) 447-4589 for more info
Be part of the plan to end AIDS in NYS ~ Get Tested, Treat Early, Stay Safe, End AIDS



Winter Holiday Food Safety Tips

- * Never thaw a turkey on the counter and raw turkey can contaminate anything it touches
- * Keep hot food hot and cold food cold, using chafing dishes or crock pots and ice trays. Hot items should remain above 140 °F and cold items should remain below 40 °F.
- * Refrigerate leftovers within 2 hours or as soon as possible.



This Month at the Women's & Children's Health Education Center

Breastfeeding Support Group: 12/12 and 12/26 1-2:30pm Mercy Conference Room #6
 Post Partum Support Group: 12/10 2:00-3:00pm in Mercy Conference Room #6
 Parents of NICU Babies: 12/7 5:30pm Dinner provided. RSVP and for directions (518)525-1388
 Variety of classes available. Call (518)525-1388 or visit <https://www.sphp.com/classes-events>



Know an Expecting or New Mom?

Maternal Depression affects 1 million women in the US yearly. Know the Signs, Listen and Support Her. Offer Help.
Call (800)522-5006 for more info or talk to your health care provider.



BE HEALTHY ~ Starts with a Flu Shot!

- *Wash your hands often
- *Stay home when sick
- *Cover coughs and sneezes with your elbow

Many providers, pharmacies and your local health department can provide the flu shot

Parents & Families



Be Your Child's 1st Teacher!

Baby Institute will be starting the next session on January 12, 2019
 Parents and their children 0-3 years old are welcome!
 Contact Noelene Smith at **(518) 275-0752** to register



Cocoon Your New Baby!

Parents, Family Members, Caregivers and Visitors—
 Be sure to vaccinate against Whooping Cough before visiting a baby under 6 months old



Winter Coat Drive:

ID for required for everyone receiving a coat
 Tues 9-1, Wed 1-3, Thurs 9-1.



Call Trinity Alliance for information: (518) 449-5155

Holiday Gift Giveaway:

December 15th 3pm-6pm @ 15 Trinity Place, Albany
 Parents are REQUIRED to have all children present
 Adults must have ID. Gifts are available 1st come, 1st serve.

Other Services



Capital Roots Veggie Mobile

Fresh fruit and veggies available all year long!
 Cash, EBT/SNAP. WIC, Fruit/Veggie checks and the Farmer's Market Nutrition Program accepted
 Find one of the 36 stops nearest to you— Call (518) 274-8685

Blessingdales Clothing Center

95 Trinity Place
 Albany, NY



Clothing and Household Items

Provided by Capital City Rescue Mission
 Women's Hours: Wednesday and Friday
 9:00-11 am and 1:00-3:00 Call 518-462-0459 ext 258



Languages of Burma
 Tuesdays 9:00-12:30pm

Quick Help at Trinity Center

15 Trinity Place Albany
 call with questions **(518) 986-3842**

Other Language Groups

Wednesdays 9:00-12:30pm

Albany County Offers Services for Women, Infants, & Children

If you need assistance connecting with community resources, navigating government programs, learning about your pregnancy and how to best care for yourself and your family, contact the

Single Point of Entry (SPOE) line : (518) 447-7777, Monday-Friday 8:30-4:30

Operators available to answer questions, offer support and make referrals to medical and dental providers, counselling, self-care education and more

