



The Wellness Coalition

Partners in WELLNESS



June 2024

Partner Updates On Efforts To Improve Wellness In Our Community

IN THIS ISSUE

- 2 TWC Programmatic Updates and Related Resources from CDC
- 3 Employee Spotlight with Carmela Fleming
- 4 Wellness Resources and Quick Tips
Save the Dates: A Tour of Wellness Health Fairs
- 5 Nutrition Resources for Your Patients and Clients
- 6+ Flyers For Upcoming Events And Resources

Made possible with funding from The Centers for Disease Control and Prevention.

The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

UPCOMING EVENTS

- June 29** A Tour of Wellness Community Health Fair in Hayneville
9am–1pm | [Click to Learn More](#)
- July 9** Champions for Change: You Can Make a Difference
10am | Zoom | [Register Now](#)
- July 11** Trailblazers Task Force Virtual Meeting
10am | Zoom | [Register Now](#)
- July 11** Virtual Briefing: Common Breastfeeding Challenges
10am | [Facebook Live Stream](#)
- July 29** Virtual Briefing: Physical Activity
1pm | [Facebook Live Stream](#)

📍 3060 Mobile Highway
Montgomery, AL 36108

📘 [thewellnesscoalition](#)

☎ (334) 293-6502

🌐 [thewellnesscoalition.org](#)

Program Updates

Engagement Activities & Accomplishments

Since our last issue, The Wellness Coalition:

- Provided refrigeration for food pantries to store and provide fresh foods at Family Guidance Center, Spring Hill AME Zion church, and Zelda Kitt Ministries
- Attended CDC National Training and met with The University of Alabama and Auburn University to discuss shared program opportunities
- Started a partnership with the Montgomery Bicycle Club to promote bicycle safety
- Conducted soft openings for Baby Cafés at Family Guidance Center (see our flyer in this issue to learn when you can visit the Baby Café at their location!)



Carol Landreau at "A Tour of Wellness" in Tuskegee on June 15, 2024.

Recent Updates & Announcements from CDC

CDC Responds to H5N1 Bird Flu

H5N1 bird flu has been detected in unpasteurized (raw) milk samples collected from sick cattle on dairy farms during the course of the outbreak investigation. Based on current evidence from FDA, the commercial pasteurized milk supply is considered safe because the pasteurization process is effective in killing H5N1 bird flu.

[Read more about the current situation.](#)

PCR Tests are the Most Reliable Type of COVID-19 Test

Testing for COVID-19 can help you decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others. If you are at higher risk for severe COVID-19, talk to your healthcare provider about PCR tests to avoid delayed diagnosis. Don't delay: Treatment must be started within 5-7 days after you first develop symptoms. Click the links below for more information.

[COVID-19 Treatment and Preventive Medication](#)

[Preventing Spread of Respiratory Viruses When You're Sick](#)

Employee Spotlight

Q&A with Carmela Fleming

Why is what you do at TWC important to you?

My work at TWC is important to me because I proudly assist with keeping the wheels turning and ensuring that the behind-the-scenes details are in order so that our team can continue to be an asset to the communities we serve.

Please share a time when the TWC team made you feel appreciated.

I feel appreciated everyday!

What is the most fun you had working at TWC?

Our "A Tour of Wellness" health fairs!!!

Who inspired you to pursue your career?

Ghandi Daniels, our executive director!

Who do you look up to in the company and why?

Martine Rucker. She is extremely hardworking, dedicated, and kind-hearted. I have learned so much while working with her.

What's the best trip you've ever been on and why?

Montego Bay, Jamaica. It was the first trip out of the country that I was able to experience with my daughters.

Where did you grow up and how has it influenced you?

I grew up in Hobson City, Alabama. Hobson City was established in 1899 and is named as the oldest African American town in Alabama. Neighbors weren't considered just neighbors, but family members. My hometown is still family-oriented. They host a reunion every August to give families an opportunity to come home and enjoy several events. My favorite is the Reunion Picnic because I get to see so many people I grew up with over the years.



Carmela Fleming, Financial Assistant

In just one sentence, tell us something interesting, fun, unique, or silly about yourself.

I love to sing and perform on stage even though I'm shy.

Have you ever met anyone famous? If so, who, when, and where?

Yes. I met Jermaine Jackson when I was a teenager. He was a guest speaker at the South Highland Community Center in Anniston, Alabama. The center sponsored spring break activities for youth in surrounding communities. A friend and I received an opportunity to ride along in a limo to pick him up from his hotel for the event. We also got the opportunity to sing for him as well. It was a very exciting moment in my childhood.



Wellness Tips & Resources

Vaccinations During Pregnancy

As a new parent, you will share many things with your baby: your wisdom, your love, your excitement, and your joy.

Getting recommended vaccinations while you're pregnant helps your body create protective antibodies (proteins produced by the body to fight off illnesses) that you can pass on to your baby. These antibodies help protect your baby from several illnesses during their first few months of life.

Help strengthen your baby's immunity before they are even born. Talk to a healthcare provider you trust about the vaccines that are right for you during your pregnancy.

Click the button below to learn more about how vaccines work.

CLICK HERE



FREE EVENT! A TOUR OF WELLNESS Community Health Fair

**Bouncy
House!**

**Fun
Activities!**

**Door
Prizes!**

Each year, The Wellness Coalition hosts A Tour of Wellness community health fair series in River Region counties. The events are free and feature local organizations, vendors, and activities focusing on health and wellness. Our final events for 2024 is:

HAYNEVILLE

Saturday, June 29, 2024

9am-1pm

Hayneville Town Square

Scan the code, or visit
thewellnesscoalition.org/TOW
for more info.



SCAN ME



Resources for Your Patients and Clients

Healthy Foods for People on a Budget



Healthy Foods on MATS Routes

The Wellness Coalition has identified stores along Montgomery Area Transit System routes where riders can purchase healthy foods. Check out our list of stores within very short walks of the bus stops.

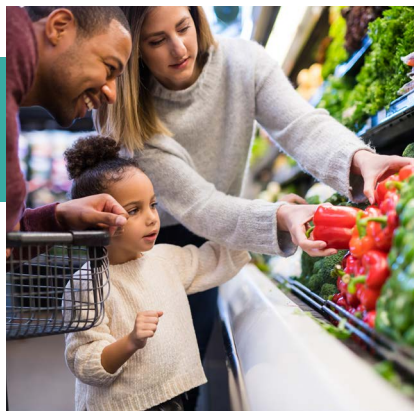
[Click here to view the list.](#)



SNAP-ED Food Assistance Program

The Supplemental Nutrition Assistance Program (SNAP) in Alabama aims to end hunger and improve nutrition by providing monthly benefits to eligible low income households to help them buy the food they need for good health. Applications for the Food Assistance Program are available in all county DHR offices.

[Click here to learn more and register.](#)



Locating EBT Retailers in Alabama

Please make sure your patients and clients know how to find EBT retailers. To locate local EBT retailers, you must be logged in to your mydhr.alabama.gov account. Then:

1. Select "Benefit Information" and then select "EBT Retailers."
2. A new window will open. Click "Select Location."
3. Enter your address and click "Locate Retailers."

The map will populate with nearby retailers that accept EBT cards.

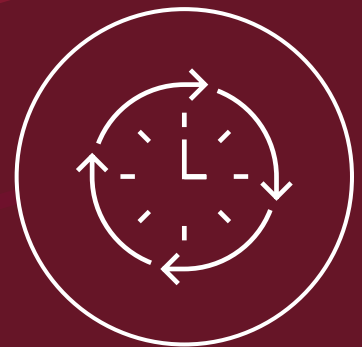
MONTGOMERY COUNTY FAST TRACK SEXUAL HEALTH TESTING

ALABAMA
PUBLIC
HEALTH

FAST: Reduces long wait times and the need to see a provider for patients showing no symptoms.

FREE: Sexually Transmitted Infection (STI) testing regardless of ability to pay. Free testing is provided for chlamydia, gonorrhea, syphilis, and HIV.

CONFIDENTIAL: 1 in 2 sexually active young people will get an STD before the age of 25. Most will not know it. Patients can make an appointment or walk-in to be seen at the Montgomery County Health Department located on 3060 Mobile Hwy, Montgomery, AL 36108.



Hours: Monday- Friday 8am to 3:30pm (closed 12pm-1pm for lunch)
Call 334-293-6418 for more information or to make an appointment

Visit a Baby Café!

**The Family Service Center
Family Guidance Center**

Tuesday, Thursday: 5:30-7:30PM

Wednesday, Friday: 12-2PM

**Montgomery Hispanic
SDA Church**

Second and fourth Saturday: 1-3PM



Baby Cafés are a FREE place for every parent who needs support with breastfeeding services.

- ✓ Inclusive and accessible for parents of all cultures and lifestyles
- ✓ Located in welcoming community-based spaces
- ✓ Staffed by approved breastfeeding counselors

No appointment or insurance necessary.

**For more information, visit thewellnesscoalition.org/babycafe
or call (334) 293-6502.**



FREE EVENT! A TOUR OF WELLNESS Community Health Fair

In Hayneville! • Saturday, June 29, 2024
9am-1pm • 1 South Washington St., Hayneville, AL 36040

Services and Resources

Free Lunch!
while supplies last

Fun Activities!

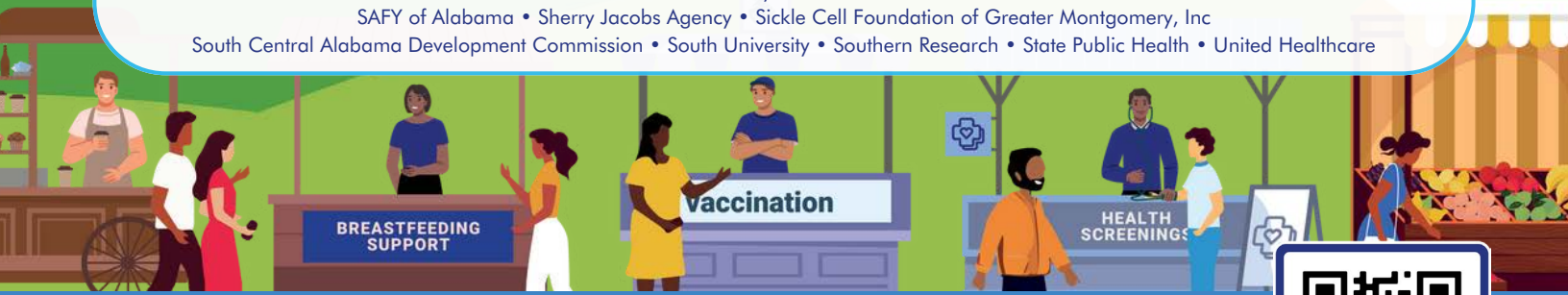
Door Prizes!

Bouncy House!

- Health screenings
- Breastfeeding and maternal support
- Diabetes prevention and management
- Mental health resources
- Health insurance enrollment assistance
- Wellness case management services
- No-cost wellness programs
- Healthy nutrition support
- Adult vaccination resources
- Stress management
- Women's health support
- Substance abuse support
- Safe physical activity for your lifestyle
- Sickle cell disease resources
- Veteran's services and support
- Resources for adults with disabilities
- Resources for older adults
- Medicaid and Medicare resources
- Life insurance and investing
- Financial wellness planning

Vendors

211Know • Addus Homecare • Alabama Department of Public Health • Adventist Health • Aetna Medicare
AIDS Alabama - Alabama Rural AIDS Project • Alabama Cooperative Extension Systems • ALL KIDS/ALL BABIES • Americorp, Vista, UAB
Area Benefits & Consulting • Black Nurses Rock Montgomery Chapter • Blue Cross Blue Shield • Bodied by Shad • C&M Medical Services
Central Alabama Aging Consortium • Central Alabama Veterans Health Care System • Coast to Coast Referral Center
Council on Substance Abuse • DTP Brokerage Agency • Epiphany • Family Guidance Center of Alabama • Family Voices of Alabama
Gabbie's Residential Care • Hands On River Region/211 • Hardley Healthcare • Health Services, Inc. • Healthcare Solutions with Leslie
Medical Outreach Ministries • Medicare Salute • One Place Family Justice Center • Peace + Balance Virtual Wellness Studio • Primerica
SAFY of Alabama • Sherry Jacobs Agency • Sickle Cell Foundation of Greater Montgomery, Inc
South Central Alabama Development Commission • South University • Southern Research • State Public Health • United Healthcare



Scan the code or visit thewellnesscoalition.org/TOW for more info.
Or text "TOUR" to (334) 453-5103 to get text message updates.

