



Rural Health Network
Support Connect Improve

The Net Works

Volume 1, Issue 3

St. Johns River Rural Health Network

US Department of Agriculture Rural Development to Present at St. Johns Rural Health Network Information obtained from the USDA.gov website

Nearly 60 million Americans live in rural areas. The U.S. Department of Agriculture, through its Rural Development mission area, provides financial resources and support for rural communities, residents and businesses.



How does the USDA help the Rural Communities?

Affordable and Safe Housing

One of the three divisions of Rural Development, the Housing and Community Facilities Program, invests in providing safe, clean and modest living for those who live outside our urban centers. Whether it's through a loan or loan guarantee to purchase a home; loans and grants to provide necessary repairs; or even rental assistance and financing to build affordable apartment complexes for families or seniors - the housing program ensures that housing is available and affordable in rural communities.

Economic Development and Business Support

Through our Business and Cooperatives Program, rural small businesses are given the financial tools to develop and succeed. We've helped save or create more than 375,000 rural jobs since 2009 and provided assistance to nearly 75,000 rural businesses and entrepreneurs. Our Rural Energy for America Program has helped generate an estimated 9.8 million megawatt hours of energy.

Infrastructure Investment

Our Rural Utilities Service provides critical infrastructure investments to help rural communities thrive. Whether it's water or wastewater, or broadband and telecommunications connectivity, or rural electrification, we help our rural communities build the foundation for long-term growth.

Mark your calendar!

The St. Johns River Rural Health Network cordially invites you to join us at our first meeting for 2017. We will see you at this **free** event on **Thursday, May 11, 2017** at the **Florida Department of Health—St. Johns** located at **200 San Sebastian View St. Augustine, FL 32086 at 3:30 pm!**

For more information contact Flora Davis by phone 904-762-8601 or by email flora_davis@hpcnef.org

Quote

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moment of awe that change forever how we experience life and the world.



Sarah Ban Breathnach
author of *Simple Abundance*

Did you know?



The Annual Mug Race of Florida, founded in 1954, is the longest river sailboat race in the world. The race course starts May 6th in Palatka and ends in Jacksonville!



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Rural Health News

in

the Net



Baker

Participate in Healthy Baker. Meets 2nd Monday of the month at 11:30am at DOH-Baker.

Clay

The Clay SafetyNet Alliance meets the third Thursday of each month at the Middleburg Salvation Army at 8:30am.

Flagler

Join Flagler Cares. The next meeting is May 8th at 3:00pm located at Florida Hospital Flagler.

Nassau

Farmers' Market Nutrition Program connects WIC participants with no-cost fresh, locally grown Florida produce.

Putnam

Get your steps in at the Putnam County Relay for Life May 6th.

St. Johns

The St. Johns County Behavioral Health Consortia meets the 4th Wednesday of the month at 12:00pm at the Health and Human Services Building – Muscovy Room.

Volusia

Family Health Source and Azalea Health open new primary care clinics in Daytona Beach.

Brilliant Spring Cleaning Life Hacks

from mentalfloss.com

1. Add a lazy susan to the fridge
2. Disinfect your sponge
3. Don't forget to clean the garbage disposal with lemon
4. Time yourself
5. Wax the stovetop
6. Use a lemon to clean stainless steel faucets
7. Steam-clean your microwave
8. Make space for clutter
9. Wash windows on a cloudy day
10. Dust with fabric softener sheets
11. Toss expired toiletries
12. Use a hair dryer to banish water rings
13. Clean your dishwasher with vinegar
14. Clean showerhead in dishwasher with vinegar