

# Green River Gazette



## THANK YOU...

I can't believe how quickly 2008 has gone by! The Green River District Health Department has seen many changes during 2008. I'd like to thank all the retirees for their dedication to public health and wish them the best in their future endeavors! Also, a special thanks to Judy Gilmore who provided leadership during the early part of 2008 as an Interim Director...thank you, Judy! And, I'd be remiss if I didn't mention the Senior Management Staff and our Boards of Health for their dedication to GRDHD during a time of transition! Thank you!

But, most of all, I'd like to thank all GRDHD employees for all you do every day! What you do for our communities and patients is more important than you will ever know. I'm deeply grateful! I hope you and yours have a great Holiday Season and a prosperous 2009!  
- Debbie

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## KUDOS TO YOU!

**Union County** received a 100% on their Immunization Audit-GOOD JOB STAFF! —Tina McCormick

Recently the Department for Public Health recognized employees from the Green River District for their assistance with the Gustav evacuation efforts. Congratulations to **Janie Cambron, John Cambron, Tara Clem, Debbie Fillman, Judy Payne, and Angela Woosley** who stepped up to help those less fortunate.

I would like to take a minute to thank **Sheri Boling** for nine years of hard work and dedication. Sheri has made my job so much easier. I don't know what I would do without her. Her kindness, patience and listening skills make her a wonderful person for the kids and staff. We all love her at Wayland! I'd be lost without her organizational skills! I really appreciate all the great things she brings to our team. Sheri, thanks for all the many, many talents you use every day that make you so terrific.  
—Lori Sharp

Kudos to the **Environmental Health Staff** for doing so well on the first-ever State Quality Performance Review. Records were audited in Daviess, Ohio and Henderson Counties, Environmental Coding procedures for all staff were analyzed and our Environmental Financial Controls were analyzed. The reviewers were highly complementary of our staff and Environmental Health Programs here at the GRDHD. You are all to be highly commended for the hard work and dedication you have shown during this review. —Mark Sears

Kudos to the **finance department** for taking that extra step in emergency preparedness. Office supplies and other equipment have been stored at several places through out the community. There are many events that could occur in our area that would make it difficult, if not impossible, to get to the office. By being prepared with off-site supplies, finance will be able to operate at least at minimal capacity during any event. A big "THANK YOU" from Emergency Planning! —Tara Clem

## Physical Activity Program

The GRDHD Physical Activity program began in 2004 with the state receiving a Preventive Health Services Grant. Kentucky's high levels of inactivity and lack of leisure time have led to increasing rates of obesity and type two diabetes. Improving this inactivity statistic provides the basis of physical activity promotion efforts in the district program.

Broadly, the program priorities reflect the Healthy Kentucky 2010 goals:

- ◆ Increase to at least 50% the proportion of adults who engage regularly for at least 20 minutes for three or more times per week
- ◆ Increase to at least 20% the proportion of young people in grades K-12 who engage in moderate physical activity for at least 30 minutes on five or more days per week
- ◆ Increase the proportion of schools who provide access to exercise facilities during non-school hours
- ◆ Increase the proportion of worksites that offer physical activity and fitness access programs
- ◆ Increase the proportion of health care providers who routinely promote physical activity with their patients

To address these goals, the physical activity program partners with community organizations, schools, and governments in educating citizens at all age levels to recognize the need to increase activity levels and utilize community resources. Successful Longest Day of Play (LDOP) events have introduced communities to their local resources. In 2008, six counties participated in the LDOP events which have helped provide a structure for informal physical activity coalitions.

The abundance of parks throughout the district provides a wealth of physical activity possibilities with walking, running and bicycling headlining the uses. Partnering with the parks and recreation community to promote use of these environmental assets is an ongoing effort. Hancock's Vastwood Park and Ohio County Park stand out as sites which maximize natural beauty while still maintaining great areas for physical activity programs and family activities.

Get Fit West Kentucky, our district physical activity coalition, has provided three annual workshops which engaged teachers, human resource managers, and nutrition experts in working toward increasing activity levels of their constituents as well as recognizing how important proper nutrition fits into individual and community wellness efforts. The 2008 workshop featured a nationally renowned dietitian and consultant, Leslie Bonci, who works with college and professional athletic teams such as the Pittsburgh Steelers, Pittsburgh Penguins, Pittsburgh Pirates the Riverhounds and the University of Pittsburgh Athletic Department as well as the Pittsburgh Ballet Theatre.

District promotions have encouraged walking as an effective and simple exercise through the Green River on the Move and Walk the District programs. In 2009, the community health department will team with the Human Resources and EAP programs to offer the American Heart Association's Choose to Move physical activity program for women. This cooperative effort will launch in January and features lunch and learn events at each health center.

The physical activity program has increasingly emphasized that the complexity of the obesity and inactivity issues requires coordination of efforts among the diabetes, nutrition, and physical activity programs. These coordinated efforts will continue to grow as financial resources dwindle and prevention's significance as a cost saving tool for individuals and businesses becomes more evident. Working smarter and more effectively is the mantra as we enter a period of high expectations and limited resources.

-Don Crask



## *Hands* — HANDS and Early Head Start Graduation

The HANDS and Early Head Start programs held their graduation ceremony on October 2nd at the Render Center in Hartford. A dinner was provided by the Family Resource Center with approximately nine graduates and 50 family members attending. A big thanks to the Family Resource Center & Render Center for making our graduates feel special. -Candi Kamuf



## *Nutrition* — Holiday Eating with out Looking Like Santa.

The holidays have arrived and that means decorating, shopping, family get-togethers, and, of course, lots of food. Many people worry about maintaining their weight during the busyness of the holiday season. You can have a great time during the holidays and maintain your waistline; all it takes is a little planning and balance.

First of all, do not starve yourself before a big meal – this will likely lead to overeating. If the meal or party is later in the day grab small snacks throughout the day so you aren't likely to overeat at the main meal.

Choose a balance between high calorie favorites and low calorie options during



the festivities. Take a look at the food table and decide what items you really want to eat and the portions. Eat only those foods you really want and keep portions reasonable. Once you have filled your plate leave the food table and go to another room. It is wise to make only one trip to the food table.

Spend time talking with other guests at the party. Talking will help you pace your rate of eating and likely keep you from overeating. Take smaller bites and place your utensil down between bites. Accountability is always helpful too - you can mention to a friend your desire to maintain control of your eating and they can help you stay on track.

Don't beat yourself up if you

have an "off" day and continue to utilize MyPyramid for making daily food choices to meet your nutrient needs. Always remember in the midst of all the hustle and bustle to remain physically active and to decrease time engaging in sedentary activities like watching T.V.

If you are in the role of hosting a holiday gathering, modify traditional holiday recipes and menus to reduce fat, cholesterol and calories. Use whole grain options, along with low fat and reduced fat ingredients. Your holiday guests will thank you and so will their waistline.

Enjoy the holiday season and all the tasty treats it has to offer; in moderation of course.

-Haley Fulkerson, RD, LD

## Preparedness Planning

### Medical Surge Shelter System Located in Louisville

On November 13, I had the opportunity to travel to Louisville, Kentucky, to receive training on how to set up a Zumro Medical Surge Shelter System. This has been a year long project for DPH and Kentucky Hospital Association to get this equipment purchased and delivered in an effort to better meet the surge capabilities during a medical event.

We started our training around 9:00 am and by noon we had the 45 bed mobile medical facility set up with cots and cribs in place, the air condi-

tioner running and florescent lighting on. The cot and crib areas are as private as possible with curtain dividers hanging between each. At the head of each cot/crib is a window which can be opened to a zippered clear plastic covering for natural lighting and/or screens to allow fresh air to circulate. Not pictured is the isolation section. This section is green and contains a small tent inside a larger tent. The larger tent has an air filtration system (HEPA filters and air scrubbers), much like those used in the hospitals. All 5 sections were zipped together

to form 1 large facility, however, each one can also be used as a stand alone unit. After lunch we began the task of disassembling the System. We folded and stored the cots and cribs, removed vents that were circulating the cool air, and zipped up the windows. Air compressors that had been used to inflate the 5 sections were now put in reverse and deflated the tents. The tents were then folded, rolled and put into their storage bags, and all the equipment was loaded on to the trailers and ready to be transported to the underground storage facility. I did not stay for the entire breakdown but all that was left when I started home was loading a few pieces of the equipment. The entire process was completed by 4:00 pm.

This was a very interesting and educational training. To have this type of equipment, stored so closely to our community, to be used during an emergency, is a blessing.

-Tara Clem



### District Office raises over \$180 dollars for Goodfellows!

A Soup Kitchen was established by several district staff who graciously provided their culinary talents providing a variety of delicious soups, breads, corn-bread, cheese and crackers. Those willing to participate provided a donation for their lunch. The money raised will all go to Goodfellows who helps make sure that children have a Christmas. Goodfellows also helps clothe many children in our communities providing warm coats, mittens, scarves, shoes, pants, shirts, socks and underwear. Watch the frequent reports in the Messenger Inquirer to see the poignant stories from many of the Goodfellow recipients.



## *Epidemiology* — No Relationship Between MMR Vaccine and Autism

There has been a lot of commotion lately in the media when it comes to immunizations and autism. Is there any truth to the connection? From a public health standpoint, immunizations are our number one defense against diseases, some of which can be very deadly and are easily communicable. Take measles, for example. Measles are highly contagious. According to the Center for Disease Control and Prevention (CDC), one out of 30 children with measles develops pneumonia. For every 1,000 children who get the disease, one or two will die from it.

Thankfully, we live in a country where vaccines are available and we have very few cases of measles reported. With that said, we cannot stop the spread of measles in other parts of the world, therefore; many cases are brought to the United States each year from these countries. This poses an additional risk for those who have not been vaccinated or for those who did not mount an effective immune response from the vaccine. By choosing not to partake in the vaccine, you are essentially leaving the body with no defense against this disease. If

you acquire this disease, you are putting others at risk as well.

There are risks associated with immunizations; however, the risk of not vaccinating can be far more consequential than any adverse reaction that results from a vaccine. You take a risk every time you drive in a car, introduce your body to a different food, or take a new medicine. If you read any of the warning labels on the medicine that we take, chances are they would scare you to death and you might not want to take them at all. However, we trust the regulating authorities to keep us safe and informed of our risks. That is why I've tried to pull some information together regarding the autism and vaccination topic. The best thing that you can do is be informed and educated. Knowledge is power.

**Carefully performed scientific studies have found no relationship between MMR vaccine and autism.**

Children who are not immunized can transmit vaccine-preventable diseases throughout the community. Unvaccinated people can pass diseases on to babies who are too young

to be fully immunized. Unvaccinated people also pose a threat to children and adults who can't be immunized for medical reasons; including those with leukemia and other cancers, HIV/AIDS and other immune system problems, and persons receiving chemotherapy, radiation therapy, or large doses of corticosteroids.

Because signs of autism may appear at around the same time children receive the MMR vaccine, some parents may worry that the vaccine causes autism. The risk of a side effect such as febrile convulsions after getting the MMR vaccine is 1 in 1000 while the risk of convulsion for people who contract measles is much greater at 1 in 200. In comparison, the odds of catching a foul ball or home run at a baseball game are 1 in 1000, while the chances of getting your identity stolen are 1 in 200.

A scientific review by the Institute of Medicine (IOM) concluded that "the evidence favors rejection of a causal relationship between thimerosal-containing vaccines and autism." CDC supports the IOM conclusion. *-Janie Cambron*



Three million tons of Styrofoam are generated annually in the United States and most of it ends up in landfills. If you have to choose between plastic and Styrofoam, choose plastic—it can be recycled.

For more going green tips visit the Employee Services page on the website.

## School Health

The life of the school nurse is interesting and often quite hectic. Even one hour can be varied. Below is a description of what can occur in just one hour in a day in a school clinic where there is no clinical assistant. When there is a Clinical Assistant, the duties are spread out between the two, making the flow easier. Most school sites have this vital component – the CA, but there are some school clinics that operate without a CA.

Nine o'clock on a regular day; and here comes the first child. She has a stomach ache. The nurse assesses the child, and then provides some Sprite for her stomach. She is shortly followed by two students, one assisting the other. The first boy hit his head in the gym and the second boy is his escort. The nurse assesses the boy for headache, checks the big knot on the back of his head, looks in both eyes, and has him sit quietly for a few moments while she makes up an icepack for his head. Another child appears at the door to have her blood sugar checked, she is diabetic. The blood sugar numbers are low, so the nurse prepares peanut butter and cracker for the child and the child then waits for the numbers to come back up. The stomach ache child is getting worse, and has a fever, so the nurse calls the child's mother. The boy with the bump and his


escort leave for their class. Another child appears, and the complaint is "I need my mommy." This is not an unusual occurrence in the elementary schools. The nurse dispenses a little TLC with her regular assessment of the child. Another child appears with a note from a teacher asking for the child to be checked for head lice. The nurse has to stop and assess the child with the low blood sugar as well as release the sick child to her mother. She then checks the child for head lice, sees only nits and writes out information for the child to provide to their parent and returns the child to class. The child with blood sugar is now smiling, bright eyed and the blood sugars are normal, so she can return to class. The hour is almost up, and the nurse has to begin charting on the five students who were just in her clinic. As you can see, school health keeps children in school where they can learn.

The average daily number of children visits is 31 for the schools. Some schools will see an average in the mid forties. In September, School Health completed 13,685 visits in September and 11,890 in October. They average 4 to 5 children every hour every day. In between, the nurse has to chart the visit in the child's medical chart and complete all required paperwork. Surfaces have to be

disinfected, charts re-shelved, timesheets completed etc. The day is fast paced. You may see nausea, vomiting, headache, toothache, earache, lice, homesickness, or you may have a child with a brain tumor or tried to amputate his thumb. Our school sites have seen and gotten treatment for all these examples including the child with the brain tumor, a burst appendix, and the partially amputated thumb. While most children come in with routine problems, sometimes the school employees are faced with life threatening situations, such as a severe asthma attack.

School health is very rewarding, sometimes joyful, sometimes heartbreaking and on occasion one wild and crazy day. The staff who work in school health are very dedicated and enjoy serving the children and have strong stomachs.

-Linda Wahl



The REACH Clinic is in need of magazines. Any donations would be appreciated. Thank you,

-Nancy McClintock

## Environmental

It is my pleasure to welcome to our team Julie Pence and Matt Goetz as Environmentalists. Julie will be stationed in the Daviess County office and Matt Goetz will be in Hancock County. They are still in the midst of intense training in Frankfort and Lexington and soon will be ready to take on the duties of licensed Sanitarians after passing the state test. Mark Sears will be entering into a new phase of his life adventure as

his last day is December 31<sup>st</sup>, retiring after 26 plus years of service. Jon Cambron, the other half of Janie Cambron, will take on a new role as Daddy in 2009. They are expecting a little girl in March. Kudos goes out to Clay Horton as he begins the New Year in the driver seat as the Director of Environmental Services.

As we enter the Christmas holidays with cheer and thanksgiving, we look forward to the

challenges coming with the New Year. The many retirement vacancies have been filled with new individuals ready to learn and serve as Environmentalists for our district. The year 2009 begins with a dynamic team in place to ensure the public safety in twenty three or more areas. Best wishes for a blessed New Year go out from the Environmental team to all of you and your families!

-Terri Prewitt



Compassionate Care Adult Day Center clients celebrate Halloween



Did you know that each ton of recycled paper saves 17 trees, 225 kilowatts of electricity, and 60,000 gallons of water? Last year enough paper was recovered for recycling that would fill the Empire State Building 130 times. That's a lot of paper! Remember we are the planet's custodians. Let's be conscientious in our labor.



River City Industrial, which collects shredding from all our county health centers and the district office, recycles our shredded paper items.

# Department News

## Hands



On October 24th, the Henderson County HANDS program hosted a Halloween party for enrolled children and their families. The party was held in the basement of the First Missionary Baptist Church. Refreshments and goody-bags were provided by staff. Kara Henshaw presented a program on Dental Care for preschoolers. Twenty three children and family members attended. —Peggy Davis



## *District offices* — Thanksgiving Incident Command System (ICS) Event

The district offices did something unusual this Thanksgiving. While we typically hold a potluck for the staff, we utilized the Incident Command System (ICS) to help plan and manage the event. This allowed us to not only have fun, good food and fellowship, but helped emphasize the NIMS concepts.

Posting were provided and assignments were made for staff in the district offices. Responsibilities followed the ICS structure with Debbie Fillman as our Incident Commander. Her Command Staff included: JAT Mountjoy and Tina McCormick as the Liaison Officers, Mike Thomas as the Safety Officer, Lisetta Whitworth and Don Crask as the Public Information Officers and Janet Daniel and Alisha Powers as the Recorders. Sec-

tion Chiefs were: Mark Sears as Logistics, Judy Gilmore as Operations, Angela Woosley and Tara Clem as Planning and with Veronica Stallings and Laurie Heddleson as Finance. Since most of the work for this event fell to Operations, most of the staff were asked to make a select dish. We also asked staff that wished to bring foods for the HELP office.

The potluck was incredibly successful!

### Strengths Identified:

- \* We collected over 46 pounds of food for the HELP office.
- \* Staff were cooperative and any changes followed the ICS methodology.
- \* 44 staff members attended the potluck.

### Opportunities for Improvement:

- \* We had too much bread!
- \* Staff in key positions, if absent, need to be filled with someone who is present.

### Corrective Action Plan:

- \* Emphasize in announcements that participation in planned potlucks is voluntary.
- \* Fill required positions if assigned person is absent.

For a **full report** of how this event was planned or to see the **completed After Action Report**, please contact Angela Woosley.

We may be contacting your health center or program to do something similar when you are planning a gathering. Thanks!

*-Angela Woosley*



On Friday, October 31, employees at the district office celebrated Halloween by dressing up in costume.

Pictured from left to right:

Front Row: Joe Powers, Vevah Harris,

Connie Nalley, Sue Richards

Back Row: Laurie Heddleson, Andrew Hollifield, Alisha Powers, Brenda Montgomery, Lisa Taylor



# *A Day in the Life of...*

## the Environmentalist

After surviving the application process to become a prime candidate as an Environmentalist for the state register, you must now sweat out the interview. After surviving that double team interrogation, the next phase is to WAIT. Several days later, you receive the call; you have been selected for the position of Environmentalist with the State of Kentucky! Congratulations, you have accepted the job and are ready to hit the ground running... after you complete Core I, Core II, Phase I and Phase II training AND after you take the state exam to become an RS, Registered Sanitarian.

I for one had no idea the hurdles and hoops an individual had to maneuver through to become an Environmentalist for the state! In fact, I had no idea what an environmentalist was or what they were responsible for. After being selected for the position, the candidate must undergo weeks of grueling training most of which is in Frankfort. Two recent additions to the staff as environmentalists spent a week away from home submersed in soil training. Many hours were spent with books cracked and brains being flooded with new terminology and formulations regarding soil composition, strata and classifications for site evaluations and septic system designs. There is a written exam after the classroom work. Both individuals passed with flying colors. Before being thrust into the next component of their training, they were able to soak up a few days of respite during Thanksgiving before hitting the road to Lexington for Core II training.

Each environmentalist in the seven county area has a roster of establishments they are responsible for ensuring compliance with state regulations. If an institution receives any critical ratings, a follow up inspection must be completed within so many days. If the establishment fails the follow up inspection, the environmentalist has the authority to issue a notice to suspend operation until the issues are corrected. The team is also responsible for checking levels of bacteria and chemical percentages in the swimming pools and beaches to ensure safety for the public. Each environmentalist is assigned a test kit that they carry with them from pool to pool. The contents resemble that of a mad scientist; tubes and colored liquids, all of which are used in various tests conducted at each site.

On new home sites which are located beyond the city sewer system and require septic systems, the environmentalist is required to travel to the site, take core samples of the dirt in several areas on the lot and conduct tests to locate the best possible location for the septic system. When they return to the office, they draw up a custom design for each system with the data they have collected. In the old days this was called a Perk Test, the correct terminology now is "Site Evaluation".

As you can see, an Environmentalist wears many hats of various colors from assisting the public walk ins at the office to venturing out for restaurant inspections and conducting soil tests. Other areas they keep close tabs on are motels, schools, tattoo and body piercing studios, water sampling from wells; in total around 23 different programs. I salute each of the thirteen Environmentalists in the seven county area of the Green River District. Each member of this team serve the community in many ways that the general public have no knowledge of. They take every measure to ensure our safety in many arenas each day armed with extensive training and knowledge of the regulations. Kudos to the Environmentalist of Green River District!

-Terri Prewitt

## In the News

Each week, representatives from GRDHD HANDS and Community Education programs share information about our programs and general issues of public health, wellness and prevention with the local media. Check out the most recent newspaper articles on the website at [www.healthdepartment.org](http://www.healthdepartment.org) and click on Media Archive to view current and past messages from the agency:

- \* “Great American Smoke-Out, Thursday, November 20” including strategies to help people quit smoking or chewing tobacco (Becky Horn, Health Educator II- Tobacco Control) .
- \* “Small Steps. Big Rewards. Prevent Type 2 Diabetes” offering health guidelines for preventing Diabetes (Mary Tim Griffin, Clinical Nutritionist-Diabetes).
- \* “Holiday Health and Safety Tips” suggesting tips for a happy healthy holiday season (Amy Brown, Health Educator II- Healthy Start).

You can also view the weekly Fox 7 Broadcasts and program newsletters on the website.

### Public Health Partners Newsletter

Every 3 months our Department sends out a newsletter entitled Public Health Partners to just over 1,000 individuals throughout our 7-county district. These are elected officials, school superintendents, physicians, hospital staff, social service workers, and other health departments in the state. Contents usually include information related to a variety of Public Health issues such as the importance of exercising, lowering cholesterol, dental care. Each issue also highlights how we are meeting one of the 10 Essential Public Health Services, health departments are supposed to strive for. Basically, we use this newsletter to “market” our services and expertise to those we partner with most often.



**Public Health**  
Prevent. Promote. Protect.

These are archived on our website under the Media Archive Newsletter page: <http://www.healthdepartment.org/newsletters.htm>. If you have any thoughts about a story or public health issue that should be included, please feel free to contact JAT Mountjoy ([joseph.mountjoy@ky.gov](mailto:joseph.mountjoy@ky.gov), 852-5576 or at ext. 3044).

### Our Neighbors



### The Free Clinic

The Free Clinic of Owensboro opened July 1994. Our mission is to provide free basic medical care and medication to the Green River Area's low-income working people who have no insurance or medical card and cannot afford health care. Volunteer physicians, nurses, pharmacists and many other people provide the necessary staffing. The Free Clinic is housed in the Daviess County Community Health Center on the first floor.

The Free Clinic sees patients only on Monday evenings by appointment. Registration begins at 3:30pm. All patients are required to bring proof of income each visit.

Our intention is to help those making a sincere effort to help themselves and their families and often healthcare is lacking. To reach the Free Clinic you can call (270) 852-2904 or (270) 686-7744 extension 2067. There are three dedicated staff who oversee the operations of the Free Clinic. They are Cleona Durham, Delores Blinco and Phyllis Tuttle.

The Free Clinic of Owensboro is extremely grateful and proud to be neighbors of the great people here at the health department. Thanks! -Cleona Durham

# FOCUS On Employees

Congratulations to **Vicki Gentry** of Henderson County Health Center, recipient of a \$5.00 gift certificate from Subway. Vicki was chosen by a random drawing of correct responses to the last Green River Gazette picture find contest.



We are all very appreciative of the outpouring of gifts sent for the kids after the fire that destroyed my daughter's house. Thanks also for all the prayers and well wishes. The boys are both doing well and Lauren is improving on her sleeping problems and anxiety concerns.

Thanks again, *Valerie Blue*

Welcome to **Andrew Wilson**, new environmentalist in Henderson County.

*-Mark Sears*

Ohio County welcomes **Athena Klaas**.



We would like for everyone to wish **Sister Rosemary** a very Happy 70th Birthday!!!!

*- M. Michele Rushing*

**Suzanne Craig** had surgery and is out on leave. We all wish her a speedy recovery. *-Nancy McClintock R.N.*

Congratulations to **Kathy Maddox**, who will replace Sheila Sims as Support Service Supervisor for Ohio County. Also to **Robin Coots** and **Jaime Combs** who will replace Judy Decker and Kathy Maddox as Team Leaders at Ohio County. *- Tina McCormick*

The Environmental Department says good bye to **P. E. Chandler**.

*-Mark Sears*



On Friday, November 12, Debbie Fillman accepted an award on behalf of Green River District Health Department. Lee Ricketts, Sanofi Pasteur Representative, presented the award in recognition of the outstanding job that our clinical staff do in the immunization program. A special thank you and congratulations to all staff who made this honor possible.

## Welcome to the GRDHD Team:

- \* **Katherine Woodward**—Senior Support Services Associate I, Clinic, Daviess County Health Center (11/3)
- \* **Kathryn Bentley**—Janitor, Henderson County Health Center (11/17)
- \* **Athena Klaas**—Nurse Supervisor II, Ohio County Health Center (12/1)
- \* **Angela Thompson**—Administrative Services Manager, District Offices (12/15)
- \* **Andrew Wilson**—Health Environmentalist, Henderson County Health Center (12/15)

## Saying Goodbye . . .

- \* **Carol Ware**, District Office Point of Entry
- \* **Prentice Chandler**, Webster County Environmental Services
- \* **Patty Sturgeon**, District Office
- \* **Julie Belford**, Daviess County Home Health
- \* **Diana Troutman**, Daviess County Health Center
- \* **Deborah Kipling**, Daviess County Home Health
- \* **Deborah Thompson**, Union County Health Center

Can you find the public health symbol in this newsletter? If so, send an email indicating the precise location to any member of the newsletter committee. Winners will be chosen by random drawing.



In December, the Ohio County Health Center will be losing three of our "family members" to retirement. **Susan Fulkerson**, Nurse Supervisor, **Sheila Sims**, Support Services Supervisor, and **Judy Decker**, SSSA III Team Leader. We will so miss their smiles, laughter, words of praise, "constructive criticism" and valued friendship. We wish them the very best as they start this new and exciting chapter in their lives. They will be greatly missed. We love you guys.

*-Ohio Counter Health Center Staff*

Effective December 31, 2008, two of the Green River District Health Department Senior Management Team will be retiring. My deepest gratitude to **Mark Sears**, Director Environmental Services and **Tina McCormick**, Administrative Services Manager for their commitment to Public Health and to the Green River District. Best wishes in your future endeavors!

*- Debbie Fillman*



Dear **Staff**—Thank you all for your dedication and hard work; you are examples to those around you. I know "YOU" are the reason for our success as a department. I am honored to have been

part of your "Team!" You all have been so good to me; I will miss you greatly! - *Tina McCormick*

**Sheila Sims**, Support Service Supervisor at Ohio County, a cherished and respected member of my staff, will retire at the end of December this year. She will be missed more than words can express. I would like to offer a small tribute to her and the dedication with which she has served. We will all miss you! We wish you and your family the best for next road you choose to travel. - *Tina McCormick*

## Christmas Brunch Door Prize Winners

Patricia Allen (GRDHD Fanny Pack)  
Kathryn Bentley (Volunteers Plaques)  
Valerie Blue (MRC Red Bag)  
Brandon Chandler (Volunteer Cap)  
Wanda Crabtree (Eucerin Lotions, \$1 coupons & Travel Sewing Kit)  
Deborah Davis (Blanket)  
Tina Flener (March of Dimes GRDHD 2008 Walk Large Green T-shirt)  
Christine Gilbreath (Wal-Mart Card)  
Judy Gilmore (Macy's Gift Card)  
Shaunta Givens (Macy's Gift Card)  
Janice Haile (Blanket)  
Kara Henshaw (Women's Health Large Pink T-shirt)  
Donna Kaelin (2 belt key holders, & Back scratcher)  
Cathy Kirby (From our Table to Yours Cookbook)  
Fran Logsdon (Blanket)  
Lisa Lyons (Macy's Gift Card)  
Kathryn Maddox (Midwest Academy Water Bottle)  
Vera McCarty (Electronic Sudoku game)  
Marie Murphy (Opulence Collection Covered Jar)  
Julie Pence (Macy's Gift Card)  
Joe Powers (Wal-Mart Card)  
Sarah Rice (Macy's Gift Card)  
Jennifer Rickard (STEP Coalition Viser, measuring spoon & UK lanyard)  
Valerie Roby (Opulence Collection Covered Jar)  
Melissa Schoaff (Midwest Academy Bag w/highlighter, pen & Notepad)  
Vanessa Smiley (Opulence Collection Covered Jar)  
Amber Taylor (Cozy Cats Stoneware Mugs)  
Merritt Thomas (Macy's Gift Card)  
Laurie Wilson (Ky Child Now Large Tie-dye T-shirt)



# Policies & Procedures

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**Employee Medical Spending (Coffee Tree) Accounts:** Employees who participate in the Medical Spending Accounting (Coffeetree) please remember that the mailing address for submission of your forms to WildCard Associates, LLC has changed to 146 Broadway, P. O. Box 649, Brandenburg, KY 40108. Please also remember that you have until the end of February to submit your 2008 bills for reimbursement. Those employees who have waived insurance and enrolled in the Health Reimbursement Accounts (HRS) in which the agency contributes \$175 per month for a total of \$2100 for the year, any monies not used will roll over for 2009.

**Finance:** The Finance Department 2009 first quarter calendar reflecting employee reimbursements and vendor payments is now available on the common drive in the "Calendar" folder and on the website under Employee Services/Downloadable Forms. If you have any questions, please contact someone in the Finance Department or email [grdhdfinance@ky.gov](mailto:grdhdfinance@ky.gov).

**2009 Holiday Schedule:** As stated in KAR 8:120, "Local Health Departments' full-time employees shall be given a holiday for each of the following days: Monday, January 19, 2009 (Martin Luther King, Jr.'s Birthday), Friday, April 10, 2009 one-half day (Good Friday), Monday, May 25, 2009 (Memorial Day), Friday, July 3, 2009 (Independence Day), Monday, September 7, 2009 (Labor Day), Wednesday, November 11, 2009 (Veteran's Day), Thursday and Friday, November 26 and 27, 2009 (Thanksgiving holiday), Thursday and Friday, December 24 and 25, 2009 (Christmas holiday), Thursday and Friday, December 31, 2009 and January 1, 2010 (New Year's holiday). The 2009 Holiday Schedule is also available on the website under Employee Services/Downloadable Forms.

**IS:** Just a reminder, new videoconferences have recently been added to the Videoconferencing Calendar on the GRDHD Website. The link to the calendar is located on the Employee Services page of the GRDHD Website. Remember, registration on TRAIN is required three days in advance for most video conferences.

## TECH TIPS

Just a reminder all GRDHD Staff should exercise prudence when working or browsing online. Many seemingly harmless websites can install malware or viruses on your computer simply by you visiting the site or clicking a link on a web page. With this in mind, try to keep non-work related website visits to a minimum. In addition, staff should not open emails from unknown or unsolicited sources.



By Wondering Wilma

**HAVE YOU EVER WONDERED...**Will we see an across-the-board raise in 2009? Wilma is very sad to report, the answer is no. According to "authorities," the Department anticipates a 4% budget cut, possibly beginning in January 2009. The budget will be extremely tight in the next two years. Wilma is glad to get the annual increment, aren't you?

**HAVE YOU EVER WONDERED...**We are a large organization. Why aren't we offered a discount for Sam's Club? If Wilma's memory is correct, the employees were offered the opportunity to join Sam's Club for a reduced membership fee about 6-months ago. However, it does take 50 employees wanting to become a member, then Sam's club will provide a reduce rate.

Thanks for the questions. If you have questions you have been wondering about, send them to [wondering.wilma@ky.gov](mailto:wondering.wilma@ky.gov),

## January

- 1 HOLIDAY
- 2 HOLIDAY
- 9 Supervisor Meeting 9:00-12:00  
Henderson County
- 14 Managers Meeting 8:30 -11:30  
District Offices
- 15 Senior Management 9:00-12:00  
District Offices
- 19 HOLIDAY
- 28 ARNP Meeting 9:00-11:00 Dis-  
trict Offices

## February

- 6 Nurse Supervisors Meeting 9:00-  
12:00 District Offices
- 11 Managers Meeting 8:30-12:00  
District Offices



Would you like your meetings posted in the Gazette? Email your schedule to a member of the committee and we'll add it to the calendar.



## Starting January 2009,

the human resources department, EAP program, and the community health department will be presenting bi-monthly wellness topics in a lunch and learn format at each of our seven health centers. Contact Lisetta Whitworth, Don Crask, or Merritt Bates-Thomas for more information.

## Watch out for Norovirus

It's that time of the year again when people are indoors more and we seem to see an increase in the number of gastrointestinal viruses within the community. What we are seeing a lot is what is called Norovirus.

Norovirus is a group of viruses that cause the "stomach flu," or gastroenteritis in people. Since this is a virus, it is not affected by antibiotics. The symptoms usually include nausea, vomiting, diarrhea, and stomach cramping. Sometimes people also have a low-grade fever, chills, headache, muscle aches, and fatigue. Symptoms of Norovirus illness usually begin about 24 to 48 hours after ingestion of the virus, but they can appear as early as 12 hours after exposure.

In most people the illness is self-limiting with symptoms lasting for about 1 to 3 days, but can be more serious in at risk individuals, such as the immunosuppressed, children, or the elderly. Dehydration a serious health effect that can result from Norovirus infection, so proper rehydration is essential.

You can be exposed to this virus by contaminated food or water, touching surfaces or objects contaminated with Norovirus, or by having direct contact with another person who is infected. This virus is very contagious and can spread rapidly from person to person.

Please take note of the following precautions during these winter months to help stop the spread of these intestinal illnesses:

- \* As always, wash your hands thoroughly and frequently, especially after using the restroom and before eating or preparing food.
- \* If you are having any signs of GI illness, you should not prepare food for others until 72 hours of being symptom free.
- \* Carefully wash fruits and vegetables, and steam oysters before eating them (as oysters have been known to harbor this nasty virus).
- \* Surfaces should be thoroughly cleaned and sanitized using a strong (1:9 concentration) bleach solution.

Think of all the things that people touch that could be easily contaminated, such as elevator buttons, doorknobs, hand rails, etc. and remember that not everyone is probably as clean as you!  
-Janie Cambron

The Green River Gazette is published bimonthly. For questions, comments, suggestions or submissions, please contact a member of the committee.

• Denise Brinkley • Don Crask • Tina McCormick • Terri Prewitt •  
• Carrie Reese • Linda Wahl • Lisetta Whitworth • Angela Woosley •

*Green River District*  
HEALTH DEPARTMENT

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