

# Green River Gazette

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## KUDOS TO YOU!

Thank you to **Linda Cottrell** from Home Health Department for helping the REACH Clinic on 5/22/09. -Suzanne Craig



Thank you to **Angie Lawrence** for helping out with the Relay for Life sponsored by the American Cancer Society on 5/15/09.

-Suzanne Craig

Kudos are extended to **Rebecca White** from Union County. She has been promoted to Environmental Health Supervisor with Green River District. Becca will continue her regular duties in Union County and oversee the environmental programs in Henderson and Webster counties. Congratulations, Becca!

-Environmental Department



## Top 10 Highlights of Fiscal Year 2008-2009

Fiscal Year 2008-2009 is coming to a close. As I reflect on the year, there were many challenges, so, I thought I would compile my "Top Ten List" and share what I thought were the highlights of the year...

### 9 and 10 (tie)

**Visits from our Commissioner of Health, Dr. William Hacker and a visit from the Deputy Commissioner of Health, Dr. Steve Davis.** Dr. Hacker toured the state to visit those communities where the ice storm hit the hardest. He met with staff and all shared stories of

success as we managed to keep our communities safe during this time. Dr. Davis met with the Boards of Health to provide an orientation as to the structure of the Boards and the responsibilities that lie within the Boards of Health.

**8 Hurricane Gustav** No, Hurricane Gustav did not hit the shores of Kentucky. However, it did hit the shores of Louisiana and as it did, we were contacted by the State Department of Public Health to be prepared to accept evacuees. This was my first official dealing with "Preparedness" operations, the daily phone calls with the state, shelter possibilities, etc. As it turned out, we did not receive any evacuees. But, it was a good drill for what the future held!

**7 WIC Food Package Changes.** My first health department position was in the WIC Program. The food package change this year was the most significant I have seen in greater than 25 years! While it can be a nightmare to logistically get the correct vouchers printed, get the staff, vendors and clients educated, etc., the addition of fruits, vegetables, whole grains and other food package changes are positive changes that have been a long time coming!

*(continued on page 2)*



# Top 10 Highlights of Fiscal Year 2008-2009

Continued from page 1

**6 Program Closings** The close of this Fiscal Year will leave us without 2 programs that provided much to our communities. *Building Stronger Families* began in the Green River District in 1997. It provided home visitation to parents of children ages Birth to 5 years of age throughout the 7 counties. Its mission was to teach/model skills and information so that children will be healthy, cognitively, social-emotionally and physically ready when they were to start school. They touched many lives during their tenure and were a positive influence to all involved. Thank you!

Although the *Free Clinic of Owensboro* wasn't an official health department program, it was housed in the Daviess County Health Center for many years. After 15 years in business, it will close its doors June 30, 2009. The Free Clinic of Owensboro did not limit its services to citizens of Daviess County. Rather, it served hundreds of clients throughout the region through volunteer physicians, nurses, pharmacists, and others. If you were a volunteer for the Free Clinic, thank you!

**5 Hurricane Ike** I believe it was just 2 weeks after we received no evacuees from Gustav that Hurricane Ike hit not only the shores in the south, but hit Kentucky as well! I'm sure you remember the power outages and the wind damage. Again, another test for the future!

**4 Retirements** 2008 was the year of retirements. In the Green River District we had approximately 20 retirements. Many of these were well seasoned employees with a wealth of experience and knowledge. Retirements cause a lot of change in an organization as there is a "domino" effect in supervisors and program managers. It's a learning curve! In addition, there were a lot of retirements in Frankfort causing loss of contacts and a loss of knowledge!

**3 Budget Deficit** It's an odd year when a budget deficit would place #3 and not #1 on a "Top Ten Highlights" list. Unfortunately, the budget affects everything we do and makes every decision difficult. In addition, some of the other items in my "Top Ten" list have negatively affected the budget along with state cuts and other budget woes. It's still undetermined exactly how the budget year will end, but we do anticipate taking monies out of reserves to balance for this fiscal year.

**2 H1N1 (Swine Flu)** For years we had anticipated a Pandemic Flu of some sort. However, I just did not expect a Swine Flu (H1N1) outbreak. The Health Alert Network (HAN) began notifying on a Friday night that there were cases in the United States. We were quick to action to convene a group by Monday morning to discuss our plan and activate our Emergency Operations Center (EOC) (by this point we'd had some experience). It was obvious we had experience as we called press conferences, sent press releases, sent "Blast Faxes" to the medical community, stayed in daily contact with the State EOC, etc. This process lasted several weeks, but we never lost sight of the role we played in the protection of our community.

**1 Ice Storm 2009** You probably aren't surprised that this would be my number one pick. It's something none of us who experienced will ever or should ever forget. It was a reminder that relying on technology may not always be wise in a disaster situation, that public health is an integral part of community wellness and safety, and that each of us may be needed to step up to the plate at a difficult time. While communication was a challenge, creativity helped us provide assistance in each and every county of the Green River District. Thanks to all of you who met the challenges associated with Ice Storm 2009!

So, this completes my "Top Ten" list. Although your list will be different, you've been there with me as I've experienced mine! Thank you! I don't know what Fiscal year 2009-2010 brings, but we'll experience it together!

-Debbie

# Gazette Vignette

The Perinatal Program provides services in the homes of mothers who participate in the WIC or Medicaid program. This service can be provided for those who do not participate in these programs by a physician referral (services would be based on a sliding scale fee). The role of the perinatal nurse is to provide assessment and education to the prenatal and postpartum mom as well as the newborn.

Our Perinatal program is currently staffed by 6 RNs that work both Perinatal and the HANDS program. These nurses have experience in newborn nursery, pediatrics, labor and delivery, grief counseling, home health, mental health and breastfeeding education. We average 160 visits a month.

#### Perinatal Staff:

Season Barnett  
Brandy Buckman  
Gail Green  
Sandy Grimsley  
Candi Kamuf, Supervisor  
Jackie Sigler  
Cristin Whitaker, PRN

Our unique approach to care of the patient in the home allows us to educate based on the family's need for resources, environmental challenges, and obstacles that may not be evident in the clinical setting. This gives us the ability to collaborate with physicians, community based services, HANDS program and the hospital for additional services that will enable the family to care independently for their newborn.

While a typical day is filled usually with healthy moms and babies, we do see situations that need to be attended to immediately such as: babies who have lost increased amount of weight, parents unsure of how to properly fix formula, no running water in a home, or need for evaluation by physician for care of jaundice. The postpartum mom may have increased blood pressure, increased crying, or unable to care for their c-section due to no cleaning supplies. Many families have no transportation, phone and minimal support. The Perinatal program is able to assess the families needs and concerns and refer accordingly.

-Candi Kamuf, Peggy Davis

Daviess Co.: 852-2925 or 852-5445  
Hancock Co.: 927-8803 ext. 214  
Henderson Co.: 826-3951 ext. 1050  
McLean Co.: 1-270-298-3663 ext. 250  
Ohio Co.: 298-3663 ext.250  
Union Co.: 389-1230 ext.233  
Webster Co.: 1-270-826-3951 ext.1050

# Department News

## *Union County* Happenings at the Union County Health Center

Change—it is amazing how one little word can have such a huge impact on 10 individuals. The Union County Health Center has seen its share of change since December of last year. It was at this time that we said goodbye to our previous supervisor, Debbie Thompson, and hello to our new supervisor, Jenny Hagan. We also welcomed Kara Henshaw into our fold as a full time clinic nurse. Just this past spring, Suzanne French joined the staff as a part time HANDS FSW visitor. Donna Mason also made a brief foray back from retirement to temporarily help out on Tuesdays, providing much needed relief. Since she has left, we have welcomed back Haley Fulkerson.

Yet, this doesn't even begin to touch on the changes in our personal lives, of which there have been many: 1.) Jenny now has a child who can legally drive, not to mention her two daughters who are full of drama. And let's not even start on the husband who took a swan dive off of a four-wheeler and broke a rib. 2) Kara is busy trying to sell her home, completing all of the required training for a clinic nurse and recovering for six weeks during the summer for a needed surgery. Whew! After all of that, she is going to need a vacation just to relax from her life! 3) Annie Nell has devoured the Twilight series in just a few short weeks after a long dry spell this past fall and winter of

not being able to read for pleasure to prevent any further retinal problems. She is also eagerly awaiting her first vacation in several years! 4) Linda had the stress of dealing with the death of a family member and caring for the loved one left behind. Then, there are also all of the WIC changes recently and a WIC printer in sore need of an attitude adjustment that sometimes leads to a very loong day. 5) Darlene is recovering from her recent New York trip and several shopping expeditions, which made the rest of us extremely jealous! Thankfully, she bought a pair of amazing sandals that were comfortable to boot, something she is eternally grateful for seeing as how she has to deal with that ACH 58 screen! Talk about stressful! 6) Denise recently became a "Neisee" when her daughter, Amy, gave birth to beautiful Addie! She has also stayed busy, stalking her co-workers to get pictures of them with her new camera. She is a high tech girl now! 7) Mary Jane will be recovering from surgery to her thumb this summer to deal with a pesky recurrent infection. Also, if you have any cats that you no longer desire, Mary Jane is the person to call. Now, if the Sears repairman would just do the job they were paid for, she might be able to take a breather. 8) Becca will have recovered quite nicely from her recent trip to the Bahamas, allowing her to enjoy

her new supervisory duties to the fullest. Then on all of those humid summer evenings, she can relax by her pool and grill on her recently refinished deck! 9) Brandy has stayed busy splitting her time between the softball field and taking her jet skis to the lake. Word has it that Hannah is on her way to becoming a great softball player. There is also talk of jokingly starting a Team Jacob fan club right here in Union County with Brandy as the President Elect! 10) By the time this issue goes to press, Suzanne will have a new grandchild, congrats! Now, she cannot only do GGK with her clients, but also with her daughter and grandbaby just for fun! Suzanne is a wonderful addition to the Union County staff and her clients all learn from her visits with them.

As you can see, change comes in many forms: some good, some not so good. Seasoned staff members must deal with the change of how things have been done in the past to how they are done now, and new staff members have to deal with the change of having a new role and being the best that they can be at that role. Everyone learns to adapt. As we adapt, we grow and mature and we change together. So, when you think of it that way, change is a good thing. *-Jenny Hagan*

# Department News

## Nutrition — Food For Thought Cool Food for Hot Days

I remember growing up how my mom hated using the oven in the summer. “It heats the house up too much,” she would always say. Now that I am the main one preparing the meals in my house, I understand completely what she was meaning. Sorry mom for rolling my eyes at you when you said that.

Being the dietitian that I am, it shouldn't surprise you that I sit down and plan my meals for the whole week. During these hot days of summer, here are some tips to keep you cool:

1. Grill more.....meats, fish, poultry, veggies, fruits. Try grilling some peaches or pineapple (pineapple is great on kabobs). Experiment with cedar wood grilling planks to enhance the flavor of your meat, poultry or fish.
2. Use tortillas, pita pockets, and flatbread for a tasty sandwich. Purchase whole-grain varieties when possible. Add in your favorite sides for a complete meal (i.e. baked chips, Sun Chips, side salad, fresh fruit, yogurt—don't forget to add plenty of veggies to your sandwich).
3. Bring out the slow cooker or better yet, a pressure cooker for a speedy meal.
4. Eat more salads (add some lean grilled meat to your salad and throw in a couple whole wheat rolls and you are set)
5. If you must turn the oven on, cook once for two days.

One of my favorite side dishes is this mushroom and pepper salad (see recipe right). This goes great with hamburgers, pita pockets, etc.

Keep cooking and eating healthy this summer. Don't forget to take advantage of the abundance of fresh fruits and vegetables available this summer; the Farmer's Market is a great place to load up on these nutrient-rich foods. Enjoy this recipe and stay cool!



### Mushroom and Pepper Salad

- 8 oz. fresh mushrooms, sliced
- 1 red bell pepper, cut in 1-inch pieces
- 1 green bell pepper, cut in 1-inch pieces
- 1/4 cup green onions, thinly sliced
- 1/8 tsp garlic powder
- 1/2 tsp salt
- 1 tsp dried basil\*
- 1 tsp sugar
- 1/4 cup olive oil
- 1/3 cup white wine vinegar or cider vinegar



In a nonmetal container, combine vinegar, oil, sugar, basil, salt and garlic powder; mix well. Add mushrooms, onions and bell peppers; stir gently. Cover container and refrigerate at least 1 hour or overnight to blend flavors.

\*Fresh basil kicks this up a notch. Use 1 Tbsp chopped fresh basil in place of the 1 tsp dried basil in the marinade.

8 (1/2 - cup) servings. Each serving contains: 25 calories, 1 gm fat, 35 mg sodium, 3 gm carbohydrate

-Tricia Foster, RD, LD,  
Clinical Nutritionist

# Department News

## Medical Reserve Corps

First of all I would like to introduce to you our new VISTA worker. Her name is Donna Grant. Donna comes to us with an exorbitant amount of experience with emergency management. We are very glad to have her on board and part of our team.

Our Medical Reserve Corps has been busy for the last several months. During the ice storm, our MRC volunteers worked 921 hours within our seven counties helping people. There were vast arrays of duties including checking on people, working in the shelters, cooking and delivering food, removal of debris, etc. I would personally like to thank all of our volunteers in their extraordinary ability to help out in a crisis.

MRC volunteers also helped with the Martin Luther King Day Celebration at the H.L. Neblett Community Center on January 17, it was sponsored by AACCS, AACCS Senior Service Corps, AmeriCorps VISTA, Inc., Citizens Health Care

Advocates, Cliff Hagan Boys and Girls Club, Community Solutions for Substance Abuse, Police Department among others. The event was great with the children and parents enjoying themselves. This event was very successful for community enrichment and MRC will continue to support it in the future.

MRC participated in a Severe Weather Workshop hosted by Daviess County Emergency Management Agency on March 10. Through participation at this event MRC promoted our program and received 40 new applications. This was a very informative program that impacted our entire region.

Our volunteers also worked with the 2<sup>nd</sup> Annual event, Read around the Park, in Daviess County. The children and parents came to the park for a day of literacy fun. Our volunteers help with games and

reading to the children. Over 650 families enjoyed this event.

In an effort to raise funds MRC has completed our cookbook. It should be ready for purchase in November. Thank you to all of those who contributed such wonderful recipes.

To bring a conclusion to the last year of wonderful service an appreciation dinner was hosted for our MRC volunteers. We had a large crowd and a wonderful meal prepared by one of our own volunteers, Jack Myers. Presentations were given to two outstanding volunteers of the year, Roger Colty and Jack Myers.

As you can see we have been a busy group these last few months. If you are interested in becoming a Medical Reserve Corps volunteer, please contact anyone in the Preparedness office.

-Sandy Barbour RN

Preparedness Planner



River City, the company that handles our paper shredding needs has agreed to recycle any cardboard boxes that we wish to have recycled. In order for them to do so please do the following:

1. Tear the boxes down
2. Neatly stack them next to your shred toter
3. If you call for service when your shred toter is full they will pick the cardboard up at that time. If your toter is on a pick-up schedule (not sure anyone's site is handled this way) they will pick up the cardboard at that time.

If you have any questions please Contact Alisha Powers in the District office at (270) 686-7747 ext 3001.

# Department News

## *Environmental* Serious Summer Pool Safety

The month of May rolled in similar to a monsoon season and still is delivering a healthy amount of moisture on our area. However, despite the weather conditions, school will soon be out for the sweltering days of summer and right behind are the public pool openings. The Environmental team has been diligently inspecting public pools educating and enforcing a new federal law that was signed by George W. Bush on December 19, 2007. The Virginia Graeme Baker Pool and Spa Safety Act states that all public pools must install drain covers that meet certain standards on all drain grates. This act was named after Virginia Graeme Baker, a granddaughter of former U. S. Secretary of State James Baker. At

the age of seven, Virginia was swimming in a private spa and was trapped at the bottom by the suction of the drain. She drowned. It has been stated by the Consumer Product Safety Commission that there were nine deaths and sixty three injuries associated with "suction entrapment" from 1997 to 2007.

Did you know that the force of a pool's suction can be tremendous at 350 pounds of pressure for an eight inch drain with a standard pump? The suction entrapment can hold a bather in its grip until either the vacuum is broken or he/she drowns.

Our district has taken this federal law very seriously with educating the environmentalists on the law and what is required by all the public pools.

The law states that all main drain covers for pools and spas/whirlpool in the country must comply with this regulation by December 19, 2008 or the pool/spa may not operate. Enforcement of the new law is the responsibility of the Consumer Product Safety Commission, a federal agency. Local health departments are assisting the CPSC and the state department of public health by checking for compliance with the VGB law. Facilities that are found to not be in compliance will be referred to the CPSC for enforcement. As always, our team is out inspecting the pools to ensure compliance with Kentucky's regulations for public pools.

*-Terri Prewitt*

## Daviess County Farmers Market

As many of you know, Daviess Co. WIC participants have benefited from receiving vouchers to shop at our Owensboro Regional Farmers Market for the last 5 years. We have seen the redemption rate for the vouchers grow steadily each year. In an effort to make more of our WIC participants familiar with the healthy benefits of using their vouchers, we are locat-

ing a small market in our overflow parking lot (corner of 16th and Breckenridge Streets) each Wednesday morning from 7:30 am until sell out or noon while Farmers Market vouchers are available to issue. The primary purpose for locating the market at our site is to increase awareness about and accessibility to the market in an effort to get them to visit the permanent loca-

tion in the parking lot of Owensboro Christian Church on Tuesday, Thursday and Saturday mornings. If employees would also like to shop the market before work or on break they are welcome to do so.



# Department News

## Epidemiology

### Safe Summer Travel Tips

Going on Vacation? Worried about the Swine Flu or getting Montezuma's Revenge? Here are some tips to keep you safe and healthy this summer during your travels!

- ◆ The H1N1 Virus (Swine Flu) is transmitted the same way as the regular flu, so cover your mouth if you cough or sneeze and wash your hands frequently and thoroughly.
- ◆ Make sure you are up to date on your vaccinations specific to travel in certain regions, such as the recommendation for the Hepatitis A or Yellow Fever Vaccine for travel to Peru.
- ◆ Be aware of changes in weather patterns, temperatures, and insect activity.
- ◆ Use sunscreen and insect repellent as directed.

On average, 30%-50% of travelers that are visiting high-risk areas (including most of Asia, the Middle East, Africa, and Central and South America) will develop what is known as "traveler's diarrhea" during a 1- to 2-week stay. The CDC estimates that there are approximately 50 million people who travel each year to developing countries, which means that there is about 40,000-50,000 cases of traveler's diarrhea every day. Studies show that consumption of food or beverages from street vendors pose a particularly high risk. Bacteria account for 85% of traveler's diarrhea, making it the most common cause, with parasites and viruses to follow at 10% and 5% respectively.

*Content source: CDC and the Division of Global Migration and Quarantine, National Center for Preparedness, Detection, and Control of Infectious Diseases*

- ◆ It is wise to eat foods that are freshly cooked and served hot.
- ◆ Foods washed in non-potable water, such as salads can pose a serious contamination risk.
- ◆ Other risky foods include raw/undercooked meat or seafood and raw fruits and vegetables.
- ◆ In some countries, bacteria can be found in the water, so drink bottled water and get beverages without the ice, since ice can be a source of contamination as well.
- ◆ Avoid dairy products, unless you know that they have been properly pasteurized.
- ◆ Pay attention to your health before, during, and after your trip as some organisms take a while for symptoms to appear
- ◆ Make sure your health insurance plan covers travel abroad
- ◆ Check for information on outbreaks and travel warnings on the World Health Organization website:

<http://www.who.int/csr/country/en/index.html>

The most important thing you can do is to be prepared and become aware of your surroundings. Bon Voyage!

*-Janie Cambron*



## HEALTH & FITNESS CLASSIC

It's not too late to participate in the annual Health & Fitness Classic on Saturday, July 11. As one of the corporate sponsors our employees are entitled to a \$5.00 discount on the individual and family entry fees. Volunteers are also needed to help coordinate activities throughout the day. For more information, contact Don Crask at [donald.crask@ky.gov](mailto:donald.crask@ky.gov) or visit the Hilliard Lyons Health and Fitness Classic website at [www.owensboroclassic.com](http://www.owensboroclassic.com).

# FOCUS On Employees

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



Can you guess  
who I am?

I have worked for the health department for 5 years. I have 2 grown children and a cat named Sam. If I'm not out gardening, I might be inside watching Survivor, NCIS, the Mentalist or House on T.V. I love lobster—eaten fresh when visiting in Maine, but in Owensboro my favorite restaurant is Niko's. I once took a patient back to Bosnia during the war. We found her family and then I delivered medical supplies to several places before returning home. I'd like to be remembered for making a difference and the person I most admire is Linda Wahl. Who am I?



Barry & **Denise Brinkley** have a beautiful new grand-daughter. Adonai (Addie) Jade Ford. She was born on May 4, 2009 and weighed in at 7 lbs-9 oz and 20 1/2" long. Proud parents are Josh and Amy Ford of McKenzie, Tennessee.

**Curt Brooks** from Ohio County is now the proud father of a bouncing baby boy who arrived into this world on June 9, 2009. Congratulations, Curt!

## Welcome to the GRDHD Team:

- \* **Dawn Cagle**—Local Health Nurse II, Henderson North Middle School (4/20)
- \* **Suzanne French**—Family Support Worker/Home Visitor, Union County HANDS (5/4)
- \* **Sara Murphy**—Family Support Worker/Home Visitor, Daviess County HANDS (5/4)
- \* **Pamela Rideout**—Family Support Worker/Home Visitor, Henderson County HANDS (5/4)

## Saying Goodbye . . .

- \* **Wanda Crabtree**, Henderson County HANDS
- \* **Tonya Beck**, Daviess County Health Center
- \* **Savannah Madrid**, Daviess County HANDS
- \* **Marcie Rickard**, Henderson County HANDS
- \* **LaDonna Calvert**, Livermore Elementary
- \* **Vevah Harris**, District Office
- \* **Michelle Murphy-Devlin**, Daviess County HANDS
- \* **Rebecca Weaver**, Webster County Health Center

## Recipe for Success

- 1 teaspoon of ideas
- 1/2 cup of goodwill
- 1 pinch of positivism
- 3/4 cup of imagination
- 1 lb. of leadership
- 2 spoonfuls of teamwork
- 1 cup of market vision
- 3 tablespoons of challenge
- 1 bag of hope!

## Where is a Band-Aid when YOU need it?



The last publication of the Gazette provided a glimpse of the continuing educational feature entitled: Where is a Band-Aid When YOU need it? The purpose of this feature is to hopefully provide employees and board members education and explanation of what resources we have on hand for emergencies, disasters and the ultimate, a pandemic.

The last feature we explained the amounts of stocks in Personal Protective Equipment (PPE) currently being held for all employees' safety to be able to provide essential public health services during disastrous situations. During our recent H1N1 Swine origin influenza outbreak, employees were given individual bottles of hand sanitizer and bottles were set out in a variety of places in health centers and the district offices. This hand sanitizer was taken from our stocks and will be replenished in the future.

This article will attempt to explain the stocks currently on hand for Points of Distribution (POD). If there comes a time where Public Health has to distribute medicines to every member of our community in a timely fashion—ideally within 48 hours—we need to be able to set up areas within our communities that are not directly tied to our health center structure. We have planned for a minimal of four POD sites that are based on population. GRDHD plans to host one POD in Ohio County, one POD in Henderson County and two PODs in Daviess County. Residents may go to ANY of the POD locations that best fit their needs or preference. PODs allow for people to access the required medicines in several manners: in a drive-thru setting (not leaving their vehicles) and walk-thru setting and a special needs setting. When looking at locations that would best fit all of these stipulations, school sites offer the best practicality: large parking lots, large gymnasiums and cafeterias, multiple classrooms, etc. which would enhance the POD operations.

Located in the parking lot adjacent to the Daviess County Community Health Center are four large trailers. In each of these trailers are numerous amounts of equipment, mostly infrastructural needs that would enhance POD operations. These trailers can be moved to the prearranged locations and can then be used as a staging area, office area, storage or containment area.

Each POD trailer currently holds portable lighting, wheelchairs, biohazard waste bags, sharps containers, stethoscopes, blood pressure cuffs, cots, coolers, band aids, prep pads, gloves, tourniquets, safety vests, flashlights, head lights, traffic cones, control tape, bull horns, walkie-talkies, etc. No medicines are kept in the POD trailers. Medicines would be procured from local pharmacies until the arrival of the Strategic National Stockpile (SNS) that we would receive from the Centers for Disease Control and Prevention (CDC). Adequate storage is not available in any of the areas designated for our POD operations, the Go-Mini trailers provides a safe and easy storage option.

These supplies were purchased with monies specifically earmarked for POD operations. They cannot be mixed into our normal supplies or used daily for routine work.

Next time you are in Owensboro, take a minute and glance at the trailers in the parking lot. Those trailers are the beginning of our capacity building efforts to better meet our public's health needs in emergencies or disastrous situations.

-Angela Woosley RN, BSN, MEP

**Don't Forget...**

Green River District  
HEALTH DEPARTMENT



# Employee

# PICNIC



REID'S ORCHARD, SEPTEMBER 25, 2009



## Our Neighbors

### The Commission for Children with Special Health Care Needs (CCSHCN) -Owensboro

#### Special Children....Special Needs...Special Care...

Our Mission is to enhance the quality of life for Kentucky's children with special health care needs through direct service, leadership, education and collaboration. We are 1 of 12 CCSHCN offices; we are a state agency that provides Specialty physician care to special needs children state wide through community and University networks. We are not a part of the local health department but are a part of the one-stop-shopping system of providers under the one roof of the Green River Health Department. The Owensboro CCSHCN office provides onsite and offsite clinic services to 9 counties. We service Daviess, Hancock, Henderson, Hopkins, McLean, Muhlenberg, Ohio, Union and Webster Counties. We have Neurology clinic once a month with collaboration from U of L Pediatric Neurologist; twice monthly Heart Clinic with U of L Pediatric Cardiologist; monthly Otology Clinic in conjunction with a Local Otolaryngology specialist. Additionally, our office personnel provide Audiology services, case management and care coordination services, clinic support services, parent to parent consultation, and address our patients' social service needs.

We have a dedicated team of 2 Charge Nurses- Cindy Aud and Peggy Tichenor, 1 Charge Nurse Position is vacant (if you know of some one interested please pass it on); a Social Service Clinician, Liz Mann; a Family Consultant, Sondra Gilbert; an Audiologist, Kristy Flaspoebler; 2 Office Support Assistants, Mia Morgan and Sue Stanley and an Office Support Supervisor, Perri Hall that make up our outstanding team. We are fortunate to have our Western Kentucky Regional Manager, Judy McCrackin, RN, MSN, ANP-Nursing Service Administrator in this building also. We provide clinic space to the Weisskopf Center for their regional clinics.

The Commission started in 1924 and has a long and rich history of providing care for Kentucky's special needs children. Acceptance for services is diagnosis and income based. We take referrals and provide applications to families and schedule clinic evaluation visits once application criteria is met. We welcome applications for all clinics; there is a wait for Neurology clinic. On a personal note, I became a part of this agency in December 2006 and am rewarded every day to know that I am positively impacting the lives of our greatest resource--children.

*-Arlene King, RN, BSN, MPA*

*Program Coordinator/Nurse Administrator*

*Owensboro CCSHCN*

For more information call 270-687-7038 or 1-877-687-7038

# In the News

## Fox 7-AM Evansville

7:40 am. Tuesdays and 7:20 am. Thursdays

- ◆ Shelly Austin (HANDS supervisor): what toddlers need to eat to grow healthy brains and body and the frustrations parents have when feeding toddlers, easy, sweet treats for Mother's Day, Mother's Day ideas: Making a drink coaster and Father's Day craft ideas
- ◆ Merritt Thomas (Nutrition Services Coordinator): new WIC food package changes and Farmer's Market.
- ◆ Mary Ann Correll (RN-Diabetes Program): Diabetes and Women's Health.
- ◆ Angela Woosley & Sandy Barbour (Emergency Preparedness): preventive measures to protect against Swine Flu.

## Newspapers

Articles are sent every other week to all 9 papers within our 7-county region.

- ◆ Mary Ann Correll (RN-Diabetes Program) submitted an article related to Diabetes and Women's Health-The Reproductive Years

To view these messages and more from our agency, visit our media archive link on our website [www.healthdepartment.org](http://www.healthdepartment.org)

### H1N1 Swine Origin Influenza Update

We aren't hearing as much about H1N1 as we were, but know that this influenza strain is still present – even when we don't typically see flu during this time of year.

#### What does this mean for Public Health?

This fall we are anticipating a new vaccine that will be available, **in addition to the normal flu vaccine.**

Green River District is making plans to be able to host special flu clinics throughout our seven counties, for the recommended populations established by the Centers for Disease Control and Prevention (CDC).

Focused trainings will be scheduled in the near future to explain how the district plans to hold the Points of Distribution (POD) clinics.

If you have questions, comments or ideas, please don't hesitate to contact Preparedness Planning.



### Community Dental Clinic Update

An independent dental clinic that will accept Medicaid enrollees and those with no form of dental insurance is getting closer to opening. Those with no dental insurance will pay based on a sliding fee scale. Although the clinic will be based in Daviess County, residents living in any of the Green River District counties can seek services at this clinic. The Community Dental Clinic has 3 chairs to provide dental services (1 for cleanings and 2 for dental procedures). Necessary equipment has been installed and an office manager has been hired. The clinic's Board of Directors is hoping that the clinic can open its doors and begin seeing patients by the middle of July. For more information, call JAT Mountjoy (270) 686-7747 or the clinic at (270) 691-6205.



Who Am I Answer:  
Nancy McClintock, Nurse  
Daviess County REACH Clinic

# Policies & Procedures

**Travel:** The mileage rate for July 1, 2009 through September 30, 2009 has been set at \$.42 per mile. The Employee Expense Voucher has been updated to reflect this.



**HR:** The Immunizations Protocol and the Rabies Prophylaxis Declination has been revised and approved by our Medical Director and Public Health Director. These documents may be found on the Official Documents drive in the Policies, Procedures, and Protocols folder.

All staff are required to receive Sexual Harassment training. Please log on to TRAIN and complete Training #1005568 (Supervisor Workshop: Sexual Harassment Training Module) by July 9, 2009. Once you have completed the training you will be asked to take a test at the end. When the test is complete you will need to go into "My Learning" and complete your evaluation, after the evaluation is complete, go to "Certificates" and print your certificate. If you have any questions or need help please feel free to HR.

Staff are also required to complete training and submit paperwork for the Deficit Reduction Act (DRA) and Employee Education about False Claims Recovery and the Identity Theft Detection and Prevention Program (Red Flag Rule). Please contact Human Resources for more information if you have not yet completed these requirements and submitted the appropriate forms.

**IS:** The "Employee Services" page of the GRDHD website now offers staff-specific information and has been blocked from viewing by the general public. When you click on The Employee Services page a dialogue box will appear stating "Member Login"; it will request a password only. Contact GRDHD.Support@ky.gov for the current password. The new password will be sent out to all staff every few months when it changes.

To make it easier to navigate the file sharing on the network we are in the process of organizing the "Common Drive" via the addition of an "Official Documents" Drive.

All GRDHD employees will be able to view and print all documents on this drive. This drive will house items such as handbooks and manuals, policies, procedures and protocols, instructional tools and organizational charts. The "Common Drive" will continue to be an organizational tool for DataMart, County Folders, specific departmental documents, forms, newsletters, special projects and temporary File Sharing. To help us better organize these drives, we are asking that all employees archive any personal folders off the common drive by July 1<sup>st</sup>, 2009. Burn all items needed to a CD. All other items will be archived on a removable hard drive. Don't duplicate documents, spreadsheets, etc. on multiple drives, i.e.; common and personal drive. Do not place single documents on the drive – place documents in a labeled folder. If the department has need of a permanent file sharing solution, IS can create a shared drive for that purpose. If you need any assistance with the above tasks, please contact the IS department.

## TECH TIPS

### Windows Program Key Combinations

CTRL+C: Copy

CTRL+X: Cut

CTRL+V: Paste

CTRL+Z: Undo

CTRL+B: Bold

CTRL+U: Underline

CTRL+I: Italic

# Have you ever Wondered?



By Wondering Wilma

**HAVE YOU EVER WONDERED...**Who is allowed to attend board meetings and if this is done on the employee's own time or is it paid? If paid, how should it be coded?

Meetings of boards of health must comply with KY Open Meetings Law. All agencies shall provide meeting room conditions which insofar as is feasible allow effective public observation of the public meetings. Board meetings are open to the public.

Therefore, the meetings are open to the public and staff may attend on their own time. However, if staff is requested to attend the Board meetings, by Director or Supervisor, time is coded to the appropriate indirect code the employee's use on their time sheet.

My brain is smoking from wondering so much . . . if you have questions you have been wondering about, send them to me at:

[wondering.wilma@ky.gov](mailto:wondering.wilma@ky.gov)

You could win a Subway Gift Card!

How many Hurricane Gustav evacuees did Kentucky accept? (hint: it's in this newsletter!) Send your answer to any member of the newsletter committee. Winners will be selected by random drawing.

## July

- 3 HOLIDAY
- 7 Managers Meeting 8:30 -11:30 District Offices
- 23 Senior Management 8:00-1:00 District Offices
- 30 Clerical Retreat
- 31 Clerical Retreat

## August

- 7 Supervisors Meeting 9:00-12:00 District Offices
- 12 Managers Meeting 8:30-12:00 District Offices
- 20 Senior Management 8:00-1:00 District Offices

### 2009 Clerical Retreat

The 2009 Clerical Retreat date has been set. All clerical staff please plan to attend Thursday, July 30<sup>th</sup>, or Friday, July 31<sup>st</sup>. The retreat will be held at the Economic Development Corporation's conference room in the Chase Building in downtown Owensboro. A sign up can be found on the common drive in the folder "Clerical Retreat 2009". More information will be sent prior to the retreat, including directions. Sign up fast—we need your response by July 24th! If you have any questions, please contact Laura Lindsey or Angel Thompson in the District Office.

**Meetings in District Office Building:** There is a new Directory sign hanging in the foyer on the first floor of the district offices. When hosting a meeting in the District offices, please make sure to let those attending know they may utilize this sign. Also, please utilize the meeting sign that is in the EOC room. It can be placed in the hallway to further assist meeting attendee's find their way. Standard signs such as "Meeting in Progress" are available or a custom sign can be created. Please contact Alisha Powers for more information.

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

- Denise Brinkley ● Don Crask ● Terri Prewitt ●
- Carrie Reese ● Angel Thompson ● Linda Wahl ●
- Lisetta Whitworth ● Angela Woosley ●