

Green River Gazette

KUDOS TO YOU!

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Kudos to **Teresa Conrad** and **Iva Griffin** who recently represented Henderson County Health Center at the Horses for Hope at Ellis Park.

-Connie Nalley

Special thanks to all the **staff** who assisted with a very successful **6th Grade Blitz** at **McLean County Health Center!** (Details page 3).

-Connie Nalley

Thanks to all the **MRC Volunteers** who gave up their Saturday to participate in a state-wide Strategic National Stockpile (SNS) and Mass Dispensing exercise held at Rupp Arena in Lexington, Kentucky.

(Details page 5)

-Angela Woosley



Public Health Director Update

What's going on in the world of the Green River District Health Department? No doubt, Swine Flu (H1N1) is gearing up. We anticipate we'll be giving vaccine to target populations (children, pregnant women, Healthcare workers, certain caregivers, etc). However, there are still many unanswered questions regarding the when's, why's and how's. Janie Cambron's article in this issue of the Gazette answers some of the details associated with Swine Flu and stay tuned as we'll continue to send updates as additional information becomes available.

Please don't let the novelty of the Swine Flu override the seriousness of the Seasonal Flu. Remember, approximately 36,000 people die each year from Seasonal Flu complications. Anyone who wants to reduce their chance of getting the flu can get vaccinated. The same precautions are advised for seasonal flu as we're advising for Swine Flu (handwashing, covering mouth and nose when coughing or sneezing, stay home if sick, etc.).

Schools are back in session! With the addition of 4 schools, we're now up to 29 school health sites in 6 out of 7 counties. It takes a lot of work from the school health staff, the Finance Department and IS and Maintenance to get all of these sites ready for another year. In addition, each county health center has been working diligently to get school health physicals and immunizations up to date for those returning to school. Thanks for all your hard work!

Don't forget about the upcoming Company Picnic to be held September 25th at Reid's Orchard! I look forward to seeing all of you there! -Debbie

Gazette Vignette

Daviess County Community Access Project (DC-CAP)

The Daviess County Community Access Project (DC-CAP) purpose as a program is to improve access to healthcare for the uninsured of Daviess County, KY. DC-CAP has worked diligently toward this goal since February 2005. DC-CAP offers a broad range of case management services:

- ◆ coordinate physician referrals
- ◆ arrange transportation to appointments
- ◆ appointment reminder and follow-up
- ◆ provide them with other community resources as needed
- ◆ help with prescription assistance
- ◆ manage patient care donated by a physician
- ◆ facility referral network



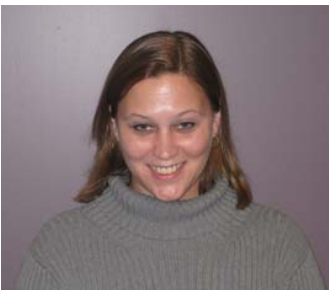
Through collaboration with many local partners, patients have access to the full continuum-of-care ranging from primary care and specialty care to pharmaceutical assistance and ancillary services. DC-CAP also provides measurable outcomes on a population that historically has been very difficult to monitor. This information can be used to improve and expand services.

Below are some of the highlights DC-CAP has experienced during the past year:

- ◆ Coordinated \$2,044,994.06 in donated medical care for our target population
- ◆ Achieved a return on investment of \$14.92 of donated care per \$1.00 of administration
- ◆ Served the needs of 248 patients within the program (some patients carried over from other years)
- ◆ Coordinated 1181 office visits
- ◆ Reduced non-emergent ER visits with this DC-CAP population by 59.3%
- ◆ Provided 80 cab vouchers and 100 bus tokens to patients
- ◆ Garnered support from 107 local physicians and healthcare facilities willing to donate services to our target population

DC-CAP eliminates barriers to healthcare access for Daviess County residents who either cannot afford or do not qualify for traditional forms of health insurance. By continuing to address the myriad problems the vulnerable population experiences, the health outcomes and the quality of life for many Owensboro/Daviess County residents will be improved.

-Suzanne Craig, DC-CAP Director



Angela Lawrence



Amber Taylor



Suzanne Craig

270-852-2927

www.healthdepartment.org/DCCAP.htm

Suzanne Craig
Angela Lawrence
Amber Taylor

Department News

McLean County 6th Grade Blitz

On July 15th and 22nd the McLean County health department was swarming with red-shirts. It made for an interesting day, as a MD, an ARNP, RN's, a CA, clerical support staff, pre-med and medical students as well as McLean County family resource center staff flooded the health department halls to start the 6th grade blitz. Most importantly, the event went off smoothly as 68 sixth graders received their required physical exam and immunizations before the first day of school.

Under the direction of Dr William Crump, MD, and Alice Coakley, RN this was the fourth year McLean County health center offered this event not only to meet the school entry requirements for sixth graders, but to also give pre-med and medical students hands on training to teach various clinical skills with physical examination and anticipatory guidance counseling. The participating medical students were teamed up with a

RN and together they performed a detailed physical, as the pre-clinical student completed the anticipatory guidance piece. Each designated job in which these students were given was taken very seriously; they spent quality time with each sixth grader providing a thorough physical exam and answering any questions the parents or child may have had on the educational information received regarding health risk and lifestyle changes for this age group.

Each sixth grader toured an educational room where they could view posters and items on health topics such as nutrition, smoking, and exercise to name a few. When each sixth grader completed each station, they left with a backpack full of school supplies donated by McLean Co. family resource center. Throughout the process, parents expressed their appreciation for providing the annual blitz for sixth graders.

-Connie Nalley



Thanks to the following staff who made the blitz a success.

- ◆ Alice Coakley, RN
- ◆ Joanie Patterson, RN
- ◆ Lisa Taylor, RN
- ◆ Peggy O'Neal, RN
- ◆ Cristen Renfrow, RN
- ◆ Jeanie Hardy, RN
- ◆ Anita Owens, RN
- ◆ Renee Nall, RN
- ◆ Brea Rich, RN
- ◆ Shirley Casebolt, ARNP
- ◆ Kelly Donahoo, CA
- ◆ Kelly Hodges, SSA
- ◆ Pam Ford, SSSA II
- ◆ Shannon Bartimus, PSSA
- ◆ Lelia Browning for cooking and serving the meals provided for the group.

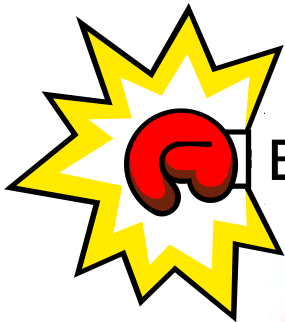
Your dedication and team work is truly appreciated.

- Connie Nalley



Department News

Nutrition – Food For Thought



Beans: Packed with a Punch!

With continued news coverage regarding the struggling economy people are finding more ways to stretch their dollars and still have adequate nutrition.

One vegetable that can really boost your wallet and nutrition is beans. Beans sometimes get a bad rap due to the impact they can have on our digestive system but they are a very nutrient rich vegetable and they are inexpensive.

One of the things to realize about beans is that they are a meat alternative – they can take the place of meat at a meal. They are packed with protein, the building blocks of muscles. Making at least one meal a week meatless is a good habit to start.

Beans are also packed with fiber – containing more than 20% of your daily needs for fiber. With the increased news coverage of colon cancer, fiber has been receiving more attention due to studies showing less risk of cancer when we consume adequate amounts of fiber. Eating beans can help you meet the recommendations of 25-35 grams of fiber a day for adults and keep your digestive system healthy.

Depending on how they are prepared, beans are fat free and not high in calories. You won't find trans-fats or saturated fats in them, which means they are good for your heart and cholesterol levels.

Women that are thinking of becoming pregnant can really benefit from this vegetable because it is also a good source of folate, which lowers the risk of neural tube defects. More and more studies are showing the antioxidant benefit of beans - they are high in cancer and heart disease-fighting antioxidants.

Go ahead and get started enjoying the benefits of beans with this easy recipe:

-Haley Fulkerson, RD, LD

Bean & Crispy Noodle Salad

- 1 16 oz. can kidney beans, drained and rinsed
- ¼ c. honey mustard dressing
- 4 C. chopped romaine lettuce (about 1 head)
- 1 C. chow mein noodles
- 2/3 c. mandarin oranges, drained
- 1 green onion, chopped

Toss all ingredients in a large mixing bowl; serve immediately.

Serves 4.

(Recipe provided by ADA fact sheet "Beans: A Very Powerful Vegetable")

**Did you know
one serving of
vegetables (1/2 cup)
is about the size of a
tennis ball?**

September is "Fruit & Veggies - More Matters Month" and "Whole Grains Month"

Department News

Medical Reserve Corps Preparedness Planning

On Saturday, July 18th a select group of our Medical Reserve Corps volunteers were involved in a state-wide Strategic National Stockpile (SNS) and Mass Dispensing exercise held at Rupp Arena in Lexington, Kentucky. Over 400 volunteers from across the state came together to learn and practice ways that they could help during a disastrous situation in which medicines would need to be received from the SNS (the Center for Disease Control and Prevention hold the SNS) and then dispensed to the public. Our MRC volunteers exercised receiving stocks and then setting up distribution lines.

THANKS to all who gave up their Saturday to participate!

Our MRC once again participated in a combined training with regions 1 and 2 (our district is considered region 3) at Kentucky Dam Village. At this training details were given on how the MRC volunteers could assist public health with the continued emergence of H1N1 Swine Origin Influenza A. Kathie Hunt, preparedness coordinator from Paducah, Tina Massengil, Region 1 Training Coordinator and our own Angela Woosley were the presenters/trainers.

*-Donna Grant
VISTA member
MRC Coordinator*

September is PREPAREDNESS MONTH!

Every year since the horrors of September 11th - with the destruction of the twin towers and thousands of lives lost, September has been designated as preparedness month. Our district's planning team will once again be providing goodies to all staff of the GRD to assist them in their own personal and family preparedness. It is becoming more and more important that people (and those that you love) prepare for what can and often does occur in our area. Remember the recent ice storm? Ask yourself honestly, how prepared were you?

Good websites to find important information on what **YOU** can do to continue your preparedness efforts:

www.healthdepartment.org

www.pandemicflu.gov

www.CDC.gov

Be on the lookout for games and activities! You could be a winner!



MRC has many events coming up:

September 11, 2009 KOIN (Kentucky Outreach and Information Network) training in the media room from 9am until 2:30 pm.

September 24, 2009 is Senior Day Out at Towne Square Mall from 8:30 am until 2 pm. There will be lots of activities and educational opportunities! Come and join the fun!

Help spread the word about MRC. We need more volunteers!

Epidemiology H1N1 (Swine Flu): What you Need to Know

What is novel H1N1 (swine flu)?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, in the same way that regular seasonal influenza viruses spread (respiratory droplets, coughing, sneezing, etc.). Signs and symptoms are similar to regular influenza, with fatigue, fever, cough, sore throat, runny or stuffy nose, body aches, headache, and chills. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway. WHO’s decision to raise the pandemic alert level to Phase 6 was a reflection of the spread of the virus, **not** the severity of illness caused by the virus.

Why is novel H1N1 virus sometimes called “swine flu”?

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. You cannot get the swine flu from eating pork or pork products!

What can I do to protect myself from getting sick?

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these steps everyday to pro-

tect your health:

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. Hand sanitizer is also effective, when soap and water are not available.
- ◆ Avoid touching your eyes, nose or mouth.
- ◆ Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick. July 24, 2009 was the last day that CDC provided individual confirmed and probable cases of novel H1N1 influenza. CDC will report the total number of hospitalizations and deaths each week, and continue to use its traditional surveillance systems (sporadic, local, regional, and widespread) to track the progress of the novel H1N1 flu outbreak.

It is uncertain at this time how serious or severe this novel H1N1 pandemic will be in terms of how many people infected will develop serious complications or die from novel H1N1 infection. This virus could cause significant illness

with associated hospitalizations and deaths in the fall and winter during the U.S. influenza season.

Quick Stats:

- ◆ 5 confirmed cases in the GRDHD area
- ◆ The current level of flu activity in Kentucky is **sporadic**, the lowest level indicating the presence of flu.
- ◆ To date, there have been 7,511 hospitalizations and 477 deaths within the US
- ◆ This case count is an underestimate of the actual number of cases in the United States. CDC estimates that there have been at least 1 million cases of pandemic H1N1 in the United States.
- ◆ The number of deaths from H1N1 was highest among people 25 to 49 years of age (39%), followed by people 50 to 64 year of age (25%) and people 5 to 24 year of age (16%)
- ◆ This is a very different pattern from what is seen in seasonal influenza, where an estimated 90% of influenza-related deaths occur in people 65 years of age and older.
- ◆ Some groups such as pregnant women and persons with asthma and other chronic conditions such as morbid obesity appear to be at increased risk for severe disease and death from infection. As we all know, obesity is a problem in Kentucky.

Department News

Epidemiology continued from page 6

- In past pandemics, influenza viruses have needed more than six months to spread as widely as the new H1N1 virus has spread in less than six weeks.

This pandemic has been characterized, to date, by the mildness of symptoms in the overwhelming majority of patients, who usually recover, even without medical treatment, within a week of the onset of symptoms.

What about a Vaccine?

A novel H1N1 vaccine is currently in production and may be ready for the public in the fall.

The novel H1N1 vaccine is not intended to replace the seasonal flu vaccine—it is intended to be used along-side seasonal flu vaccine. The vaccine will be our best line of defense against this virus. As always, a vaccine will be available to protect against seasonal influenza and we encourage everyone to take that vaccine if able. CDC's Advisory Committee on Immunization Practices (ACIP), a panel made up of medical and public health experts, met July 29, 2009, to make recommendations on who should receive the new H1N1 vaccine when it becomes available. While some issues are still unknown, such as how severe the virus will be during the fall and winter months, the ACIP considered several factors, including current disease patterns, populations most at-risk for severe illness based on current trends in illness, hospitalizations and deaths, how much vaccine is ex-

pected to be available, and the timing of vaccine availability.

The groups recommended to receive the novel H1N1 influenza vaccine include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children younger than 6 months of age** because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants less than 6 month old might help protect infants by “cocooning” them from the virus;
- **Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **All people from 6 months through 24 years of age**
 - **Children from 6 months through 18 years of age** because we have seen many cases of novel H1N1 influenza in children and they are in close contact with each other in school and day care settings, which increases the likelihood of disease spread
 - **Young adults 19 through**

24 years of age because we have seen many cases of novel H1N1 influenza in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population;

- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

Once the demand for vaccine for the prioritized groups has been met at the local level, programs and providers should also begin vaccinating everyone from the ages of 25 through 64 years. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups. However, once vaccine demand among younger age groups has been met, the vaccine will then be offered to people 65 years of age or older.

We are working with many public and private partners to get ready for the fall and what it might bring to our communities. There are many key players, not only GRDHD staff, but also other entities such as schools, hospitals, emergency management, elected officials, and many more that are all vital in the planning for H1N1. For questions or more information regarding H1N1, please contact any me or any member of the preparedness staff for more information. Fact sheets and Frequently Asked Questions sheets are available for distribution.

Thanks!

-Janie Cambron

Department News

Daviess County

As we all know in public health, obesity is a real concern for our nation. Obesity is defined as a body mass index (BMI) of 30 or greater. BMI is calculated from a person's weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems. The measurement is for adults only; children and teens are assessed differently. Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes.

According to the CDC, obesity prevalence has not measurably increased in the past few years but levels are still high- at 34% of U.S. adults aged 20 and over. In our state, 30.2% of Kentuckians are obese.

We all know this is an issue, without hearing stats. Everywhere we go we see overweight and obese adults AND children!

Daviess County has 6 staff members who are working hard to improve their health. Several of them are exercising regularly and making changes in their eating habits. Together, they have lost a total of 277 pounds! No, this is not a typo...they've lost 277 pounds. KUDOS to them...THEY LOOK GREAT!

Everyone always wants to know the "secret" to weight loss...stop bending your elbow so much and sitting on that couch! Seriously though, they were gracious enough to tell us their stories.

•**Stephanie Bivens**, SSA II: Her weight loss journey began as she

won a free 1 month membership to a gym. After working with a trainer, she lost 12 pounds the first month and "was hooked." Stephanie now drinks mostly water, has decreased her cola consumption, bakes and grills her food now and "eats lots of chicken and only lean cuts of meat." She exercises at least 30 minutes every day. It has taken her 18 months to lose the weight, but she feels "great."

•**Alecia Alvey**, SSA II: Alecia's weight loss began last September. She walks a couple times a week but firmly believes her weight loss is "mostly contributed to cutting back on portions."

•**Katie Woodward**, SSA II: Katie reports she has been overweight since she was a child. This year she was "determined to stick to her New Year's Resolution." Here's what she is doing now:

1. Walks for an hour at least 5 days a week
2. Cut out all fried foods and any type of fast food
3. Stopped drinking regular cokes all together
4. Drinks lots of water

She continues with these habits as she is on her way to her weight loss goal.

•**Lisa Lyons**, MLT: Lisa, too, has lost weight. It started as she was trying to set a good example for her daughter. She was "trying to show by example that decisions have to be made in order to lose weight." And that you "can have a

healthy lifestyle and still eat food."

•**Mary Lee Ferrell**, RN: Mary Lee's attempt to get ready for a reunion started her way to a healthier weight. She began Weight Watchers and joined the HealthPark. She "feels much better," and loves going shopping and buying clothes not in the XXXXL size.

•**Peggy O'Neal**, RN: Peggy began her endeavor by eating better and walking. She now continues these habits and "enjoys feeling so much better."

Great job ladies. Keep up the good work!

We, the community, are very fortunate to have Tricia Foster, RD in the Daviess County Health Center. Private physicians refer patients to Tricia for nutrition counseling; what a great relationship she has developed with the private docs in Daviess County. Just recently, I saw an old school teacher of mine in the health center. I went over to speak to her and she informed me that she had brought her niece in to see the nutritionist because Dr. Danhauer had referred them to Tricia. I had 2 thoughts at that time: 1) this person was inside the facility that before, probably did not even know the location of the health department; 2) private physicians are referring their patients for services we offer. Daviess County is making strides within our community!!!

Department News

Environmental Services

A WARM WELCOME

Please join us in welcoming Kelly Mously to the Daviess County Environmental Team! Kelly has Bachelor degrees in Health Services and Biology from University of Southern Indiana. She has studied in Egypt and Jordan. Kelly is a talented person in a variety of areas as well as speaking Arabic and French. We are glad to have you on our team Kelly!

IT'S A DOG GONE LIFE

Owensboro has much to offer its' community from spacious parks, public and private pools, health facilities, a wonderful establishment on the river – The RiverPark Center, a growing Art Museum, a Science Museum, Botanical Gardens and two animal shelters. I was surprised when I first learned that Owensboro has two animal shelters. One shelter, The Owensboro-Daviess County Humane Society located off of Highway 60 West, is a no kill shelter. This facility operates primarily from donations and volunteers actively seeking homes for the animals kept there. The second shelter is the Daviess County Animal Shelter at 2620 Highway 81. This shelter works closely with the Environmentalists on a weekly basis. It houses animals that have been abandoned, lost or brought there for adoption. They

also quarantine animals that have attacked or bitten someone. When an attack happens, either the Police Department or the owner of the animal will have it brought to the Animal Shelter; in cases where there is a potentially hazardous situation where the animal lives, an Environmentalist can require the animal be taken to the Animal Shelter for quarantine. The quarantine period is ten days from the reported incident. This is done in cases where the animal has not received the rabies vaccine or where there is a suspicion about the presence of rabies. If a quarantined animal expires during the isolated period, the Environmental Department will send off a specimen to the state lab for testing.



Multitalented is our Environmental team from Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster counties, thirteen Environmentalists in all. Amazing the multifaceted areas these individuals are responsible for: restaurants, schools, pools, site evaluations for septic systems, complaints and animal attacks all related to protecting the public health safety. On a day to day basis, we never know what will shuffle through our door. A few weeks back we received two dead bats brought into the office housed in a very nice chilly pot. With a good disinfecting cleaning, it is now good as new for the next batch, of chilly that is!

Until next time, remember, "Whatever the mind can conceive, it can achieve." W. Clement Stone (1902-2002)

-Terri Prewitt

Green River District
HEALTH DEPARTMENT



Employee

PICNIC



REID'S ORCHARD, SEPTEMBER 25, 2009

A Day in the Life of...

the Receptionist

When I started with the Green River District Health Department my fantasy of being an inquisitive type Receptionist such as Lily Tomlin's, Ernestine the Telephone Operator quickly ended. Gone are the good 'ole days of One Ringy Dingy, Two Ringy Dingy. Now it's RING...RING...RING...RING...RING!! As a GRDHD Receptionist one is expected to answer the phone on or before the 3rd ring. Our speed answering accuracy depends on the caller and the topic they want to discuss. From day one my fellow co-workers were chomping at the bit to share their Receptionist stories. I heard about the callers that wouldn't be able to cuss me fast enough, or the callers that wanted to explain in great detail their "issues", those who treated us as Yellow pages operators, or the lonely souls that just wanted a friendly voice to talk to. I can honestly say I've had all of the above mentioned callers, more than once and often in the same day.



In this field it is vital to have excellent communication skills, the ability to think quickly, and the wherewithal to keep the most intimate details of what one hears private. A successful Receptionist is someone who genuinely likes people and wants to help them. One must also be approachable and friendly as the Receptionist is often the public's first face-to-face contact. Also, they must know Information Technology (to use the computer, but to also assist others with basic computer issues), listening skills (often callers will talk fast and not make much sense, so one must be able to decipher the meaning), writing skills (for message taking, and dictation), and the ability to work under pressure (all telephone lines ringing at once, clients waiting for a face-to-face, and co-workers needing assistance).

All too often a Receptionist position can be seen as a low-ranking, dead end position; when in fact it should be seen with a veneer of glamour with opportunities for networking and familiarizing oneself with the inner workings of the company. According to Wikipedia, the following all held jobs as Receptionist, Betty Williams, a co-recipient of the 1976 Nobel Peace Prize, singer/songwriter Naomi Judd, the late entrepreneur and Beatle's wife Linda McCartney, civil rights activist Rosa Parks and former Hewlett Packard CEO, Carly Fiorina.

While most Receptionists won't leave our jobs for riches and fame I consider all of us in the Receptionist pool celebrities in our own right.

-Alisha Powers

Contributions to the article made by all of the Green River District Receptionists

Lily Tomlin's, Ernestine the Telephone Operator, photograph courtesy of citypaper.com

Helpful Tips from your Receptionists:

- ◆ When possible please leave your name and extension number when leaving a message for a return call
- ◆ Due to the high volume of daily outside calls please refer to the phone list to contact a co-worker
My Computer—Common Drive—Forms—Common Forms— Phone List—Click Read Only

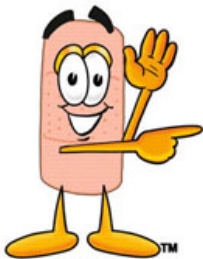
Funny calls received by your Receptionists:

Yea, I want my Co-ca-poss-ca-pee results.

Caller: I want a pregnancy test appointment.
Receptionist: Would you like a morning or afternoon appointment?
Caller: Can I call you back I don't have a paper or pen to write it down. I am not where I can get them at this time.

My wife and I recently separated but have since gotten back together. While separated I learned she was spending every Saturday night at the Yellow Rose. I would like to get tested.

Caller: I need to get the results of my test.
Receptionist: What would be a good time for you to come in?
Caller: I probably need to see if you have my results.
Receptionist: We should still have them. Did you miss your 2 week appointment?
Caller: Yes, I just haven't called back to reschedule.
Receptionist: Please give me the following information so that I can retrieve your chart?
At this point the Receptionist is not able to find any information of the caller. So the Receptionist returns to the phone and asks, "When was your appointment?"
Caller: I think it was about 10 years ago.
Receptionist: Those records would have been archived by now. You are welcome to sign a release to receive them but the results would not be current.



Where is a Band-Aid when YOU need it?

This begins our third article for the Gazette discussing stocks that the district holds to help protect not only our staff, but our citizenry as well. We have attempted to explain the stocks that are under lock and key in the Daviess County Community Health Center and the stocks held in the trailers on the adjacent parking lot. This article will feature what we expect to happen with our stockpiles with the impending H1N1 Swine Origin Influenza A.

Janie Cambron, our regional Epidemiologist, is working diligently to keep all of us apprised of the situation—not only on what is occurring throughout the Commonwealth, but most importantly, within our seven county area. She works in concert with the preparedness planning team, the environmentalists, nursing leadership and support associates to make sure we are as ready as possible.

The current thought is that some H1N1 specific vaccine will be made available this fall. The only method currently being considered is to provide the H1N1 vaccine in a two injection process—shots being scheduled at least 21 days apart. If you consider the required equipment and supplies that is needed for a routine injection then this two step process just doubles that amount!

All health departments across the Commonwealth, and across the nation, are facing significant budgetary constraints. In an effort to alleviate some of this burden, the Centers for Disease Control and Prevention (CDC) will be providing the vaccine serum, while also providing syringes, needles and alcohol prep pads. This available supply allows the GRDHD to consider gloves, sharps containers, band-aids and other necessities- which lessens our cost.

Since the distribution of the H1N1 vaccine will probably be handled in a modified mass dispensing plan/mode, GRD will utilize supplies currently stored in our POD (Points of Distribution) trailers.

YOU need to stay informed of the latest information regarding the H1N1 and seasonal flu. Contact anyone in the preparedness planning team and we will be happy to answer your questions.

-Angela Woosley RN, BSN, MEP

DAVISS COUNTY DIABETES COALITION



2009 CHARITY GOLF SCRAMBLE



Friday, September 18th, 2009
(Rain Date 9-21-09)

Panther Creek Golf Course - 4641 State Route 1514, Utica, KY

STOP The DIABETES Epidemic!

RESERVATION DEADLINE IS AUGUST 21ST

PLAY IN SCRAMBLE: FOURSOME = \$200 (Includes 2 Mulligans & 1 Skirt per player)

TEAM NAME: _____

	NAME/ADDRESS/PHONE/E-MAIL	HANDICAP
PLAYER #1		
PLAYER #2		
PLAYER #3		
PLAYER #4		

FULL REFUND DEADLINE AUGUST 21ST.

MAKE CHECKS PAYABLE TO: DCDC, P.O. BOX 309, OWENSBORO, KY 42302-0309

For questions or information contact Paul Puckett at (270) 929-6165 or carman.allison@ky.gov.

GOLF FEE INCLUDES:

BREAKFAST, LUNCH, GREEN FEES, CART, GOODY BAG, ENTRY IN CONTEST FOR CLOSEST TO PIN, LONGEST DRIVE, STRAIGHTEST DRIVE, LONGEST PUTT, & 2 MULLIGANS/1SKIRT (per player)

CHECK-IN OPENS: 7:30 AM

SHOTGUN START: 8:30 AM

FOCUS On Employees

Congratulations to **Kelly Donahoo** for placing first in her age division in the annual McLean Co. 5K Run/Walk competition. Way to go Kelly!

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

"When my dad passed away suddenly, I received such an out-pouring of love from numerous GRDHD employees. Thank you all for brightening my day during this difficult time! It's so nice to work with such caring, thoughtful people. God bless you all." - *Tricia Foster*

The Finance Department welcomes Shanni Jones, Administrative Clerk, to our team!

Saying Goodbye . . .

Sandra Hayden, District Office Point of Entry

Donna Mason, Union County Nutrition

Judy Back, Hancock North Elementary School

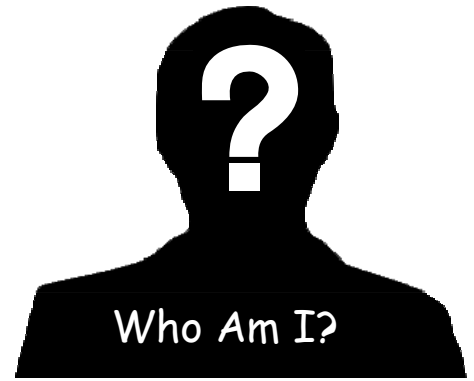
Sheri Boling, Wayland Elementary School

Brenda Montgomery, District Office Point of Entry

What Book Got You Hooked on Reading?

If you can answer this question, you can help Kentucky qualify to receive 50,000 new books for children in need! This organization donated over 17,000 books in July, of those, Green River HANDS received more than 700 books! Please take a few moments to answer these questions and cast a vote for Kentucky to receive some great books for kids! You can do it every day! We are currently in third place so it won't take much for you and a friend to log on and share the joy of reading with children in need!

<http://booksforkids.firstbook.org/whatbook/index.php>



Who Am I?

I have worked as clerical support staff for the health department for nearly 4 years. I have a six year old daughter. My favorite food is anything I don't have to cook, but if you really want to make me happy, take me to Olive Garden or Real Hacienda! I like to travel, in fact, I once took a month long road trip exploring the wild wild west! I also like to paint, spend time with my family, and read (non-fiction books like real murder stories and biographies). My favorite holiday is Thanksgiving because it isn't a busy holiday for my family, we just relax and eat - no stress! I'd like to be remembered for my laugh and a kindness for the Public. The person I most admire is my mother, even in the midst of a terminal illness, she is compassionate to others and has a zest for life.

Can you guess who I am?

New Employees

- * **Cathy Bland**—Public Health Services Coordinator, First Steps, District Offices Point of Entry (7/13)
- * **Patricia Carman**—Clinical Assistant, Livermore Elementary School (7/13)
- * **Susan Fulkerson**—Local Health Nurse II, Ohio County High School (7/13)
- * **Andrea Hepner**—Local Health Nurse II, Fordsville Elementary School (7/13)
- * **Charity Wilson**—Clinical Assistant, Hancock North Elementary School (7/13)
- * **Kelly AIMously**—Health Environmentalist I, Daviess County Environmental (7/27)
- * **Carla Eubanks**—Local Health Nurse II, Sorgho Elementary School (7/27)
- * **Susan Gaddis**—Local Health Nurse II, Western Elementary School (7/27)
- * **Shanni Jones**—Administrative Clerk, District Office Finance (7/27)
- * **Jama O’Nan**—Local Health Nurse II, Henderson South Middle School (7/27)
- * **Melissa Prow**—Local Health Nurse II, Henderson North Middle School (7/27)
- * **Jessica Fleener**—Clinical Assistant, Wayland Elementary School (8/10)
- * **Stephanie Glenn**—Local Health Nurse II, Estes Elementary School (8/10)



Cathy Bland



Patricia Carman



Carla Eubanks



Jessica Fleener



Susan Fulkerson



Susan Gaddis



Stephanie Glenn



Andrea Hepner



Shanni Jones



Kelly AIMously



Jama O’Nan



Melissa Prow



Charity Wilson

Welcome to the GRDHD Team!

Policies & Procedures

HR: Consent forms are available in Human Resources if you would like to grant permission for GRDHD to use your name, photograph or other likeness for promotional, informational or other purposes.

Finance: The district office "Print Shop" is up and running! If you have flyers, posters, pamphlets, newsletters, forms or any other materials that require multiple copies or special needs, you can request in-house printing. Just fill out the Print Request Form (located on the common drive in the forms/common forms folder) and submit it along with your original(s) to Shanni.Jones@ky.gov. Items are produced on a first come first serve basis dependent on deadlines. If you have questions, contact Shanni in the district office at extension 3072.

Finance: You can now view your pay stub online through the GRDHD Website. To access your information: go to the employee services page of www.healthdepartment.org. Click on the \$ sign (GRDHD Accounting Services) and then select Direct Deposit Reimbursement Information. Your username will be the first part of your email address. Your initial password will be emailed to you. You will need to change your password after your first logon. Once you access your account, you can view up to 6 months worth of your personal payroll information. New pay stubs will be available on each payday (Friday). You will continue to receive a paper copy of your pay stub for the next 6-8 weeks along with instructions for how to access the online information. The new system will not only reduce costs for the organization, but allow you to access your personal payroll information from any internet accessible location at any time. If you have any questions, please contact a member of finance or email grhdhdfinance@ky.gov

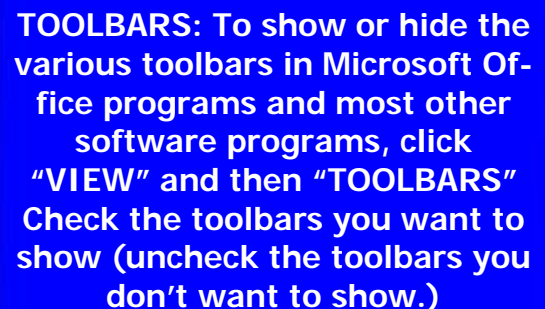
IS: Please DO NOT download or watch video or music from the Internet unless it is a function of your job! This includes legitimate news services or any other website you may be visiting on your break. We are experiencing a major slowdown on the network due to video streaming.



You could win a
Subway Gift Card!

How many years has McLean County offered the 6th Grade Blitz? (hint: it's in this newsletter!) Send your answer to any member of the newsletter committee. Winners will be selected by random drawing to receive a Subway gift card.

TECH TIPS



TOOLBARS: To show or hide the various toolbars in Microsoft Office programs and most other software programs, click "VIEW" and then "TOOLBARS" Check the toolbars you want to show (uncheck the toolbars you don't want to show.)



Who Am I Answer:
Sarah Rice
Daviness County Health Center

Policies & Procedures

Identity Theft

How many of you have been affected by identity theft? Do you know someone who has been affected by identity theft? This crime has been on the rise, especially in today's technological age. As a public health agency, Green River District Health Department is trying to do just that, protect the identity of those we serve.

The Federal Trade Commission instituted the Red Flag Rule that will go into effect September 1, 2009. Those industries that fall into the category of a "creditor" with covered accounts are required to comply with this rule and put steps into place to identify, detect, prevent and mitigate identity theft. Why would GRDHD be considered a creditor? GRDHD is considered a creditor because the law defines 'creditor' to include any entity that regularly defers payments for goods or services or arranges for the extension of credit. For example, you are a creditor if you regularly bill patients after the completion of services, including for the remainder of medical fees not reimbursed by insurance.

It is important to keep in mind any Identifying Information—"any name or number that may be used, alone or in conjunction with any other information, to identify a specific person, including any—

1. Name, Social Security number, date of birth, official State or government issued driver's license or identification number, alien registration number, government passport number, employer or taxpayer identification number.
2. Unique biometric data, such as fingerprint, voice print, retina or iris image, or other unique physical representation;
3. Unique electronic identification number, address, or routing code; or
4. Telecommunication identifying information or access device (as defined in 18 U.S.C. 1029 (e))."

If you are familiar with the HIPAA Administrative Simplification Privacy and Security Rules, you will note that these identifiers also are pertinent to the definition of protected health information in oral, written, or electronic formats.

1. **Identify Relevant Red Flags.** Identify the red flags of identity theft you're likely to come across in your business.
2. **Detect Red Flags.** Set up procedures to detect those red flags in your day-to-day operations.
3. **Prevent and mitigate identity theft.** If you spot the red flags you've identified, respond appropriately to prevent and mitigate the harm done.
4. **Update your Program.** The risks of identity theft can change rapidly, so it's important to keep your Program current and educate your staff.

Staff should be conscientious of suspicious activity such as new patients giving staff identification that looks forged or altered. Is the documentation in the chart consistent with what the client is telling you? Is mail repeatedly returned as undeliverable, but the patient continues to come to the clinic for appointments? Do you have patients complain about receiving bills for services they did not receive? Is the

Policies & Procedures

(Identity Theft, Continued from page 16)

physical exam consistent with what is documented in the chart? These “flags” may give you reason to investigate further to ensure that identity theft is not taking place.

Staff should also be very conscientious about the verification of identity and ensuring that documentation is not filed in the wrong chart, or that documentation is not given to the wrong client. If a client’s documentation is given to the wrong client, staff should notify the Risk Management Committee immediately, so that mitigation steps may be taken to ensure the protection of the identity released.

Staff may implement steps within their clinic to prevent the risk of identity theft. If staff notices red flags, they should contact their direct supervisor, who may refer this on to the Risk Management Committee, or Angel Thompson in District Office for review so that the policies for Green River District Health Department may be updated and any necessary follow up may be conducted. Green River’s policies on HIPAA and Red Flag Rule may be found on the new Official Documents Drive.

-Angel Thompson

SUSPICIOUS MAIL CONTINUES TO BE A THREAT

Many suspicious items wouldn't make it through the post offices and even get to a health center, but you never know. Please be aware of the following characteristics of suspicious packages or letters:

- * Excessive postage
- * Hand-written or poorly typed addresses.
- * Misspellings of common words.
- * No return address.
- * Incorrect titles or titles without the appropriate name.
- * Not addressed to anyone in particular.
- * Marked with restrictions, such as “Do not x-ray” or “Confidential”.
- * Postmarked with a city or state that does not match the return address.
- * Marked with threatening language.
- * Powdery substance on or that can be felt through the package.
- * Stains or odors.



Some practices and safety measures if you are a first responder for suspicious mail:

- * Wear appropriate safety equipment, such as gloves and respirators.
- * Make sure the ventilation system in the building has been shut down.
- * Isolate those that have been exposed.
- * Request assistance from the nearest hazmat team.
- * Notify the U.S. Postal Service if the package was delivered by mail.

In the News

Fox 7-AM Evansville

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

- ◆ Shelly Austin (HANDS supervisor): summer safety tips for children, the importance of tools in infant and toddler brain development, and how to help infants and toddlers grow self esteem with learning.
- ◆ Rich Nading (Health Educator II, Tobacco Control): Melanoma and skin cancer from overexposure to the sun.
- ◆ Amy Brown (Health Educator II, Healthy Start & EPSDT Outreach): KCHIP Program, what it offers and how to apply.

**Did you miss a broadcast?
Don't get the local paper?**

To view these messages and more visit our media archive link at www.healthdepartment.org

Newspapers

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

- ◆ JAT Mountjoy (Health Education Director) submitted an article focusing on Heat-Related Illness and prevention tips
- ◆ Amy Brown (Health Educator II-Health Start and EPSDT Outreach) submitted an article focusing on KCHIP - what it offers and how to apply.

September

- 4 Supervisors Meeting 9:00-12:00 Henderson County Health Center
- 7 HOLIDAY
- 9 Managers Meeting 8:30 -11:30 District Offices
- 16 School Health Nurses Meeting 8:00 District Offices
- 17 Senior Management 8:00-1:00 District Offices
- 24 School Health Clinical Assistants Meeting 8:00 District Offices
- 25 Employee Picnic, Reid's Orchard, Owensboro 12:00 p.m. (offices close at 11:30 a.m.)

October

- 2 Supervisors Meeting 9:00-12:00 District Offices
- 14 Managers Meeting 8:30-12:00 District Offices
- 21 ARNP Meeting 9:00 -11:00 District Offices
- 21 School Health Nurses Meeting 8:00 District Offices
- 22 Senior Management 8:00-1:00 District Offices
- 29 School Health Clinical Assistants Meeting 8:00 District Offices



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

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