

Green River Gazette



2009 IN REVIEW

As a New Year approaches, it's not unusual to reflect on the past while looking toward the future. As we reflect on 2009, I'm sure it's a year most of us will never forget. It started off with a bang when Ice Storm 2009 hit in January and it will conclude in December by offering the H1N1 vaccine to the general population after months of targeting certain populations.

While it has been a difficult year for Public Health, we have much more to be thankful for than not. Although the Ice Storm and H1N1 have been the most difficult, it's a miracle we didn't lose staff or family during the Ice Storm and thus far, we've had no confirmed deaths from H1N1 in our region. Both events have shown that our staff is well prepared to handle public health emergencies. I thank you all for what you've done to protect our communities!

We've had other positives as well...we actually survived what was expected to be a terrible budget year and were able to provide a 2% annual increment. In addition, we have continued to provide quality customer services through each of our programs. Again, thank you for the part .

-Debbie

KUDOS TO YOU!

Great job to **school health** and the rest of the District and County **staff** for pitching in and putting together H1N1 Flu Clinics at the schools in very little time. We had some really positive feedback!

"Kudos to Green River Health Department and all of the supporting agencies for the H1N1 Vaccination Clinic!" ...Katina Hayden, Owensboro Resident

-Janie Cambron & Carrie Reese



The Henderson County Health Department would like to thank all who helped with our H1N1 Clinics. Special thanks to **Connie Nalley, Renee Nall, Anita Owens, Angel Thompson, Laura Lindsey, Carolyn Burnett and Debbie Thompson**. We really appreciate the help and everything went smooth.

Also, hats off to **Carrie Reese** for helping us with our orders. If we've forgotten anyone, we are sorry, but thanks a bunch. -Henderson County Health Dept.

Kudos to **Shanni Jones** for her creativity and prompt response in helping us produce H1N1 materials.

-Janie Cambron



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Department News

Nutrition — Food For Thought

Understanding the Nutrition Facts Label!

The nutrition facts label has been around for awhile but many people fail to utilize it. It can give you a wealth of information about what you are eating and help you to lead a healthy lifestyle. It is found on every packaged and processed food item you come across in the grocery. So where do you begin? The first place to look is the serving size. You can easily compare similar foods because they will use the same serving size. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the label. Once you know the serving size you can identify how many calories, grams of fat, etc. you are obtaining when you eat that serving size. If you eat 2 servings you will need to double the amount that is listed for each nutrient. If you are striving to lose weight you want to make choices that contain fewer calories per serving.

Nutrient reference values, expressed as % Daily Values, help you see how a specific food fits into your overall daily diet; 5% or less is low for a nutrient and 20% or higher provides a significant amount of that nutrient. Choose options with lower % Daily Values for fat, saturated fat, cholesterol and sodium. Saturated fats,

trans fats and cholesterol are not heart friendly so choose wisely. There are some nutrients you want to look for higher % daily values—like calcium, fiber, iron, Vitamin C and Vitamin A.

For individuals that have food allergies the ingredient list is very important to notice.

The ingredients are listed in descending order by weight. Food items are now required to state if they contain an ingredient that is a common food allergy like nuts, eggs, wheat, soy, etc. The nutrition facts label is an easy tool to use for a healthy lifestyle.

-Haley Fulkerson, RD, LD

Sample Label for Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low
20% or more is high

Department News

Preparedness Planning

Flu Clinics are HUGE Successes!

GRDHD held three Saturday, seasonal flu clinics: one in Ohio County, one in Henderson County, and one in Daviess County that proved to be quite successful—receiving positive feedback from our community surveys.

Each clinic provided well over 150 seasonal flu injections and simulated a variation of our mass vaccination/dispensing plans. Staff from all seven county health centers and the district offices were utilized with the campaign called:



Health Department staff wore bright yellow T-shirts while the Medical Reserve Corps wore their standard red polo shirts. In two of the clinics CERT team members were able to assist donning their green vests.

Exercising the mass vaccination/dispensing plans was an invaluable experience that needed to be done in an effort to improve our overall all-hazards approach. “The teamwork was incredible!” was the sentiments that many touted after the clinics were completed.

Angel Thompson has tallied all of the survey results. For more details, please contact Angel at ext. 3060.

Will we get to do this again next year? We aren't sure at present, but it sure places the GRD in a better position for the future.

A special THANKS to all who participated. We hope you learned much and had fun while participating.

Janie, Sandy, Donna and Angela



September Preparedness Winners!

Thanks to everyone who played our Preparedness games during the month of September.

Even though the puzzles were a bit difficult for some, they were meant to jog your memory of items that you need to consider for you personal or family preparedness kits or plans.

Remember, it is **VERY** important that you **PREPARE NOW** for an event that could happen.

Winners

Amy Brown	Becky Horn
Mary Watson	Terra Beck
Linda Daugherty	Mary Rust
Kathryn Bentley	Meredith Griggs
Tammy Lewis	Emily Durbin
Kathy Maddox	Shannon Bartimus
Jaime Combs	Marilu Adams*

*A special note to Marilu Adams who was the only person who caught a typo on one of our puzzles.

LIGHTENING is a method of changing the shade of a color.

LIGHTNING is the atmospheric changes that we need to be aware of during storms. Thanks Marilu for catching this typo.

We would also like to say a special thanks to those in the district offices who drew the winners for us – thanks even though none of you were drawn yourselves.

As always, should you have any questions, please don't hesitate to contact anyone from the preparedness team.

Janie, Sandy, Donna and Angela

DIFFERENCES BETWEEN COLD, SEASONAL FLU & H1N1 SYMPTOMS

SYMPTOM	COLD	SEASONAL FLU	H1N1
FEVER	Fever is rare .	Fever is common .	Fever is usually present with H1N1 in up to 80% of cases with a temperature of 101°F.
COUGHING	A hacking, productive (mucus-producing) cough is often present.	A non-productive (dry and hacking/ non-mucus producing) cough is often present.	A non-productive (dry and hacking/ non-mucus producing) cough is usually present.
ACHES	Slight body aches and pains can be present.	Moderate body aches are common.	SEVERE aches and pains are common.
STUFFY NOSE	Stuffy nose is commonly present with a cold. Typically resolve spontaneously within a week.	A runny nose is commonly present .	Stuffy nose is NOT commonly present.
CHILLS	Chills are NOT common .	Chills are mild to moderate .	60% of people experience chills .
TIREDFNESS	Tiredness tends to be fairly mild .	Tiredness is moderate and more likely referred to as a lack of energy .	Tiredness is moderate to severe .
SNEEZING	Sneezing is commonly present .	Sneezing is commonly present .	Sneezing is NOT common.
SYMPTOM ONSET	Cold symptoms tend to develop over a few days .	Symptoms tend to develop over a few days . Include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is also common.	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and fast. Includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is also common.
HEADACHE	A headache is NOT common .	A headache is fairly common .	A headache is VERY common and present in 80% of cases.
SORE THROAT	Sore throat is commonly present .	Sore throat is commonly present .	Sore throat is NOT commonly present.
CHEST DISCOMFORT	Chest discomfort is mild to moderate.	Chest discomfort is moderate . <i>if it turns severe, seek immediate medical attention!</i>	Chest discomfort is often SEVERE .

Department News

Epidemiology H1N1 (Swine Flu)

H1N1 has become our new life lately here at the health department for many of us. In some way or another, H1N1 has probably affected you, whether you have had to deal with paperwork, vaccine, phone calls, or maybe you even had it yourself! I know I did and it was not fun. Here is an update of where we are as far as activity in the state of Kentucky.

- * Thirty-six deaths have occurred involving people with confirmed novel H1N1 influenza.
- * Of these 36 deaths, 22 were female, and 14 were male and 30/36 had underlying medical conditions, putting them at higher risk.
- * The median age of death was 47, with a range of 9-80 years.
- * The highest number of deaths were in the 25-49 year-old age category.
- * Although those 65 or older have a very low risk of contracting H1N1 influenza, those who are infected are at higher risk of mortality accounting for several deaths in the elderly.
- * Mortality due to H1N1 influenza rose from mid-August to a peak during the last week of October and the first week of November in Kentucky, dropping quickly after that.
- * US Stats:

U.S. Influenza Deaths from 8/30–11/28/2009 (Influenza Laboratory Test Confirmed)	
Hospitalizations	31,320
Deaths:	1,336
- * H1N1 levels continue to drop in Kentucky, but we are still in widespread activity.
- * The current wave of H1N1 peaked several weeks ago and continues to decline.
- * Now that the primary wave has peaked here in KY, and the burden of clinical intervention is rapidly diminishing, we are now focusing prevention before a possible third wave arises, as research of previous pandemics tells us will probably occur.

We have a seasonal flu “season”, in which we the range of months where we would typically see most cases. We do not have this knowledge with H1N1. We would love to have a crystal ball to predict what it will do in the future!

Outbreaks of influenza may occur in different places at different times and usually occur in waves of about 6-12 week time periods.

These waves of influenza may occur over a year after the emergence of a new influenza virus and the first wave is usually a smaller wave; followed by a larger “peak” wave, with subsequent smaller waves possibly occurring as well.

In fatal cases of 2009 H1N1 influenza, the virus can damage cells throughout the respiratory airway, much like the viruses that caused the 1918 and 1957 influenza pandemics, according to researchers from the National Institutes of Health (NIH). A micro-scopic examination of tissues throughout the airways revealed that the virus caused damage primarily to the upper airway—the trachea and bronchial tubes—but tissue damage in the lower airway, including deep in the lungs, was present as well. Evidence of secondary bacterial infection was seen in more than half of the victims.

Although most of the cases of H1N1 in our area have been mild to moderate, H1N1 is still a threat not to be taken lightly.

People who are otherwise healthy individuals can get very sick all too quickly.

Pediatric deaths from H1N1 have been very high and many can have serious complications, no matter what their age is.

Don't take a chance, get vaccinated today and protect yourself and those around you that you love.

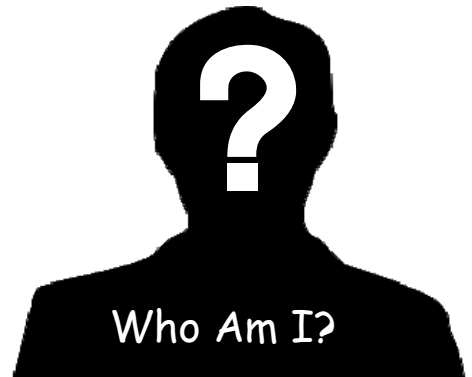
Any questions regarding H1N1 or the vaccine please let me know.

-Janie Cambron, Regional Epidemiologist

FOCUS On Employees

SUBWAY

Congratulations to **Shelley Caldwell** at Hancock Middle School GRDHD School Health, recipient of a \$5.00 gift certificate from Subway. Shelley was chosen by a random drawing of correct responses to the last Green River Gazette contest.



Who Am I?

I have worked for the health department about 3 years. In addition, I have been a beautician for 20+ years. I love to swim and watch my kids (2 daughters) play sports.

I like Mexican food - my favorite place to eat is El Charo. My favorite holiday is Halloween because I love to see the kids dress up and have fun without having the expense and worry of having to buy gifts!

I like most varieties of music, but I don't care for reading - I do good to get through People magazine!

The people I admire most are my parents, they have given me so much over the years. And I hope I will be remembered for being a good parent.

Can you guess who I am?

Condolences to **Carolyn O'Bryan**, Nursing Supervisor at Hancock County Health Center on the death of her mother, Mary Ellen Crowder, November 8, 2009.

Madonna Perry who retired from here 5 or 6 years ago passed away 11-7-09 at her home from surgery complications, she was 47. Madonna worked in Ohio County for several years as a Sr. Support Service Associate. She was known as our "WIC person" and also answered the phone. Madonna also was a Smith and a Goff when she worked here. *-Tina Flener*

Congratulations to **Joe and Alisha Powers** on the birth of twins October 9, 2009:

Clark Donald - 6:15 a.m.

(4 lbs., 9 oz., 17.5 in. long)

Isabella Lucille - 6:17 am

(6 lbs., 10 oz., 19.5 in. long)



Saying Goodbye . . .

- * **Joyce Ann Ralston**, Daviess County Home Health
- * **Alice Coakley**, McLean County Health Center
- * **Andrew Hollifield**, District Office
- * **Claudette Toor**, Daviess County HANDS
- * **Mahala Voyles**, Hancock County Health Center
- * **Larry Willis**, Daviess County Health Center
- * **Suzanne French**, Union County Health Center
- * **Victoria Perez**, Daviess County HANDS
- * **Michael Thomas**, District Office

New Employees

- * **Robin Guynn**—Public Health Services Coordinator, First Steps, Henderson County Point of Entry (8/24)
- * **Deborah Thompson**—Local Health Nurse II, School Health/Daviess County Health Center (8/24)
- * **Mary Dowdy**—Account Clerk II, District Office Finance (9/7)
- * **Emily Goetz**—Janitor, Hancock County Health Center (10/5)
- * **Sarah Davis**—Account Clerk II, District Office Finance (10/19)
- * **Vania Fenwick**—Home Health Aide Trainee, Daviess County Home Health (10/19)
- * **Libby Hancock**—Secretary, District Office (10/19)
- * **Tina McCormick**—Administrative Assistant, District Office (10/19)
- * **Lorraine Sturgeon**—Technical Specialist, District Office (10/19)
- * **Katy Raley**—Local Health Nurse II, Jefferson Elementary School (11/2)
- * **Robin Wheeler**—Clinical Assistant, Estes Elementary School (11/16)
- * **Christina Morton**—Janitor, Daviess County Health Center (11/30)



Sarah Davis



Mary Dowdy



Vania Fenwick



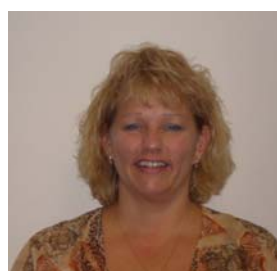
Emily Goetz



Robin Guynn



Libby Hancock



Tina McCormick



Christina Morton



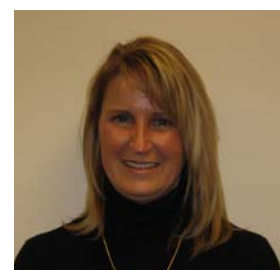
Katy Raley



Lorraine Sturgeon



Debbie Thompson



Robin Wheeler

Welcome to the GRDHD Team!

Know Your Diabetes ABCs

TEST	GOAL	HOW OFTEN?
A for the A1C test	Below 7	Twice a year
B for Blood pressure	130/80	Each doctor's visit
C for Cholesterol	LDL less than 100 HDL above 40	At least once a year

Managing diabetes is not easy, but it's worth it to prevent or delay complications!



United Way Campaign Results

The final tally for United Way is \$7245.40 to the United Way of the Ohio Valley and \$416.00 to the United Way of Henderson County. The staff was very generous during these trying financial times. The total giving for all counties was \$7661.40. These dollars will help the young and the old, the sick, dying, homeless. Thanks for your generosity.

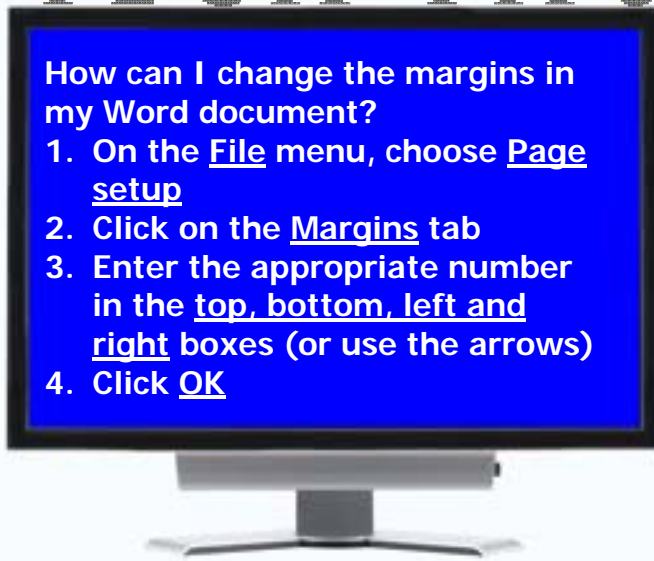
The winners of the drawings are:

- Grand Prize - \$150 - Mary Tim Griffin
- \$75 - Marilu Adams
- \$15 - Mina Desai
- \$10 - Season Barnett

If you would still like to make a pledge for the 2010 year, please contact the HR department for a form. You must complete a form each year. Every dollar you give is so important during this difficult time. There are more people with needs than ever before.

Linda Wahl

TECH TIPS



How can I change the margins in my Word document?

1. On the **File** menu, choose **Page setup**
2. Click on the **Margins** tab
3. Enter the appropriate number in the **top, bottom, left and right boxes (or use the arrows)**
4. Click **OK**

Who Am I Answer:
Meredith Griggs
Daviness County Health Center

GRDHD Soup Luncheon Raises Money for Goodfellows



GRDHD has done a great community service! On November 19, GRDHD hosted a soup luncheon at the district office to raise money for the Goodfellows Club. Volunteers prepared a variety of soups, salads, breads, cheese and crackers and deserts. Staff enjoyed good food and good fellowship all the while raising money for a good cause! Thanks to all the men and women who gave not only money, but of time and themselves. Total raised was \$300. The money will help provide coats, gloves, hats, socks, etc. to children in need throughout our communities.

In the News

Fox 7-AM Evansville

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

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 and click on Media Archive to view current and past messages from the agency:

- * Sara Murphy (HANDS)
 - * developmental milestones for a baby's first year
 - * how to help your baby feel safe and valued, how to encourage curiosity and problem solving, and help toddlers gain identity and independence.
 - * how to prevent spread of germs in infants and toddlers.
 - * Poison Safety.
- * Mary Tim Griffin (Clinical Nutritionist- Diabetes) - Fiber & Whole Grains Month (September)
- * Amy Brown (Healthy Start/KCHIP) -shopping safety tips.
- * Shelly Austin (HANDS Supervisor) - how to lower the risk of Sudden Infant Death Syndrome (SIDS).
- * Merritt Bates-Thomas (Nutrition Coordinator) - Fruits & Vegetables on a Budget.
- * Rich Nading (Tobacco Control) - October as Lung Month.
- * Mary Ann Correll (Diabetes Program) - the importance of receiving the seasonal flu and pneumonia vaccines.

Newspapers

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

- ◆ KY Diabetes Control & Prevention Program - healthy eating over the holidays.
- ◆ Don Crask (Health Educator-Physical Activity and Cardiovascular Disease) - debunking myths about exercise.
- ◆ Don Crask (Physical Activity/Cardiovascular Disease) - Preventing Falls
- ◆ GRDHD staff provided comment on 4 articles appearing in the Messenger-Inquirer and Henderson Gleaner discussing H1N1.
- ◆ GRDHD staff provided comment and information on upcoming seasonal flu clinics.

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

Policies & Procedures

HR: In an effort to provide timely service an HR email account has been established. The address is grdhd.HR@ky.gov. This email account should be used to email timesheets for payroll and/or any other documents you are sending to HR electronically. If you have any questions please contact Human Resources.

Finance: Effective 1/1/2010 you will no longer receive paper copies of your pay stub. To view up to 6 months of your payroll information online go to the employee services page of the GRDHD website (www.healthdepartment.org), click on the \$ sign (GRDHD Accounting Services) and then select Direct Deposit Reimbursement Information. New electronic pay stubs will be available on each payday (Friday). If you have any questions, please contact a member of finance or email grdhdfinance@ky.gov

Wear Red Day: February 5, 2010

February 5, 2010 has been designated as National *Wear Red Day* by the American Heart Association (AHA). This event, part of the AHA national *Go Red for Women* campaign, is designed to create awareness that heart disease is the number one killer of women.

AHA cites that one woman dies per minute of Cardiovascular disease.

I encourage each GRDHD employee to Wear Red on February 5 to show solidarity in the effort for women to become more aware of heart disease. Several counties will be hosting a *Go Red for Women* lunch and learn event. These dates will be posted on the GRDHD website when they become available "Speak up. Make a difference. Show your support for the fight against heart disease in women by wearing red. It's an easy, powerful way to raise awareness of cardiovascular disease and stroke. AHA"

You can also celebrate Wear Red Day by:

- * Getting your coworkers to join you in wearing red to work
- * Asking the man in your life to wear something red
- * Promoting healthy hearts with a [heart-healthy meal](#) for your friends and family

-Don Crask



January

- 1 HOLIDAY
- 8 Supervisors Meeting 9:00-12:00 Henderson County Health Center
- 12 District Board Meeting District Offices
- 13 Managers Meeting 8:30 -11:30 District Offices
- 18 HOLIDAY

February

- 4 Risk Management Meeting 9:00 District Offices
- 5 Wear Red Day
- 5 Supervisors Meeting 9:00-12:00 District Offices
- 10 Managers Meeting 8:30-12:00 District Offices
- 11 Senior Management 8:00-1:00 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 •