

Green River Gazette

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KUDOS TO YOU!

A big thank you to **Jeannie Hardy, RN** and **Valerie Blue, CA** for helping out in Union and Webster county clinic's during the months of May and June! Thanks to you, the clinic's were able to run smoothly and efficiently while other staff completed required training's and enjoyed a much deserved rest. You certainly exemplified team spirit!
- Jenny Hagan



In May, the governor's office of the state of Kentucky bestowed the great honor of Kentucky Colonel to **Donna Grant, MRC Vista**, and **Angela Woosley**, for outstanding service.
- Janie Cambron

Kudos to **Shanni Jones** for getting thousands of School Health Consent forms printed, stapled, collated and ready to go. She did a wonderful job in a short amount of time. - School Health

Congratulations to **First Steps/Point of Entry**, awarded \$500 in short term funding by the Junior League of Owensboro. - Angela Woosley



Lean Thinking

Many of you have just completed attending the LEAN Thinking session hosted by the Owensboro Community and Technical College (OCTC). I hope you found it an enjoyable learning experience. I am also aware that many of you have questions about the training and what the next steps will be.

What was the purpose? The goal was to provide a foundation and an opportunity for every employee to learn about LEAN Thinking as GRDHD moves forward with looking at processes and implementing teams to improve efficiency. The 5 "S" that were presented can be applied to nearly every part of our lives whether at work, home, or volunteer situations. Your response and your interest will dictate how LEAN Thinking is integrated into these areas of your life. The concepts of "Sort", "Set in Order", "Shine", "Standardize", and "Sustain" can apply to the simplest or the most detailed function you do.

The next step for each of you is to discuss Lean Thinking in your work area, with colleagues, co-workers and supervisors. Begin looking for potential areas where the Lean concept could be utilized.

The next steps for GRDHD will be to appoint a team to facilitate implementation of the Lean Thinking concepts, to help identify and prioritize specific processes and to mentor staff in analyzing and improving those processes. Lean Thinking processes can range from agency wide to departmental specific projects. The Lean Thinking team will report outcomes of the projects as they become available.

OCTCS will have a continuing role in a consulting capacity. They also intend to utilize GRDHD as a case study to model the Lean Thinking program for health departments.

While the big picture of LEAN Thinking doesn't happen overnight, some of the items can happen immediately. I look forward to hearing how you've adapted LEAN Thinking into your workplace!

-Debbie

Department News

Epidemiology

Shigella Update

As of Friday, June 04, 2010, there were 3 confirmed cases of shigella in Ohio county and 71 confirmed cases in Daviess county, with 82% of the cases being in children 13 years of age and younger. Three hospitalizations have occurred during this outbreak.

With summer coming up, we know that people in our community will be traveling, swimming, and attending festivals, vacation bible schools, and other events where the spread of shigella may occur. It takes such a microscopic amount of this bacteria to make someone sick, so prevention is key. We have been working with our community partners such as pool operators, churches, child-care facilities, and others that are involved with summer events in order to provide them with guidance for the upcoming months. A good practice is that children or adults stay at home until they are diarrhea free for at least 24 hours in order not to spread this bacteria to others.

Here are some tips for you and your family to help ensure a safe and healthy summer:

1. Keep children who are ill home from day camps, childcare facilities, sports camps,

scouts, and other congregate settings until they are diarrhea free for at least 24 hours.

2. Do not let children or adults prepare food or participate in food making activities for others until they are diarrhea free for at least 24 hours.
3. Do not let them swim in public pools, water parks, lakes, streams, or other bodies of water until they are diarrhea free for 2 weeks. (Microscopic amounts of infected fecal matter can contaminate an entire pool or hot tub and make others sick if they swallow the water.)
4. Wash hands frequently and encourage good hygiene.
5. Disinfect commonly touched surfaces, such as toilets, sinks, doorknobs, toys, and utensils with a freshly made bleach solution of ¼ cup of household bleach to 1 gallon of water or another product that is rated to kill shigella. Please remember to use in a well ventilated area and follow all manufacturers' recommendations.

-Janie Cambron Regional Epidemiologist

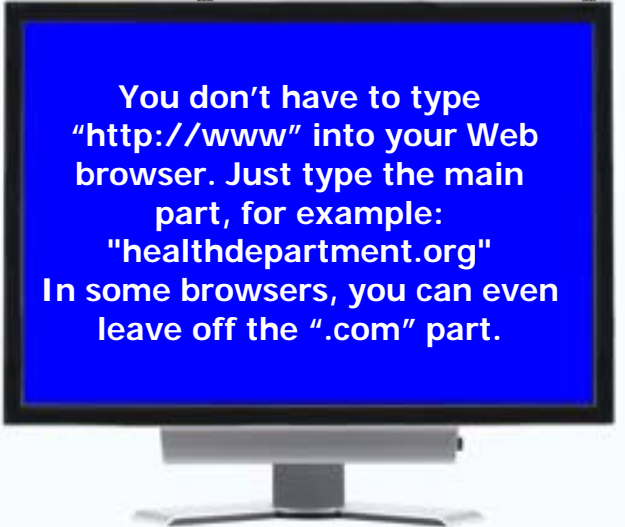
Building Stronger Families

We're Baaaaaack!!! Maybe?

The shouting heard was excited employees, eager to resume services with Building Stronger Families (BSF). Recently, we were contacted by GRADD to provide services again for the seven-county region. The funding is a two-year grant cycle to provide parenting skills to families having difficulties with every day life events.

At the time of this article, we are still waiting for contracts to be issued from Frankfort to GRADD, then GRADD to GRDHD. We are keeping our fingers crossed and hope to have an update on our status and information about the referral process in the next Gazette. Wish us good luck! *-Linda Wahl*

TECH TIPS



You don't have to type "http://www" into your Web browser. Just type the main part, for example: "healthdepartment.org" In some browsers, you can even leave off the ".com" part.

Department News

Nutrition — Food For Thought

Fire it Up!

Traditionally, Memorial Day kicks-off the grilling season, but if you are like my family, we tend to grill all year round. Whether we use the gas or charcoal grill, or even an indoor tabletop grill, it's all good. Grilling is a great way to cook meat, fish, poultry, vegetables and even fruit. It's also nice in the summer since it doesn't heat your kitchen up!

Last year we discovered turkey mignons at a local store. My husband was very skeptical at first. He wants a juicy fillet or other manly steak.....not a turkey breast posing as a fillet. Nevertheless, we took them home and we are so glad we did! We sprinkled a little Greek seasoning on them, and cooked them according to the directions on the box, and viola. We discovered a delicious new summer meal.



Check them out sometime, especially if you are looking for something lean to throw on the grill. Unfortunately, they are high in sodium, so they may not be for everyone. In our house, we balance it out with some fresh veggies, which are naturally low in sodium.

As you are firing up the grill this summer, it's still very important to abide by certain food safety principles. The American Dietetic Association offers some great tips on staying safe this summer while grilling.

Safely Thaw & Marinate Meat

- ✓ Thaw frozen foods in the refrigerator or microwave, not on the countertop or by the grill.
- ✓ Marinate meat in the refrigerator.
- ✓ Never use the same brush to baste raw and cooked meat. Wash brushes in hot soapy water between uses.

Cook It Right

- ✓ Grilled foods can be harmful if not fully cooked. The only reliable way to ensure meat is safe and ready to eat is by using a meat thermometer. Checking the color of meat or juices does not work.
- ✓ Use the following temperature guide:
 - o Steak: 145° F (medium rare);
170° (well done)
 - o Hamburgers: 160°
 - o Chicken: 165°

- Tricia Foster, RD, LD, MNT Nutritionist II



A serving of red meat, poultry or fish is 3 ounces—roughly the size of a deck of cards.

FOCUS On Employees

Congratulations to **Becky Sebree** on the birth of her granddaughter, Addyson Rose Holt, Sunday, May 30, 2010 weighing 7 lbs. 10 oz and 20" long.



Clay Horton is the proud new father of an 8 lb 5 oz baby boy. Adam Clayton Horton was born June 6th.

Congratulations to **Sandy Barbour** on the birth of her granddaughter, Zoe. She was born weighing 7 lbs. 4 oz. and 19.5" long.

Angela Woosley has been elected 2010 - 2011 President of Junior League of Owensboro.

Congratulations to **Linda Wahl** who graduated from Brescia with her Bachelors in Social Work - *Renee Nall/School Health*

Saying Goodbye . . .

Tina McCormick, District Office
Tammy Lewis, Daviess County Home Health
Tabatha Roberts, Estes Elementary

SUBWAY

Congratulations to **Pam Ford** of Ohio County Health Center, recipient of a \$5.00 gift certificate from Subway. Pam was chosen from a random drawing of correct responses to the last Green River Gazette contest.

You could win a Subway Gift Card too!

CONTEST question:
What are the 5 S's?
(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.

In the News

Fox 7-AM Evansville

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

- ◆ **Clay Horton**, Environmental Health Director—Swimming Safety
- ◆ **Amy Brown**, Senior Health Educator—Shigella
- ◆ **Becky Horn**, Health Educator II—Women and Smoking
- ◆ **Don Crask**, Public Educator III—May is Stroke Prevention Month

**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

New Employees



Leslie Clark



Mary Crowe



Tammy Ricks



Libby Hancock

- * **Leslie Clark**—Nutritionist I, Henderson County Health Center (5/17)
- * **Mary Crowe**—Nurse Supervisor, Hancock County Health Center (5/17)
- * **Tammy Ricks**—Local Health Nurse II, Home Health, Daviess County Home Health (5/17)
- * **Libby Hancock**—Sr. Support Services Associate I, Home Health, Daviess County Home Health (5/31)

Welcome to the GRDHD Team!

LEAN Thinking

LEAN Thinking addresses eight types of waste. Waste is classified as any company resource that does not create any added value. Waste can refer to time, people and things. This list identifies only a few examples in our organization—can you come up with some additional topics that illustrate waste?

Pure Waste = (Acronym: “**DOWNTIME**”)

- D**efects—errors, wrong equipment/supplies, incomplete or incorrect records/charts, misfiled documents
- O**ver Production—printing paperwork or ordering supplies before they are needed, filling out multiple forms for the same service
- W**aiting—downtime between patients, waiting for communication responses (emails, callbacks, interpreters)
- N**ot Utilizing People’s Talents—not using employees with job knowledge and skills as a resource, ignoring employee suggestions,
- T**ransportation—moving supplies between sites (district, clinics, schools), sending paperwork/information to different departments
- I**nventory/Batching—storing excess supplies, literature, forms,
- M**otion—reaching for forms or supplies, poor work environment set-up requiring extra movement to obtain needed items, searching for charts, information or supplies
- E**xtra Processing—overlapping duties, re-entry of data, mistakes that cause time consuming corrections, redundant reporting or information

Policies & Procedures

IS: Effective June 9, 2010, KYFD01 domain email accounts will be locked after three (3) consecutive invalid log-in attempts. This is to prevent individuals from attempting to log-in to the KYFD01 domain with UserIDs by guessing passwords.

There have been changes to the HIPAA Security/Electronic Communications Guidelines. Staff is encouraged to read the newest version available on the Official Documents drive within the HIPAA folder.

The equipment upgrade for the Network has (finally) been completed. The speed at which you can access the Internet, your network drive shares and log on to a computer has increased. Please report any slow-downs or other issues you experience in regards to those activities to the GRDHD Support account. Internet content is also being filtered now to block out certain sites or activities that could cause the Network to slow down again. If you have a need to access a blocked site, please have your supervisor email a request to the GRDHD support account and we can unblock it for you.

In the first part of July a “Preview” website will be made available to only GRDHD employees for a week or so before it goes public. We will be taking comments and suggestions from staff at that time via grdhd.support@ky.gov. All staff will be notified when the preview website is available.

HR: The HR 7001P Personal Appearance of Employees has been revised. An electronic copy is available in the Policy, Procedure, and Protocol Manual (PPP) on the Official Documents drive. If you have any questions please notify Human Resources.

Finance: If you have not yet submitted travel reimbursement requests for the months of April, May and June 2010, please get those in to Finance for payment by September 24. After September 30, no payments for fiscal year 2010 will be made.

 <u>July</u>	<u>August</u>
4 HOLIDAY—Independence Day	5 Risk Management Meeting 9:00-11:00 District Offices
14 Managers Meeting 8:30—11:30 District Offices	6 Supervisors Meeting 8:00—1:00 District Offices
22 Senior Management Meeting 8:30—12:00 District Offices	11 Managers Meeting 8:30—11:30 District Offices
	17 School Health Meeting 8:30—12:30 District Offices
	19 School Health Meeting 8:30—12:30 District Offices
	26 Senior Management Meeting 8:30—12:00 District Offices

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

• Denise Brinkley • Carrie Conia • Don Crask •
• Shanni Jones • Terri Prewitt • Angel Thompson •
• Linda Wahl • Lisetta Whitworth • Angela Woosley •