

Green River Gazette



Suzanne Craig receives Paul Mason Memorial Award

The Kentucky Public Health Association awarded **Suzanne Craig** the Paul Mason Memorial Award for outstanding contributions benefiting indigent, underinsured, or otherwise vulnerable populations. Suzanne received this award in recognition for the leadership she provided to the Daviess County Community Access Project (DC-CAP) and the REACH Clinic. DC CAP assists patients in navigating the health care system and helps coordinate donated services from physicians and other health care providers. The REACH Clinic is a medical clinic located in the Owensboro-Daviess County Health Center that provides medical care to those who have no insurance or are underinsured. Last year the DC CAP program reached the milestone of having coordinated over \$2,500,000 of donated medical care. The REACH Clinic served around 150 unduplicated clients that were otherwise unable to afford to see a doctor.

Past recipients of the Paul Mason Memorial Award have included Kentucky's current Lt. Governor, a former speaker of the house, state representatives and judge-executives. Congratulations, Suzanne, for the well deserved honor. - Clay Horton

KUDOS TO YOU!



Congratulations to **Andrew Wilson**, Health Environmentalist I-Henderson County, who passed the Kentucky Registered Sanitarian Exam in December 2009. - Clay Horton

Kudos to **Kelly Almously**, Health Environmentalist I-Daviess County, who passed the Kentucky Registered Sanitarian Exam in April 2010. - Clay Horton

Special thank you to all the nurses that helped out in the REACH Clinic recently: **Sarah Maddox, Kathy Cockrum, Mary Lee Ferrell, Tyronza Embry, Brenda Edge** and **Judy Payne** and home health aide, **Brenda Peach**. It truly was a team approach. Thank you to all those who helped out but thank you to all those who also worked short staffed during this time. Your efforts are appreciated and a true testament to your professionalism and devotion to patients. -Suzanne Craig

Congratulations to **Amy Brown** for her important role in securing our continued participation in the Healthy Start Program. There are only 11 Healthy Start positions being funded statewide for the next fiscal year. Amy will be adding Muhlenberg and Hopkins counties to go with the seven counties in the district. - Don Crask



In This Issue:

Calendar	12
Departmental News	5
Focus on Employees	3
Food for Thought.....	9
Gazette Vignette	2
GRDHD In the News	12
Policies and Procedures	12
Tech Tips	8

Gazette Vignette

Child Care Health Consultation Program (formerly Healthy Start in Child Care)

The Child Care Health Consultation Program (CCHC), formerly known as Healthy Start in Childcare, provides consultation services to licensed child care centers and certified family homes. CCHC is part of the KIDS NOW Initiative, a state wide campaign implemented in July 2000 to improve environments and quality of child care.

Effective July 2010, CCHC will support a total of 11 Child Care Health Consultants across the state and the CCHC Technical Assistance & Training Center at the Lexington-Fayette County Health Department. This spring, Green River District submitted a grant application to be one of those 11 sites. Our application was approved and we received funding for one additional FTE position. Amy Brown and this other person will continue to serve the seven counties in Green River District as well as Melenburgh and Hopkins Counties.

CCHC consultants collaborate with area early childhood partners to promote health, safety, nutrition and a strong social/emotional foundation for kids. Some types of services offered:

- * Conduct trainings for child care providers and parents on health, safety or nutrition issues such as handwashing, diapering procedures, etc.
- * Attend Early Childhood Council meetings (monthly or bi-monthly schedules)
- * Collaborate with Child Care Resource and Referral agencies, Community Early Childhood Councils, and other early childhood partners
- * Address needs identified in licensure or STARS inspections
- * Assist child care centers in improving their STARS rating
- * Enhance outreach and networking among child care centers

There is no typical day for a CCHC consultant. Each day is something different. Children are like little sponges, they hang on every word, so there are a lot of life lessons taught. Unfortunately, the child care workers are not always as excited to see me coming!

In January, 2010, the CCHC Technical Assistance center launched a new statewide Child Care Health Consultation Helpline, 1-877-281-5277. The helpline is staffed by the Child Care Health Consultant Technical Assistants/Trainers at the Lexington-Fayette County Health Department. The helpline offers:

- * Standardized information to child care providers and other statewide Consultants
- * Training and educational information for statewide Consultants
- * Statewide newsletter distribution which may include local information
- * Helpline will act as a triage point and give the proper phone consultation to child care facilities
- * Facilitation of referrals to the local CCHC consultant if needed. (e.g. for on-site consultation for issues such as playground safety inspections or reviewing center policies for proper health related concerns such as hand washing and diaper changing).

CCHC Consultants then target interventions for child care based on referral from the CCHC Helpline, during outbreaks in the area, at the request of any child care site, or when not providing the more targeted interventions.

For more information about the Child Care Health Consultation Program contact

Amy Brown

amy.brown@ky.gov or 270-686-7747

<http://www.healthdepartment.org/healthystart.htm>

FOCUS On Employees



Condolences to **Becky Horn (Health Educator II)** on the death of her grandfather, Benjamin "Bill" Franklin Payne on March 29.

Condolences to **Amy Brown (Health Educator III, Healthy Start)** on the loss of her husband's grandmother, Catherine Brown on March 5.

A big **Welcome Back** to **Mary Tim Griffin**. She had been on leave helping her daughter with her new twin babies (Mary Grace and Jane Katherine).

A salute to **Debbie Fillman (District Director)** and **Cindy Harris (Tamarack School Nurse)** for their finish in the Southern Indiana Marathon Classic on April 11.

Twenty-six miles plus is a long drive in car, and a considerable feat for any runner. Debbie finished in 4 hours, 28 minutes and 34 seconds. Cindy finished in 4 hours, 47 minutes, and 12 seconds.



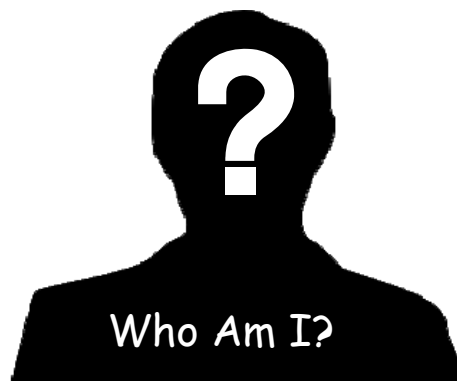
The GRDHD March of Dimes committee would like to thank everyone for your support of the 2010 March of Dimes campaign. We raised just under \$600. If you are interested in joining the committee please feel free to contact Alisha Powers, Janie Cambron or Laurie Heddleson. The March of Dimes mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. For more information about the March of Dimes please visit their website at marchofdimes.com

Saying Goodbye . . .

Dr. Nityanand Gupta, Reach Clinic

Connie Nugent, Daviess County Health Center

Catherine Kellen, Daviess County Health Center



I have worked for the health department about 16 years total, the first two thirds of those years were as a contracted employee.

I have two children: a grown son and a daughter in college who plays soccer. My favorite holiday is Labor Day because we get a day off work during the soccer season. When I'm not at work or watching soccer, I might be running, gardening, working a cross stitch or watching crime shows such as Law and Order Criminal Intent.

I also like to cook so my favorite place to eat is home. Although Mexican food is my favorite, I go to Olive Garden for an occasional treat.

I have a very patient husband, Chuck, whom I admire a great deal. When I was a sophomore in high school, I lived in Nairobi, Kenya while my father (a fisheries biologist) was doing research for the National Science Foundation.

I would like to be remembered for listening to women.

Can you guess who I am?

New Employees



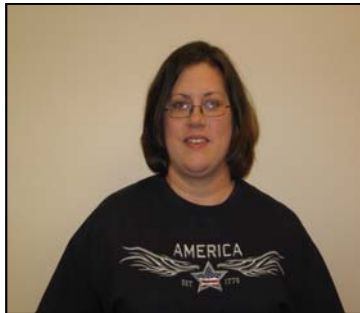
Jim Mattingly, II
Technical Specialist
District Office (3/8/10)



Andrea Lancaster
Local Health Nurse II
Webster County Health Center
(3/8/10)



Kristin Carpenter
Janitor
Ohio County Health Center
(4/5/10)



Kristina Miller
Janitor
District Office (4/9/10)



Tina Postlewaite
Local Health Nurse II
Daviess County Health Center
(3/8/10)



Tabatha Roberts
Local Health Nurse II
Estes Elementary School
(3/8/10)



Bethany Woodard
Sr. Support Services Associate I
Reach Clinic
(3/8/10)



Welcome to the GRDHD Team!

Department News

Immunization Love them. Protect Them. Immunize them.

In recognition of National Infant Immunization Week, we can all make a positive impact on immunization health through education. The publicity's common focus in recent years has been exemplifying parent's concerns about vaccine safety. As we all know, in our daily medical work, one thing we can surely rely on is change. Change is constant in the immunization field, i.e. new vaccines, new recommendations, changes in immunization schedules, etc. All change results from years of research. Research yields knowledge. When parents have fears or concerns regarding their child's immunizations, share your knowledge. You might also encourage parents to visit this website: www.cdc.gov/vaccinesafety.

In closing, I'd like to share an excerpt of notable interest I recently came across –another change.

-Submitted by Donna Whistle, RN, Immunization Program

Breaking Old Habits on Use of Prophylactic Acetaminophen before Infant Immunizations

Q: On Oct. 17, 2009, The Lancet published a study that found that infants who received three doses of acetaminophen following immunization had reduced immune responses to certain vaccines. Based on these findings, should we stop recommending acetaminophen for fever or discomfort after infant immunization?

A: No. Evidence from this study would discourage the prophylactic use of acetaminophen prior to or immediately following vaccination. Acetaminophen can be used to treat pain or fever if it should occur following vaccination. In the upcoming 2010 General Recommendations on Immunization, CDC will remove all recommendations for prophylactic use of acetaminophen or other analgesics **BEFORE** or **AT THE TIME OF** vaccination. AAP has already removed such recommendations from the Red Book.

Adapted from <http://www.immunize.org/express/issue860.asp#n1> April 2010 "ASK THE EXPERTS" Q&As ON CURRENT IMMUNIZATION ISSUES. We thank the Immunization Action Coalition. Immunization Action Coalition (IAC) thanks William L. Atkinson, MD, MPH, and Andrew T. Kroger, MD, MPH, medical epidemiologists at the National Center for Immunization and Respiratory Diseases, CDC, for agreeing to answer the question.



April 24–May 1, 2010

**National
Infant Immunization Week**

Working together with

**Vaccination Week
in the Americas**

Department News

Epidemiology

The Importance of Immunizations Recent Measles Case in Daviess County

It was late one Friday afternoon and we heard the dreaded words. We have a case of...measles? Really? I thought we didn't see measles in the United States anymore? Measles is a disease of the past,

right? Well, not exactly. Although we live in a country where vaccinations are readily available and prevent

many diseases, occasionally we still see cases of diseases that we would not normally see. A lot of the time, it is due to a person who is non-immune to the disease, often unvaccinated. Vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed many infants, children, and adults (CDC). These diseases not only negatively affect our health, but also cause problems economically when parents miss work to care for a sick child or are sick themselves. The economic toll from doctor's visits, hospitalizations, and even premature deaths can be devastating to families.

With the recent measles case in Daviess County and the pertussis cases within our community on the rise, this is a per-

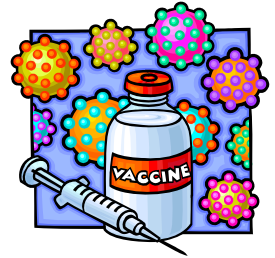
fect time to review the importance of vaccinations.

When we think of immunizations, we often picture children getting ready for school. Remember though, immunizations are NOT just for kids! Vaccinations help keep us healthy, regardless of our age. This is especially true for adults who are around smaller children and babies who aren't old enough to be vaccinated or haven't completed their vaccination schedules. Often times with pertussis, an older adult is responsible for transmitting the disease to a smaller child or infant. For the infant, they simply aren't old

enough to have any immunity, so it is very hard on their little bodies and can have a devastating effect.

With pertussis, research has shown that our immunity wanes over time, so getting the

Tdap booster is important to try and prevent getting the disease and passing it on. Remember that when you are getting a vaccination, you are not only protecting yourself, but those around you that you love.



Immunizations - NOT just for kids!

According to the CDC, the specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Throughout your adult life, you need immunizations to get and maintain for protection against:

- * [Seasonal influenza \(flu\)](#) and [H1N1](#) (In general, anyone who is 6 months or older can benefit from the protection of an annual flu vaccination.)
- * [Tetanus, diphtheria and pertussis \(whooping cough\)/Tdap](#) (for adults up to 64 years, one lifetime dose) followed by a Tetanus booster/Td every 10 years throughout life
- * [Shingles](#) (for adults 60 years and older)
- * [Pneumococcal disease](#) (for adults 65 years and older and adults with specific health conditions)
- * [Human papillomavirus \(HPV\)](#) infection (for women 26 years and younger)
- * Other vaccinations you may need include those that protect against hepatitis A, hepatitis B, chickenpox (varicella), and measles, mumps and rubella.

Department News

Epidemiology continued from page 4

So what would happen if we didn't have vaccinations? The possibilities are scary!

If we stopped pertussis immunizations in the U.S., we would experience a massive resurgence of pertussis disease. A recent study* found that, in eight

countries where immunization coverage was reduced, incidence rates of pertussis surged to 10 to 100 times the rates in countries where vaccination rates were sustained.

We live in such a fast-paced world these days. Due to an in-

crease in international travel, many infectious diseases are just a plane ride away! Make sure you and your family are up to date on your vaccinations today!

-Janie Cambron,
Regional Epidemiologist

Preparedness Planning

Hello! As the newly established Regional Training Coordinator, one of my responsibilities will be helping each of you with TRAIN...I guess I should say, once I learn the system better! One of the issues that will be coming up is that there are some individuals within our district that have multiple accounts. What probably has happened is that folks have for-

gotten their login's or passwords and simply created new accounts. We can fix that and merge all of your information into one account. If you forget your vital information, just give me a call (direct line is 852-5480 or extension 3043), or drop me an e-mail: angela.woosley@ky.gov and I will try and help you.

As the Regional Training Coor-

dinator, I now cover four additional counties in addition to those counties within our district. The additional counties are: Christian, Hopkins, Muhlenberg and Todd.

Look for more information on NIMS and other training opportunities in future Gazettes.

-Angela Woosley

Congratulations to Angela Woosley, who was recognized March 18, 2010 at the Athena Award Luncheon as one of the five nominees for the 2010 Owensboro Athena Award. This award is presented annually by Girls Incorporated and the Greater Owensboro Chamber of Commerce. The ATHENA AWARD was created to honor the accomplishments of professional women and their achievements. Award recipients demonstrate the highest level of professional excellence, while devoting time and energy to the community in a meaningful way and subsequently opening doors of opportunity for women.



Department News

Environmental

Don't Let the Bed Bugs Bite!

I have heard this little ditty many times at night while growing up when my Mom or Dad was tucking me in at night. It was meant as a loving, soothing, good night term of endearment. However, I have come to find out that there actually are these little critters in existence!



Here is an excerpt from a message circulated by the Cabinet for Health and Family Services focused towards hotel and motel owners and operators. I found this information interesting as I hope you will.

"In recent years there has been a resurgence of bed bug infestations throughout the United

States. Based on reports from across the country, bed bug infestations have been found in hotels, nursing homes, public housing, apartment complexes, moving vans, jails, furniture rental stores, dormitories and other multi-unit dwellings.

Bed bugs are small, but visible, wingless insects, approximately one-fourth inch long that feed on blood, normally during the night. They are reddish-brown and have an oval shaped body. They can range from the size of a poppy seed in their nymph stage to an apple seed during the adult stage. Most, but not all of a bed bug population will congregate in cracks and crevices near where humans sleep or rest.

Bed bugs are transferred from place to place by people. They can hitch a ride on items used during travel such as suitcases, outerwear, handbags and other belongings. While they are a significant social problem, bed bugs have not been found to transmit disease to humans. However, bed bug bites can cause red, raised, itchy reactions on the skin, similar to mosquito bites."



There are many insects that resemble bed bugs. A certified Pest Control Operator can properly identify and eradicate a positive bed bug infestation."

-Terri Prewitt



You could win a Subway Gift Card!

What is the Child Care Health Consultation Helpline phone number? (hint: the answer is 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

Want to quickly find out how many words, lines, paragraphs and pages are in a Word document such as a report, essay, article or other document? Simply click "Tools" from the pull-down menu. Then select "Word Count."



Who Am I Answer:
Marilu Adams
Certified Nurse-Midwife, ARNP
Ohio County Health Department

Department News

Nutrition — Food For Thought

Beating the Nutrition Myths

There are many nutrition myths out there. A lot of people are very willing to give out nutrition advice, but is their information reliable and factual? Here are some familiar nutrition statements – let's evaluate if they are fact or myth.

You have likely heard the statement fresh fruits and vegetables are healthier than frozen or canned. This is not so. Canned or frozen vegetables and fruits are just as good for us as fresh and they are an easy way to get these foods in your daily meals. It is a good idea to buy fresh and support farmers markets in the area but it is OK to go for canned or frozen if you need a quick, healthful addition to a meal.

This statement is quite common - carbohydrates cause us to gain weight. Calories are what cause weight gain whether it is from fat, protein or carbohydrates. Low carb diets are not the best way to lose weight. We need a bal-

ance of carbohydrates, fats and proteins for adequate nutrition and weight maintenance.

Another nutrition myth is that eating before bed is fattening. What you consume determines your weight not the time of a meal or snack. Calories work the same at 9 PM at night as they do at noon. I do want to express the importance of breakfast and eating regular meals – it does help guard against impulsive snacking and overeating.

Last but not least, I have heard people state that eating sugar causes diabetes. Diabetes is tied to how the body makes and uses insulin – not how much sugar we eat. Research shows that people who are overweight or obese are at increased risks for diabetes. When we consume large amounts of sugar laden foods and beverages we are likely to take in more calories than what our body really requires which leads to weight gain.

There is a lot of confusing nutrition information out there and it can be hard to weed through it all. Dietitians have the educational background to help decipher the fact from the fiction.

-Haley Fulkerson, RD, LD



Blend frozen berries with non-fat yogurt and a splash of 100% orange juice for a quick and yummy treat!



Are deadlines getting shorter?

Are workloads getting larger?

Do you need more time?

Lean Thinking is for you.

Coming in June—Lean Thinking Simulation Activities

Diabetes Adventure Camp

Save the Date

Saturday, June 5, 2010

9:00 AM - 4:00 PM

FREE

**For Children with Diabetes
ages 5 - 15 years old and
their parents/guardians**

FREE

**St. Margaret Chapel
685 Watson Lane
Henderson, KY**

**Fun Activities for the kids led by the
Boy Scouts of America.
Parent(s) Networking and fun activities.**

Sponsored by:



**HENDERSON COUNTY
DIABETES COALITION**

For more information call 270-852-5475

FREE

Healthcare Reform and What Does that Mean to Public Health?

By now, most of us have probably heard the many debates and angst over the changes coming with the healthcare reform that has been enacted, but many may be asking or thinking, what does this mean for public health? In an effort to try and help clear some of the murkiness, an effort will be made in our Gazette to highlight some of the key points of this massive legislative change.



- ◆ This new law is a \$940 billion dollar package.
- ◆ It encompasses over 2,500 pages in two volumes and over 53 pages of addendums....this makes it a difficult read for many individuals.
- ◆ Most of the provisions don't "roll out" until 2014 and will take over 10 years to implement.
- ◆ All U.S. citizens MUST have insurance coverage by 2014 or face a tax penalty.
- ◆ Subsidies will be available to assist low-income individuals with the purchase of health insurance premiums.
- ◆ There is a guarantee of no cancellation of insurance coverage.
- ◆ It is estimated that 32 million more people will be insured through the requirements of this new law and is planned to be in effect by 2019
- ◆ Of these 32 million, 16 million will be covered under Medicaid expansion; this expansion is planned to cover more for the poor.
- ◆ There will be no lifetime limits on health coverage by insurance companies.
- ◆ Hospitals are required to make public a list of all charges.

- Angela Woosley RN, BSN, MEP

DCDC Daviess County Diabetes Coalition

Bar-B-Que Chicken & Ribs

Saturday, May 22, 2010
Pick-Up 12:00 PM — 2:00 PM
Jumpin Jacks Hwy 54 E
BBQ Ribs \$16.00 Chickens \$8.00

DCDC is a 501(c)3 charitable organization.
All funds raised are utilized in the Daviess County area.

To purchase pre-sale tickets please contact:

Paul Puckett 270-929-6165	Mary Ann Correll 270-852-5475	David Vowels 270-244-0549	Carman Allison 270-852-5563	John Oberst 270-993-2009
-------------------------------------	---	-------------------------------------	---------------------------------------	------------------------------------

DCDC Fundraiser

Policies & Procedures

Finance: The mileage rate for April 1, 2010 to June 30, 2010 has been set at \$0.43 mile. The end of the fiscal year is fast approaching, please keep the following deadlines in mind:

- * May 7 review for your final purchases for the fiscal year and begin purchase order process.
- * June 15 all products must be received, posted received in purchase order system and invoices submitted to Finance Department for payment by June 30th
- * June 15 all travel and cell phone reimbursements must be signed by your supervisor and submitted to Finance to be paid out of this fiscal year. All required attachments must be included.

Community Education: Don Crask is now in the role of Health Educator III. He will be serving the Community Education Department as department leader.

In the News

Fox 7-AM Evansville

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

- ◆ Margaret Hibbs (Public Health Services Coordinator): Tornado Preparedness
- ◆ Rich Nading (Health Educator II, Tobacco Control): How to kick the smoking habit
- ◆ Merritt Bates Thomas (Nutrition Services Supervisor): Healthy Eating Habits

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

May

- 4 OSHA training 2:00 Henderson County
- 11 OSHA training 8:30 District Office
- 12 Managers Meeting 8:30–11:30 District Office
- 20 OSHA Training 9:00 Daviess County
- 21 OSHA Training 1:30 McLean County
- 31 HOLIDAY—Memorial Day

June

- 2 Supervisors Meeting 8:00–1:00 District Office
- 9 Managers Meeting 8:30–11:30 District Office
- 10 OSHA Training 2:00 District Office
- 15 School Health Nurses Meeting 8:30–12:30 District Office
- 17 Senior Management 8:30–12 District Office
- 17 School Health Nurses Meeting 8:30–12:30 District Office



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 ●