

# Green River Gazette

## Kudos To You!

I would like to thank **Linda Hughes** for her assistance to the REACH Clinic. Her experience and knowledge related to the bridge software and billings has been a great help to us. Thank you Linda for going out of your way to help. -*Suzanne Craig*

I would like to thank **DC-CAP staff**, specifically **Angela Lawrence** for her hard work related to our ARRA Grant. DC-CAP coordinated over \$620,000. worth of donated prescriptions over the last 9 months--- way to go Staff!!!! -*Suzanne Craig*

Thank you to **Laurie Heddleson** for your help with the grant billings at the end of Sept. Your patience and help was truly a class act. Thank you. -*Suzanne Craig*

Thank you, **Dana Burch**, for speaking at the Coordinated School Health Institute/ Growing Healthy Kids in Kentucky Conference and congratulations on getting an outstanding review on your talk! -*Renee' Nall*

Thank you to **Linda Wahl, Rich Nading, Don Crask** and **Margaret Hibbs** for volunteering their services to help at the World Rabies Day Tail Waggin' 5K Walk/ Run Race Event. -*Melissa Schoaff and Janie Cambron*

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# LEAN Thinking update

## School Health Supplies Project

- Apollo High School, our first School Health site to undergo LEAN Thinking changes is making great progress.
- In the coming months, the LEAN team will be visiting various school sites throughout the district. Team members will work with school health staff to complete changes similar to those made at Apollo.
- Maintenance is now making monthly supply deliveries to each of the county health centers. (see schedule in policies & procedures section)
- Supply orders (including medical supplies and forms) ordinarily submitted to Sheri Clark should be sent by email 2 weeks prior to the scheduled county delivery date.
- School Health staff must pick up orders from their county health center within 1-2 days of delivery
- LEAN team members will also be contacting county staff to coordinate additional changes and improvements to the supply ordering process for both county and school health use.

## County Health Center Scanner Project

- In November, a LEAN team will be formed to begin work on the county health center scanner project.
- Team members will include staff from multiple departments and locations.
- The team will select a starting location (county). Staff from that county will coordinate with the team to make decisions about where the scanner will be located, how it will be utilized, and procedures for optimal use.
- Once that is established, there will be a trial period. Any problems will be addressed before proceeding to a second county to repeat the process.

## *Building Stronger Families*

Building Stronger Families has been very busy getting set up for new families. Staff attended required training in August and September in the areas of Behavior Contracts, NCFAS-G assessment tools, in home services.

We have received 13 referrals so far and have enrolled 10 of them. The referrals cover the counties of Ohio, Daviess, Hancock, Henderson and Webster. We would like to have referrals and families in all 7 counties. The referrals have come from the HANDS/Perinatal program, CASA, self referral, and the Department of Protection and Permanency.

Children enrolled in the program range from newborn through age 17. Our 17 year old is also a parent of an infant. After enrollment, the family is assessed for strengths and needs, and then a Behavior Contract is developed with the family. This contract contains goals the family would like to achieve. The goals are broken down into steps and the contract details the responsibilities of each family member towards those goals. As we all know, what is measured is usually what changes, so these contracts should be a powerful tool in changing behaviors.

Areas that families have named as wanting to change include: decrease in fighting among siblings, cleaner homes, permanent housing for family, children following directions/orders from parents, safe environments for toddlers, healthier eating habits, reduction in weight in overweight

child. Families have already been referred for flu vaccines, OASIS counseling, Food Stamp office.

During recent visits, home visitors have assisted families with the above issues as well as helping families understand the importance of play with their children and organizing play time for the whole family to enjoy. These sorts of activities build positive interactions among family members and will build cooperation and better communication skills in a non-threatening manner. Many of the parents we serve did not have good role models on parenting and communication, so yelling, threatening, name-calling occurs. This results in poor self esteem in the children and thus perpetuates the cycle. Our intervention will hopefully change family interactions so that the next generation matures into healthy, productive, self-sufficient adults.

—Linda Wahl



## *Epidemiology*—FLU update

Are you protected? Think about yourself and those that you love, especially those that are too young to be immunized. The latest flu case reported in KY in mid-October was a 2-week-old infant. The infant was diagnosed with the H1N1 strain. This helps to bring home the fact that all should be immunized in order to protect themselves and their families. Please help us to spread the word about flu vaccinations! The annual flu shot helps the human body develop antibodies to protect against flu virus infection and is recommended to all residents age 6 months and older. This year's flu vaccine includes the H1N1 strain as well as the other major strains that are in circulation.

—Janie Cambron RS, BS, MPH

## *County Health Centers*

### *WIC EBT/Web-based PSRS Rollout*

—Thanks to all Staff

The Green River District Health Department has rolled out the WIC-EBT/Web-Based PSRS system in all seven counties and 10 WIC clinics in our District beginning August 2nd with Henderson County Clinic and ending with Daviess County Clinic in mid-September. It has been a whirlwind for most clinics to switch systems overnight and begin entering WIC and registration into the “Portal” system. We would just like to take the opportunity to thank all of our staff in the entire District for their patience and support during the transition. Staff did an outstanding job with managing the client flow, questions, and “glitches in the system” while learning a new system and for that we would like to say thank you. We have no doubt that staff will continue to provide excellent services as we overcome obstacles with the new system and continue to move forward.

—Angel Thompson, Gail Wiggington, Merritt Bates-Thomas

# Recipe Substitutions for Healthier Cooking During the Holidays

By Leslie Clark

Unfortunately, during the holiday season, gathering with friends and family is often accompanied with highly caloric food dishes that although may be delicious, may also negatively impact healthy eating routines. When preparing meals for the holidays it's easy to turn foods that pack a nutritional punch into a side dish that is overwhelmingly full of fat, calories, and sodium as well as lacking in nutritional benefits such as fiber and vitamins. Although there are usually plenty of vegetable side dishes served at holiday gatherings, many casseroles incorporate excessive amounts of butter, cheese and cream while seasonings often provide too much salt and saturated fat. Using a few simple substitutions when preparing holiday meals can help keep you and your guests on the right path for healthy-eating success!

## Recipe calls for:

- Plain flour, enriched pasta, white rice
- Bacon, meat as the main ingredient
- Butter
- Eggs
- Cream Cheese
- Sour Cream
- Oil-based marinades
- Whole milk
- Canned fruit in heavy syrup
- Table Salt

## Healthier Substitution:

- Whole-wheat flour for ½ of the amount called for in baked goods, whole wheat pasta, brown rice
- Canadian bacon, turkey bacon, smoked turkey, 3 times as many vegetables as the amount of meat called for
- Apple sauce or prune puree for ½ of the amount called for
- Two egg whites for 1 whole egg
- Neufchatel or low-fat cream cheese, low-fat cottage cheese pureed until smooth
- Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
- Wine, balsamic vinegar, fruit juice or fat-free broth
- Reduced-fat or fat-free milk
- Canned fruit in water or fresh fruit
- Herbs, spices, lemon juice, herb-blends

Incorporating healthier food choices into your holiday meals may be one of the best ways to avoid weight gain during this time of year. Choosing whole-grain options incorporates more fiber in the diet, which can help promote gastrointestinal and heart health. The overall health benefit of a meal can be improved by using these substitutions as well as by trying new methods of preparing and serving delicious holiday foods. For example, potatoes and green beans are both common side dishes served during the holidays.

Potatoes are often accused as being a culprit for weight gain, however, a plain baked potato of medium size has around 75-85 calories and less than one gram of fat! The toppings commonly paired with a baked potato, usually cheese, butter, and sour cream, are what account for the excessive calories and fat consumed when eating this food. Try low-fat yogurt, or fresh steamed broccoli with low-fat cheddar cheese as more healthful options when choosing toppings for a baked potato....and remember to keep the salt shaker away to help decrease the risk for health problems, such as high blood pressure. Slow cooked country-style green beans are usually a holiday favorite, but for a more healthful option simply sauté fresh green beans in a tablespoon of olive oil until tender-crisp, add a little garlic powder, garnish with slivered almonds sprinkled on top and serve! This recipe will definitely please your guests' taste buds as well as the top button on their jeans!

These are just a few ideas for changing traditional holiday dishes to make them more health conscience. Don't be afraid to experiment with recipes or use the internet to find healthy recipe options for preparing the perfect holiday meal. Instead of waiting until the New Year to make resolutions for improving eating habits, start now by choosing healthier options and preparing guilt-free meals for your holiday guests!

# Quick action by mother saved her baby's life

On the night of September 15, no matter how hard Joanie Rearden tried, her daughter Ava, age two, just refused to sleep. Ava kept Joanie awake all night long. Around 3 a.m., Joanie fed her one-month-old son Mason, burped him, changed his diaper. By this time, it was approximately 3:30 a.m. She put him on his bopsy pillow in his play pen, located by her bed, and turned her attention to Ava.

"I rolled over and tried to get Ava to go to sleep," Joanie said. "I heard Mason make a noise, not real loud, but just kind of a noise. His mouth was full of spit-up."

Joanie immediately jumped out of bed, rolled Mason over and let the spit-up drain from his mouth. At that time she noticed he quit breathing. Joanie immediately started to rub his back to get Mason to breathe, but it did not work. She remembered watching medical shows on television that said in such a situation to suck on a child's mouth and nose, which often helps them to restart the breathing process. It did not work.

"I put him on my shoulder and patted his back, but it did not work," Joanie said. At this point, Joanie became frantic. She and her husband David live on 1284 Middle Patesville Road in Hawesville. At this distance from town, she knew an ambulance lacked the time to get to her home in time to save Mason. At that moment, Joanie remembered Mary Crowe, a Registered Nurse, lived only two miles away, next door to her father-in-law. She grabbed up her children, put them in her vehicle

and rushed to Mary's house. At the time, Joanie was home alone because her husband David was at work at the Alcoa plant in Newburgh, Ind. "We rushed over to her house, and I pounded on the door," Joanie said.

Mary recently replaced Carolyn O'Bryan at the Hancock County Health Department. When she first heard the pounding on her door, she thought she dreamed it. Mary got out of bed and looked out, and noticed the vehicle headlights shining into her house. When she saw the lights she knew someone needed help, and rushed to the door and opened it.

"Joanie handed me the baby and told me he quit breathing," Mary said. "I was terrified. I did not know how long he had not been breathing, and what was the situation." Mary immediately started efforts to resuscitate Mason. She tried various ways to stimulate him to breathe on his own, but they did not work, so she administered rescue breaths on him. "I gave him two breaths and he came back," Mary said.

Even when Mason started breathing again, several anxious moments occurred. Several times he gurgled like he was about to spit up again, but he did not. After Mary restarted Mason's breathing, she called an ambulance to take Mason to Owensboro Medical Health System. Mary said at that age she suspected Mason suffered from reflux due to a defective sphincter muscle in his

stomach, but told Joanie she needed a doctor to examine him. He stayed in the hospital for just over 24-hours before being released.

At this point, doctors do not think Mason suffered any damage from not breathing for several minutes. Joanie estimates he did not breath for over four minutes, but does not know an exact time. Joanie said she is fairly sure the entire episode lasted less than 10 minutes. Fast action by everyone involved saved Mason's life that night.

"I do not know what I would have done if she had not been home," Joanie said. "I did not know what else to do, and by the time the ambulance got to my house, Mason would have passed away. Mary saved him."



**Little Mason Rearden owes his life to the quick thinking of his mother Joanie, and the medical expertise of RN Mary Crowe. Mason quit breathing, and Crowe performed rescue breathing on him and resuscitated Mason. Pictured from left are mother Joanie, holding Mason, daughter Ava, and Nurse Mary**

Make November 18 your QUIT DAY!



Join the  
**GREAT AMERICAN SMOKEOUT**

For help with quitting:

**1-800-QUIT NOW**  
1-800-784-8669



Re-learn life without  
cigarettes, free at  
**BecomeAnEX.org**





## It's Halloween

It's Halloween! It's Halloween!  
The moon is full and bright  
And we shall see what can't be seen  
On any other night.

Skeletons and ghosts and ghouls,  
Grinning goblins fighting duels.  
Werewolves rising from their tombs,  
Witches on their magic brooms.

In masks and gowns  
We haunt the street  
And knock on doors  
For trick or treat.

Tonight we are  
The king and queen,  
For oh tonight  
It's Halloween!

By Jack Prelutsky

**Ghosts and goblins and witches alike, little ones dress up and parade the streets seeking their fortune in candy on Halloween night!** Of course there is the other faction, the older “youngsters” who trek out to create mischief wherever they roam during the damp, dark and eerie evening.

While researching information for this article, I came across statistics from 1995 that I found interesting about pedestrian accidents on Halloween. “During 1995, pedestrian deaths accounted for approximately 15% of all motor-vehicle-related deaths sustained by children aged 0-19 years in the United States. Because of levels of participation in Halloween-related activities by elementary and middle school-aged children, these children might be more likely to sustain pedestrian injuries on that evening than on other evenings.” One point that surfaced from this research was that Halloween poses special environmental and behavioral risks compounded by the ages of most trick-or-treaters. Children who participate in door-to-door trick or treat activities frequently cross the streets at midblock rather than at marked cross walks. Dark costumes further limit driver’s ability to see children crossing the street in front of them. With the excitement and exhilaration of landing the “good” candy stashes, it is the tendency for children to dash about without looking first. Young children do not evaluate potential traffic threats effectively.

I have compiled a list of safety tips I gleaned from various sources to share with you that may assist in a safe and memorable Halloween experience this year for you and your family.

- It is a good idea for parents to establish a set route for their children in a known neighborhood
- It is wise to have the trick-or-treaters to carry a light source such as a flashlight or a glow stick
- Remind your little ones to cross at corners and not between parked cars
- It is a good idea to remain in a group and to cross streets together
- If your child’s costume does not have a reflective surface, you can purchase reflective tape from the neighborhood hardware store or at least make sure that there are bright colors on the costume
- Masks can create visual and hearing barriers, try to avoid masks that may be too large or switch over to face paint and make sure that hats are snug, not flapping in your child’s face covering their eyes
- Try costumes on before the fun night arrives and ensure that the length is appropriate, not too long or baggy
- Make it part of the routine of gathering the goodies to visit the houses that are well lit and do not allow your children to enter homes of folks you do not know
- It might not be a bad idea for one of the kids in the group to carry a cell phone for emergencies or routine check-ins
- Another great idea is to have the child’s name and address attached somewhere in the costume in case they are separated from the group and end up lost
- Establish a curfew for the older children

It is always a good idea to check the goodies your children gather during the evening. Unwrapped items should be tossed. Try to divvy out the candy haul over a few weeks or months using it as rewards or snacks, a great way to prevent packing on two or three pounds in a hurry!

Halloween is an evening of excitement, fun, laughter and sharing. Enjoy your special time with your family and always be aware of the potential dangers that may lurk around the corner.

-Terri Prewitt

**HAVE A HAPPY HALLOWEEN!**

# LEAN Thinking

## LEAN Concepts - Value Stream Mapping

During your Lean Thinking Simulation and in discussions since then, you may have heard the term Value Stream Mapping (VSM) mentioned. It's a key concept that may sound complicated, but isn't. So what, exactly, is Value Stream Mapping (VSM)? Think about the definition of each word: Value = Worth. Stream = a steady flow or prevailing direction. Map(ping) = a representation of surface, areas or facts. So essentially, VSM is a process of selection, analysis and reporting. Why complete VSM? Because the activity of visual stream mapping actually identifies current issues and new goals, establishes a baseline for improvement and directs the implementation plan for future goals.

### To complete VSM, there are a few steps

- 1) **Define.** Select a process, part of a process or an end result that needs attention. If this activity requires contact with other people or departments, you should include the people who are directly involved in the process to contribute.
- 2) **Outline your current process.** Process refers to every step that occurs from beginning to end. In other words, what are you doing now to get the job done? What is the ultimate goal?

As you review your current procedure, identify what is important (value) and what is not important (waste). Don't be afraid to ask questions! Where are the problems? What is taking so long? Why is this necessary? How can it be changed? What would make this better? Use these answers to brainstorm opportunities for change and improvement to the current process.

- 3) **Set goals for a new process.** Visualize the "ideal" process – how will things work once you have eliminated the wastes identified in step 2?
- 4) **Create action items.** Using information from steps 2 and 3, target specific changes to reach your goals. Establish what needs to be done, when it needs to be done and by whom in order to make these changes happen, this is your "implementation" plan. Once executed, you will have reached the first phase of your new plan.
- 5) **Review the results and repeat.** After completing steps 1-4, you should have a good start on some positive changes, review where you started and how far you've come. Are the changes working? Have you met your initial goal? Can you make more changes now that you've eliminated some problems and implemented new techniques? This begins the cycle of continuous quality improvement.

**You could win a  
Subway Gift Card!**

The Subway logo, featuring the word "SUBWAY" in a stylized, green, blocky font with a yellow outline, set against a white background within a yellow rounded rectangle.

CONTEST question: GRDHD can now be found on two popular social networking sites. What are they? (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.

For more information, visit the LEAN Thinking folder on the common drive or contact Carrie.Conia@ky.gov

# Department News

## GRDHD



### COMPASSIONATE CARE ADULT DAY HEALTH CENTER

Many, many thanks for your assistance in “GO **GREEN** and RECYCLE!” The response was wonderful! The staff and clients are truly grateful for all and any donations. Compassionate Care Adult Day Center uses the items for bingo, crafts, and prizes, client’s birthday and especially Christmas presents to be given during our annual Christmas Party to the clients. We are accepting items anytime. The clients enjoy toys, stuffed animals, easy to read books, decks of cards, costume jewelry are just a few to mention.

For more information you may contact any of the staff at 270-852-2908 or ext.2069 or 2070, or email at [teresa.myatt@ky.gov](mailto:teresa.myatt@ky.gov), [theresaa.wilson@ky.gov](mailto:theresaa.wilson@ky.gov). We can provide a more detailed list if needed. As always, everyone is welcome to stop by and visit our facility. Thank You!

#### **The winners from the United Way drawings are:**

\$150 Alicia Alvey

\$75 Misty Payne

\$10 Lila Smithson

2 United Way T-shirts go to: Tina Fleener and Judy Payne



Thanks for all the support for United Way. This year we pledged \$8538. This is more than last year. Everyone should be proud of what was accomplished in this year’s United Way Campaign. As Pacesetters, we set the pace for other companies. Our company did very well by increasing the amount that was pledged. If you would still like to pledge money, please contact HR for your 2011 pledge form. Remember, you must complete a form each year in order to have the money deducted from your paycheck.

—Thanks, Linda Wahl

### *Department News - Preparedness*

- Preparedness traveling roadshow continues, not without a few pit stops along the way! Thanks to all who stopped by and have participated in the word scramble! Stay tuned for the winners!
- 9-11 remembrance ceremony for the Medical Reserve Corps with Keith Cain as our guest speakers has gotten the attention of the national leaders and will be featured in an upcoming national newsletter! Margaret was also recently recognized for her work with the MRC and the Girl Scouts of America for the preparedness patch.
- Angela is also catching attention for many endeavors, recently presenting the Circles of Poverty talk to UofL staff and working on a pilot project with the Catalyst system for preparedness staff around the state.

We are planning on doing a **Goodfellows Soup Luncheon on November 17<sup>th</sup>, 2010** with great homemade soup, salad, sandwiches, and dessert recipes from GRDHD MRC members and staff. Please save the date and donate for a good cause!

—Janie Cambron, RS, BS, MPH

AMERICAN DIABETES MONTH®  
NOVEMBER 2010

MOST PEOPLE DON'T THINK  
**DIABETES**  
IS VERY SERIOUS.

Until it hits them.

## **The Future of Diabetes is in Your Hands during American Diabetes Month ®**

Nearly 24 million children and adults in the U.S. have diabetes, and an additional 57 million people are at high risk for developing type 2 diabetes. In Kentucky, 11.4% of our adult population is diagnosed with diabetes (4<sup>th</sup> in the nation) while the national average is 8.3%. New data from the CDC now provides us with estimates of the number of adults with diagnosed diabetes in each of our counties (see chart below):

<b>COUNTY</b>	<b>ESTIMATED PERCENT/ COUNTY</b>	<b>ESTIMATED NUMBER/ COUNTY</b>
Daviess County	11.2	7663
Hancock County	10.7	662
Henderson County	11.4	3859
McLean County	13.1	957
Ohio County	13.1	2296
Union County	11.6	1254
Webster County	10.4	1076

Why do we have more diabetes than other states? The answer may lie in the fact that Kentucky also has a high rate of obesity (also one of the highest in the US) and a LOW rate of physical activity, two things that really make diabetes much more likely to occur in children and adults.

In the district, we have 2 organizations whose sole purpose is to promote the awareness, advocacy, education and support for people with diabetes. They are the Daviess County Diabetes Coalition and the Henderson County Diabetes Coalition. They both work to support fund raisers, awareness campaigns, advocacy activities (Diabetes Day at the Capitol), provide educational classes and patient assistance for those who can't afford the medicines and supplies it takes to control diabetes.

Tuesday Ross, who lives in Texas, is one of the 1.6 million new people who have been diagnosed with diabetes this year. "My whole life has changed," she said. "Diabetes truly alters your body, mind and soul, and puts such an emotional stress on you." But Tuesday decided she was not going to let diabetes control her life. "I want to Stop Diabetes because I realize now that I have not been issued a death sentence. I watch my glucose levels. I watch what I eat and try to get exercise every day. I choose to fight this disease until there is a cure."

She is one of the hundreds of thousands of Americans who have joined the American Diabetes Association's movement to Stop Diabetes®. During American Diabetes Month® this November, the American Diabetes Association is encouraging the public to take action against this devastating disease by asking "How will you Stop Diabetes? The future is in your hands."

Local residents can become a part of the movement by visiting [stopdiabetes.com](http://stopdiabetes.com) or calling 800-DIABETES to:

**Share\*** – "Share Your Vision to Stop Diabetes" by posting your video on [stopdiabetes.com](http://stopdiabetes.com) starting October 15, 2010.

*Continued on page 11....*

....continued from page 10

Incorporate the hand as a symbol of the movement in a 30-second video online to show your passion and commitment to changing the future of diabetes. Be sure to check out our sample videos at [stopdiabetes.com](http://stopdiabetes.com) made available by VSP® Vision Care.

Once the video submissions are complete, the public will be able to vote for the most compelling video. The top 3 finalists will receive an Apple® iPad® and the winner will be part of a Stop Diabetes public service announcement. The “Share Your Vision to Stop Diabetes” video contest is sponsored by VSP® Vision Care.

*\*Video submissions will not be accepted after November 30, 2010.*

**Act** – The future of diabetes is in your hands. Take action now by visiting [stopdiabetes.com](http://stopdiabetes.com) or calling 1-800-DIABETES.

Become an Advocate for the cause and receive alerts and critical information to help stop diabetes through our advocacy efforts.

Attend a local community activity to learn more about diabetes and how you can stop it.

Take control of your health. Request your free copy of “Top Five Ways to Stop Diabetes and Get Healthy Right Now!” or “What Can I Eat?” booklet by calling 1-800-DIABETES.

Download your own Check Up Checklist at [stopdiabetes.com](http://stopdiabetes.com) and bring it to your next health care provider’s visit.

**Learn** – Become a part of the movement by learning more about diabetes.

Learn how to survive the holidays with the “Celebration Survival Guide” available at [stopdiabetes.com](http://stopdiabetes.com) or 1-800-DIABETES.

**Give**

The drive to stop diabetes cannot succeed without individuals dedicating time, effort and funds to support our mission-critical activities in your neighborhood. You can get involved by visiting [stopdiabetes.com](http://stopdiabetes.com) or calling your local American Diabetes Office at 1-800-DIABETES.

To become involved in American Diabetes Month and the Stop Diabetes movement, visit [stopdiabetes.com](http://stopdiabetes.com) or call 800-DIABETES.

Become involved in our local coalitions too by calling Nancy Walker, RD, LD, CDE at 270-852-5454 and emailing Nancy at [nancyt.walker@ky.gov](mailto:nancyt.walker@ky.gov). Nancy is the diabetes coordinator for the Kentucky Diabetes Prevention and Control Program at GRDHD.

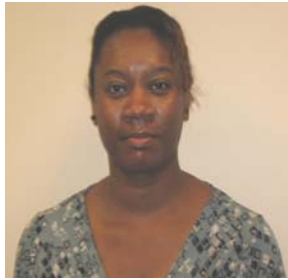
This article was taken from the American Diabetes Association Web site and re-written by Nancy Walker to include Kentucky data.



# New Employees



Serena Fleming  
Sr. Support Services Associate I  
Daviess County Home Health  
8/23



Toni Pierson  
Sr. Support Services Associate II—  
Clinic, Union County Health Center  
8/23



David Miller  
Environmentalist II  
Daviess County Environmental  
9/6



Patty Jackson  
Home Health Aide Trainee  
Ohio County Home Health  
9/20



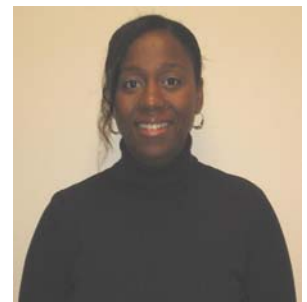
Tara Ashby  
Home Health Aide Trainee  
Daviess County Home Health  
10/4



Jo Baize  
Janitor, Ohio County Health Center  
10/4



Darla Porter  
Local Health Nurse II  
Ohio County Schools  
10/4



Marci Slaton  
Clinical Assistant  
Union County Schools  
10/4

Welcome to the GRDHD Team!

# FOCUS On Employees

Henderson County would like to welcome **JoAnn Lemmons** to our clinic.

**Vicki Gentry**, we will miss you and we wish you well on your retirement!

-Henderson County

Farewell to **Alisha Powers**, you will be missed. Cherish this precious time with Clark and Isabella! -District Office Staff



Dear Fellow Employees,

I would like to send a "Thank You" to everyone for the prayers, thoughts, cards, food and concern for me and my family during my husband, John's illness and death. It's been a trying time and I hope I haven't forgotten to send notes to everyone for the blanket, flowers and plants sent to my family. God bless all of you.

- Ruth Stocking



Congratulations to **Mina Desai**, Account Clerk II in the district office. Mina was chosen from a random drawing of correct responses to the contest question in the last issue of the Green River Gazette.

**Question: Public Health costs for what disease exceed \$300 million annually?**

**Answer: Rabies!**

On Saturday, 43 participants completed the Tail Waggin' 5K Walk/Run Race Event at Horse Fork Creek Park in Owensboro to promote awareness of World Rabies Day 2010. Congratulations to the winners! Special congratulations to Green River District's own **Debbie Fillman, Cindy Harris, Jennifer Chappell** and **Shelly Austin**. World Rabies Day 2010 highlights the impact of human and animal rabies and promotes how to prevent and stop the disease by combating it in animals.



## Saying Goodbye . . .

- Elizabeth Hancock**, Daviess County Home Health
- Vania Fenwich**, Daviess County Home Health
- Sandra Adkins**, School Health
- Norma Burnett**, Webster County Health Center
- Vicki Gentry**, Henderson County Health Center
- Carolyn O'Bryan**, Hancock County Health Center
- Jonathan Cambron**, Daviess County Environmental
- Andrea Hepner**, Ohio County Schools
- Amy Odom**, Union County Schools
- Alisha Powers**, District Office

## TECH TIPS

To check spelling in your MS office file or email, press the function key "F7" (or go to the Tools menu and select "Spelling")

# Policies & Procedures

**Finance:** The mileage rate for October 1 to December 31, 2010 has been set at \$0.43 a mile.

We have a new email account for contacting the district receptionist [GRDHD.Receptionist@ky.gov](mailto:GRDHD.Receptionist@ky.gov) Please use this email address to reserve a district office automobile or conference room. To view car/room availability look in the District Receptionist folder located on the common drive.

The Credit Card Purchasing Protocol and Procedure has been updated effective 9/29/2010. The protocol applies to all departments which accept credit card payments. A copy of the revised policy is available on the Official Documents drive under Policies, Procedures, and Protocols in the Section 4 Expenses folder.

Effective 11/1/10, all Green River District automobiles will have a universal MasterCard which will replace all other gas cards currently available in the vehicles. This credit card can be used at ANY vendor to purchase gas, oil changes, car washes and minor car repairs such as flat tire, fluids, wipers.

To use the card:

1. Swipe Card
2. Enter PIN number (driver identification number) - please contact your supervisor or the Finance Department for the PIN
3. It will ask for the odometer reading, just put in the **car number**. It will tell you the mileage is not in sequence. Please do not panic it will still let you pump gas.
4. Pump your gas.
5. Get a receipt, please write the car number and department on the receipt.
6. Promptly turn in the receipt. It does no good to turn it in two weeks after the bill has been paid.

\*\*If you have questions, please contact the finance department at [grdhdfinance@ky.gov](mailto:grdhdfinance@ky.gov)

**HR:** National Teacher Associates *now offers heart & accident programs to individuals with type II diabetes*, (if you have not been insulin dependant in the last 10 years and meet the usual criteria for these programs), at the same low rates. Call Robin Hulsey at 812-454-2780 or email [hulsey.ntalife@gmail.com](mailto:hulsey.ntalife@gmail.com) for more information.

## Monthly Delivery/Maintenance Schedule

Each month, Maintenance will visit each county health center on the designated day.

Daviess County - 1<sup>st</sup> Monday

Hancock - 4<sup>th</sup> Thursday

Henderson County - 1<sup>st</sup> Tuesday

McLean County - 1<sup>st</sup> Thursday

Ohio County - 3<sup>rd</sup> Tuesday

Union County - 2<sup>nd</sup> Tuesday

Webster County - 2<sup>nd</sup> Thursday

School Health (varying counties) - 4<sup>th</sup> Tuesday



# In the News

*Fox 7-AM Evansville*

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

- ◆ 9/2 **Suzanne Craig**, Public Health Services Coordinator DC-CAP & Reach talks about DC CAP
- ◆ 9/9 **Merritt Bates Thomas**, Nutrition Services Supervisor, talks about the importance of whole grains
- ◆ 9/16 **Don Crask**, Community Education Health Educator III —Making a Difference That Pays
- ◆ 9/23 **Clay Horton**, Environmental Health Director, talks about bed bugs
- ◆ 9/30 **Janie Cambron**, Sr. Epidemiologist—World Rabies Day
- ◆ 10/7 **Nancy Walker**, MNT Nutritionist II—Celiac Disease

To view these messages and more visit our media archive link at [www.healthdepartment.org](http://www.healthdepartment.org)



## Announcements

For up-to-date information follow Green River District Health Department on Twitter and Facebook. Direct links can be found on the [www.healthdepartment.org](http://www.healthdepartment.org) homepage. Programs can contact Janie Cambron or [grdhd.support@ky.gov](mailto:grdhd.support@ky.gov) if they have events or information they want posted on Twitter &/or Facebook.

December 5-11, 2010 is National Handwashing Awareness Week— Tune in to Fox 7 AM that week, Sara Murphy will be recommending ways to introduce the importance of hand-washing to children.

## November 2010

### American Diabetes Month

- 5 Supervisors Meeting 8:00 Henderson County
- 10 Managers Meeting 8:30-12:00 District Offices
- 11 **Holiday—Veteran's Day**
- 18 Sr. Management Meeting 8:30-12:00 District
- 18 **Great American Smoke Out**
- 25 **Thanksgiving Day**
- 26 **Holiday**



## December 2010

- 3 Supervisors Meeting 8:00 am District Offices
- 5-11 **National Handwashing Awareness Week**
- 8 Managers Meeting 8:30 am District Offices
- 16 Sr. Mgmt. Meeting 8:30 am District Offices
- 23 **Holiday**
- 24 **Christmas Eve**
- 25 **Christmas Day**
- 30 **New Years Holiday**
- 31 **New Years Holiday**



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 •