

Green River Gazette

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KUDOS TO YOU!

Thanks to everyone who worked so hard to make this year's **McLean County Blitz** a success!

- McLean County Health Center Staff

Henderson County would like to thank **Debbie Thompson** for her help this summer. We really appreciate it. Hopefully your knee is healing. It was great having you here for the few days you could help. -*Jeanie Hardy, RN*

Kudos to **Angela Lawrence, Amber Taylor, Bethany Woodard** and **Mary Sinnamon** for embracing LEAN Thinking principles and applying it to a current process. -*Carrie Conia*



DIRECTOR'S UPDATE

When school starts, it seems as if summer is over! This year, school start up was particularly exciting for us as we added a total of 8 schools including Sacramento Elementary in McLean County, Horse Branch and Southern Elementary in Ohio County and Union County High School, Union County Middle School, Morganfield Elementary, Sturgis Elementary and Uniontown Elementary schools bringing us to a total of 38 school sites! We welcome back Alice Coakley, RN to Sacramento Elementary School along with new school health employees listed in this newsletter.

Mary Ann Correll also decided to join the school health team as a "floater", leaving a vacancy in the diabetes program. Nancy Walker, RD, LD, CDE has returned to coordinate the Diabetes Program. Nancy was one of the first Diabetes Team Members for GRDHD when the program first started!

The Environmental program will be filling its current vacancy with a former employee as well. David Miller, RS will join GRDHD on September 7th. David worked as an Environmentalist in Ohio County from 1982 to his retirement in 2006.

The Building Stronger Families program has been resurrected! Linda Wahl has resumed her role as the BSF Coordinator...leaving a vacancy in school health. Thanks to Debbie Davis for stepping in to take on the school health position. Alana Troutman will also be transferring to BSF...leaving a position open in Point of Entry.

Personnel changes aren't the only changes happening at GRDHD. Most of you are aware of WIC EBT implementation throughout the district. It's a huge process and a big change for our clinics, vendors and patients!

Also, we've applied for a number of grants and are patiently waiting to see if funding will be awarded. We've been officially awarded one grant, the Health Impact Assessment Grant. Clay Horton will be coordinating the work on this grant along with new hire, John Clouse. We've also applied for an abstinence grant through KY DPH and a Planning Grant from the Office of Women's Health.

It is exciting to have so much going on at GRDHD! Thanks for your part in making GRDHD successful!

- Debbie

LEAN Thinking

U In June, most Green River District staff attended a LEAN Thinking simulation session which provided a foundation of principles for the implementation of LEAN Thinking in our organization. So the big question is: What Now?

P There are several district wide projects in progress. One team is focusing on the School Health Program. This team is working with staff at the various school sites to organize supplies and standardize the small work spaces for increased efficiency. They are also working to streamline the ordering and delivery process for supplies. In a related issue, a small group is reviewing the many forms utilized in our centers to determine if we can save time, costs, and storage by printing them in-house rather than ordering large quantities from an outside source. Changes to these processes will in turn affect how all health centers order, receive, store and distribute forms.

D Yet another team will be visiting each county health center to install and instruct staff on the use of a scanner. The scanners will be used by health center staff to send documents (normally transmitted by fax and US Mail) between county clinics and the administrative offices.

A Several departments have already experienced LEAN Thinking successes. Daviess County Health Center staff re-organized supply closets and medical carts using the 5 S theory. Building Stronger Families is structuring their new office workspace based on LEAN Thinking principles. And DC-CAP staff incorporated what they learned in the LEAN Thinking Simulation session to make a major change in the procedure for processing prescriptions through pharmaceutical companies.

T If you have a LEAN Thinking success story to share or would like assistance implementing LEAN principles in your department, please contact Carrie Conia (carrie.conia@ky.gov).

E

In Motion

On Thursday, August 5, a team of nine GRDHD Employees gathered at the Apollo High School Student Health Center as a starting point for the LEAN Thinking School Health Supplies Project. Wes Page from KCTCS provided direction and encouragement. The team completed a LEAN Thinking Analysis of the site, including listing problems and brainstorming possible solutions. From there, the team used practical applications of the 5 Why's, 5 S and other LEAN techniques to get to work.

- o All materials were removed from one 8' shelving unit, one 4' two door cabinet and one 8' two door cabinet
- o Out went the trash – three 55 gallon trash bins of miscellaneous materials no longer necessary (such as outdated manuals and forms, expired medication and non-functioning equipment)
- o Surplus supplies were sorted and returned to the Daviess County Health Center and District office to make available for use by other programs.
- o The room was cleaned and rearranged to increase efficiency and maximize use of space.
- o Related items were grouped together and placed on the shelves and in the cabinets in an orderly and logical fashion to promote work flow.
- o Medication was moved to a more secure location.
- o Student Diabetic supplies were moved for accessibility.
- o Frequently used supplies were placed in easy to reach places while less needed items were stored in high or low areas.
- o The CA printer was relocated to allow additional workspace on desk.
- o The Nurse's desk was moved to open up floor space.

It was a whirlwind four hours! Stacy Gray, Clinical Assistant at Apollo admitted “when our room was upside down, my anxiety level went up a bit, but it didn't take long to see the end result was a big improvement.” Once the work area changes were completed, Stacy reported “several staff members have commented on how much larger our room looks.” The next step for the team will be a return visit to the school to re-evaluate how the changes work and make any additional changes necessary before moving on to evaluate another school site.

LEAN Thinking

Concepts

Many of you remember the 5 S Theory (Sort, Set in Order, Shine, Standardize, Sustain) presented during the LEAN Thinking Simulation Sessions. So now let's talk about another concept used in LEAN Thinking: the Five Whys.

The five whys technique was developed to separate symptoms from the root cause of an issue. To put it simply: ask why until you figure out what the real problem is! Calling it "5 Whys" is somewhat of a misnomer – the question doesn't have to be "why" it can be "who", "what", "when", "where" or "how" as long as you keep asking until you reach the true issue. Furthermore, you might find your root cause in less than 5 questions, or it may take 300, depending on the complexity of the issue. The advantages of 5 Whys include its simplicity (no extra training, tools or costs are involved) and its team oriented effectiveness.

So how are the 5 Whys used? First, assemble a group of people involved with the issue. Second, identify the issue. And third, ask "Why" this issue is occurring. If the answer to the question doesn't solve the question, ask "Why" again until the problem is truly isolated. The team must agree to the root cause and attempt a resolution using the final answer. It may help document the progress. Let's look at the following example:

Problem: Large quantity of supply inventory to be stored in small space

Question: Why are so many supplies ordered?

Answer: Because orders are placed every other month

Question: Why are orders placed every other month?

Answer: To coordinate with School Health Staff meetings at the district office.

Question: Why are orders placed based on School Health Staff meetings?

Answer: Staff pick up supplies when they arrive at district office for meeting.

So, through the course of our questions, we have established that the real problem is that there is no regular method for obtaining/guaranteeing supplies are available when needed. Fixing this problem will eliminate the "symptom" of ordering large quantities and having to store them in the limited space on site.

Solution: Smaller orders will be placed monthly based on a set delivery schedule. Supplies (from administrative office) will be delivered by maintenance to a set "delivery zone" in each county health center monthly. Schools will be responsible for picking up supplies from their county health center within 1-2 days of delivery.

The solution solves the problem of storing large quantities of supplies on the school site in limited space. It has the added bonus of decreasing the large volume of supply inventory purchased and stored at the administrative office. It also minimizes staff time involved to place and fill orders and transport the supplies between sites.

Success Story

DC-CAP Staff Uses LEAN Thinking to Change Prescription Processing

The LEAN Thinking Simulation sessions in June made at least one positive impact on DC-CAP staff and their job responsibilities. After the training, employees discussed various areas of DC-CAP that might benefit from LEAN Thinking. Employees identified specific tasks and set about making those changes on their own. One example is Prescription Processing. Historically staff would call the automated pharmaceutical phone services to order prescriptions for each patient separately. This was a monotonous time consuming task. Staff even reported hearing pharmaceutical phone prompts in their head... press one for Lipitor, two for Plavix... Using LEAN tools, staff developed a new process of batching medication requests according to the pharmaceutical company. Now they enter information on multiple patients to request medication in just one call. This saves a vast amount of time by simply not going through the phone prompts over and over again... staff now report hearing fewer pharmaceutical phone prompts in their head! The change was relatively smooth and seamless because the employees were empowered and patients reap the benefits.

Preparedness Planning - MRC

Survivor Girl



The Green River District Medical Reserve Corps partnered with the Girl Scouts of Kentuckiana Pennyroyal Service Center for a one day event on August 7th called "Survivor Girl" in which participants received a preparedness patch. The patch program was offered in two age appropriate groups with daisy, brownies, and juniors in the morning, and cadette and senior Girl Scouts in the afternoon. We choose this time to ring in the celebration of September's Disaster Preparedness Awareness Month. "We wanted to take this opportunity to educate and empower girls about how to protect themselves in the event of a manmade or natural disaster, teach them about what events are considered emergencies, and bring awareness of how to help their families and their communities" said Margaret Hibbs, Unit Services Coordinator for the GRDMRC unit.

At the event there were about 50 girls who participated in four different stations.

1. "What is an Emergency" which was a PowerPoint presentation that covered information about tornados, earthquakes, flooding, etc. Also at this station Ray Aus-

tin, MRC member, covered "Who Ya Gonna Call" in which he shared information from his personal experiences of having been a police officer, volunteer firefighter, local emergency manager, and a current EMT.

2. "Germs...They're Alive" which taught the girls the importance of proper hand washing skills using Glo Germ demonstrations. The girls also learned the song "Wash, Wash, Wash Your Hands" to help them remember when they should wash their hands and for how long. Janie Cambron, Jennifer and Jim Hagan had a lot of fun with the girls at this station.



the importance of emergency preparedness kits and assembled kits for families with infants, specials needs, and then one for themselves.

4. Basic Aid Training where four MRC Nurses-Chris Johnson, Sandra Nunley, Christine Dietel and Tanja Walker worked with the girls using the American Red Cross BAT program which teaches about accident prevention and beginning first aid skills,



such as minor wound and burn care.

During the workshop break we had a wonderful healthy lunch prepared by MRC members Donna Hamilton and Gayle Taylor. This was a great opportunity for all the MRC members to connect, tell about their station activities, and for the MRC Unit leader to share the wonderful comments that the girls had made about their experience at each of the stations. On their evaluations the MRC stations were ranked as awesome 98% of the time by the girl scouts and their leaders!

"We want to help to educate girls everywhere with the knowledge of



(Continued on page 5)

Department News

Tobacco Control and Prevention Program



New and Improved Tobacco Quit Line.

Some exciting changes have been made to the Kentucky Tobacco Quit line. Starting July 1, 2010, the new provider for the quit line is National Jewish Health, in Denver, Colorado. National Jewish has been the number one respiratory hospital in the nation since 1998. In the 30 years of operation as a call center, National Jewish has served 570,000 quit line patients, handling over 30% of all 1 800 QUIT NOW calls. The mission of National Jewish is a commitment to science as the basis from which they perform research and treat disease which will lead to significant benefits for physicians and patients throughout the world.

The Tobacco Quitline offered from National Jewish is medically oriented and is integrated with the Pulmonary and Psych/Social Departments. It is headed by two medical directors and built upon the Stage of Change model. All quit line coaches are trained in motivational interviewing and behavioral modification. Coaches must have a Bachelor's degree in psychology, sociology, or health related field. Twenty five percent of staff are bilingual and are trained in ethnic and cultural sensitivity.

Patients referred or calling the quit line will receive 5 proactive calls over 6-8 weeks; patients can make unlimited reactive calls. Coaches will guide the patient through the quitting process for any type of tobacco—cigarettes, cigars, pipes, spit. Patients will also receive comprehensive education materials and be provided information about local resources.

Physicians and their staff are encouraged to use the fax referral form for their patients. Over 65,000 patients have been referred to National Jewish through the fax referral form. Physicians/nurses will fill out the fax form, have the patient sign the form and fax it to the number provided. The patient will then receive a proactive call within 24 hours (3 attempts are made to reach every patient). The physician's office will be sent confirmations when the fax is received, when the patient cannot be reached after three attempts, when the patient declines service, when the patient enrolls in the program, and when the patient completes the program. Quit rates and outcomes data will also be collected.

Also introduced will be custom clinical protocols for pregnant women, spit tobacco, and teens. Pregnant patients will receive partner support and additional support calls. Spit tobacco patients will receive education about nicotine absorption, addiction and NRT options catered specifically to their addiction. One of the most exciting developments is that now quit line services will be open to teens as young as 15. Up until now, there has been a lack of cessation options for youths.

For more information or for copies of the fax referral form, call 270-852-5486.

Now accepting patients
15 years of age.

Preparedness Planning Survivor Girl—continued from page 4

how to keep themselves safe. We are excited about the great summertime turn out and hopefully this program will be just the start for these girls and their families' personal preparedness efforts" said Kristi Harrison, Program Specialist with Girl Scouts of Kentuckian Pennyroyal service area.

The Green River District Health Department Medical Reserve Corps was proud to represent preparedness awareness and is looking forward to making "Survivor Girl" an annual event!

Department News

Building Stronger Families

Building Stronger Families is gearing up to see new families. Linda Wahl attended a three day "Train the Trainers" workshop in Atlanta, Ga. All staff will be attending Foundational training in late August. We hope to be able to enroll families in September.

If you would like to refer a family, or want services for your own family, contact Linda Wahl and she will send you a Referral Form. Each county will also receive Referral Forms at the September Nursing Supervisor meeting.

BSF will take referrals on families with young children, teen and young adult parents, families with disabilities, families in poverty, etc. Referrals will be screened to make sure they meet the grant requirements, and then a social worker will visit the family and enroll them. If you are wondering if a family is appropriate for service, assess if they have child(ren), have one of the factors listed above such as poverty, single family household, problems paying bills, children who need discipline and structure in their lives. If you think they need services, offer them a brochure and complete a referral form.

Visits will last about one hour. Families will receive services for approximately three to six months using the Active Parenting Curriculum. This is a wonderful curriculum and it has vignettes that can be watched on the television. It is for children of all ages.

Families will learn positive parenting skills, problem-solving skills, coping skills and be linked to any needed community services. The outcomes for the families and children are homes where children are healthy, safe, nurtured and prepared for the future. Parents will have more knowledge and skills about being positive parents and how to prepare children for the situations they will face as teens.

- Linda Wahl

Struggling with a Personal Problem? Your EAP can help.

The Employee Assistance Program (EAP) is a confidential counseling program provided by the Human Development Company (Humandev.com). EAP services are available to GRDHD employees and their dependent family members.

Call 1-800-877-8332 between 9:00 am and 5:00 pm Monday-Friday or email info@humandev.com. Give a brief explanation of your problem. The EAP will put you in touch with an experienced local professional who specializes in your area of need.

You schedule appointment(s) convenient for you, evening appointments are available. Up to 6 sessions per issue are free of charge for you and your dependent family members. If additional services for the same issue are needed, there may be charges for the services or a referral to another outside agency. In many cases, health insurance can be used to help cover these costs.

Use of the program and all issues discussed are confidential. Information can only be released to an outside party with your consent or when required by law.

Emergency or Crisis: If you need immediate assistance, a counselor can be reached 24 hours a day, 7 days a week. Call 502-589-4357 or 800-877-8332.

Stress Management
Anger Issues
Relationship Difficulties
Alcohol/Drug
Emotional Issues
Grief
Coping with Violence
Self-Esteem
Feeling Overwhelmed
Supervisor/Co-worker Conflict
Financial
Legal
Family Matters

The issue does not have to be listed here for you to receive help. If it is a problem to you, it is a problem the EAP will help you resolve.

GRDHD



COMPASSIONATE CARE ADULT DAY HEALTH CEN-

"Go Green and Recycle!" Your trash may be our treasures!

Compassionate Care Adult Day Center is in need of gently used or new items. We do a lot of crafts from "recycled" items brought in by staff, family members and co-workers in other departments. Some stuff we use is: fabric, yarn, ribbon, buttons, glitter, sand, stickers, artificial flowers, beads, baskets, and foam.

The clients play Bingo twice a week, and they love to have the choice of different prizes. Stuffed animals, toys, puzzles, wallets, scarves, belts, costume jewelry, wall decorations are a few examples. The age range of our clientele is 21 years to 94 years old. A few clients are great grandparents always looking for little gifts to win for their grandbabies.

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, 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!

McLean County Blitz

The McLean County Blitz was held on the evening of July 14th from 3:30 p.m. to 7:30 p.m. and the morning of July 21st from 8:00 a.m. to 12:30 p.m. The Annual Blitz is a collaborative program in which the Trover Clinic and the McLean County Health Center offer 6th grade school physicals and sports physicals to McLean County students. Medical Students and Trover Scholars receive clinical experience under the guidance of our Public Health Nurses and Dr. Crump (Trover Clinic), while the community receives easy access to required physicals along with individualized education for each child.

This year's Blitz was a resounding success! During the eight and a half hours of operation the team was able to complete 58 well child exams (many with sports physicals), give all required immunizations, conduct one-on-one individualized preventative education, and survey both the child and the parent. The session ended with Shelly Roberts from the McLean County Community Resource Center handing out backpacks filled with school supplies.

This type of success could not be possible without the hard work of GRDHD employees from other areas in our district who were willing to help with the Blitz. Months of planning and organization, as well as flexibility and open communication between Connie Nalley, the McLean County staff, and Trover Clinic were key in creating a quick-paced, effective clinical experience.

Alice Coakley, retired McLean County Nursing Supervisor, laid the groundwork for the Blitz five years ago. After each Blitz session, Dr. Crump would meet with the Blitz staff to go over what had worked, what hadn't worked, and what could work better. During these feedback sessions, ideas for the next Blitz were planted so that the McLean County Blitz has evolved over the years to become more streamlined.

For this Blitz, the quickness and efficiency of the clerical staff were essential. Not only were they wonderfully effective in their duties during the Blitz, but their work in advance - pulling, preparing, and organizing charts - made it possible for families to get through the process as quickly as possible. Possible problems were identified and resolved before they even occurred, keeping them from disrupting the clinical flow. Our Clinical Assistant's (and Anita) did a marvelous job of keeping the rhythm of the clinic consistent.



The Trover Medical Students and Trover Scholars left with a very different opinion of Public Health than what they came with according to Dr. Crump. "They have a new respect for Public Health;" he said, "unfortunately Public Health gets a bad rap a lot of the time. This helps them see for themselves the important work that is done here." In unknowing confirmation of that statement, one of the medical students during the out briefing commented, "These people really know what they're doing."

The McLean County staff would like to express our deepest and heartfelt thanks to those who worked so hard to make this year's Blitz another resounding success!

Nursing:

Connie Nalley (GRDHD)
Athena Klaas (McLean/Ohio)
Joanie Patterson (McLean)
Peggy O'Neal (Daviness)
Laura Brown (Ohio)
Lisa Taylor, (School Health)
Carla Eubanks (School Health)
Jenny Hagan (Webster/Union),
Anita Owens (School Health)
Jane Weedman (Ohio)
Carolyn Burnett (Webster)

Clerical:

Shannon Bartimus (McLean)
Kelly Hodges (McLean)
Pam Ford (Ohio)
Beth Farris (Ohio)

Clinical Assistants:

Kelly Donahoo (McLean)
Yuli Soto-Garcia (Ohio)

Janitorial/Hospitality:

Lelia Browning.

—Athena Klaas, RN

Department News

Epidemiology

In the last article of the gazette, I wrote about the shigella outbreak in our community. I am happy to report that shigella outbreak has ceased. We had 99 laboratory confirmed cases and many more that were symptomatic and epi-linked to a confirmed case, but were not tested. With the shigella long gone (well we hope...) it's now time to focus our efforts on the next "big thing" whatever that may be.

We are still seeing pertussis cases in the district and currently the outbreak in California continues, with 3076 confirmed, probable and suspect cases and 8 deaths, 7 of those in infants, mostly under 2 months of age. Thankfully, we have not had any deaths in our area, but we have had some very sick children, including our most recent case in an infant who was only 1 month old and was hospitalized. This is your reminder to get your Tdap if you haven't already done

so, as most all of the cases with children (especially infants) indicates that a family member was the source of their infection.

We are also gearing up for flu season! Although we really didn't see a "flu season" last year with H1N1 cases occurring year round, the H1N1 virus has slowed a bit. Don't let that fool you though, as we are still seeing cases and will continue to see cases of H1N1 in the future. The good thing is that most people have either had the vaccination or the disease itself, so our level of immunity has helped.

In early August, World Health Organization (WHO) Director-General, Dr. Margaret Chan, declared an end to the 2009 H1N1 influenza pandemic. This declaration was based on strong indications that influenza, worldwide, is transitioning toward seasonal patterns of transmission. This does not mean that the H1N1 virus has

disappeared. Researchers have indicated that the H1N1 virus will likely continue to circulate for some years to come, taking on the behavior of a seasonal influenza virus. WHO noted that continued vigilance is extremely important, and it is likely that the virus will continue to cause serious disease in younger age groups and pregnant women, at least in the immediate post-pandemic period.

Good news-the flu vaccination that you will receive this year will contain both H1N1 and seasonal flu (influenza B virus H3N2). There are already small outbreaks of H3N2 that have occurred in 2 states. Be sure to get your flu vaccination as soon as it is available! (Anticipated to arrive at our county health centers sometime in September.)

*-Janie Cambron,
Regional Epidemiologist*

Environmental—Health Impact Assessment Grant

Green River District Health Department has received a grant from the Health Impact Project, a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts. Our agency was selected as one of eleven organizations in the nation to serve as demonstration sites in conducting a Health Impact Assessment (HIA). HIA is an emerging practice used to inform public policy decision makers and to promote the conditions required for optimal health. This is a tremendous opportunity for us to expand on our ability to enhance the health and well-being of our communities.

We will conduct an HIA for three coal gasification power plants that are proposed to be built in our region. Rather than burning coal directly, these proposed plants will utilize a technology that converts coal into a substitute or synthetic natural gas. The HIA will examine important health tradeoffs that could be associated with the proposed plants – such as the benefits the plant could bring to the health of area residents as a result of employment opportunities and subsequent increase in income, health care access, and local tax revenue, or the risks posed by any emissions produced from these plants. This HIA will provide practical recommendations for actions that could be taken to maximize the benefits and minimize any potential harm from these projects.

GRDHD is hosting a kick off training for our project staff, our collaborating partners, and community members on August 31st and September 1st. The training will be facilitated by Human Impact Partners, non-profit organization based in California that is one of the county's leading experts in HIA.

A new employee has joined GRDHD to help coordinate this project. John Clouse has been hired as part-time Public Health Program Specialist.

-Clay Horton

Environmental Services

HOT-HUMID-HORRIBLE

“Heat Emergency Extended”;

“Firefighters Suffer Heat Exhaustion”;

“Smog Alert Continues Through Friday”;

“Heat Hospitalizes 6 Football Players”.

Headlines from current news broadcasts and publications summarizing the environment we have all had to endure these past several days and weeks. I actually saw an egg cooked on the hood of a truck while watching the local news the other night. Pretty frightening when you associate that egg with the human brain!

Heat can and has killed 16 individuals in Mississippi and Tennessee alone from the intense conditions. Under normal conditions the body has an internal thermostat that produces perspiration which evaporates and cools the body. In extreme heat and high humidity, this process is slowed causing the body to work extra hard to maintain a normal temperature. As expected, elderly, young children and overweight folks are more likely to become victims and men as well since they tend to sweat more than women.

What are the signs for heat exhaustion? The body temperature may be normal or is likely to be rising during heat exhaustion. The signs are cool, moist, pale or

flushed skin; heavy sweating; headache; nausea or vomiting; dizziness and exhaustion. Heat stroke is where the body temperature can be very high, sometimes as high as 105 degree F. Signs are hot, red skin; changes in consciousness; rapid, weak pulse and rapid, shallow breathing.

Heat stroke is a life-threatening situation therefore it is essential that help is found quickly. Call 911 and move the person to a cooler place. Immerse the victim in a cool bath or cover the body with wet towels or sheets and fan the victim. Try to keep the individual lying down.

Heat cramps can also occur in extreme conditions. Move the victim to a cooler location and lightly stretch the affected muscle. It is imperative to replenish fluids. Try to administer half glass of water every 15 minutes. Do not give fluids with caffeine or alcohol, these can cause further dehydration.

When the signs for heat exhaustion are present, remove the

victim from the hot environment and into a cooler location. Remove or loosen clothing and cover the body with cool, wet towels, clothes or sheets. Administer cool water every 15 minutes.

The following recommendations for prevention may seem trivial, however could prove to be life saving; slowdown and avoid strenuous activity; avoid extended periods in the sun; postpone outdoor games and activities; avoid extreme temperature changes; conserve electricity not needed for cooling; vacuum air conditioner filters weekly during periods of high use; if you do not have air conditioning in your living area, go to a public building or cooling station for several hours each day; wear lightweight, light colored clothing; take frequent breaks if you must work outdoors and drink plenty of water regularly and often.

Cooler conditions are right around the corner, but until then, hang in and stay cool!

—Terri Prewitt

GRDHD Employees attend International Food Safety Training

This year three employees have applied for and received all expense paid training at the International Food Protection Training Institute (IFPTI) in Battle Creek, Michigan. IFPTI has established itself as a premier training provider for food safety regulatory agencies. Trainees at the institute are required to apply and are selected on a competitive basis. GRDHD employees that have been selected this year are: **Kelly AlMousily** who attended the *Application of Basics of Inspection and Investigation* course in January, **Jon Cambron** who attended the *Coordinated Response to Food Emergencies: Practice & Execution* course in February, and **Janie Cambron** who attended the *Coordinated Response to Food Emergencies: Practice & Execution* course in July.

Department News

Nutrition — Food For Thought

Ways to Cut Back 100 Calories

When you travel to the snack section of the grocery store you will inevitably see boxes of 100 calorie snack packs – foods like chips, candies, and even cookies put into 100 calorie amounts to make it easier to consume only 100 calories of that food. People purchase these items in an effort to help them control their portion and lose weight. Most anyone you talk with is on a quest to shed pounds. Taking in too many calories inevitably leads to weight gain. The main avenue for the body to lose weight is for one to consume fewer calories than one needs in a day.

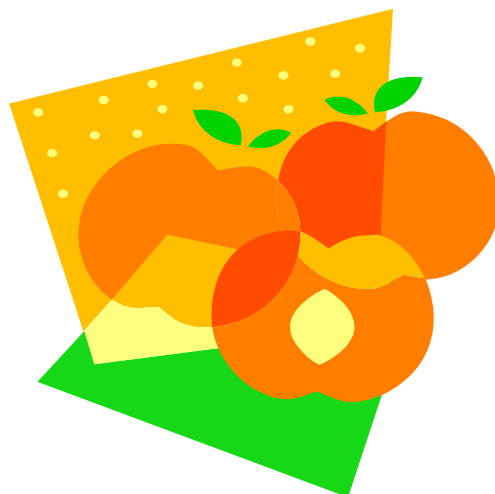
Here are some tips to consume 100 less calories a day:

- o Leave food on your plate – you do not have to clean your plate
- o Refrain from a second helping of food
- o Share a dessert with someone
- o Instead of consuming a large helping of fries share with someone
- o Switch from whole milk to skim milk
- o Snack on a piece of fruit instead of a snack cake or doughnut
- o Choose baked chips over regular chips
- o Drink water or diet soda over regular soda
- o Choose fresh fruit over dried fruit more often
- o Eat breakfast – you will be less likely to overeat at the next meal
- o Don't skip meals – you are likely to overeat at the next meal
- o Use cooking spray over butter and margarine when cooking foods on the stove – like eggs
- o Bake, roast, or grill instead of frying
- o Watch the condiments – mayo, cheese, bacon, salad dressings – all pack on calories
- o Refrain from eating away from home several times a week
- o Eat slowly!! Take time to enjoy your meal

- o Turn the TV or computer off when you eat
- o Use smaller plates and bowls – you will be more apt to eat smaller portions of food

Lifestyle changes are the best plan of action with weight loss and eating a healthier diet. Make slow gradual changes and you will have a habit for a lifetime. It only takes small changes to make a BIG difference.

—Haley Fulkerson, RD, LD



100 Calorie (or Less) Treats

Half-Cup of Sherbet or Sorbet – A good ice cream substitute, and under 100 calories.

Root Beer Float – Take eight ounces of diet root beer. Add a scoop of non-fat vanilla frozen yogurt. Around 90 calories.

Watermelon – Two cups of watermelon cubes are fairly filling and equal only about 85 calories.

Corn on the Cob – One medium-sized ear with a dash for seasoning will set you back only 80 calories.

Blueberries – They're delicious fresh from a farmer's market. A cup equals only 90 calories.

Seven-Ounce Bottle of Dannon Lite 'n' Fit Carb Control Smoothie – Good source of protein and calcium. Only 70 calories.

Fruit and Whipped Cream – Take a half cup of your favorite kind of berries – raspberries, blueberries, boysenberries, etc. – and place them in a bowl. Top with two tablespoons of a low-fat whipped cream or whipped cream substitute. About 100 calories.

Grapes – Ever try them frozen? A great treat! Thirty are under 100 calories.



Daviess County Diabetes Coalition

2010 Charity Golf Scramble

Friday, September 24th, 2010

(Rain Date 9-27-10)

Panther Creek Golf Course

4641 State Route 1514 • Utica, KY

STOP The DIABETES Epidemic!

PLAY IN SCRAMBLE: FOURSOME = \$200

(Includes 2 Mulligan's & 1 Skirt per player)

MAKE CHECKS PAYABLE TO: DCDC, P.O. BOX 309, OWENSBORO, KY 42302-0309. For questions or information contact Paul Puckett at (270) 929-6165 or carman.allison@ky.gov.

GOLF FEE INCLUDES:

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

CHECK-IN OPENS: 7:30 AM

SHOTGUN START: 8:30 AM

FOCUS On Employees

Henderson's nurse **Brea Rich** gave birth to a beautiful baby girl on June 24th. Jillian Katherine Rich weighed 9 lbs. 8 oz. and was 20 and a half inches long. Both mother and baby are doing fine. Congrats to Brea and Terry. Brea, we miss you and hope you get back to work soon.

Congratulations to **Tina Flener** on the birth of her granddaughter Ivy Lynn Geary. She weighed 6 lbs. 7 oz and was 18.5 inches long. Proud parents are Casey (Tina's daughter) and her husband Nick. Ivy was breech and was delivered via C-Section on July 28th. Both mom and baby are doing great.



Congratulations to **Sheri Clark** on the birth of her first grandchild, Maxwell Andrew Clark. Max was born August 18, weighing 7 lbs 4 oz and 19 inches long.

Judy Payne has a new grandson, Jaxson Russell Payne, born August 21.

Condolences to **Joella Edge** and **Melanie Domerese** and their family on the loss of their mother/grandmother in June.

Best wishes to **Carolyn O'Bryan** on her retirement, August 31, 2010.

On August 23, Kadence Alvey, daughter of **Alecia Alvey**, auditioned for "Apollo's Got Talent" and made it through to the top 5 finalists. The top finalists performed August 27 and Kadie won 1st place!



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

Saying Goodbye . . .

Patricia Allen, Daviess County HANDS
Lindy Hackney, Ohio County Nutrition
Kelly AlMousily, Daviess County Environmental
Mary Tim Griffin, District Office
Darlene Johnson, Union County Health Center
Kristin Carpenter, Ohio County Health Center

You've seen it on
The Office.....
Now come and relive it
with your own
coworkers!!!



What: 5K Walk/Run
Race Event (Tail
Waggin')

When: Saturday, October 16th, 2010

Time: 8:00am

Where: Horse Fork Creek Park,
Owensboro

Cost: Early registration is \$15

Late registration is \$20.

Why: 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.

To learn more or to get registered for the event, please call Melissa Schoaff (Daviess County Environmental) @ 270-852-5571.

Rabies Statistics

In 2007, there were over 7,000 cases of animal rabies reported in the U.S. These animals, mostly wildlife, can expose humans or pets to rabies.

In the U.S., typically 1-3 cases of human rabies are reported per year.

In 2009, there was a 43 year old Indiana resident that died from rabies in a Kentucky hospital.

There have been 14 positive rabies cases in animals thus far for 2010 in KY.

Bats are the highest risk animals for the transmission of rabies, especially in Kentucky.

In the U.S., raccoons are the most common animals found to be rabid, followed by skunks and bats.

Although human rabies deaths are rare, the estimated public health costs associated with disease detection, prevention, and control have risen, exceeding \$300 million annually.

These costs include the vaccination of companion animals, animal control programs, maintenance of rabies laboratories, and medical costs, such as those incurred for rabies post exposure prophylaxis (PEP).

Honduras Mission Trip

In June 2010, Carolyn O'Bryan, Hancock County Nurse Supervisor, and her husband, Gene, participated in a Honduras Medical Dental Mission. The O'Bryans went with the Jacksonville Baptist Church in Alabama. This was the 8th year the church sponsored a mission trip. The group of 49 missionaries included three doctors, seven nurses, three pharmacists, two dentists, an ophthalmologist and a veterinarian. Everything, including prescription medications and supplies needed to treat the Lenka villagers, was shipped to the country prior to arrival.

The mission group traveled 12 hours on a bus through 76 miles of mountainous dirt roads to work with the Linkas, a group of sweet friendly people who live high up in the mountains. Along the way, they encountered a washed out bridge and had to transport everything across it by hand. The extremes in living conditions ranged from working with oxen and horses to cell phones. There was no sewage system: sewage ran down a ditch along the road side. There were no mailboxes. No lawn mowers or farm equipment. People had block walls around everything.

Each medical person had an interpreter to assist in communication while providing medical, dental, vision or veterinary services.

- Saw 3300 people in 3 days.
- Filled 12745 prescriptions
- Extracted 621 teeth.
- Fitted 1286 pairs of glasses
- Cared for 342 animals.

There were many diseases that we no longer see here in the United States. Everyone had stomach pain due to parasites and skin diseases are very common. Many had long term lung or ear infections, eye infections and cataracts. Polio was common as well. Although Carolyn and the missionaries cared for many people, most did not get any treatment for their health issues - even for things such as: bilateral club feet, seizures, asthma, and diabetes. However, all pregnant women received MTV, Folic acid, Iron and calcium. In addition to healthcare, the mission provided purses for the women, hats for the men and toys and candy to the children.

Pictures of the country and its people will linger in the missionaries' minds forever. The only regrets are that more couldn't be done.



Carolyn with her interpreter and a family of patients



Transporting items across the collapsed bridge



Lines of people waiting for services



New Employees



Kenneth Vanover
Clinical Assistant
ADC (6/14)



Barbara Ervin
Local Health Nurse II
Union County Schools (6/28)



Renita Greenwell
Local Health Nurse II
Union County Schools (6/28)



Erica Schmied
Local Health Nurse II
Union County Schools (6/28)



Jessica Sheffer
Local Health Nurse II
Webster County Schools (6/28)



Laura Shirel
Local Health Nurse II
Union County Schools (6/28)



Mary Vanover
Local Health Nurse II
Union County Schools (6/28)



Alice Coakley
Local Health Nurse II
McLean County Schools (7/12)



Carrie French
Clinical Assistant
Union County Schools (7/12)



Amy Odom
Clinical Assistant
Union County Schools (7/12)



Angela Parker
Local Health Nurse II
Ohio County Health Center (7/12)



Sara Statts
Family Support Worker/
Home Visitor
Daviess County HANDS (7/12)



Lysnie Gossett
Clinical Assistant
Ohio County Schools (7/26)



Ashley Catron
Local Health Nurse II
Hancock County Schools (8/9)



John Clouse
Public Health Program Specialist
District Office (8/9)



Nancy Walker
MNT Nutritionist II
District Office (8/9)

Welcome to the GRDHD Team!

Policies & Procedures

Mileage: The mileage rate for July 1, 2010 to September 30, 2010 has been set at \$0.42 mile.

Finance: Please submit travel reimbursement requests for the months of April, May and June 2010 to Finance for payment by September 24. After September 30, no payments for FY 2010 expenses will be made.

Credit Card Protocol: A new Credit Card Handling Protocol and Procedures came into effect July 26, 2010. The protocol applies to all departments that accept credit card payments. In September the protocol will be reviewed with all clinical staff involved in accepting credit card payments for services.

IS: If you are receiving Office 2007 documents you cannot open, you can install the compatibility kit which will allow you to view MS Office 2007 documents. The file, "Office 2007 Compatibility Pack" is located within the IS Software folder on the Common Drive. Install the "Office 2007 Compatibility Pack" by double clicking on the file then clicking yes to install; follow any prompts it brings up and click yes to them. The installation takes less than a minute.

The new GRDHD website has been completed. IS welcomes your comments about the site. If you have any news or information you would like to inform the public about please notify Joe Powers. The news can be big or small as long as it affects the public we serve.. Please email any comments or suggestions for changes or additions to the IS support account at GRDHD.Support@ky.gov.

Vehicles: All employees who drive agency vehicles please make a note: Chevrolet notified us that the 2005 and 2006 model year Chevrolet Malibu vehicles equipped with electric power steering may have a condition where there is a loss of power steering assist caused by electrical input signals within the steering column assembly. If the power steering assist is lost, a chime will be heard and the Driver Information Center will display a "Power Steering" warning message. On some vehicles, the Service Vehicle Soon light will also illuminate. The vehicle can still be steered in a safe manner but will require effort at low vehicle speeds or when stopped. If you experience this, please notify Jerry Emberton at 270-686-7747.

Inhouse Printing: GRDHD offers an in-house printing service. Materials are produced upon request.

- ◆ High volume print/copy jobs—black/white and full color available.
- ◆ Clinic, departmental and program specific forms
- ◆ Newsletters and brochures
- ◆ Special publications, advertising and promotional materials (posters, business cards, certificates, etc.)
- ◆ Folding stapling, hole punching, binding, shrink wrapping and packet assembly
- ◆ laminating

To request a print service, contact Shanni Jones (Shanni.Jones@ky.gov) at the district office (270-686-7747 ext. 3072).

The Subway logo is displayed in a stylized, green, outlined font within a yellow-bordered box.

You could win a
Subway Gift Card!

CONTEST question: Public Health costs for what disease exceed \$300 million annually? (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.

In the News

Fox 7-AM Evansville

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

- ◆ Merritt Bates Thomas, Nutrition Services Supervisor, 8/5/2010 Breastfeeding
- ◆ Anita Owens, Local Health Nurse Supervisor, 7/29/2010 Back to School Advice for Parents
- ◆ Rebecca Horn, Health Educator II, 7/22/2010 Kentucky Quit Line
- ◆ Merritt Bates Thomas, Nutrition Services Supervisor, 7/15/2010 Farm to Table, Vine to Glass
- ◆ Don Crask, Health Educator III, 7/8/2010 Fitness Seminar

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



Announcements

Annual WIC Vendor training sessions scheduled for September 7, 15, and 23. All 2010-2011 WIC Vendors are required to attend one session. Please contact Merritt Bates Thomas (270-686-7747 ext. 3018) for more information.

Don't forget September is preparedness month! Look for many exciting activities to come from your preparedness department staff!

Carbon Monoxide pictogram fact sheets in English and Spanish are now available. For a copy go to the common drive—preparedness—media resources for disasters—fact sheets and PSAs.


September 2010

Fruit and Veggies—More Matters Month
Preparedness Month

- 3 Supervisors Meeting 8:00-12:00 Henderson County Health Center
- 5-11 National Suicide Prevention Week
- 6 HOLIDAY—Labor Day
- 8 Managers Meeting 8:30-12:00 District Offices
- 16 Senior Management Meeting 8:30-12 District Offices
- 25 Family Health & Fitness Day
- 28 World Rabies Day

October 2010

National Breast Cancer Awareness Month
Sudden Infant Death Syndrome Awareness Month

- 1 Supervisors Meeting 8:00-12 District Offices
- 13 Managers Meeting 8:30-12 District Offices
- 18 World Rabies Day 5K Walk/Run Race Event 8:00 am Horse Fork Creek Park (Owensboro) 
- 19 School Health Meeting 8:30-12:30 District Offices
- 21 Senior Management Meeting 8:30-12 District Offices
- 21 School Health Meeting 8:30-12:30 District Offices
- 31 Halloween

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 ●