A big thank you to all the individuals from the clerical teams in the counties that helped out when doing the off site flu clinics: Laura Lindsey, Shannon Bartimus, Alana Taylor, Carole Roberts, Tina Flener, Kelly Hodges, Toni Pierson, Mary Kay Swanson, Melissa Shultzabarger, Michele Rushing, Crystal Richmond, and Heather Bouvy. Thank you so much for all your assistance to get these done! I know you have been very busy entering all the PEF’s as well. Thanks for all your help! - Anita Owens

The Green River District Health Department (GRDHD) was recognized at the Kentucky Health Department Association (KHDA) November 2013 meeting for our role and participation in the Office of Population Affairs’ Comprehensive Site Review of the Kentucky Title X Family Planning Program. The Site Review took place in August 2013 at the Daviess County Health Center. Numerous staff was involved in preparation for the review including the IT Department, Finance Department, Administrative Services Department, Nursing Staff, APRN’s, etc.

The Office of Population Affairs (OPA) was represented by 3 on-site reviewers and an additional 4 representatives from the KY Department of Public Health were present for the review. Although a final report has not been received from OPA, initial findings indicate GRDHD to be exemplary in following the guidelines set forth by the program. Congratulations to all involved! - Debbie

Congratulations to the Service Award Recipients for 2013

5 years
Lindsey Barnett, Daviess County
Kathryn Bentley, Henderson County
Jennifer Chappell, Daviess HANDS
Kathy Cockrum, Daviess County
Mary Fuqua, District
Matt Goetz, Hancock County
Angel Hearrin, Webster County
Athena Minor, Ohio County
Misty Roberts, Daviess County
Valerie Roby, District
Angel Thompson, District
Alana Troutman, Daviess County BSF
Shelly Wilhite, Daviess County

10 years
Debbie Davis, District
Genie McDowell, Webster County

15 years
Amy Brown, District
Sue Holladay, Ohio County
Clay Horton, District
Dixie Stratton, Home Health

20 years
Kathy Maddox, Ohio County
Gina Payne, Home Health
Brenda Peech, Daviess County ADC
Vanessa Smiley, Daviess HANDS
Angela Woosley, District

We thank you for your many years of service in Public Health.
Welcome Mireya Rivera - HANDS Family Support Worker

Hello everyone, my name is Mireya Rivera. I have recently joined Green River District Health Department as a Family Support Worker in the HANDS program. I would like to take this opportunity to introduce myself and give thanks to all my co-workers, supervisors and to others in the different departments, who have cordially welcomed me as a new team member at GRDHD.

In the past I have had the opportunity to work with individuals of different ages and cultural backgrounds in settings such as hospitals, nursing homes, rehabilitation centers and home services with a developmental program for individuals with special needs. I have also obtained an English and Spanish Interpreter Certificate with the CHFS (Cabinet for Health and Family Services). I am currently working to complete my Associate’s Degree in General Science at Henderson Community College in the pursuit of a Registered Nurse career.

I feel that my passion to help others and the continuous learning opportunities have led me to this field.

NEWS FROM AROUND THE DISTRICT

DAVIESS COUNTY: Daviess County wants to wish Sue Ellen Holladay best of luck in her new position as Float Nurse for Ohio, McLean, Hancock and Daviess County. She will be missed in Daviess County.

DISTRICT OFFICE: >>No News Reported<<

HANCOCK COUNTY: We are all in good health at the health center. We would like to wish everyone a merry Christmas and a happy, healthy new year to all!

HENDERSON COUNTY: Henderson is thankful for their new phone system. Thank you to David Hunter for making sure the phone system was installed without a break in service to the community.

MCLEAN COUNTY: >>No News Reported<<

OHIO COUNTY: Ohio County Health Center has just completed a team building project — the staff was divided into 3 teams by a random drawing and each team was in charge of working together to create a menu and cook a meal for the other staff. Each team was assigned a week to cook and the teams had to work together to decide what to cook and what day to cook for the other staff. It was a great success and we all enjoyed some good food. Thank you to OCHC staff for working together to build our team spirit.

Laura Brown and Kathy Maddox

UNION COUNTY: See picture at left.

WEBSTER COUNTY: >>No News Reported<<
On Monday, November 25, Green River District Health Department officially initiated the public health department accreditation process by submitting our application to the Public Health Accreditation Board (PHAB). In addition to the application form and fee, application materials included a letter of support from the Board of Health, a current organizational chart and the three prerequisites: the Community Health Assessment-Community Health Improvement Plan and Strategic Plan. In February we will begin uploading documentation, with an anticipated site visit in summer 2014.

An update to the Green River District Community Health Improvement Plan was also published in November. The progress report provides an overview of the work each county has completed toward Community Health Improvement Plan strategic initiatives such as reducing tobacco and substance abuse, reducing obesity and increasing access to care. The 2013 fall update to the GRDHD 2012-2015 Community Health Improvement Plan is available through the official documents drive (CHA-CHIP folder) and on the health department website at www.healthdepartment.org

While you’re on the official documents drive, check out the 2013 Strategic Plan Annual Report which summarizes the status of each goal, objectives and tactics for the 2012-2014 Strategic Plan. One year into the cycle, ten of the twelve objectives have been achieved.

Submitted by Carrie Conia

Policies and Procedures Revisions

There are a few updates to our Policies and Procedures as well as one new Policy. I encourage all staff to take the time to familiarize yourself with these new and revised policies and procedures.

- **01.01.04 Policy & Procedure (P&P)** - This procedure was revised to include Appendix A which is a review schedule for the policies and procedures.
- **08.01 Quality Improvement Policy** - This is a new policy that defines quality improvement concepts and the expectation for use at GRDHD. This policy works in conjunction with the Quality Improvement Procedure.
- **09.07 Communication Barriers Policy** - This policy was formerly the LEP Policy and has been updated to include individuals with other communication barriers such as the blind, deaf, etc.
- **09.07.01 Communication Barriers Procedure** - This procedure was formerly the LEP Procedure and has been updated to include individuals with other communication barriers such as the blind and deaf. Updates also include instructions for staff regarding advance requests for interpreters and other barriers not commonly encountered at GRDHD and how to comply.

To access the Policies and Procedures, go to the official documents drive and select the folder Policies and Procedures. You can then find the document you wish to review by going through the contents page, or selecting the appropriate folder and finding the document. Please let me know if you have any questions about our Policies and Procedures.

- Rebecca Baird
Green River Home Health Honored

In the fall of 2010, CMS (Center for Medicare and Medicaid Services) federally mandated that required home health agencies to collect standardized patient satisfaction data. Home health providers are required to partner with a CMS-approved HHCAHPS vendor. The Green River District Home Health (GRDHH) Agency selected DEYTA as our vendor. Agencies failing to comply with the HHCAHPS mandate would receive Medicare reimbursement rates reduced by 2 percent.

In early November, GRDHH was notified that we had received the honor of being in the top 20 percent of over 1,800 agencies across the country in the patient satisfaction, the HHCAHPS Honors. Established by Deyta, this prestigious annual honor recognizes the top 20 percent of agencies that continuously provide the highest level of satisfaction with care as measured from the patient’s point of view. HHCAHPS Honors™ acknowledges the highest performing agencies ranked by analyzing satisfaction measures covering both performance and improvement of care over a 12-month period from April to March. The following are a sampling of the questions that are on the survey that is sent out to our patients.

• When you first started getting home health care from this agency, did someone from the agency tell you what care and services you would get?
• In the last 2 months of care, how often did home health providers from this agency seem informed and up-to-date about all the care or treatment you got at home?
• In the last 2 months of care, how often did home health providers from this agency treat you as gently as possible?
• In the last 2 months of care, how often did home health providers from this agency listen carefully to you?
• In the last 2 months of care, how often did home health providers from this agency treat you with courtesy and respect?

The GRDHH staff strives to provide the best possible care for our home health patients in the most cost effective manner. The home health department is not large in the volume of staff that it employs but we have a large extended family in that all our patients become family to us. Patients ask for us when they are in need of home health services and share their experiences with their families and friends.

All of the home health staff are to be commended for their job performance and compassion for the patients. Our contract therapy staff has a major role in this honor as well. We appreciate all that the GRDHH staff and contract staff do for our patients. The patients appreciate it to by bestowing on us the honor of allowing GRDHH to care for them in their home during a vulnerable time in their lives.

If you see a home health employee, commend them on being given this honor. As those in the healthcare field know, a thank you for what you do means a lot.

Congratulations again to the home health staff on this honor.

Submitted by Brenda Hagan

Chili Fundraiser for Children
A fundraiser for Building Stronger Families

Friday, February 14, 2014      11:00 to 12:30 PM
Our Lady Lourdes Parish Hall, 4005 Frederica Street

Chili, hotdog, drink and dessert— $8.00 or more donation
Deliveries can be made for orders of 6 or more. To schedule delivery contact Linda Wahl at 852-2932 or email linda.wahl@grdhd.org by February 11th at noon.
Carryout available — The number to call ahead: 929-7429
Home Health Honored continued...

Here is the sample press release from Deyta, LLC

Green River District Home Health Named as Prestigious 2013 HHCAHPS Honors™ Recipient

November 2013 Green River District Home Health has been named a 2013 HHCAHPS Honors recipient, a prestigious award recognizing those home health agencies that provide the best patient experience.

Established by Deyta, this prestigious annual honor recognizes the top 20 percent of agencies that continuously provide the highest level of satisfaction through their care as measured from the patient’s point of view. HHCAHPS Honors acknowledges the highest performing agencies ranked by analyzing satisfaction measures covering both performance and improvement of care over a twelve-month period.

Deyta used the HHCAHPS survey results from over 1,200 eligible home health agencies contained in its HHCAHPS database with an evaluation period of April 2012 to March 2013. Two domains of performance were used in the calculations covering the nineteen questions that comprise the five publicly reported HHCAHPS measures found on Home Health Compare. Qualifications for eligibility included those HHAs that were compliant and partnered with Deyta for the evaluation period.

“We are excited to honor these outstanding home health agencies,” said J. Kevin Porter, President and CEO. “Their tireless work has made a real difference in the lives of their patients, and we look forward to acknowledging their excellence.”

About Deyta, LLC
Partnering with thousands of hospice, home health, and healthcare organizations, Deyta simplifies data driven management, enabling our clients to overcome the mountains of data that cloud good judgment. With Deyta’s High Definition Success Guidance solutions and services, healthcare leaders make proactive decisions that strengthen financial performance, improve operational efficiency, assure CMS compliance, and provide better patient care.

Print Request Procedures

When submitting a request for print jobs, please use the Ticket System. Use of the ticket system will ensure that your job is received and performed in a timely manner plus you will be automatically notified of the status of your job. Use the requisition category for clinic forms and supplies, use the receptionist category for posters, handouts, business cards, brochures, special publications, etc.

You do not need to complete a print request form, just be sure to include the following information:

- Cost center
- Number of copies requested
- Paper – color, size, type
- Print – color, black and white
- Special features – staple, fold, hole punch
- Request date – please allow at least two weeks between submission and date needed
- File – attach an electronic version of the document or a drive share location to access the document that should be printed.

Congratulations to Jessica Austin from District Office for correctly answering the trivia in the last issue of the Gazette.

“Hot spots of bacteria can be found in common household surfaces, but this comes in dead last.”

Answer: With less than one bacterium per square centimeter, the top of the Toilet Seat comes in dead last. The kitchen dishrag/sponge comes in 1st with 6,000 bacteria per square centimeter.

Jessica was chosen from a random drawing of correct responses to the trivia question in the last issue of the Gazette.

See page 10 of this issue for your chance to win!
United Way Annual Campaign

The United Way Campaign has finished. We had 34 employees pledge a grand total of $5565.64. This is a great effort in difficult financial times. Please remember your pledges will help people after a fire or natural disaster, help babies enter the world and help all of us in our final days....your money provides children with quality affordable childcare, a safe fun place to go after school...it provides women and children who have been battered a safe place to go, it helps victims of assault and substance abuse learn to be come strong and self-sufficient. Each dollar is used to help someone...someone you may know. Over 35% of people have been touched by a United Way Agency.

Congratulations to all the winners in the drawings. Thanks to all of you who serve our public with dedication and commitment to make this a healthier safer community. —Linda Wahl

Parenting Challenges

One of the unique services provided by Building Stronger Families is classes for women who are jailed. Currently BSF is offering another class at the jail. Nine women meet weekly to learn how to become better parents. This is unique because they don’t see their children...sometimes once a month, every few months. They try to parent through phone calls and letters. Listening to the stories of the women, one can see that they like all the rest of the BSF parents we serve, they want to be the best parent they can be...but barriers got in the way. Of the nine, 5 women admit they had been in domestic violence situations and their children were home when the violence occurred. Six of the nine admit to drug charges that have placed them behind bars.

When we have been discussing how they were raised, only one of the nine could say they came from a loving, nurturing childhood. The rest of the women described homes filled with violence, alcohol, abuse, neglect, anger, chaos, etc. We often parent our own children as we were parented unless we have learned another way.

Programs such as HANDS and Building Stronger Families teach parents to be nurturing. Workers model cuddling babies and holding them close. Workers teach parents empathy so that they can recognize the effects of their actions. Workers offer parents respect, empathy, and acceptance. Sometimes we are the only person who is telling the parent anything positive about themselves.

Parenting is a 24/7 job. Take time to give your child(ren) lots of concrete praise. Take time to play with them, show them love and affection as well as consistent limits. —Linda Wahl

10 Digit Dialing coming to the Region

Effective February 1st, 2014

A new 364 area code will overlay the 270 area code region bringing 10-digit dialing to the region. The new 364 area code will be assigned to all new telephone numbers in the region. The only change will be the way you dial local calls in the 270 area code region. Effective February 1st, 10-digit dialing will be required for local calls to be completed. It will not be necessary to dial a “1” or a “0” when dialing your local number. Local calling areas and rates will not be affected by this change.

If you have questions about the new area code in Kentucky visit att.com/areacode for more information or call David, Mason or Shanni in the I.S. department.
It’s Winter Season
Tips for Diabetes Foot Care

The cold weather of these winter months can cause several foot problems with those who suffer from diabetes. The cold, dry air can cause the sole of the foot to become callous or crack. This is usually due to lack of moisture, both from the winter climate and the person’s skin condition. Callusing and cracking of the skin can cause catastrophic problems; in common cases increase the risk of ulcerations. One ulcer can have a domino effect. It often leads to an infection, low to no ambulation, and can lead to amputations of the metatarsals or the entire foot if severe.

According to Nick Ringham, a certified pedorthrist at Shoe Stop in Owensboro, the most common problems occur in the heel or other areas of high pressure. Nick gives simple solutions. Here are Nick’s suggestions:

• First, place lotion on both feet adequately, applying to the entire foot but making sure to not get any lotion between the toes. Lotion or moisture in general, in between the toes can cause the skin integrity to break down allowing for easier ulceration.
• Next, check your feet every day, multiple times during the day. This ensures that if you do start to have problems with your skin, you can catch it quickly and possibly before any real problems occur.
• Always wear socks and shoes or even slippers when at home. The more protection your feet are provided, the less risk involved with skin and ambulation.

Choosing the Right Winter Footwear.

• Never wear vinyl or plastic material, because they do not stretch or “breathe.” Wearing lined boots in the winter can help keep your feet warm.
• Make sure your boot has enough space to wiggle your toes. Stay away from pointed toe or high heel boots to prevent pressure points on your feet.
• Buy your winter boots at the end of the day when your feet are the largest, so you can find the best fit.
• Keep your feet away from campfires or heating pads. Often diabetes can cause nerve damage in feet that can affect their ability to feel pain, heat or cold sensations.

Keep the blood flowing to your feet.

A decrease in normal blood flow makes healing sores more difficult. This complication can also be lead to peripheral vascular disease, a common medical problem from having poorly managed diabetes. One can prevent this by,

• Put your feet up when you are sitting for long periods. This can help prevent swelling in your feet.
• Wiggle your toes for 5 minutes, 2 or 3 times a day. Move your ankles up and down and in and out to help blood flow in your feet and legs.
• Do not cross your legs for long periods of time.
• Do not wear tight socks, elastic, or rubber bands around your legs.
• Being active improves blood flow to the feet. Ask your health care provider for safe ways to be more active each day. Find more indoor facilities for walking, dancing, or swimming.
• Wear athletic shoes that give support and comfort during your daily physical activity.
• Last but not least, keep your blood sugar within normal range. Try drinking water instead of coffee, tea or soft drinks. It helps hydrate your skin also. Maintain your physical activity levels and remember to always check your feet daily.

Submitted by Nancy Wilson, RN, BSN
reference: Kentucky Diabetes Prevention and Control Program

DCDC Out and About in the District
The Diabetes Expo and Panel of Experts took place on November 12th at Owensboro Regional Healthpark. Shoe Stop representa-
tive, Cecilia Cox and Pamela Gillim, EFNEP agent from the UK Cooperative Extension Office shared information about new diabetic foot wear. Almost 60 participants attended the Daviess County Diabetes Coalition (DCDC) program.
Congratulations to Sarah Davis (District Office) on her marriage to Ishmael Dant. The beautiful lake side ceremony took place on August 15th at Yellow Creek Park.

The bridesmaids carried pinwheels instead of flowers and the groomsmen wore mini pinwheels as their boutonnieres. Sarah and Ish met in high school and after losing touch reconnected on Facebook in 2011. This is the first marriage for both and they hope to start a family very soon.

I really like music and one of my favorite classics is rock legend, Led Zeppelin. If you see me walking during breaks, I often have tunes from Widespread Panic, Dave Matthews and the Talking Heads playing through my ear buds.

I am an avid adventurist. One accomplishment that I am quite proud of, is my successful completion of a 98 mile (that’s not a typo) backpacking trek (yes, no spa hotels) in Northern New Mexico, at the Philmont Scout Ranch. Not only did I get to walk and hike some amazing country, I reached elevations of over 10,000 feet (with an average altitude of 7,000 feet).

As a scout leader, it was rewarding and humbling experience to lead a group through such awesome terrain. I hope to take another trip the summer of 2014, traveling even beyond my last pilgrimage. Our country is amazingly beautiful and generous with her offerings.

I like pasta and have become a fan of Niko’s Italian Cuisine. Good food and easy atmosphere make this a favorite place to dine. Breaking Bad is one of my habits and probably one of my most favorite movies is Old School.

If I mentioned that I’m good with computers would that give away my identity? Well, not only am I good at it, I often find it to be fun! How great is it to do something you find interesting and enjoyable together? I get challenged every day with my job. Besides the adventures that backpacking holds for me, I am a novice snowboarder. I love to glide over the snow and am taking steps towards being able to “jump” with my board. I’ve only been doing this as a hobby for a couple of years, but I really, really, really enjoy this sport.

I love Christmas because it is JOYFUL! This is the perfect time of year because so many people are loving, giving and happy. Merry Christmas!

Who Am I? See Page 10 for the Answer!
**College View Teens lend a helping hand at the Owensboro Humane Society**

The College View Middle School TOP® completed their fall Community Service Learning project assisting in cleaning kennels, obtaining donations of animal food and pet care items (while getting to play with the cute animals after all their hard work) for the Owensboro Humane Society.

The TOP® teens cleaned 50 kennels and collected over 200 pounds of food! The Humane Society staff were amazed at the amount of per care items donated and were thankful for the assistance in getting the animal shelter ready for holiday adoptions.  

- Angela Woosley

**Burns Middle School Teens bring smiles to residents at Wendell Foster Campus**

Burns Middle School TOP® completed their Community Service Learning project with a Christmas program at Wendell Foster Campus. Working with the disabled was a unique interest for the group. Playing games, singing carols and watching Christmas movies went incredibly well during the program. The TOP® teens created over 85 handmade Christmas cards to distribute to all of the residents and clients of the campus.

Andrea Lancaster-Abell is proud to share the combined efforts of her two TOP® clubs in Clay Elementary and Sebree Elementary schools. Over 40 students worked to craft homemade Christmas cards for the residents of Colonial Terrace Long Term Care Facility in Sebree, KY. This is a small feat of achievement since the vast majority of her TOP® teens are boys! Getting them to even sit still, let alone do an art project, allowed them to opportunity to see a different side to their unique talents. The Christmas cards were well received by the residents at Colonial Terrace. TOP® has established a relationship with this facility having worked with them over the past year. Allowing the TOP® teens the opportunity to learn from the elderly has proven to be incredibly successful and rewarding.
New Employees
Welcome to the GRDHD Team!

Mireya Rivera
Family Support Worker/Home Visitor
Henderson County HANDS

Saying Goodbye . . .
Megan Riley, Daviess County Home Health
Sara Murphy, Daviess County HANDS
Crystal Richmond, Webster County Health Department

STOP GERMS
WASH YOUR HANDS

Handwashing is like a “do-it-yourself” vaccine – it involves 5 simple steps (wet, lather, scrub, rinse & dry) you can take to reduce the spread of germs. Scrub your hands for at least 20 seconds! For more information visit www.cdc.gov

Upcoming Events
January
20 Martin Luther King Jr’s Birthday (Holiday)
28 District Board of Health Meeting
29 APRN Meeting 8-9am (District Office)
February
12 CHIP Forum at Owensboro Health 12-4pm

Sabina County Health Department

Mileage Update
The mileage reimbursement rate for January 1—March 31, 2014 is 45¢ per mile.

This Day in History
January 26, 1905 — The largest gem-quality diamond, the Cullinan (3,106 carats), was found in South Africa.
February 3, 1690 — The first paper money in America was issued in the Massachusetts Bay Colony.

Who Am I?
I am Mason Pennington from District Office!

TRIVIA QUESTION
Question: When does 10 digit dialing take affect in our region?
*Hint: The answer(s) is in this issue of the Green River Gazette.

Submit your answers to Shanni Jones for a chance to win a Subway Gift Card!! Deadline to enter is close of business on January 17th. Good luck!

Winners will be selected by a random drawing of all correct answers.

The Green River Gazette is published bimonthly by the Green River District Health Department.

For questions, comments, suggestions or submissions, please contact a member of the committee.
Carrie Conia • Angela Woosley • Shanni Jones • Angel Thompson • Linda Wahl

**Disclaimer: The articles contained in the Gazette have been verified through trusted sources. Readers should check with their physician or other health care provider if you have questions or concerns.

Gazette Vol. 11 Issue 1 - page 10