Kudos to You

I would like to give a huge KUDOS to Stephanie Bivens. She has really increased our patient load and she does not hesitate to do anything asked of her and I really appreciate it. I also would like to tell the others at Hancock County that they are doing a great job and for EVERYONE in the Green River District Health Department—have a Healthy and Happy Holiday and Safe New Year!!  

- Mary Crowe, RN

Henderson County would like to thank Mary Lee Ferrell for helping us in the clinic on November 14th. We really appreciate it. We would also like to welcome Jan Bratcher as my replacement for Nursing Supervisor. You have a GREAT crew of nurses and CA’s to work with. I will miss everyone as I move on other things. I wish you all the best.  

-Jeanie Hardy, RN

A big KUDOS to Tara Clem who helped make a spreadsheet for our HANDS department. She was very helpful, gave us new ideas and it has saved us so much time by using this!! She went out of her way to help another department and we are very much appreciative!! Thanks Tara!  

-Candi Kamuf, Shelly Austin and Season Barnett

Kudos to the Daviess County Health Clinic Staff: 1,000 doses of private Flu vaccine was allotted to Daviess County; by the end of November 2012 all 1,000 doses had been distributed throughout the community.  

-Linda Hughes

The Green River District Community:
Growing, Learning & Working Together

Submitted by : Athena Minor

There are some exciting things happening in our Green River District Communities. I have had the privilege of attending several of our community Health Coalitions and have seen some remarkable changes in the past few months. There has been a growing attitude of partnership that has come about, not only among agencies within each individual community, but across the district itself. This shift of focus to a district-wide sharing of resources and information can be, at least in part, attributed to the Community Forums organized this past year through the Green River District Health Department.

In numerous meetings of Community Health Coalitions these forums, and the information attained through the surveys used in these forums, have been referenced to organize activities related to the specific goals identified for that community. This was expected and anticipated by those involved in the process…but it has gone beyond basic expectations. In the past three months I have been involved in community projects sponsored

continued on page 2...
by various community health coalitions that have collaborated and partnered with other community organizations and health coalitions across the district to achieve a common goal. The past four events I have participated in have been in three separate counties and all have partnered with one or two other counties for information, resources, and/or guidance. This type of collaboration is so encouraging and it has helped build a rapport between our communities.

Event organizers have been eager to share information, supplies, and advice with one another to help ensure a successful outcome in sister counties. Last week, one of the organizers of such an event told me she never thought other community organizers would be so accommodating. She said she had mistakenly assumed she was on her own, but was given the name of a contact person in another county from her community health coalition facilitator. She said that in speaking with this person she learned the other county had been doing a similar event for several years and the conversation she had with that event organizer helped her avoid making several mistakes. She was very grateful for the information she received and was able to borrow models, drawings, and posters to use as visual resources, saving her both time and money.

The more we as health-minded organizations communicate and share information with each other, the greater impact we can make – not only on the populations within our own community – but across our district, our state, and our nation. The more we set aside any ideas of being “competitive” in promoting healthy communities and embrace the concept of creating partnerships in this common goal, the more positive results we will see within our individual communities and across the board. From what I have experienced this past year through working with our coalitions, I have to say we are on the right track in the Green River District!

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**Goodfellows Luncheon a Success!**

GRDHD and GRDMRC raised over $320 dollars for the Goodfellows Club. Delicious soups, cheese, crackers, sandwiches and yummy desserts were featured during the fundraiser luncheon. Plus a donation of soups and crackers valued at $50 was received. This donation of food was given to OASIS.

Goodfellows Club was started in 1916 by Lawrence Hager, Sr., the editor of the Inquirer, this fundraising club has become a local tradition. So, what does Goodfellows Club do with the money raised? Last year, the club provided toys, food and other gifts to 1,100 children at Christmas time. In addition, they provided school clothes, coats and shoes for 1,600 children in six short months. Goodfellows often helps with dental care providing 90 children from our community with needed services. Children are identified through the school based family resource centers.

A sincere thanks to all who brought food, shared in the fellowship, or contributed in any way to the good cause. Giving and caring are also traditions that are held dear during the holidays and here at the Green River District. Watch for next year's event!  

`Angela Woosley`
For more than a year, you’ve been hearing about Accreditation-in meetings, from supervisors and co-workers and through the Gazette and email. Let’s take a moment to review some basics and see our progress.

**Who is PHAB?** The Public Health Accreditation Board is the nonprofit organization working to set a national system for accountability and continuously quality improvement of public health agencies through voluntary national accreditation.

**What is Public Health Accreditation?** PHAB defines public health accreditation as the development of a set of standards, a process to measure health department performance against those standards and the reward or recognition for those health departments who meet the standards.

**What are the steps to becoming accredited?** There are seven steps to Public Health Accreditation.

1. Pre-application.
   a. Determine eligibility
   b. Complete the 3 prerequisites
      • Strategic Plan
      • Community Health Assessment (CHA)
      • Community Health Improvement Plan (CHIP)
   c. Conduct a self assessment and complete PHAB online orientation
      • Review of the standards and measures and required documentation
      • Build on agency strengths
      • Address opportunities for improvement
   d. Submit Statement of Intent to apply for accreditation to PHAB.
2. Application
3. Documentation selection and submission
4. Site visit
5. Accreditation decision
6. Reporting
7. Reaccreditation (every 5 years)

**Where are we in the accreditation process?**

We are currently in the Pre-Application (Step 1) phase. The accreditation team is meeting monthly to complete the self assessment and other preliminary criteria. Many of you have participated in the creation and implementation of the prerequisites:

- The 2012-2014 Strategic Plan was developed in fall 2011 to establish specific goals and objectives for our agency to improve performance in meeting the ten essential public health services.
- The Community Health Assessment was conducted in fall 2011 and spring 2012 through surveys, data analysis and the community forums.
- Additional community forums in spring 2012 helped develop the Community Health Improvement Plan which outlines specific initiatives each county will undertake to meet health needs of the communities within our district. “The Green River District Community: Growing, Learning and Working Together” article in this Green River Gazette illustrates the Community Health Improvement Plan (CHIP) in action. One year follow-up forums are scheduled for January 2013.

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**You Are Invited**

Follow Up Community Meetings are scheduled in a County near you. See Page 5.
County News

**Daviess County**
DCCHC would like to wish Cathy Brooks and Sarah Maddox well on their future journey. Cathy Brooks retired on December 31, 2012 after 29 years of service and Sarah Maddox resigned after 5 years of service to be a stay at home mom.

We at the Daviess County Health Clinic would also like to give our blessings to Veronica Stallings and Sue Richards on their retirement.

**Hancock County**
>> No News to Report <<

**Henderson County**
- Join us in a big welcome to Henderson’s new supervisor, Jan Bratcher. We look forward to working her.
- Congratulations to Jeanie Hardy on her retirement. Saying goodbye is always hard and she will be missed by all of us so much!
- We would like to give Valerie Blue good wishes on her 3rd grandson, Mason. Way to go Val!!

Hope everyone had a wonderful holiday and we are looking forward to a great new year!

**McLean County**
>> No News to Report <<

**Ohio County**
Ohio County Health Center would like to welcome Annette Johnson to our clinic. Annette is our new CAP worker. She has been in contact with over 45 agencies in Ohio County to promote her program and is already getting calls from patients and setting up appointments to help our clients. We are so glad to have her here at the Ohio County Health Center.

**School Health**
On October 23rd, Dr. Micheal Zachek, who is a pulmonologist, spoke to the school nurses concerning sleep disorders in children and adolescents. In 2006, Dr. Zachek specialized in sleep disorders. He provided a powerpoint presentation on the affects of sleep disorders as it relates to behavior problems and obesity. Dr. Zachek's concern was to provide this information to school nurses because they often see those children in the school clinics. The information he provided to the nurses was very beneficial. Dr. Zachek's practice is in Bowling Green, he also has clinics in Ohio County and Leitchfield.

**Union County**
>> No News to Report <<

**Webster County**
>> No News to Report <<
The Importance of Self-Care

We are seeing a new trend --- fathers. Building Stronger Families has recently received a couple of single fathers raising children. Fathers don’t often ask for help so one area we stress is self-care. Self-care is taking time to do something fun, relaxing, renewing. It is important for everyone, including fathers to have time away from children. Our curriculum teaches that self-care in moderation renews the parent so they are more patient and tolerant.

Think of yourself as a pitcher of water. All day you pour out into glasses which represent: work, children, household duties, significant other, friends, and extended family. At the end of the day, that pitcher can be quite dry. Self-care refills the pitcher so that the next day you can begin again. Self-care can include exercise, reading a book, taking a hot bath uninterrupted, going for a walk or a movie, yoga, meditation, journaling….the list is endless. The important thing is to do something that renews you, and to schedule it into your daily routine.

-Linda Wahl

You Are Invited

As a follow-up to our Community Health Needs Assessment and Community Health Improvement Plan, in cooperation with the Kentucky and Appalachian Public Health Training Center, we will meet to discuss progress one year later.

Ohio - 8:30-10:30 am, Thursday, January 17 at Ohio County Extension Office, Hartford, KY

Henderson - 2:00-4:00 pm, Thursday, January 17 at Methodist Hospital, Henderson, KY

Daviess - 8:30-10:30 am, Friday, January 18, WKU-Owensboro Campus, Owensboro, KY

McLean - 11:30am - 1:30pm, Friday, January 18, McLean County Extension Office, Calhoun, KY

Food for Thought

By Robert Woodruff

The 5 most important words
“I am proud of you.”

The 4 most important words
“What is your opinion?”

The 3 most important words
“If you please.”

The 2 most important words
“Thank You”

The 1 most least important word
“I”
What is folic acid?
It is a B vitamin. It helps the body make healthy new cells. "Folic acid" and "folate" mean the same thing. Folic acid is a manmade form of folate. Folate is found naturally in some foods. Most women do not get all the folic acid they need through food alone.

Who needs folic acid?
All people need folic acid. But folic acid is very important for women who are able to get pregnant. When a woman has enough folic acid in her body before and during pregnancy, it can prevent major birth defects, including: Spina bifida and Anencephaly.

How much folic acid do women need?
Women able to get pregnant need 400 to 800 mcg or micrograms of folic acid every day, even if they are not planning to get pregnant. (This is the same as 0.4 to 0.8 mg or milligrams) That way, if they do become pregnant, their babies will be less likely to have birth defects. Talk with your doctor about how much folic acid you need if:

- You are pregnant or are planning to become pregnant. Pregnant women need 400 to 800 mcg of folic acid in the very early stages of pregnancy. A pregnant woman should keep taking folic acid throughout pregnancy. Women should discuss their folic acid needs with their doctors. Some doctors prescribe prenatal vitamins that contain higher amounts of folic acid.
- You are breastfeeding. Breastfeeding women need 500 mcg. Some doctors suggest that breastfeeding women keep taking their prenatal vitamins to be sure they are getting plenty of folic acid while they are breastfeeding and should they become pregnant again.
- You had a baby with a birth defect of the brain or spine and want to get pregnant again. Your doctor may give you a prescription for 4,000 mcg of folic acid. That is 10 times the normal dose. Taking this high dose of folic acid can lower the risk of having another baby with these birth defects.
- You have a family member with spina bifida. Your doctor may give you a prescription for 4,000 mcg of folic acid.
- You have spina bifida and want to get pregnant.

Some people also need more folic acid. Talk to your doctor about how much folic acid you need if you: are taking medicines used to treat: Epilepsy, Type 2 diabetes, Rheumatoid arthritis, lupus, psoriasis, asthma and inflammatory bowel disease, have kidney disease and are on dialysis or have liver disease.

What foods contain folic acid?
Folic acid is found naturally in some foods, including leafy vegetables, citrus fruits, beans (legumes), and whole grains. Folic acid is added to foods that are labeled “enriched”, such as Breakfast cereals (some have 100 percent of the daily value of folic acid in each serving), breads, flours, pastas, cornmeal, white rice.

Information from website: www.womenshealth.gov
Folic Acid Awareness Week is January 6-12, 2013
New Employees
Welcome to the GRDHD Team!

Annette Johnson
Sr. Support Services
Associate 1
Ohio County CAP

Denise Conder
Local Health Nurse II
Daviess County Home Health

Devon Hall
Family Support Worker/
Home Visitor
Henderson County HANDS

Vinetta Dawson
Family Support Worker/
Home Visitor
Henderson County HANDS

Saying Goodbye . . .

Venita Hardy, Henderson County Health Center
Deanna Sallee, School Health
Sarah Maddox, Daviess County Health Center

Policies and Procedures

Human Resources - Two new policies that have recently been approved by our Board of Health are now in place.

- The Digital Media Policy contains guidelines for employees who participate in any type of social media communication.
- The Electronic Signature Policy contains guidelines concerning use of electronic signatures.

Both of these policies have been placed on our Official Documents drive, Policies and Procedures, New Policies and Procedures Under 2012 Numbering System. All staff is encouraged to read these policies and be familiar with them.

Finance: New mileage rate for January - March is $.45 per mile.

Trivia Contest

In what Year was the Goodfellows Club started?

Please email your answer to Shanni Jones. Winners will be selected by random drawing. Please submit your entry by close of business on 1/18/2013 for a chance to win.

Congratulations to
Regina Gardner Jones (District Office)

Regina was chosen from a random drawing of correct responses to the contest question in the last issue of the Green River Gazette.

The Gmail Ninja was spotted on the bottom of Page 4 . . .

See this issue (left side of this page) for your chance to win a Subway gift card!!

Gazette Vol. 8 Issue 1 - page 7
Tips and Tricks for Becoming a Gmail Ninja

1. Use search to find the exact message you’re looking for. The real power of Gmail search lies in the ease of customizing your search to find the exact email that you are looking for. While in your email, click the arrow in the search box to see advanced search options.

2. Enter the search parameters. Note that you can search in All Mail, Sent Mail, trash, etc.

3. Once all parameters have been entered click the blue “magnifying glass” button near the bottom to begin your search.

4. A list of all emails pertaining to your search parameters will be displayed.

Tips and Tricks provided by: Google

CORRECTION: Update from School Health!
School Health staff have already given out over 700 Flu Shots this season!

Congratulations to Mitzi Helton, Candi Kamuf, Suzanne Craig and Amber Taylor. These four women were drawn out to win in the United Way drawings. For the 2013 calendar year 43 people pledged $5,927 to United Way to help local agencies. Thanks to all of you who generously donated to this worthy cause. If you would still like to donate for this year, contact HR and complete a pledge form. You can select a county agency to receive funds. You direct where your money is spent. Thanks again for all you do.

-Linda Wahl