GRDHD Conducts Casper

The Green River District Health Department conducted a CASPER for a non-emergency setting last month. The acronym “CASPER” stands for Community Assessment for Public Health Emergency Response. This method for rapid needs assessment is typically used in disaster settings to gauge the needs of the community following an emergency, such as a flood or tornado.

The method can be used for other situations, however. Because CASPER methodology utilizes a statistically significant sampling scheme to determine the overall picture of any given community, it can also be used to gather non-emergency data or opinions from community members in a statistically significant manner.

With help from the Centers for Disease Control and Prevention (CDC) field officers, GRDHD was able to complete a CASPER to gather data and opinions from community members to help form the next Community Health Assessment (CHA). This assessment is a part of a 6 step approach entitled MAPP (Mobilizing Action through Planning and Partnerships) that GRDHD began working on nearly 3 years ago in preparation for PHAB requirements. Utilizing CASPER was an ideal way to gather unbiased input from the broader community outside of the health professionals in the Green River District.

The survey was administered to roughly 250 randomly chosen households through a randomly selected in-person surveying method. 

Article continues on page 2…..

Congratulations, Green River District!!

The Green River District Health Department is pleased to announce that it has achieved national accreditation by the Public Health Accreditation Board (PHAB). To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of quality standards and measures.

Accreditation means that the Green River District Health Department is committed to continuous quality improvement so that we can meet our community’s needs as effectively as possible. PHAB accreditation demonstrates our accountability and credibility to everyone with whom we work. This recognition is renewed on a 5 year rotation.
30 “clusters” were randomly selected via satellite images and census block data throughout the 7 county district. Within the 30 clusters, GRDHD staff aimed to survey 10 randomly selected homes. At the end of the process, we needed over 210 surveys to be completed for statistically significant results. The sampling scheme chosen purposefully oversampled the clusters to make up for clusters with a smaller number of homes or poor response rates. At the end of the process, GRDHD staff and volunteers surveyed roughly 250 homes, which was more than enough to reach the statistically significant data level needed.

Volunteers included GRDHD staff, KDPH staff, one MRC volunteer, and several students (domestic and international) from Western Kentucky University and University of Kentucky. Volunteers for each weekend attended a “Just-in-Time Training” with CDC field Epidemiologist Matt Groenwold, which covered CASPER background, methodology, equipment, survey techniques, and other pertinent materials before being sent out into the field. Each interview team consisted of two volunteers.

-Submitted by Taylor Preda

COUNTY NEWS

DAVISSS COUNTY: The Daviess County Health Center staff would like to wish everyone a Happy New Year! Staff enjoyed a nice Thanksgiving and enjoyed some humorous stories to add to their festivities. We will be fully staffed with nurses after the first of the year. Welcome to Kim Gillians, RN. Daviess County lost a clerical staff—goodbye and good luck to Miranda Funk. Congratulations to the following employees who received service awards: Donna Fleming—20 years, Mary Sinnett—10 years, and Cathy Kirby—15 years. We would also like to thank Anita Owens, Laura Lindsey, Shannon Bartimus and Carole Roberts along with other staff assisting in offsite flu clinics. Thanks to Sue Ellen Holladay for assisting Daviess County when possible!

DISTRICT OFFICE: >>NO NEWS REPORTED<<

HANCOCK COUNTY: Hancock County entered a float in the Hawesville and Lewisport parades again this year (see pictures on page 12). Hancock County has also collected items to put together gift baskets for Senior Citizens. A staff member at Hancock County will also be a grandmother for the first time soon!

HENDERSON COUNTY: Staff at Henderson Health Department decided in lieu of gifts this year that they would donate to the Goodfellows in honor of a long time retired employee R.K. Steele. $125 was donated in his honor. The lobby at the Health Department in Henderson has been reorganized and a TV has been added. Patients have loved the change. Congratulations on service awards to the following staff in Henderson: Ruth Stocking and Holly Van Pell 20 years. Henderson is asking that you keep a staff member in your prayers that is going through a difficult time.

MCLEAN COUNTY: >>>NO NEWS REPORTED<<<

OHIO COUNTY: Interviews for the janitor position were completed and a recommendation will be made for a new janitor to start the first of the year. Ohio County would like to thank all staff in the clinic. They have picked up and done what needed to be done in the absence of a janitor. Congratulations to Lesia McBride on the arrival of a new granddaughter. Several staff members took some time to enjoy a well-deserved girls night out. In lieu of gifts, staff are collecting funds and items for the Senior Center.

UNION COUNTY: Union County staff took up donations of non-perishable foods for the local food bank during November. Thanks to Toni Pierson for delivering the items and organizing the donations! Thanksgiving and Christmas were both celebrated with potlucks along with an “ugly Christmas sweater” day. Staff bonded by getting together and making ornaments for their Christmas tree. A WIC Chart audit is scheduled in January.

WEBSTER COUNTY: Webster County staff enjoyed both a Thanksgiving and Christmas potluck. Food donations were brought in during November to collect for a local food bank. A federal WIC audit took place in December. Congratulations to Andrea Lancaster on the arrival of her new baby boy!
News from ADC

December has come and gone, now it’s the beginning of a brand new year! We hope that everyone celebrated and had a fantastic New Year! The ADC celebrated our Christmas party on December 19th with a potluck and gifts. Many of those gifts were kindly donated from some of our very own here at GRDHD. We hope that you all enjoyed the caroling around the building to try to bring some holiday cheer (with a few sour notes along the way)! 🎵

Also, in the future, if any department has anything going on, whether it be educational or just plain fun and you happen to think our clients might enjoy or benefit from it, please give us a ring! They enjoy getting out and about. Plus they get a kick out of visiting everyone. Thanks again for everything that you all do for our clients and staff!! You are greatly appreciated.

As a reminder, ADC is always in need of gently used/like new items for their clients. They can be used throughout the year for a variety of activities. Some ideas of things that could be donated are listed:

- Puzzles (100 & 500 pieces)
- DVD Movies
- Lotion
- Socks
- Perfume
- Gloves
- Art Supplies
- Hats (regular and beanie)
- Coloring Books
- Music CDs (Elvis, Country, Seasonal)
- Toy cars and trucks
- Knick Knacks
- Watches (men & women's)
- Crayons
- Jewelry
- Markers

Who am I you ask? Well, I have worked at the health department for about 5 years now. I’ve held a few different positions here but I am currently working in Daviess County in a position where Home Visits are the norm. Although, it’s probably not the first department that pops in your head when you hear the words ‘home visits’. I like my job because it is not the same thing every day. I never know what I will hear/see from day to day!

I am the mother of two beautiful girls, Reagan and Sammi, who are ages 6 and 7. Both of them are Girl Scouts this year!! We also had a pet dog, but he passed away recently. Some of our favorite restaurants are Chick-fil-A, Cheddars and Olive Garden! Yum!

In my free time I enjoy reading. I like a variety of authors but some of my favorites are Susan Mallery, James Patterson, Nora Roberts and Jodi Picoult. The ones I have named give me suspense, keep my guessing, have some truth to them and just grab me from page one! I like a book I can ‘get lost in’. I also love to crochet! My downfall is that I can’t always decide on patterns or colors. I find something I would like to make and halfway through I find myself saying “the colors aren’t bright enough” and I’ll begin another project.

Can you guess who I am? (See answer on Page 16)
Health Department Happenings...

Strategic Plan

Green River District Health Department Program Managers and Supervisors met on November 24, 2014, at WKU-Owensboro Campus to strategically plan for the future of GRDHD. The activities incorporated recent employee and Board of Health survey results as well as health data to develop the direction of the 2015-2017 Strategic Plan. The final strategic plan goals and objectives will be devised based on these recommendations, presented to the Board of Health for approval and commence implementation in 2015.

MAPP Training

On Tuesday, December 2, GRDHD, in cooperation with the National Association of County and City Health Officials (NACCHO), offered Mobilizing for Action through Planning and Partnerships (MAPP) training. Approximately 50 attendees participated in the one day event which emphasized a six step planning process for improving community health. Community Partners and Green River staff used the workshop to learn about the four MAPP assessments and build a foundation for completing the 2015-2018 CHA CHIP cycle.
The beginning of the New Year always has people talking about their resolutions and positive behaviors that they plan to adopt or keep. Did you know that Teen Dating Violence is on the increase and we could all construct a resolution to end these horrific acts?

January is national awareness month for Teen Dating Violence and National Stalking. This January 2015 will mark the 11th anniversary of the first National Stalking Awareness Month. In the past ten years, there has been an increased awareness of stalking, and enhanced responses to stalking, across the country. Laws have been strengthened, tens of thousands of professionals trained on responding to stalking, and services for victims of stalking have been expanded. Yet, the fact that 6.6 million adults are stalked in the United States in one year demonstrates that we still have so much more to do.

Everybody deserves to be in a healthy relationship free from violence. Drawing the line between unhealthy and abusive can be difficult for some. “Dating” means different things to different people, particularly across generations. At loveisrespect.org, “dating” is defined as two people in an intimate relationship. The relationship may be sexual, but it does not have to be. It may be serious or casual, straight or gay, committed or open, short-term or long-term. The important thing to remember is that dating abuse can occur within all kinds of intimate relationships.

Relationships exist on a spectrum, from healthy to unhealthy to abusive -- and everywhere in between. It can be hard to determine where your relationship falls, especially if you haven’t dated a lot, which relates to many teens.

In a healthy relationship:
• Your partner respects you and your individuality.
• You are both open and honest.
• Your partner supports you and your choices even when they disagree with you.
• Both of you have equal say and respected boundaries.
• Your partner understands that you need to study or hang out with friends or family.
• You can communicate your feelings without being afraid of negative consequences.
• Both of you feel safe being open and honest.

A good partner is not excessively jealous and does not make you feel guilty when you spend time with family and friends. A good partner also compliments you, encourages you to achieve your goals and does not resent your accomplishments.

Dating abuse is a pattern of destructive behaviors used to exert...
power and control over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

**Warning Signs of Abuse**

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do
- Pressuring or forcing you to have sex

Statistically 1 in 6 women and 1 in 19 men have experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed. The majority of stalking victims are stalked by someone they know. 66% of female victims and 41% of male victims of stalking are stalked by a current or former intimate partner. More than half of female victims and more than 1/3 of male victims of stalking indicated that they were stalked before the age of 25.

About 1 in 5 female victims and 1 in 14 male victims experienced stalking between the ages of 11 and 17. 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method. Weapons are used to harm or threaten victims in 1 out of 5 cases. Almost 1/3 of stalkers have stalked before. Intimate partner stalkers frequently approach their targets, and their behaviors escalate quickly.

When you’re going through a tough time, you often feel alone. You are not. There are people all around who can help. Consider reaching out to these members of your community if you’re in an unhealthy or abusive relationship.

Friends, Family, Teachers, Medical Professionals, counselors, coaches, clergy or community agencies are here to help and often, if made aware, will guide you in ways to heal from the trauma of abuse.

Teens and young adults across the country are pledging to keep their relationships free from abuse. They are sending a message that abuse is not acceptable in our schools, communities or hearts. Their resolution, end dating violence, one person at a time. Love means respect!

**Remember, if you feel you are in imminent danger, call 911 and seek law enforcement protection.**

For more information, visit the National Center for Victims of Crime (www.victimsofcrime.org) the Center for Disease Control and Prevention (CDC.gov) or loveisrespect.org

-Angela Woosley RN, BSN, MEP

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Community Service is a requirement of the teens in any of the district Teen Outreach Program® clubs. Each TOP® club is allowed to select their area of community interest and plan their service learning, but must do something each semester. Below are just a few pictures from some of the various service efforts.

**Ohio County High School TOP® club** celebrates their collection of baby items (diapers, wipes, blankets, toys, etc.) for Hope for Life - a women’s resource center in Ohio County. The TOP® teens are holding up their new club T-shirts.

**College View Middle School TOP® club** helped out at the Daviess County Humane Society. They cleaned kennels, shoveled hay for the horses, fed and watered the cats and dogs while exercising all of the dogs who were allowed out on a leash. Each teen contributed a toy, treat or canned animal food item as a donation.

**Hancock County Middle School TOP® club** participated in Christmas Wish 2014 sponsored by WBKR. Teams of the club’s teens worked in areas sorting toys and donations, reading letters submitted and transferring that information onto “shopping” forms, “shopping” for the approved Christmas Wishes and even some of the teens were interviewed by the lovely, Jaclyn Graves live on WBKR.
Both TOP® clubs at South and North Middle Schools in Henderson teamed up to help the Henderson County Humane Society. Not only did they get to assist with the numerous cats and dogs housed at the shelter, but got to clean cages of the pet rats and hamsters that the shelter had been given.

Daviess County Middle School TOP® club got all tied up in knots making fleece blankets to donate to the community. Lots of fleece material to make the blankets (from animal blankets to blankets for the elderly) was donated.

The TOP® Dawgs at Providence Elementary school are such crafty teens. They have been decorating a Christmas tree every month to highlight that month’s schools themes or activities. How better than to decorate a Christmas tree at Christmas time? These TOP® Dawgs were also asked to assist in decorating the Christmas in the Park for the city of Providence.

Many of the TOP® clubs are clipping coupons. If you have coupons you wish to share, please send them to any of the TOP® club Facilitators.

-Submitted by Angela Woosley
RN, BSN, MEP

Gazette Vol. 11 Issue 6 - page 8
**THYROID AWARENESS MONTH**

Did you know there is a butterfly shaped gland in your neck that can wreak havoc if it isn’t working properly? Though small, the thyroid gland plays a huge role in our body, influencing the function of many of our most important organs, including the heart, brain, liver, kidneys and skin.

January is Thyroid Awareness Month. It’s estimated that over 15 million of us have undiagnosed thyroid issues. For many, especially women, we often pass off thyroid symptoms as just common conditions. But an underactive thyroid (hypothyroidism) is like a car running out of gas. Symptoms include fatigue, feeling cold, poor memory, and gaining weight, even if you’re watching what you eat. An overactive thyroid (hyperthyroidism), is like a car being revved up. Your pulse may race, you could have feelings of irritability, overheat easily, be unable to sleep, or lose weight unexpectedly.

Any of those symptoms sound like you? If you have symptoms, a family history, take certain medications, or have ever had radiation therapy near the head, you should see a doctor for further testing. Blood work that tests your TSH, T3 and T4 levels is often an accurate way to diagnose. You can simply ask to have your thyroid tested during your annual exam.

In the meantime, there are two easy tests you can do at home. The first is a Neck Check. Standing in front of a mirror, take a sip of water, swallow, and watch for a bulge. Don’t confuse it with an Adam’s apple though, the thyroid is closer to your collarbone. Another is to check your basal temperature upon waking for several days in a row. If it runs below 97.8, it’s a possible indication of an underactive thyroid.

For more instructions visit: [www.thyroidawareness.com/sites/all/files/AACEneck_LR.pdf](http://www.thyroidawareness.com/sites/all/files/AACEneck_LR.pdf)

Nobody wants to drive a car running out of gas, nor would we want to drive with the gas floored all day long. Make it a resolution to check your thyroid this year. Your body will thank you for it!

*Submitted by Heather Blair*

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**Gazette Contest Question**

**QUESTION:** What are the two thieves of time management?

*HINT: The answer is in this issue of the Green River Gazette*

Submit your answers to Shanni Jones for a chance to win a Subway Gift Card courtesy of the Gazette Committee!! Deadline to enter is close of business on Friday, January 23rd. Good luck!
HOW TO REACH YOUR WEIGHT LOSS GOALS IN 2015

By Stephanie Johnson, RD, LD

1. Make realistic, measurable goals in a specific time frame- An excellent goal will have three components to it.
   • Realistic: Weight loss of 20 pounds
   • Measurable: To lose 1-2 pounds per week.
   • Specific Time Frame: Four months

Final Goal: Weight loss of 20 pounds in four months by losing 1-2 pounds per week.

2. Write it down- Make the goal visible by writing it down and keeping it in a place that you go back to regularly.

3. Be accountable- In order for the goal to be a success, you must follow through with it. Having an exercise buddy or keeping a food log is a great way to be accountable.

4. Support system- It is crucial to surround yourself with people that want the best for you. Friends and family that encourage you is important.

5. Don’t Quit- Once you start, keep it up.

To get you started, try these healthy recipes below:

Pesto Chicken Salad Pitas

1/4 cup low-fat mayonnaise
3 tablespoons of prepared pesto
1 tablespoon lemon juice
1/8 teaspoon pepper
2 cups of chopped, cooked chicken
1/2 cup grated carrots (about 1 medium carrot)
4 mini whole wheat pita rounds, split
1 cup baby spinach leaves

Directions:
1. Combine mayo, pesto, lemon juice, and pepper in medium bowl; whisk until well blended.
2. Add chicken and carrots; stir to combine.
3. Stuff each pita evenly with spinach leaves and chicken mixture.
4. Enjoy!
**Chicken Pot Pie Bundles**

1 ½ tablespoons of canola oil, divided
1 large carrot, peeled and cut into ¼ inch dice (about 1 cup)
½ small onion, cut into ¼ inch dice (about ½ cup)
2 cloves of garlic, minced
1 pound boneless, skinless chicken breast halves, cut into ½ inch dice
2 teaspoons chopped fresh tarragon or ½ teaspoon of dried tarragon
½ teaspoon kosher salt
Pinch of black pepper
1 cup of all-natural chicken broth
4 teaspoons of cornstarch
¾ cup of frozen petite peas, thawed
¾ cup of corn kernels, thawed
2 tablespoons grated Parmesan
12 egg roll wraps

1. Preheat the oven to 350°F. Heat one tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently, until softened, about 5 minutes. Add the garlic and cook one minute more.

2. Stir in the chicken, tarragon, salt and pepper. Cook until chicken is no longer pink, about 5 minutes.

3. Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.

4. To prepare the bundles. Use a muffin pan with 12 medium-sized cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.

5. Place a generous ¼ cup of chicken mixture into each wrap, and sprinkle the Parmesan cheese on top. Fold the corners up and over the top of the filling and press to seal the edges. Brush the remaining oil on top of each bundle.

6. Bake until golden and crisp, 12 to 15 minutes. Cool slightly before eating.

**Baked Apples with Cinnamon-Oat Topping**

2 medium sweet red apples (such as Gala or Braeburn)
3 tablespoons finely chopped pecans (or substitute walnuts)
2 tablespoons uncooked quick-cooking oats
2 tablespoons packed dark brown sugar
1 tablespoon chopped dried cranberries
1 tablespoon cold butter, finely chopped
¼ teaspoon ground cinnamon
½ teaspoon salt
½ cup 100% apple juice

1. Preheat oven to 350°F. Cut each apple in half horizontally. Use a melon baller or spoon to remove the core from each half, creating a rounded hole.

2. Combine nuts, oats, brown sugar, cranberries, butter, cinnamon and salt. Use your fingers or a fork to mix until mixture resembles coarse meal.

3. Fill each apple half with about 2 tablespoons of oat mixture.

4. Place apples in an 8-inch baking dish; pour apple juice around apples in dish. Cover dish with aluminum foil.

5. Bake 30 minutes. Remove foil, and bake an additional 10 to 15 minutes or until apples are tender and topping is golden brown.
We often hear of dynamic duos that make history such as Batman and Robin, Butch Cassidy and the Sundance Kid, Sherlock Holmes and Dr. Watson, but here in Green River District, we have our own dynamic duo: Don Green and Jerry Emberton.

These two men single-handedly assist our 8 facilities keeping them safe, performing necessary preventative maintenance and helping deliver clinical supplies; along with about a thousand other jobs that are requested.

“We take the team approach very seriously” stated Green, “we are often on ladders, working with generators, checking air units and often find ourselves on the roofs of many of the buildings.”

“We also deal with Murphy's Law in that sometimes everything happens at once. For example, the toilet paper holders in the DCCHC all came off the wall within days of each other. Obviously we had to get those back up quickly” chimed in Emberton. Working together provides this team a sense of efficiency and camaraderie.

The ticket system has proven to be quite helpful for the maintenance duo. Before this system, when maintenance would visit a health center, they would be asked to do several things while there. Invariably, each said that they would forget something only to remember when they got back to Owensboro or their office in the district. Both of the duo started laughing and added “can you imagine having 200 Honey-Do lists! It was so easy to forget something or simply, we would run out of time.” “The ticket system helps us to remember” adds Green. No matter when the tickets come in, each said they make sure that if there are any safety issues, those are dealt with immediately. “Safety is so very important” Emberton adds.

Green is proud of the fact that he built the current home that he and his lovely bride of over 36 years, Gail Green – an RN in Ohio County, have lived in while raising five children. Green is also proud to comment that two of his children are married and that the five grandchildren “are just wonderful, I love them all very much.”

Emborton loves God and is the pastor of two churches when not working. Married over 43 years to the lovely Carol and has one child and two grandchildren. “Family is important and your faith can make you strong.”

When asked to explain a preventative maintenance task that is routinely performed, both comment on the astronomical amount of light bulbs used throughout the district, and the number of filters they change in the buildings' air units. The Daviess County Community Health Center alone has 45 units that have 4 filters each (180 total). In comparison, the McLean County Health Center has 6 units and that equates to 24 filters that are replaced frequently.

The old adage, you don't know about somebody's life until you've walked in their shoes, is quite true in the case of our maintenance duo. A typical day for them is far, far different than what the clinics do, but it truly takes all of us to get the jobs done and fulfill the health department's mission.

-Angela Woosley
**NOBODY LIKES A THIEF**

Do you ever feel like there just aren’t enough hours in the day? Are you always running late? How often do you misplace something or lose it all-together? Do you put off doing things and then scramble at the last minute to get them done?

If any of these describe you, then you could be a victim of the two thieves of time management…

**Disorganization and Procrastination**

We’re all allotted 86,400 seconds a day. So why is it that some people seem to stretch more of their time than others? Being organized and not procrastinating, simple as it may sound, is actually the key to getting more time out of your day.

Organization 101: If you spend hours looking for things, you could’ve used that time for something else. Make it point each week to purge and straighten up your desk, car, or other commonly used areas. “A place for everything and everything in its place,” is actually a time saving mantra.

Procrastinate no more - If there’s a weekly task you dread, do it first. You’ll find instant relief for already having it out of the way. Or, reward yourself with something small once you accomplish it. Break down big tasks into more manageable ones. Be aware of your best time of day and use that to your advantage. And get away from distractions – also sneaky thieves! Turn off the noise, shut the door, and concentrate for 10-15 minute spurts.

*For 2015, make the most of your time. It is, after all, your most precious resource!*

-Submitted by Heather Blair

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**HANDS honors their newest little Graduates!**

HANDS in Ohio County had a celebration in honor of 5 of our newest little graduating members. This is a big accomplishment in HANDS as the families often enter during their pregnancy and remain in the program for two years after the birth of their child. One of our parents during the celebration spoke about what the program has meant to her. She stated that it had made her and her husband know that they were investing in their child's future and having the support from their worker each week made parenting a much easier time for their family. A big thanks to Ohio County for allowing us to use their lobby, the pretty decorations, and help. We would also like to thank Ohio County family resource center for collaborating with us in providing pizza and drinks as well as working the serving line.
Employee Benefits

**Vision Insurance**

Benefit status employees have the option of purchasing vision insurance through Avesis during open enrollment each year or if a qualifying event (marriage, divorce, birth of child, etc.) occurs in their family. Vision health is an important part of complete wellness and Avesis provides benefits that are designed to help maintain good vision and overall health. Some of the benefits covered by Avesis include: Eye exam, frames, lenses, contacts, LASIK surgery, and more. Avesis utilizes a network of providers, so for the best coverage you will need to use a network provider. As with any type of insurance, certain conditions and exclusions apply so it is always important to ask questions and be certain of what your coverage is before you schedule an appointment.

As always, if you have any questions about vision insurance, or any other benefit, just call the HR department. We want to help!  

Submitted by Rebecca Baird

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**Policies and Procedures**

**Travel Requests**

In January, a small QI team formed to review and streamline the procedures related to requesting travel, making those arrangements, and finalizing payment. Thanks to all travelers and supervisors for your patience as the Travel Request QI Team has tested and re-vamped the travel request procedures. We know it has caused frustration and hope you find the new process more efficient.

**Step 1:** Complete the Travel Request Form. Please note the travel request form has been revised, it is now a Word® Fill-In form so users can easily type in the required information and tab through each field. No signature is required.

**Step 2:** Submit a ticket through the “Receptionist” category of the Ticket System. You will need to attach a copy of the travel request form as well as any other travel related items such as a registration form, agenda, etc. You will receive a notice in your email from the ticket system indicating that your ticket has been created (travel request is received). You will also receive periodic updates on the status of your travel request.

**Step 3:** Administrative staff will then process the Travel Request ticket. This includes obtaining authorization, making hotel reservations and sending in registration items.

**Supervisors,** please note that you will receive an email from the ticket system asking for your approval of the attached travel. A simple review followed by an “approved” or “not approved” email response is sufficient.

**Step 5:** When the arrangements are complete, the travel request form will be updated to reflect confirmation information. A copy will be sent to the traveler and the ticket will be closed.

Submitted by Carrie Conia

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Gazette Vol. 11  Issue 6 - page 14
**New Employees**

Welcome to the GRDHD Team!

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### Welcome, Kim Gillians!

Hello all! My name is Kim and I recently joined the Daviess County Clinic staff as an RN. I really enjoy the educational aspect of this job. Wellness and disease prevention should be practiced for overall quality of life to be the best it can be. I just completed my Bachelor’s of Science in Nursing from WKU in December. I also have a Bachelor’s in Science in Business Administration from Brescia University.

I have been married to my amazing husband for 21 years. We have a son, Greg, who is married with 3 children. We are a very close family and spend a lot of time together, especially the grandchildren. We also have a new granddog, Lucy.

I grew up here in Owensboro and have lived here all my life. I had my son at a very young age so we kind of grew up together. Most of my immediate family is here or very close by. In my free time, believe it or not, I enjoy learning. I like to read, write and act very silly with my grandkids. I also like to travel. One day I hope to visit Ireland then fill in the globe with visits to other countries.

I don’t have a specific hero but anyone who helps a child in need is tops in my book. Our kids are the future and need a good start in life to succeed.

Something interesting you might want to know about me is that I have a photograph on display in the Mitchell Cancer Center. There was a contest when the center first opened in 2005. I submitted my picture and it was one of about 15 that were chosen to be displayed in the building.

### Welcome, Cheryl DePriest!

Hello, my name is Cheryl DePriest. My job title is Sr. Support Services Associate— and I am working at the Daviess County Health Center. I picked this line of work because I found out as a little girl I liked paperwork. I used to pretend to be a teacher just so I would have papers to grade! Even though it’s not always paper work now, I still enjoy the work. My degree is in Medical Billing and Coding. I also have a certificate in Phlebotomy and I have my CNA license.

I was born and raised in Owensboro but now live in Hancock County. I am not married, I have two children—a boy named Johnny, and a girl named Cindy—they are both grown. I have five dogs, three cats (which I am allergic to), a turtle and 14 chickens.

I enjoy sewing, wood work, crafts, cooking and gardening (vegetable and herbs). I also like to relax in the hot tub! I like HGTV, Netflix and family time most of all.

My hero is my daddy. He has taught me a lot of lessons about life. They have paid off too!

An interesting tidbit about myself? I like frogs and I have a big Christmas village, which will get bigger after Christmas.

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### Saying Goodbye . . .

Sheila Horn, Daviess County Health Center
Patty Hawkins, ADC
Pictured on right: **Gail Wigginton caught in the act!** Gail is amused as she is caught coming out of the men's restroom at the Supervisor Strategic Planning session at WKU-O on November 24th. The crisis for additional women's restrooms was duly noted. Thanks go out to **David Hunter** who "guarded" the door for her!

Pictured below: I would like to thank **Pam Miller** and her family and my family for making the Hawesville and Lewisport parades a blast. The people in the community real enjoy the gifts we gave away this year. Everything from stuffed animals to toys to books. -Mary Crowe (Hancock County)

**Congratulations** to Tara Clem at the Daviess County Health Center who won the contest featured in the last issue of the Green River Gazette.

Tara was the lucky winner of a $5 Subway giftcard.

**See page 9 of this issue for your chance to win!**

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For questions, comments, suggestions or submissions, please contact a member of the committee.

Angel Thompson • Angela Woosley • Carrie Conia • Heather Blair • Linda Wahl • Shanni Jones • Taylor Preda

**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.