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Kudos to You

Kudos to Mary Crowe, RN from Hancock County Health Department for her hard work with the Reach Out and Read program. See “Reach Out and Read” story on page 5.

Jim Mattingly - Thanks a million for your diligence and hard work in restoring my laptop to working order. It’s great to have a computer that boots quickly and a printer that spits out documents at record speed. - Your colleague, Mary Fuqua

Thanks to Debbie Davis for helping distribute flyers for the BSF Car Show Fundraiser. - Linda Wahl

Thanks to Shanni Jones for helping distribute information for the BSF Fundraisers. - Linda Wahl

Thanks to everyone who purchased food to help support BSF. - Linda Wahl

A big thank you to Carrie Conia, Mary Dowdy, Mina Desai, Sarah Davis, and Veronica Stallings for all their help while I was out of the office. - Laurie Heddleson

Thank you to all the employees who donated sick/vacation time to me while I was off work for my back surgery. I am deeply grateful for your generosity. - Krystal Sampson

Strategic Plan 2012 - 2014

The Green River District Health Department 2012-2014 Strategic Plan was devised through the efforts of Senior Management, Supervisory Staff and technical assistance from the Kentucky and Appalachia Public Health Training Center. The purpose of the strategic plan is to systematically assure GRDHD meets the core functions of public health specific to the needs of the communities it serves. The goals include:

1. Improve Community Outreach and Service
2. Internal Assessment
3. Community Assessment and Research
4. Staff Development

This strategic plan in whole can be found at www.healthdepartment.org. Please take an opportunity to visit our website to learn more about the objectives and tactics.

- Debbie
Success with Weight Loss

Anywhere you go you probably hear about someone trying to lose weight, or some product that promises results that are “too good to be true.” Weight loss can be hard. And the maintenance is tough too. The National Weight Control Registry (NWCR) is the largest prospective investigation of long-term successful weight loss maintenance. Given the prevailing belief that few individuals succeed at long-term weight loss, the NWCR was developed to identify and investigate the characteristics of individuals who have succeeded at long-term weight loss. The NWCR is tracking over 10,000 individuals who have lost significant amounts of weight and kept it off for long periods of time. Detailed questionnaires and annual follow-up surveys are used to examine the behavioral and psychological characteristics of weight maintainers, as well as the strategies they use to maintaining their weight losses.

There is variety in how NWCR members keep the weight off. Most of them report continuing to maintain a low calorie, low fat diet and doing high levels of activity. Here are some other things they do to stay on track:

- 78% eat breakfast every day
- 75% weigh themselves at least once a week
- 62% watch less than 10 hours of TV per week
- 90% exercise, on average, about 1 hour per day

Loading up on fresh fruits and vegetables can be beneficial too. They are naturally low in calories and full of nutrients. This is a great time to visit local farmers’ markets and experiment with some new fruits and/or veggies. You can check out www.fruitsandveggiesmorematters.org for lots of great ideas and recipes.

- Tricia Foster, RD, LD

Pineapple Salsa

Ready in only 10 minutes, this tangy salsa doubles as a complimentary sauce for grilled chicken or seafood AND as an appetizer to enjoy with your favorite baked chips.

Serves 7

Ingredients

- 2 cups chopped fresh pineapple
- 1 cup chopped red and/or green bell pepper
- 1/2 cup sweet onion slivers
- 1/4 cup lemon juice
- 3 tablespoons chopped cilantro
- 1 to 2 fresh jalapeno peppers, seeded and finely chopped

Blend pineapple, bell pepper, onion, lemon juice, cilantro and jalapeno pepper in medium bowl. For richer taste, refrigerate, covered for 4 to 24 hours, stirring occasionally. Serve with grilled chicken or seafood or as an appetizer with chips.

Per serving: Calories 35, Total Fat 0.2g, Protein 1g, Carbohydrates 9g, Dietary Fiber 1g, Sodium 2mg

Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and CDC nutrition standards that maintain fruit and vegetables as healthy foods. www.fruitsandveggiesmorematters.org
Board Approves Letter Grading System

In October, Environmental services will be implementing a new system that establishes a letter grading system and a requirement for restaurants to post the results of their health department inspections. This new process helps us communicate to the public about safety of their food in a consistent and easy to understand format. These changes are a result of a new regulation enacted by our District Board of Health at their June 26th meeting.

The regulation outlines the following:

- Requires the health department to issue an 8”X 11” placard for each food service inspection
- Requires permitted establishments to post the placard and prohibits anyone from moving, altering or concealing it
- Assigns the Director of Public Health the authority and responsibility for establishing a policy on a grading system
- Allows the permit holder to request a re-inspection if they contest the results of the inspection or score

Under the regulation, the health department will utilize an A, B, C letter grading system on the placards that restaurants are required to post. The grading system guidelines are:

A - 85-100% with no critical violations. An “A” placard acknowledges safe food handling practices and designates that the facility meets the requirements of the Kentucky State Food Code without critical violations. The “A” placard will remain posted until the next routine inspection.

B - Includes ALL facilities that have failed two regular consecutive inspections, have failed a follow-up inspection, or were closed during the regular inspection due to imminent public health violations. The “B” placard will remain posted until the facility passes its next regular inspection.

C - 84% or below. Includes ALL inspections with critical violations. A “C” placard indicates that a food service facility has failed to meet minimum requirements of the Kentucky State Food Code. This will include a score with any critical violations. The “C” placard will be placed for a minimum period of time determined by the inspector but not more than ten days. A follow-up inspection will be conducted and the applicable placard posted.

A facility that is closed for a score below 60 or for imminent public health violations, regardless of the numeric score, will be required to post a B placard after passing the next follow-up inspection. The B placard will be posted regardless of the passing numeric score. The B placard must be displayed until the next routine inspection.

A facility that fails two (2) consecutive regular inspections will be under administrative review. Any restaurant that fails two consecutive inspections will be required to post a “B” until its next unscheduled inspection.

Those facilities that fail a single inspection will be re-inspected within 10 days and the subsequent placard will reflect the follow-up inspection grade. If the re-inspection score is 85 or higher and no critical violations were detected, the facility will earn an “A” placard.

This new policy is designed to better serve the public by informing them about the safety of their food sources and making them a little more aware of how the work we do every day at the health department protects them and their community.

Clay Horton, MPH, RS
Environmental Health Director
Ticket System to be used across the District

The Technical Request system used by IS has been such a success we are implementing it for maintenance work orders and requisitions for medical/clinical supplies and forms. After the initial trial period this summer, all requests will be handled through the HelpDesk Software and the appropriate department staff.

The system works the same for all types of requests:

1) Click on the “Help” link on the homepage of the GRDHD website or common drive to submit a ticket,
2) Click “create a new ticket”
3) Select the type of request (Maintenance, Technical, Requisition) in the Category field.
4) Include your location, name and a brief description of the problem in the subject line.
5) For requisitions, you may need to attach a copy of the current order form used.

Staff will receive an automated email letting them know the ticket has been received by the appropriate department and will also be able to follow the progress of the job and past tickets submitted by creating their own account on the system.

<table>
<thead>
<tr>
<th>Ticket Request</th>
<th>Technical Requests</th>
<th>Maintenance Requests</th>
<th>Requisitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff Involved</td>
<td>David, Jim &amp; Shanni</td>
<td>Rebecca, Don &amp; Jerry</td>
<td>Sheri, De, &amp; Shanni</td>
</tr>
<tr>
<td>Sample Request Types</td>
<td>IS needs such as</td>
<td>Maintenance Work orders</td>
<td>Supply and Form orders</td>
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<td></td>
<td>▪ Password resets</td>
<td>such as</td>
<td>normally filled (from the</td>
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<td></td>
<td>▪ Software problems</td>
<td>▪ HVAC</td>
<td>Medical Supply Closet) by</td>
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<td></td>
<td>▪ Training needs</td>
<td>▪ Generator</td>
<td>Sheri, Shanni or De</td>
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<td></td>
<td>▪ Moving equipment</td>
<td>▪ Moving</td>
<td>Clinical/Medical Supplies</td>
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<td></td>
<td>▪ Computer hardware</td>
<td>▪ Delivery/Supplies</td>
<td>Family Planning needs</td>
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<td>▪ Electrical</td>
<td>Clinical/Medical forms</td>
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<td>▪ Plumbing</td>
<td>▪ Standard forms, brochures,</td>
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<td>▪ Building</td>
<td>fact sheets and printed</td>
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<tr>
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<td>▪ Other</td>
<td>materials</td>
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Did you know?

There is an Owensboro Restaurant Map located on the common drive for your use.

These handy maps can be printed out for guests not familiar with the Owensboro area...
Department News - Tuberculosis

Hood Testing for the TB Program

Pictured: Joanie Patterson RN from McLean Co during the Hood testing for TB program. Along with the basic mask fit testing; this year a Hood testing has been initiated. This test is a qualitative FIT test which assures the nurse has the appropriate size mask before entering into an exposed area, such as a TB patient who is in isolation. The Hood test is required for those nurses who will be providing DOT visits to the TB patients. This test is just one of the requirements from our State TB program to meet our TB exposure control plan.

The nursing staff has been accepting to this “new testing” as I have tried to make it fun. (As you can tell by the photo.) …Joanie was kind enough to agree that this picture be shared.

-Connie Nalley

Reach Out and Read

Mary Crowe, RN at Hancock County Health Department was featured in a cover story featured in the Hancock Clarion on May 17th. Mary has been involved in a program called “Reach Out and Read” which gives kids brand new books for coming in for their well-child exam. With help from Ashley Elder, a teacher at North Hancock Elementary School, around 2,100 books were collected during a week long book drive. These books will go in the “book closet” at HCHD and children will get the chance to go in an pick out a book every time they come in to see the nurse. “It kind of helps them not be so scared about being at the doctor’s office” says Mary Crowe, RN. If anyone would like to donate books, please send them to the Hancock County Health Center.

The HANDS Program is in need of craft items, such as glue, stickers, yarn, colored markers, crayons, small bottles of paint or anything crafty, that you no longer need or want. The items can be seventies style or modern. We will gladly accept any items and use them. Please send to the HANDS program or call extension 2076 for pick-up. Thank You!
JDRF Position Statement on Diabetes Management in Schools

The Juvenile Diabetes Research Foundation believes that students with type 1 diabetes must be allowed to manage their diabetes in a school setting by monitoring their blood sugar, eating appropriate foods, and administering insulin. These children require appropriate school policies and a strong supportive network to help facilitate their life sustaining health regimen. Teachers, parents, school administrators, and health care providers must work together with the student to develop guidelines for management of their diabetes.

Diabetes requires students to monitor their glucose levels and if necessary take immediate action to bring their levels within a normal range. While in school they must be allowed to test their glucose levels, self-administer insulin as needed and take other corrective measures such as drinking juice for low glucose levels.

Children with diabetes may need to carry medically-necessary devices, such as injection kits for the delivery of glucagon, syringes and insulin pumps for insulin delivery, and continuous glucose monitors in their backpacks or on their person. They need to be allowed to check their glucose level and store their medications in a secure location. Children under the age of eight may need adult support to properly monitor their glucose levels and manage their insulin needs.

Children must have access to adults who are trained to recognize the warning signs of high or low glucose levels and be able to take appropriate action. Each school should have an adult who is qualified to manage an emergency hypoglycemic episode caused by dangerously low glucose levels. Special allowances may be needed for test taking and treatment when a child is experiencing these extreme glucose levels.

Children with diabetes should participate in class field trips and be encouraged to engage in sports and physical activities. With planning and routine glucose checks, participation in these activities is safe for children with diabetes. In fact, exercise is now considered essential for avoiding or delaying the onset of diabetic complications.

http://www.jdrf.org/index.cfm?page_id=107280
A Guide for People With Diabetes

Take Care of Your Feet for a Lifetime

You can take care of your feet!

Do you want to avoid serious foot problems that can lead to a toe, foot, or leg amputation? Take Care of Your Feet for a Lifetime tells you how. It’s all about taking good care of your feet.

Foot care is very important for every person with diabetes, but especially if you have:
- Loss of feeling in your feet
- Changes in the shape of your feet
- Foot ulcers or sores that do not heal

Nerve damage can cause you to lose feeling in your feet. You may not feel a pebble inside your sock that is causing a sore. You may not feel a blister caused by poorly fitting shoes. Foot injuries such as these can cause ulcers, which may lead to amputation.

Keeping your blood glucose (sugar) in good control and taking care of your feet every day can help you avoid serious foot problems.

Use this guide to make your own plan for taking care of your feet. Helpful tips make it easy! Share your plan with your doctor and health care team and get their help when you need it.

There is a lot you can do to prevent serious problems with your feet. Here’s how.

Tip #

7 Wear shoes and socks at all times.

- Wear shoes and socks at all times. Do not walk barefoot—not even indoors—because it is easy to step on something and hurt your feet.
- Always wear socks, stockings, or nylons with your shoes to help avoid blisters and sores.
- Choose clean, lightly padded socks that fit well. Socks that have no seams are best.
- Check the insides of your shoes before you put them on to be sure the lining is smooth and that there are no objects in them.
- Wear shoes that fit well and protect your feet.

Check the inside of your shoes before you put them on.

Tip #

8 Protect your feet from hot and cold.

- Wear shoes at the beach or on hot pavement.
- Put sunscreen on the top of your feet to prevent sunburns.
- Keep your feet away from radiators and open fires.
- Do not put hot water bottles or heating pads on your feet.
- Wear socks at night if your feet get cold. Lined boots are good in winter to keep your feet warm.
- Check your feet often in cold weather to avoid frostbite.

Protect your feet when walking on hot surfaces.

Check your feet every day.

- You may have serious foot problems, but feel no pain. Check your feet for cuts, sores, red spots, swelling, and infected corns. Find a time (evening is best) to check your feet each day. Make checking your feet part of your every day routine.
- If you have trouble bending over to see your feet, use a plastic mirror to help. You can also ask a family member or caregiver to help you.

Reminder

Make sure to call your health care team right away if a cut, sore, blister, or bunion on your foot does not begin to heal after one day.

You can download this and other diabetes related brochures at:
http://ndep.nih.gov/publications/PublicationDetail.aspx?
Good news! You've got a great new program as a Humana member

It's called HumanaVitalitySM, a groundbreaking wellness and rewards program which can help you enjoy a healthier and happier life.

Whatever your individual goals may be, HumanaVitality will help you reach them. In fact, Humana gives you the tools to create your own personal plan for good health and then rewards you for reaching your goals.

Good health is its own reward, but it's also nice to be rewarded for reaching your health goals. That's why HumanaVitality allows you to earn perks like movie tickets, music downloads, name-brand electronics, and apparel as you make progress.

You'll find a short health assessment that will help you discover things you can do to improve your overall health and well-being, no matter what stage of life or health you're in. By completing the assessment, you'll be on your way to earning rewards and enjoying the benefits of healthier living.

Check Up Includes:
- Height, Weight, BMI
- Blood Pressure
- Waist Circumference,
- Total Cholesterol - HDL, LDL,
- Triglycerides, Total Chol / HDL ratio
- Glucose

GET YOUR HumanaVitality check up at the Daviess County Health Center and be rewarded!!!!

Make the positive changes you've always wanted to – register at Humana.com today.

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Daviess County Diabetes Coalition
2012 Charity Golf Scramble

Friday, September 14th, 2012
(Rain Date 9-17-12)

Ben Hawes Golf Course

STOP The DIABETES Epidemic!

400 Booth Field Rd • Owensboro, KY

RESERVATION DEADLINE IS AUGUST 31ST
Play in Scramble: Foursome = $200
(Includes 2 Mulligan’s and 1 Skirt per player)

MAKE CHECKS PAYABLE TO:
DCDC, P.O. Box 309, Owensboro, KY 42302-0309
For questions of information contact Carman Allison
(270) 852-5563 or carman.allison@grdhd.org

GOLF FEE INCLUDES: Breakfast, Lunch, Green Fees, Cart,
Goody Bag, Entry in Contest for Closest Pin, Longest Drive,
Straightest Drive, Longest Putt & 2 mulligans/1 skirt (per player)

The “Emergency Diabetes Patient Assistance Program” provides insulin, diabetes medications, and blood glucose test strips to those who cannot afford them. We also work to reduce the devastating burden of diabetes in Daviess County through the following:

Provide Education ● Promote Advocacy ● Increase Awareness

Check-Up Includes:
- Height, Weight, BMI
- Blood Pressure
- Waist Circumference,
- Total Cholesterol - HDL, LDL,
- Triglycerides, Total Chol / HDL ratio
- Glucose

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McLean County 2012

September 18, 19, 20
1:00 — 4:00 pm
McLean Co Extension Office
335 W 7th St, Calhoun, Kentucky 42324

You will...
- learn tips to help you take better care of yourself!
- broaden your understanding of diabetes and how it affects the body!
- learn the latest recommendations for improved diabetes self-care!
- learn necessary management tips/skills for meal planning!
- learn activity recommendations!
- broaden your understanding of diabetes medications!

It is recommended that participants attend the entire series, if possible. Family Members Also Welcome!

Pre-registration is required.
To register call (270) 852-5454.

The FREE classes are provided by
Green River District Health Department (GRDHD), HealthFirst CHC,
Kentucky Diabetes Prevention & Control Program (KDPCP),
McLean County Health Center, UK Cooperative Extension Service

Gazette Vol. 8 Issue 1 - page 8
Stay Safe in HOT Weather!
Learn how to stay cool when the weather is HOT.

People Most at Risk for Heat-Related Illnesses:
- People ages 65 and older
- Infants and young children
- People who are overweight
- People who are ill or on certain medications
- People doing physical activities

Heat-Related Illnesses
People suffer heat-related illnesses when their bodies cannot cool themselves normally.

Heat Exhaustion:
A mild heat-related illness that can occur after several days of being in high temperatures and not drinking enough fluids. If not treated, it may lead to heat stroke.

The warning signs of Heat Exhaustion include:
- Heavy sweating
- Fast, weak pulse
- Fast, shallow breathing
- Paleness
- Muscle cramps
- Weakness
- Headache
- Dizziness
- Nausea or vomiting
- Fainting

What to do:
- Call 911 if the symptoms are severe or the victim has heart problems or high blood pressure
- Rest
- Cool the victim (e.g., cool shower, bath, or sponge bath)
- Drink cool beverages

Heat Stroke:
The most serious heat-related illness. It occurs when the body cannot control its temperature. The body loses its ability to sweat and cannot cool down. It can cause death or permanent disability if emergency treatment is not provided.

The warning signs of Heat Stroke include:
- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Fast, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What to do:
- Call 911
- Get the victim to a shady area
- Cool the victim FAST (e.g., cool shower or bath)
- Do NOT give the victim fluids to drink

Don't Forget:
- People exercising or playing sports when it is hot outside need to be extra careful
- Animals need special care and attention during times of extreme heat too

Some medications make it harder for your body to control its temperature, putting people taking those medications at higher risk for heat-related illnesses.

Some types of medications that increase the risk:
- Antidepressant drugs
- Antiparkinson drugs
- Psychiatric drugs

Some other medicines that also increase the risk:
- Some antihistamines (e.g., Benadryl and Chlortripolon)
- Over-the-counter sleeping pills (e.g., Nytol)
- Anti-diarrhea pills (e.g., Lomotil)

This is not a complete list of all the medications that may affect body temperature. Consult with a doctor, nurse, or pharmacist for more information.

Local Radio Stations that Broadcast Emergency Alerts
<table>
<thead>
<tr>
<th>Radio Station</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEMU</td>
<td>89.1 FM</td>
</tr>
<tr>
<td>WWWW</td>
<td>102.9 FM</td>
</tr>
<tr>
<td>WQKL</td>
<td>107.1 FM</td>
</tr>
<tr>
<td>WAAM</td>
<td>1600 AM</td>
</tr>
</tbody>
</table>

Emergency Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td>(734) 973-4900</td>
</tr>
<tr>
<td>Fire</td>
<td>(734) 761-2425</td>
</tr>
<tr>
<td>Ambulance</td>
<td>(734) 544-6700</td>
</tr>
<tr>
<td>Washtenaw County Emergency Management Division</td>
<td>(734) 971-5300</td>
</tr>
<tr>
<td>Ann Arbor Office of Emergency Management</td>
<td>(734) 668-8353</td>
</tr>
<tr>
<td>Washtenaw County Public Health Department</td>
<td>(734) 973-4900</td>
</tr>
<tr>
<td>American Red Cross</td>
<td>(734) 971-5300</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>(734) 668-8353</td>
</tr>
</tbody>
</table>

Stay Safe in HOT Weather!
Recently, COT has seen an increase in phishing emails, and employees have responded with their user ID and password. When this happens, the responders account is almost automatically compromised and used to send very high volumes of spam and phishing emails. Not only is this a heavy strain on the email servers, but many private sector email providers block incoming email from any ky.gov or grdh.org address when they repeatedly receive spam or phishing emails from them.

They may also place our domain name on an independent blacklist that is shared with other email providers. When ky.gov or grdh.org email addresses are blacklisted, outbound email to legitimate business partners and citizens is often sent back as undeliverable and business is adversely affected. Email administrators have no control over what is placed on the independent blacklists, when or if it is removed, or email that is blocked by private companies and email providers.

All phishing emails share one revealing characteristic: they are after information that should never be disclosed through email, either by a reply or by following a link.

**Revealing a user ID and password to someone on the other end of an unexpected email is the same as giving your address and house key to a stranger on the street.**

Even if an email appears to be from someone familiar, it may not be, and users should remember that it is against Agency policy to share passwords.

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**Congratulations to Emily Cissell from Building Stronger Families/Daviess County.**

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

**Question:** To meet the NIMS requirement, GRDHD must assure that all staff has at least the minimal NIMS training. What 2 courses are required for all staff?

**Answer:** IS 100 and IS 700

See page 12 of this issue for your chance to win a Subway gift card!!

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**This Day in History**

On July 20, 1969 American Astronaut Neil Armstrong walks on the moon speaking the famous words “That’s one small step for man, one giant leap for mankind.” Armstrong became the first human to walk on the surface of the moon.
Just Arrived

Congratulations to **Lori Donahoo** (Nurse at Wayland Elementary) on the birth of her son **Cylas**. Cylas was born May 3rd weighing 7lb 14oz and was 20 1/2 inches long. Proud grandmother is **Karen Sharp** (a former GRDHD employee). Both mother and baby are doing well.

Congratulations to **Jarrod and Lynsie Smith** (Clinical Assistant at Ohio County Middle) on the birth of their son Wyatt Lane. Wyatt was born June 5th weighing 8lbs 8oz and was 18 1/2 inches long. All are doing well!

Congratulations to **Jeremiah and Marci Slaton** (Clinical Assistant at Morganfield Elementary) on the birth of their son Josiah “Jo Jo” Gabriel Slaton. He was born May 4th weighing 9lb 4oz and was 21.25 inches long.

Congratulations to **Lindsey Barnett** (Clinical Assistant in Daviess County Lab) on the birth of her twin daughters Kambreigh and Kynsleigh. The girls were born April 12th.

Kambreigh weighed 3lbs 5oz at birth and now weighs 7 pounds. Kynsleigh weighed 4lbs 15oz at birth and now weighs 10lbs 3oz.

Congratulations to **Cylas**

Josiah “Jo Jo”

Josiah “Jo Jo”

Cylas

Kynsleigh

Kynsleigh

Carlee

Carlee

Wyatt

Wyatt

First Steps

First Steps to be featured in Owensboro Parent Magazine

Mitzi Helton, First Steps Coordinator in the Green River District was recently interviewed for an article to be featured in the July issue of Owensboro Parent magazine.

Free copies of the magazine will be available at different locations around Owensboro. For a list of locations where you can pick up a copy or to view the issue online visit [www.owensboroparent.com](http://www.owensboroparent.com)

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**Be Safe - Look before you Lock**

**B**ack seat - Put something in the back seat so you have to open the door when leaving the vehicle - cell phone, employee badge, handbag, etc. **E**very child should be correctly restrained in the back seat.

**S**tuffed animal - Move it from the car seat to the front seat to remind you when your baby is in the back seat. **A**sk your babysitter or child-care provider to call you within 10 minutes if your child hasn't arrived on time. **F**ocus on driving - Avoid cell phone calls and texting while driving. **E**very time you park your vehicle open the back door to make sure no one has been left behind.

Tips provided by [www.kidsandcars.org](http://www.kidsandcars.org)
Contest Question

People at risk for heat related illness include: individuals 65 years and older, infants and children, people who overweight, ill and/or on certain medicines and __________?

(hint: it’s in this newsletter!)

Send your answer to any member of the newsletter committee. Winners will be selected by random drawing to receive a Subway gift card.

Saying Goodbye . . .

Donald Crask, District Office
Joseph Powers, District Office
Shelley Caldwell, Hancock County Schools
Alice Coakley, McLean County Schools

In the News

Local 7 Lifestyles

◆ Rich Nading - Sun Safety Tips for Summer 6/7/2012
◆ Merritt Bates Thomas - Kangaroo Care 5/17/2012
◆ Nancy Walker - Diabetes Alert Month 3/1/2012

HANDS Building Blocks

Sarah Murphy, Family Support Worker/Home Visitor, Daviess County HANDS

◆ The Importance of Dads 6/12/12
◆ Keeping your Kids Safe this Summer 5/29/12
◆ Mothers Day Craft 5/1/2012
◆ Tips to Avoid Leaving your Child in the Car 4/17/12
◆ Boo Boo Bunnies 4/3/2012

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

Announcements

Holiday: All offices will be closed on July 4th in observance of the Independence holiday.

Coming Soon: Watch your email for an update to the Time and Travel form (coming in July).

July 2012

4 Independence Holiday
11 Managers Meeting 8:30-11:30 District Office
18 TEC Meeting 9:30-11:30 District Office
19 Sr. Mgmt Meeting 8:30-12 District Office
28 World Hepatitis Day

August 2012

1-7 World Breastfeeding Month
3 Supervisors Meeting 9-12 District Office
8 Managers Meeting 8:30-11:30 District Office
10 Nurse Supervisors Meeting 9-1 District Office
15 TEC Meeting 9:30-11:30 District Office
16 Sr. Mgmt Meeting 8:30-12 District Office
22 APRN Meeting 9-11 District Office
28 School Health Meeting 8-12:30 District Office
29 School Health Meeting 8 -12:30 District Office

The Gazette Committee wishes you and your family a Safe and Happy Fourth of July!

The Green River Gazette is published bimonthly. For questions, comments, suggestions or submissions, please contact a member of the committee.

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