Kudos

A big “Thank You” to Libby Hancock, for coming to Hancock County on Voting Day and helping with phone coverage and directing traffic. - Carole Roberts

Congratulations to Donna Matheny (Union County) and Carole Roberts (Hancock County) for being our KY Train winners. They each won a $25 gift card to Walmart. Thank you to all staff who completed the 2014 Annual Training Plan by the deadline. Congratulations!

Thanks to Don Green and Jerry Emberton for dropping everything to help move office furniture at last minute. Your assistance was greatly appreciated. - Carrie Conia

Kudos to David Hunter, Mason Pennington, and Shanni Jones for all their hard work upgrading the computers across the district. - Carrie Conia

Congratulations to GRDHD on 40 Years of Service!

Where were you in July 1974? Do you remember a hit song from that year or a box office movie? Who was President? Maybe you weren’t yet born, but you might have heard about that time from a parent, friends, etc. Whether or not you remember events from 1974, or even if you had not yet been born…history is the one inheritance we all receive. It can help us learn valuable lessons to help guide us toward the future.

In July 1974, President Richard Nixon would soon be forced to resign due to the Watergate Coverup…obviously a national scandal! The cost of a gallon of gas was 55 cents, the average cost of a new house was $34,900.00 and the average salary….$13,900. “Chinatown” starring Jack Nicholson was one of the top movies and “Rock the Boat” by the Hues Corporation was a hit song.

July 1, 1974 is also when the Green River District Health Department was created. The first meeting was held on July 2, 1974 in the “new State Building in Owensboro, Kentucky”. That building is now on track to be the International Bluegrass Music Museum. Since this was the first meeting, there was no chairman and no official place to house the District staff. Two of the board members serving at that time have continued to serve into this year. Mrs. Frances Imogene Allard just resigned from the Hancock County Board of Health after serving in that position for 44 years! Also, Dr. Wayne Cole continues to serve on the Webster County Board of Health today!

Have we made a difference in providing 40 years of service to the public? You decide, as I plan to write a historical piece in each Gazette of the next Fiscal year to highlight some of the programs and characters that have come and gone! If you have any bits of information that will be helpful as I write about the past, please let me know! I look forward to hearing your stories as we celebrate 40 years of community service as the Green River District Health Department.

-Debbie
**Daviess County:**

Daviess County offers a morning walk-in clinic. Once all patients are checked in, one of the registration clerks will notify the appointment clerk to start scheduling the remaining morning appointments.

Daviess County is using the number system. Upon arrival in the morning, the patient takes a number. Every available registration clerk will call a number; once the patient enters the intake the clerk will enter the client’s appointment in the system and proceed with the registration process. We use the appointment system in the morning for tracking the number of patients seen and keeping up the providers’ morning schedules. Once the registration is completed, the clerk will document the number called on the route slip. Once the chart is put in the window it is put in the holding basket by the number on their route slip.

Patients calling in at 7:30 will be scheduled in the afternoon until all walk-in patient’s have been registered.

All patients that are given a later morning appointment are offered to stay or leave and return 15 minutes prior to their appointment time. Daviess County offers Same Day Scheduling for nursing and nurse practitioners visits daily except Friday afternoon. Appointments can be scheduled in advance for special circumstances or follow-up. For instance, MNT can only be done by a registered dietician and will be scheduled when the dietician is scheduled to work in Daviess County.

Afternoon hours are booked by appointment. Checkout of patients: WIC and Depo is entered in the computer under a dummy provider according to their issue date and date due. This ensures the auto-dialer will call the patient the night before regarding benefits/date due. If the patient has to work, they are offered an appointment. All other services are put in the computer under the 32nd day reminder report.

**District Office:**

>>>No News Reported<<<

**Hancock County:**

Hancock County has Same Day Scheduling everyday except Thursday when they host Family Planning clinic. Walk-ins will be taken as appointments are available on this day. All patients are still given same day scheduling information upon registration to educate about Family Planning Clinic not being on the same day scheduling. It was worked out extremely well. Thank you to Stephanie Bivins for making sure this has worked out for us.

If a morning appointment does not work for the patient, we ask that they call the morning of the day they want to be seen and we schedule them an afternoon appointment.

**Henderson County:**

We are having a successful transition to same day scheduling, the patients are sending in positive feedback that the program is working well for them as well as for our staff.

Our walk in clinic is Monday through Friday 7:45am-10:30am. Patients are seen on a first come, first serve basis. We use a number system that is located at the front window, patients take a number when they arrive, the clerk will then call a number and take a patient to their desk to find out what service the patient is needing. This patient’s chart is pulled, the information is updated, medical card and insurance information is collected and they are sent through the clinic for the service needed. If our patients are here for WIC we also put a “dummy” appointment in the computer. This will allow us to keep track of patients that did not keep their WIC appointments and reminder cards are sent out.

**McLean County:**

Mclean County is gearing up for the 6th grade BLITZ. The BLITZ is scheduled for Wednesday, July 23rd from 4-7 p.m. and Wednesday, July 30th from 8:30-11:30 a.m. Sixth graders in Mclean County will be able to receive immunizations, physicals and sports physicals during this time. MCHD appreciates all who have volunteered to help with this great service to the county.

Continued on next page....
Ohio County:
Ohio County Health Center has recently begun same day scheduling. It is going well and as of May our daily services have actually increased over March and April. Dr. Sewell’s patients’ appointments, APRN appointments, Depo’s with insurance, MNT visits, TB meds visits, and patients with special circumstances are still scheduled. We take walk-in’s from 7:30 to 9:30 a.m. or anytime if there is an opening. Call-in scheduling starts at 10 a.m. offering appointments for that day when they call in the morning. Thank you OCHC staff for all you do for our county.

Union County:
In April our clinic, like many other clinics, participated in an Annual KWCSP and FP Site visit. It was a very positive and informative visit with no deficiencies noted! Congratulations to our team!

Webster County:
Webster County began Same Day Scheduling in April. At this time, we are currently utilizing same day or traditional scheduling, depending on the patient’s choice. Many patient’s have chose to continue with traditional scheduling. Appointments for the nutritionist and APRN have continued to be scheduled appointments.

County News Continued….

We also participated in a WIC site visit which was also very positive. Happy Birthday to the following staff: Donna Matheny, Darlene Johnson, Mary Danhauer, and Becca Logan.

It has been nine months since Same Day Scheduling was introduced into our clinic. This way to scheduling has been a roller coaster experience! There have been highs and there have been lows, as there are with most changes that occur in life. We have learned many things throughout this process:

1. Don’t be afraid of change. Change is inevitable and when embraced, allows opportunities for growth. Same Day Scheduling has been a learning experience that has encouraged us to adapt to the needs of our clients. Many clients needs are now, not two weeks from now.

2. Be Flexible. Just because you have committed to our path does not mean you should be rigid. In January, when it became clear that not every patient was happy with Same Day Scheduling, we in instituted one to two days per week of scheduled appointments for those particular clients. Generally, these are only scheduled a week in advance. With a few tweaks here and there in order to assure a smoother process, Same Day Scheduling has allowed our clinic to grow and become more client friendly.

Webster County: Webster County began Same Day Scheduling in April. At this time, we are currently utilizing same day or traditional scheduling, depending on the patient’s choice. Many patient’s have chose to continue with traditional scheduling. Appointments for the nutritionist and APRN have continued to be scheduled appointments.

We are pleased to announce two added new services to several of our clinics.

The first new service being offered is the CDL exam in our Daviess, Henderson and Union County Health centers. This exam is a requirement for all commercial drivers to maintain the CDL license.

Mary Danhauer, APRN recently completed her training and passed the required testing to perform these exams.

Daviess, Henderson and Union counties are now accepting appointments for the physicals. Please share this information with your family and friends who need this required physical exam.

The other new service being offered in the Daviess County Health Center is physical exams for the newly arriving Burmese refugees. Since 2009 when the first refugee family arrived in the area, the agency pledged to offer TB screening and immunizations with the physical examination being completed by a few medical providers in the Owensboro area. As time passed, the medical provider participation declined, but the need remained.

In collaborating with the Kentucky Office of Refugee, our agency will now begin offering this much needed service to the refugee client.

The process is extensive and requires two visits, one visit with an RN to complete the history and labs, the second visit is the physical exam to be completed by Mary Danhauer, APRN. We will be the only health department in the state to offer this service to the refugee community.

- Submitted by Connie Nalley, RN

Announcing Two New Services in our Health Centers
Welcome, Heather Blair

Hello! My name is Heather Blair and I’m thrilled to have recently joined the H.A.N.D.S team, serving families in Ohio & McLean counties.

Having commuted all my adult life, it is a wonderful change to be only five minutes away from the office! Though a new employee to GRDHD, I’ve been an active partner within the Green River district through my previous careers, working closely with smoke-free and other healthcare initiatives for Kentucky.

What I love most about working for H.A.N.D.S. is that I can daily make a positive difference in the lives of others. I’ve already begun working with families and enjoy visiting them each week. I look forward to building my caseload and supporting even more parents in the area!

Welcome, Lindsey Moore

My name is Lindsey Moore. I have joined GRDHD as a Senior Clinical Assistant at the Adult Day Center. I’ve always been a caring and tenderhearted person, mothering everyone, so this line of work was something that I naturally gravitated towards. Eventually, I would like to become a wound care nurse.

During my senior year at Daviess County High, I was enrolled in the Health Sciences program at Owensboro Community and Technical College to become a State Registered Nurse Assistant. I graduated from both, in 2004 and have been a CNA ever since. During my schooling, I was named Outstanding Student of the Year 2004.

During my free time, I love spending time with my 8 year old daughter Iris, and my 4 year old son Damien. I grew up in the small town of Whitesville, Kentucky. In my free time, I enjoy singing karaoke, reading, and listening to music or getting out to hear local bands.

Welcome, Ali Shewcraft

My name is Ali Shewcraft and I am the new MNT Nutritionist I for Green River District Health Department. I am extremely excited to be joining a team of such kind and compassionate individuals. You have made it an easy transition for me from clinical dietitian to the community setting.

I completed my undergraduate work through Murray State University in May of 2012, and then completed the dietetic internship through the graduate program at Murray State, as well. I was fortunate to be able to complete my internship in Mayfield, KY at Jackson Purchase Medical Center and the Graves County Health Department in May of 2013. In September of 2013 I was hired at Methodist Hospital in Henderson, KY as a Clinical Dietitian. Through my time at Methodist Hospital I was able to grow, not only as a person, but as a dietitian.

Often times, we get where we are in life by the trials, battles, and obstacles we encounter along the way. In my case, I feel as though the field of Nutrition and Dietetics chose me. When I was 15 years old I was diagnosed with Type 1 Diabetes. Instead of letting diabetes control me, I decided to pursue a career in dietetics.

I am passionate about helping people and providing nutritional services for their needs. As a Registered Dietitian, I feel it is key to convey to individuals the importance of following a well-balanced diet instead of trying the latest fad diets and current trends. Along with a well-balanced diet, it is important to incorporate regular physical activity into an individual’s routine. Some of my favorite activities include running, basketball, hunting, and fishing.

I look forward to having the opportunity to work with you! -Ali Shewcraft, RD, LD
**Building Stronger Families: 15 Years Strong**

This year we celebrate 15 years as a program. Building Stronger Families (BSF) began in January 1997 and has grown and shrunk with the changes in grant funding. At the time of BSF inception, there was a program called Resource Moms for moms of children to age 1. There were also perinatal nurses who educated moms on healthy deliveries and babies. The last two programs do not currently exist, but we now have a strong HANDS program that works with new parents of children up to age two.

Building Stronger Families is grant funded, through a federal child abuse prevention grant. The program is funded on a two year grant cycle and each grant has different requirements. BSF adapts to the changes in the grant and tries to provide continuous high quality parenting education. BSF now uses a nationally recognized peer-reviewed parenting curriculum.

It screens all children 5 1/2 and younger for any developmental delays. The program has developed much more stringent guidelines policies and procedures since its inception. Outcomes are easier to measure. The measurements make it more evident of positive changes in parenting, family interactions, family safety and child well-being. Children are living in homes that are safer and are more nurturing. All of this impacts the overall physical and emotional health of children and adults.

June 30th is the end of the last grant cycle and July 1 will begin a new two year cycle. The new grant has new challenges to meet including long home visits. Visits are required to last 3 hours a week. This is very cumbersome for parents with young children so workers will have to work around families’ schedules and children’s sleeping times.

-Submitted by Linda Wahl

---

**GRDHD Governance through Boards of Health**

Many of our staff know that we are associated with Boards of Health, but may not truly understand the importance of those partnerships. This is a simple explanation of our eight governing boards.

GRDHD has eight Boards of Health which meet quarterly. Each County Board of Health determines the annual County Public Health tax resolutions, provide for maintenance and upkeep to the Local Health Department building and provides information regarding needs and concerns of the city or county to the District Board. Each county Board of Health has 12 members which include the County Judge Executive/Fiscal Court/Mayor, community leaders and healthcare professionals. Representation on the District Board of Health is determined by population (one representative per 15,000 citizens). In Green River District, at least two of each County Board of Health members are also a member of the District Board of Health.

The District Board of Health is the governing body for Green River District Health Department. The 23 members represent all 7 counties and the Chairman of the Board rotates through each of the counties. The Board is responsible for assuring that the services provided by the agency meet the needs of local citizens within the resources of the agency. The District Board also appoints and evaluates the Health Department Director, monitors financial controls and program evaluation, and assures compliance with federal and state public health laws, regulations and board policies.

A more in-depth look at Boards of Health and the individuals who make up our Boards will appear in future issues of the Gazette.

-Carrie Conia
Building Stronger Families received two grants this past year that will make an impact on the early education for children birth to 4 years of age. BSF combined a reading grant from the Target Foundation and a large grant from the Progeny Fund to create totes filled with educational toys and books for children. Approximately 90% of the children in the BSF program are living in homes at or below the federal poverty level. There are few dollars for high quality educational toys. Since children learn almost 70% of what they know by the time they are 5 years old, it is extremely important that all children have the same opportunity to learn. The Progeny Fund grant “Level the Educational Playing Field” offers children living in poverty the improved opportunity to play and learn.

Each tote will contain 5 books and 5 educational toys. In addition, each tote will have a binder for the parents. The books are to increase reading to young children and build vocabulary and improve literacy outcomes. The toys include puzzles, blocks, and other toys. The toys will increase a child’s knowledge and skills of shapes, colors, textures, problem-solving skills and self-help skills.

Each parent will receive a binder that explains what each child will learn by playing with the toys. In addition, parents must sign a form saying they will read to the child(ren) twice a day and play with at least one toy 15 minutes a day. The form spells out how to read to children at different ages. It also informs parents of the importance of play for children and the equal importance of children playing with a caring adult. Parents will complete a weekly form that they will turn into their home visitor. Parents are informed that if they do not abide by the agreement, the totes may be taken back.

Already children have been receiving the totes. The children are delighted to open the totes and begin playing. Today one family received three totes. The infant held a soft block and turned it in his hands with wide eyes. The 15 month old pushed the “popper” around the room smiling. The three year old kept saying “thank you for my presents” and played with the pretend cooking set. She was smiling and showing the toys to her mom and her siblings. Mom said the children will have lots of fun with what they received and said she would definitely play with them often.

It is hoped that the 141 children who receive totes will have an opportunity to learn more through play. Early brain development and stimulating young minds affords all children the opportunity to reach their full potential.

-Linda Wahl

Congratulations to Joella Edge from Ohio County!!

Joella was chosen from a random drawing of all the entries in the contest featured in the last issue of the Gazette.

See page 13 of this issue for your chance to win!
Employee Benefits

Employee Benefits are a vital part of the reason that we all report to work each day, but it could be that benefits are not completely understood or used to their full advantage. In this issue of the Gazette you will find an overview of benefits, and more in-depth articles for each benefit will be found in future issues.

I want to encourage staff to understand all of the GRDHD benefits and ask any questions you may have. Following is a list of benefits available to full time and part-time 100 employees.

Let me know if you have any questions. Thanks, Rebecca

<table>
<thead>
<tr>
<th>Health Insurance</th>
<th>More information can be obtained at: <a href="http://www.ccuky.org">www.ccuky.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Deferred Compensation</td>
<td>This benefit allows employees to take a portion of pre-taxed wages to invest in a 401K or 457 program. Minimum of $30 per month allowed. More information can be obtained at: <a href="http://www.kentuckydep.com">www.kentuckydep.com</a></td>
</tr>
<tr>
<td>Life Insurance</td>
<td>$20,000 is provided at no cost to the employee. Additional coverage for employee or family members is available for a nominal cost. <a href="https://www.insuringsmiles.com/">https://www.insuringsmiles.com/</a></td>
</tr>
<tr>
<td>Dental Insurance</td>
<td>Employee is offered a choice of 2 dental plans and cost depends on plan choice. Family members can be included for a nominal cost. <a href="https://www.insuringsmiles.com/">https://www.insuringsmiles.com/</a></td>
</tr>
<tr>
<td>Vision Insurance</td>
<td>Employees have the opportunity to participate in a vision plan administered by Avesis. Family members can be included for a nominal cost. More information can be obtained at: <a href="http://www.avesis.com/">http://www.avesis.com/</a></td>
</tr>
<tr>
<td>Retirement Plan</td>
<td>Kentucky Employee Retirement System (KERS). The Agency deducts 6% of the gross pay from the employee’s wages each pay period. More information can be obtained at: <a href="http://kyret.ky.gov/">http://kyret.ky.gov/</a></td>
</tr>
<tr>
<td>Sick Time</td>
<td>Full time employees accrue sick leave at a rate of 3.5 per pay period if they work at least 37.5 hours a pay period. Part time 100 employees accrue sick leave at a rate of 2.1 per pay period if they work at least 23 hours per pay period. This rate never changes as long as you are an employee. However, on your ten and twenty year anniversary you receive a lump sum of sick hours (75 for full time and 45 for part-time 100). Any vacation time over the maximum year limit allowed will roll into sick time on the first payroll dated for the New Year (after vacation time used is deducted and before accruals are received). Sick time can be donated to other employees when qualifications are met. Sick time can be used by the Retirement System to count for service credit (figured by their percentages).</td>
</tr>
</tbody>
</table>
| Cafeteria Plan | The Cafeteria Plan for Medical and Dependent Care Expenses can be used in several different ways:  
- This plan deducts department-sponsored medical and dental insurance fees from your gross pay before tax (reducing your tax burden).  
- Dependent Care expenses can be deducted from your gross pay if you choose.  
- Health Care Account can be added to off-set medical/dental expenses that your insurance will not pay.  
- Health Care Account from your monthly allowance for medical insurance premiums can be used to pay balance of medical and dental expenses from your insurance. |
| Vacation Time | Full time employees accrue vacation leave at a rate of 3.5 per pay period if they work at least 37.5 hours a pay period. Part time 100 employees accrue vacation leave at a rate of 2.1 per pay period if they work at least 23 hours per pay period. Vacation time changes at every five year interval. Vacation time is paid out when you leave employment if proper notification is given. Vacation time over 275 hours can be sold during a calendar year of not more than 75 hours (not divided into more than two sells) if approved by the Director. For more information on any of the above please contact the HR department. |
The month of August is recognized as National Breastfeeding Awareness Month and August 1 through August 7 is designated as World Breastfeeding Week. The U.S. Department of Health and Human Services’ office on Women’s Health is raising awareness of the importance of breastfeeding to help mothers give their babies the best start possible in life. Kentucky continues to strive to increase the number of mothers who breastfeed their infants.

The GRDHD website states that “Breastfeeding is encouraged as the preferred feeding for all infants including premature newborns”. Breast milk is real food for babies that provides the best nutrition. It is a living substance packed with germ fighting properties that are custom made by mom for her baby. Breast milk is a gift that a mother produces for her child that is most easily digested in baby’s small tummy. It is the perfect food for all babies and there is no way to replicate this special milk into a can of formula.

Breast milk is a natural medicine that helps to prevent ear infections, colds, flu, allergies, diabetes, obesity, and childhood leukemia. It is free, convenient, and always the right temperature. In disasters the breastfed baby can still be fed when food and utilities may not be available and home environment stability has been altered. Breastfeeding helps a baby feel safe and secure. Babies are born with the instinct to breastfeed. However, new moms might need a little help. Supporting mom in her decision to breastfeed is very important for her confidence that breastfeeding is best for mom, baby, and her family.

The Center for Disease Control U.S. 2013 Breastfeeding Report Card reports the 2013 percentage of U.S. infants who ever breastfed is 76.5% while the rate for Kentucky babies ever breastfed is 52.6%. The national rate for babies continuing to breastfeed at age 6 months is 49% while Kentucky babies’ breastfeeding at 6 months is 32.5%. The 2020 goal for babies ever breastfed is 81.9% with the goal of babies continuing to breastfeed at age 6 months at 60.6%

In order to increase breastfeeding rates mothers need to be supported by all of society, and the community accepts breastfeeding practices as the norm. Support from family members, friends, healthcare providers, and employers will help to increase breastfeeding rates so more babies are provided this special gift. May every mom be supported to reach her personal breastfeeding goals and be empowered to create changes needed to overcome the barriers to breastfeeding success. Do your part to promote breastfeeding not only in August, but for every pregnant and currently breastfeeding moms. Breast milk-it does a baby belly good!

-Donna Whistle, RN CLS

Accreditation Update

We are at the “halfway” point of the 7 step journey to accredited status. In April, we completed step 3 by submitting our documentation to the Public Health Accreditation Board (PHAB). In response, PHAB conducted a completeness review to assess that the documentation was ready for site visitor review. Only 8 of the 97 measures were re-opened for additional examples and corrections. Those changes were submitted in May. The site visit team is currently reviewing our documentation for conformity to the Standards & Measures. We expect the site visit to be scheduled for this fall.

-Carrie Conia
Quality Improvement Update

Although GRDHD has been involved in Quality Improvement (QI) initiatives for over 5 years, a formal QI Policy was implemented last summer. In accordance with that policy, a six member team was also selected to oversee (QI) activities throughout the agency and create an agency QI Plan. Members of the committee provide mentoring and technical assistance to QI Teams and staff. They also monitor progress on current QI projects.

• **New Hire Orientation**
  The New Hire Orientation QI Project was established as a result of the 2012-2014 Strategic Plan goal 4: Staff Development, which defined a need to evaluate and improve the employee orientation program. The team redesigned the schedule and content included in the first day of new hire orientation, created additional resources for staff to access information and implemented an introductory computer class to instruct new hires on use of the GRDHD network, email, Kentucky Train and other computer applications as well as how to complete the Time and Travel. This team has progressed through the complete PDCA cycle and is now monitoring the work completed. A full storyboard is available on the official documents drive in the Quality Improvement folder.

• **Internal Customer Service**
  This team addressed issues such as communication and positive work environments in each of the seven county clinics. The storyboard, which is available on the official documents drive in the Quality Improvement folder, for the first PDCA cycle describes ongoing activities to build teamwork and increase employee recognition. The project continues and will be included as an option for expansion next year to a district wide focus rather than site specific.

• **Same Day Scheduling**
  All GRDHD locations now offer Same Day Scheduling in some manner. In March, Union and Daviess Counties administered a 6 month follow-up survey to obtain data for evaluation of progress. General feedback indicates that both patients and staff are pleased with the same day scheduling changes which have improved clinic flow and efficiency and reduced no show rates.

• **Patient Satisfaction Survey**
  Patient Satisfaction Surveys are administered in all GRDHD Clinics every January and July. Data from the past two surveys will be compared with the results received when the surveys are administered this July which will set the focus of this project.

• **FQHC/Henderson**
  This team is assessing the need for patient flow and referral process with Health First.

• **Project Flu**
  Project Flu was initiated during the 2011-2012 flu vaccination season to evaluate the effectiveness of the influenza vaccination program administered through GRDHD and community partners. A follow-up survey will be administered to area providers and patients this summer to verify that efforts have increased the number of individuals who receive an annual influenza vaccination. A full storyboard is available on the official documents drive in the Quality Improvement folder.

-Carrie Conia
Do Try This At Home (And Work)

Three experts offer tips to help you overcome a nagging issue.
“I stare at screens—TVs, computers, phones—all day, and it’s killing my eyes. Help!”

Information from Oprah Magazine—Reported by Melia Robinson

USE THE 20-20-20 RULE.
We blink up to two-thirds less often per minute when looking at a screen, which can dry out our eyes, causing irritation. To help maintain a healthy level of moisture and reduce eyestrain, get in the habit of looking at something at least 20 feet away for at least 20 seconds every 20 minutes.

-Mark Rosenfield, PhD, professor of clinical education at the State University of New York College of Optometry.

FIND YOUR TYPE.
Times New Roman may be your default font, but onscreen its curvy design with tiny tails on the ends of letters, called serifs, may slow word recognition and force you to stare harder and longer, contributing to eye fatigue. Fonts like Arial and Verdana, which have more space between letters, can make words appear crisper and easier to read from farther away, taxing your vision less.

-James Sheedy, PhD, director of the Vision Performance Institute at Pacific University College of Optometry.

CLEAN YOUR SCREENS.
Anytime we view and image up close, our eyes have to cross inward to bring it into focus. When screens are covered with fingerprint smudges, dust and dirt, focusing becomes even more difficult and, over time, can strain eyes and lead to chronic headaches. Wipe your most-used screens daily with a microfiber cloth to get rid of grime.

-Peter Shaw-McMinn, assistant professor of clinical studies at the Southern California College of Optometry.

HANDS Employee’s Hard Work Recognized by Governor

On May 6th-7th, five of the HANDS staff attended the 2014 HANDS Academy in Lexington, Kentucky. The academy offered several courses on ways to effectively build relationships with families, gain insight on new activities to utilize, safety in the homes, and ways to outreach to the community. The opening ceremony began with honoring the hard work that the HANDS workers do daily and Governor Steve Beshear announcing that a Proclamation had been signed designating May 4-10, 2014 as HANDS HOME VISITATION WEEK. He spoke of his support and praise that Kentucky has the largest home visitation program in the United States with more than 10,000 participating families and 200,000 home visits being completed each year. Our team returned re-energized and ready to continue our mission to help support families to be the best they can be. Our desire is to reach each first time mother/dad in each county and as a reminder we can see multigravida families in Henderson and McLean Counties. Please continue to fax/call with referrals as we are ready to share the information we obtained to build stronger families in our community.

-Submitted by Candi Kamuf

The signed Proclamation is shown on the next page.
Proclamation
by
Steven L. Beshear
Governor
of the
Commonwealth of Kentucky

To All To Whom These Presents Shall Come:

WHEREAS, All children deserve the chance to form healthy emotional connections with their parents and to live in safe and nurturing environments; and

WHEREAS, All families deserve to be supported in the challenging role of parenting, beginning during pregnancy when a mother can make positive lifestyle choices for her health and the health of her baby; and

WHEREAS, We know that healthy relationships with caring adults foster early, secure attachments and contribute positively to a child's physical, intellectual and emotional development; and

WHEREAS, Science shows that positive early childhood experiences lay the foundation for all learning and help establish necessary characteristics, such as persistence and empathy, that will benefit an individual throughout life; and

WHEREAS, Kentucky’s Health Access Nurturing Development Services (HANDS) is a voluntary intensive home visitation program for first-time parents that offers new families the tools and services they need from the prenatal period to the child’s third birthday; and

WHEREAS, We value and celebrate the dedicated home visiting staff in the HANDS program who provide support to more than 10,000 participating families across the state and conduct more than 200,000 home visits each year;

NOW, THEREFORE, I, STEVEN L. BESHEAR, Governor of the Commonwealth of Kentucky, do hereby proclaim May 4-10, 2014 as

HANDS HOME VISITATION WEEK

in Kentucky, and wish our new families and their supporters every success.

DONE AT THE CAPITOL, in the City of Frankfort the 28th day of April, in the year of Our Lord Two Thousand Fourteen and in the 222nd year of the Commonwealth.

STEVEN L. BESHEAR
GOVERNOR

ALISON LUNDERGAN GRIMES
SECRETARY OF STATE
TOP® Club Updates

Five members of the Hancock County High School TOP® club graduated May 31st. Becky Horn, Health Educator, and TOP® club leader, was there to cheer them on!

Congratulations!

Our Facebook page is nearing 400 Likes! Help us get to 500 by sharing our page with your friends. Just log into your Facebook account, find the Green River District Health Department page click on the “…” button on the top right section of the page, and click “share”. Ask your friends to like and share as well. GRDHD employees who share the page will be entered into a drawing to win some preparedness-related supplies. Let me know after you share so I can be sure to enter you for the drawing.

-Taylor Preda

https://www.facebook.com/GreenRiverDistrictHealthDepartment
Congratulations to Sarah (Davis) Dant and her husband Ish on the birth of their first child, a son, on May 30th. Baby Ishmael was born on May 30th weighing 7lbs 9oz, 21” long. Proud grandma is former GRDHD HANDS employee, Peggy Davis.

Congratulations to Dakota Matheny, son of Donna Matheny, on his graduation from Webster County High School. He will attend Madisonville Community College to earn a degree in law enforcement and work toward becoming a game warden.

New Employees
Welcome to the GRDHD Team!

Karen Hill
MNT Nutritionist III
District Office

Lindsey Moore
Sr. Clinical Assistant
Daviess County ADC

Alissa Shewcraft
MNT Nutritionist I
District

Gazette CONTEST QUESTION
QUESTION: This year, GRDHD is celebrating how many years of service?
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, July 25th. Good luck!

Saying Goodbye . . .
Shelley Wilhite, Daviess County
Danielle Staples, Daviess County
Brenda Hagan, Daviess County Home Health
Amber Taylor, DC-CAP
Libby Hancock, District Office
Policies & Procedures Updates

- **03.03 Agency Vehicle Usage Procedure.** This procedure was updated to clarify reasons allowed for “bumping” when using agency vehicles.

To access the Policies and Procedures, go to the Employee Resources portion of our webpage (an easy link to this can be found on your computer desktop), and scroll to the bottom of the page where you find the Policies and Procedures. They can also be found on the official documents drive.

Facility Emergency Plans

As all staff know, Emergency Action Plans for GRDHD are found in the Employee Safety and Health Manual. This agency plan covers several different scenarios, but is not facility specific.

Recently the Risk Management Committee developed a template to be completed by each facility to cover more specifically what happens in each building in the event of an emergency.

These facility specific plans can be found on the Official Documents drive in the folder titled “Facility Emergency Plans”. Please take the time to review the plan for your facility.

Contact Rebecca Baird, District Office, with questions.

New Travel Procedures Effective July 1st

As a reminder, the new procedure for travel requests is now in effect. Please submit all requests to travel through the receptionist account of the ticket system. Effective July 1st, we no longer be accepting email, fax or interoffice requests to travel.

Travel should be submitted at least 2 weeks prior to your travel date to allow time to process the registrations and make payment arrangements. A step by step “how to” is available on the common drive in the How To folder. For more information regarding travel policies, please see the travel policy (05.01), travel reimbursement procedure (05.01.01) and agency vehicle usage procedure (03.03) available through the Employee Resources webpage and the official documents drive. If you have any questions please contact Carrie Conia.

Did you know?

Cumberland Falls is the only waterfall in the world to regularly display a Moonbow. It is located just southwest of Corbin, KY.

A moonbow, or lunar rainbow, is produced by light reflected off the surface of the moon (as opposed to direct sunlight).

The mileage reimbursement rate beginning July 1, 2014 is 48¢ per mile. This rate is in effect until September 30th.