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Kudos to You

Thanks to Misty Roberts, Suli Nunez-Reira, and Alana Taylor for their hard work helping with the archiving process. Thanks to all staff that was not involved with archiving but helped to keep Registration moving and telephones answered. Daviess County archived 90 boxes this year. - Linda Hughes

Thank you to the Hancock County crew for moving the chart racks and charts out of the front office and then putting them back again after the new carpet was installed. We have a great crew that works great together. - Mary Crowe

Kudos to Alana Troutman, Kim Jones and Kattie Hillard for helping with the BSF Chili for Children Fundraiser and to Amy Brown and Angela Woosley who made delicious desserts for the event. - Linda Wahl

Kudos to Alana Troutman, Kim Jones and Kattie Hillard for helping with the BSF Chili for Children Fundraiser and to Amy Brown and Angela Woosley who made delicious desserts for the event. - Linda Wahl

Deborah Fillman discusses CHA/CHIP at Owensboro Health

An annual update of the Community Health Improvement Plan was conducted at Owensboro Health Regional Hospital on February 12, 2014 and Thelma B Johnson Early Learning Center in Henderson, Kentucky on February 13, 2014.

A large crowd of professionals and community leaders shared insights on the progress made for the seven county district of Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster counties. Deborah Fillman presented an overview of the MAPP process used for identifying the needs of the community and the efforts to establish tangible goals to achieve success. She pointed out that all seven of the communities had similar issues that included Obesity/Diabetes, Substance Abuse/Tobacco Use, and Access to Care. Other related issues included teen issues and mental health. Workgroups or Health Coalitions presented information related to their county progress towards goals that were set in the improvement plan. This is an important collaborative process that includes community partners and businesses that are all working towards the future health of the community.

Deborah Fillman discussed the Community Health Assessment/Improvement Plan cycle. This process is typically in a three year cycle, and the current cycle will end in 2014. In the fall of 2014, Green River District Health Department will begin to prepare for the next cycle. In that preparation, Deborah Fillman discussed the possibility of bringing MAPP training to the region for staff and community partners to utilize as they plan. Deborah Fillman shared her thoughts on the progress by stating, “We have a shared vision, a shared plan. We’re going in the same direction and I think that is a tremendous accomplishment”.

Submitted by Angel Thompson
DAVIESS COUNTY:  >>NO NEWS REPORTED<<

DISTRICT OFFICE:  Ages & Stages, an article by Amy Boswell from our First Steps office, was featured in the January/February issue of Owensboro Parent Magazine. The article covered developmental milestones for children. Amy is planning to do a regular feature in the bi-monthly magazine. To read the article visit www.owensboroparent.com or pick up an issue at one of the many locations around town.

HANCOCK COUNTY:  >>NO NEWS REPORTED<<

HENDERSON COUNTY:  The Henderson County Health Department is in the process of getting offices ready for Health First Community Health Center to be located within our building. They have set a date of March 3, 2014 to open their clinic. They are in the process of hiring a Family Practice Physician, Family APRN, Quality Improvement Assistant, Billing Manager, Health IT Specialist, Registered Nurse, and CNA/CMA. We will be able to refer patients to each other which should be very beneficial for both parties.

On January 13, 2014, we began “Same Day Scheduling” which has gone over very nicely. So those of you who haven’t changed over yet, don’t be scared because everything will work out just fine.

MCLEAN COUNTY:  >>NO NEWS REPORTED<<

OHIO COUNTY:  >>NO NEWS REPORTED<<

UNION COUNTY:  A Happy Birthday to Erica Schmied in January and Toni Pierson in February. Brandy Buckman celebrates a birthday in March. Welcome to our new APRN, Mary Danhauer! We are excited to once again offer Initial and Annual Family Planning and Cancer Screening appointments once a week. We continue to offer Same Day Scheduling to our clients 3 days a week with prescheduled appointments two days per week. Jenny Hagan met with some of the Shelter of Love Crisis Pregnancy Center’s board members and clients to give an overview of services that the Health Department offers and explain the Same Day Scheduling process. Erica Schmied completes her Kid Smile Dental Varnish training on February 26th. As many other counties, we have had our fair share of plumbing issues and frozen/busted water pipes! Hoping for an early Spring!

WEBSTER COUNTY:  Webster County is thrilled to welcome our new clinical supervisor, Tiffany Nalley. We are all really looking forward to working with her. A big thank you to Erica Schmied for coming and helping out!

We have celebrated several birthdays, which include Tiffany, Erica, and Terra, with lots of good food and fellowship. Happy Birthday to all of you!

Congratulations to Tiffany Nalley from Webster County for correctly answering the trivia in the last issue of the Gazette. Tiffany was chosen from a random drawing of correct responses to the trivia question in the last issue of the Gazette.

See page 13 of this issue for your chance to win!
Welcome Lauren Ashby!

Hello to all GRDHD staff! My name is Lauren Ashby and I am honored to be a part of the team! I will be working as a social worker in the HANDS program. It is truly a privilege to work with such dedicated, hardworking individuals who have a passion for increasing the betterment of the Green River District! I am excited, anxious and ready to start this new journey in my first social work position.

I graduated, with a Bachelor’s Degree in Social Work, from Western Kentucky University in 2013. I chose social work because I knew I wanted to make a difference in other people's lives. I have a passion for helping others achieve their goals and providing to individuals in need. The past two summers I was fortunate to work with my cousin, Landon. Landon is an eight year old boy with Down Syndrome. He has changed my life and I am influenced by him daily. I am reminded of his positive, carefree attitude and this motivates me to give my all when working with individuals and families. Again, I am very happy to be a new member of the GRDHD staff!

Welcome Joetta Lee!

Hi! I am Joetta Lee and am very excited to be working in the HANDS program as a social worker. My case load is filling up with several wonderful families, including some from the Burmese population. I have enjoyed getting to know my health department co-workers!

Thank you for your generosity!

Green River District Medical Reserve Corps and Green River District Health Department teamed together to sponsor a Blood Drive. We were successful with 20 people volunteering their time to donate. THANK YOU!

Blood is essential for life: it carries oxygen and nutrients throughout the body, fights infections, and helps heal wounds. And everyone has this self-generating resource that can be generously given to others—when and where it is needed most.

You or someone you know will need blood — In fact, 1 out of 3 people will need blood in their lifetime. From natural disasters to unforeseen catastrophes, emergency hospital procedures to life-long battles with chronic diseases such as sickle cell, the demand for blood is constant. The supply is not. And since there is no substitute, only volunteer blood donors can roll up their sleeves and save lives.

We made a Difference! By volunteering, you were able to improve and enhance the health and well-being of others in need. Again, THANK YOU! ~Jeff Rascoe

Check out page 13 for a special St. Patrick’s Day Gazette contest. Tell your co-workers!
Accreditation Status page available through Website

There is a new accreditation resource available to staff and Boards of Health through the agency website: http://www.healthdepartment.org/AccreditationStatus.html

The Accreditation Status page displays a timeline of our progression toward pursuit of accredited status through the Public Health Accreditation Board (PHAB). At each date on the timeline you will see events listed - you can click on these for more information. Updates will be posted regularly over the coming months as we formally submit our documentation and await the site visit and final decision, so check back often.

Employees - The Accreditation Status page can be found on the Employee Services section of the website - just click on the tree.

Board Members – The Accreditation Status page is available on your login page.

I hope you will find the site helpful - please feel free to contact Carrie Conia (carrie.conia@grdhd.org) if you have questions.

Sign up for Smart911 today!

Owensboro and Daviess County have been added to the growing number of communities across the nation participating in the Smart911 program. Smart 911 allows citizens to enter information online that they want to have delivered automatically to the 9-1-1 operator in the event they call 9-1-1. This information includes important medical details and even photo identification if you choose. This program helps improve incident outcomes.

It is free service available to everyone in the community. Visit https://www.smart911.com to enter your information into the system.

-Submitted by Taylor Preda

Chili for Children Fundraiser

Valentine’s Day was a special day for Building Stronger Families. It was the 8th annual Chili for Children fundraiser. Many people braved the cold day to come out in support of families and children and the prevention of child abuse and neglect.

The judges were working hard trying to decide among 6 worthy competitors in the “unofficial best tasting chili” competition. The judges sampled each one and gave their results. The scores were tallied and the winner was Colby’s Restaurant. Second place was Big Dipper by just a one point difference. Tied for third place was Old Hickory and Dee’s Bar-B-Que and Diner.

The judges were Police Chief Art Elam, Sheriff Keith Cain, and Rob Nickols with WBIO radio station.

The day was successful on many levels. There were a record number of deliveries made around town, the community was educated on Building Stronger Families, money was raised to help defray costs, and most importantly… people ate some great tasting chili and sampled wonderful homemade desserts. Thanks to all who volunteered their time, cooking skills, worked at the event or came to dine with us. We appreciate all of you. -Linda Wahl
During National Nutrition Month 2014, the nutrition field will be celebrating all month long with the theme “Enjoy the Taste of Eating Right”. According to the Academy of Nutrition and Dietetics and consumer research “taste tops nutrition as the main reason why one food is purchased over another.” What better way of celebrating this theme than with some tasty, yet healthy recipes that are simple to make. Remember, you can make healthier food options taste better by adding spices and herbs to the dish for a more flavorful taste.

### Roasted Tomato Soup with Grilled Cheese Croutons:

#### Ingredients
- 6 pounds tomatoes, cut in half
- Cooking spray
- Salt and pepper, to taste
- 2 yellow onions, chopped
- 6 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 2 tablespoons olive oil
- 4 cups fresh basil leaves, chopped
- 3-4 cups water
- Balsamic vinegar, to taste

#### For Croutons:
- 2 slices 2% cheddar cheese
- 2 slices whole grain bread

#### Directions
1. Preheat oven to 400°F. Mist tomatoes with cooking spray, arrange on baking sheet skin side down, sprinkle with salt and pepper and roast for 45 minutes.
2. In large pot, sauté onions, garlic, crushed red pepper, salt, pepper and olive oil for 5 minutes. Add roasted tomatoes, fresh basil, water, salt and pepper to the pot. Puree the mixture with a hand blender until semi-smooth.
3. Bring to boil, cover and simmer for 15 minutes.
4. Serve soup with drizzle of balsamic vinegar and cheese croutons on top.

#### Nutrition Facts:
- Serving Size: 1 ½ cups of soup and 5 croutons
- Calories: 195 calories
- Total Fat: 7 grams
- Sodium: 281 milligrams
- Total Carbohydrates: 28 grams
- Protein: 9 grams

#### For Croutons:
- Place cheese on bread, put on baking sheet, broil for 5 minutes until cheese bubbles/bread is toasted and cut into 1” bites.

### Rainbow Penne Pasta:

#### Ingredients
- 8 ounces uncooked penne pasta
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 16-ounce package frozen broccoli florets, thawed
- 1 16-ounce can garbanzo beans, drained and rinsed
- 1 medium-size red bell pepper, thinly sliced; slices halved
- ½ teaspoon salt
- ¼ cup freshly grated or shredded Parmesan cheese
- Freshly ground black pepper to taste

#### Directions
1. Cook the pasta in boiling salted water according to the package directions.
2. Heat the oil in a large skillet over low heat.
3. Add the garlic and sauté 5 minutes, allowing the flavors to fully release into the oil.
4. Add the broccoli, beans, pepper, 3 tablespoons water, and salt.
5. Cover and adjust heat to medium. Steam, stirring occasionally, 5 to 7 minutes, or until the broccoli is hot and the pepper is crisp tender.
6. Toss the pasta with the vegetables. Top with the Parmesan cheese and fresh pepper.

#### Nutrition Facts:
- Serving Size: 1 cup
- Calories: 265 calories
- Total Fat: 6 grams
- Sodium: 215 milligrams
- Total Carbohydrates: 41 grams
- Protein: 12 grams
German Potato Salad:

**Ingredients**
- 5 unpeeled red-skinned potatoes (about 2 pounds)
- 1 medium-sized onion, chopped
- 4 slices bacon or turkey bacon, diced
- ¼ cup sugar or equivalent sugar substitute
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup water
- ¼ cup white vinegar
- 1 large egg
- ¼ cup fresh or bottled lemon juice
- ¼ cup chopped fresh chives

**Nutrition Facts:**
- Serving Size: ½ cup
- Calories: 120 calories
- Total Fat: 2 grams
- Sodium: 250 milligrams
- Total Carbohydrates: 23 grams
- Protein: 4 grams

**Directions**
1. Boil the potatoes in a large saucepan for about 20 minutes or until tender (test with a fork). Drain and cool slightly. Slice the potatoes and place in a large serving bowl with the chopped onion and set aside.
2. Cook the bacon in a medium-sized skillet until crisp. Remove from heat and drain on paper towels. Discard all but 2 tablespoons of the bacon fat.
3. Add the sugar, flour, salt, and pepper to the bacon fat in the skillet; stir to combine.
4. Combine the water, vinegar, egg, and lemon juice in a small bowl; whisk with a fork to blend. Add to the bacon fat mixture in the skillet. Whisk together and cook over medium heat until the mixture starts to boil, stirring frequently. Reduce heat to low and simmer for 5 minutes.
5. Pour the cooked bacon fat mixture over the potatoes and onions and toss gently. Garnish with chives and serve.

Balsamic Roasted Brussels Sprouts:

**Ingredients**
- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup coarsely chopped pecans
- ½ cup balsamic vinegar
- ½ cup 100-percent apple juice
- ¼ cup dried cranberries

**Nutrition Facts:**
- Serving Size: ½ cup
- Calories: 186 calories
- Total Fat: 8.7 grams
- Sodium: 180 milligrams
- Total Carbohydrates: 25.2 grams
- Protein: 4.4 grams

**Directions**
1. Preheat oven to 425°F.
2. Combine Brussels sprouts, olive oil, salt and pepper in a large bowl; toss. Spread Brussels sprouts in a single layer on a large rimmed baking sheet and roast for 10 minutes.
3. Add pecans to the baking sheet and stir. Roast 5 to 7 more minutes, or until Brussels sprouts are tender and slightly browned and pecans are golden.
4. Meanwhile, combine balsamic vinegar and apple juice in a small saucepan. Bring to a boil over medium-high heat. Then, reduce heat to medium, and simmer 15 minutes or until thickened and reduced to about ¼ cup. Remove from heat.
5. Transfer Brussels sprout mixture to a large bowl; add cranberries. Drizzle with balsamic glaze, and toss until blended well. Serve immediately.

Join us in celebrating National Nutrition Month in March as we ask that you try some of the recipes above and let us know what you think. Remember to “Enjoy the Taste of Eating Right” no matter what you eat! For more healthy recipes like this, you can go online at www.kidseatright.org.

Resources:
In February (American Heart Month) several GRDHD employees wore red on “National Wear Red Day” to raise awareness for Heart Disease. Heart disease is the #1 killer for women in the United States and is largely preventable. It claims more lives than all forms of cancer combined! For more information visit www.goredforwomen.org

District staff:
Pictured in back (left to right) is Mason Pennington, Angela Woosley, Taylor Preda, Mary Fuqua, Connie Nalley, Nancy Wilson, Anita Owens, Becky Horn and Mary Dowdy.
Pictured in front (left to right) is Laurie Heddleson, Merritt Bates Thomas, Abby Young, Shanni Jones and Mina Desai

Webster County staff:
Pictured from left to right: Michelle Rushing, Tiffany Nalley, Heather Manis, Terra Beck, and Brandon Chandler. Staff not pictured are Andrea Abell, Emery Neely, and Erica Schmied.

Supervisor's Meeting celebrating Heart Health Month!
Standing (left to right): Kathy Maddox, Toni Pierson, Linda Hughes, Mary Danhauer, Connie Nalley, Mary Crowe, Jan Bratcher, Tiffany Nalley, Judy Payne, Carole Roberts, Ruth Stocking, and Abby Young

Sitting (left to right): Laura Brown, Anita Owens, Laura Lindsey, Angel Thompson, and Michele Rushing

Warning Signs of Heart Attack

CHEST DISCOMFORT: Most heart attacks involve discomfort in the center of the chest that last more than a few minutes or goes away and comes back. It can feel like an uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH: with or without chest discomfort.

OTHER SIGNS: may include breaking out in a cold sweat, nausea, or lightheadedness.

If these signs are present CALL 9-1-1!
A research article about the 2012 multi-state Lymphocytic Choriomeningitis Virus (LCMV) outbreak investigation that Green River District Health Department assisted with was published in the February issue of the journal Emerging Infectious Diseases. The article describes the investigation of LCMV infections in people and mice at 3 rodent breeding facilities that were located in Kentucky and Indiana. These facilities breed and raise mice that are sold as reptile food to pet stores and zoos.

LCMV is a virus carried by the common house mouse. Infected mice shed the virus in urine, saliva, and droppings. People become infected through close contact with infected rodents, through infected organ transplantation, or from infected mother to fetus. In immunocompetent adults, infections can range from mild febrile illness to aseptic meningitis, while infections in immunosuppressed organ recipients have high fatality, and congenitally infected infants have a range of severe birth defects.

The investigation started when several cases of aseptic meningitis were linked to a rodent facility in Indiana. Mice from that facility were traced back to a facility in the Green River District. During the investigation, staff from the Green River District Health Department interviewed and collected blood samples from 32 employees of that rodent breeding business. Their investigation found that 47% of employees had antibodies indicating that they had been infected with LCMV. Fortunately no one from the Kentucky facility was reported to have had aseptic meningitis or other serious complications from the virus. It is believed that LCMV infected wild mice got into the breeding facility in Kentucky. The wild mice breed with the “colony” mice in that facility and LCMV spread through the operation. LCMV infected mice from that company were shipped to two other businesses in Indiana. Mice and employees in those facilities were then also infected with LCMV.

In order to stop the spread of infections, the three facilities “depopulated” or destroyed all of the mice in their breeding colonies and disinfected their facilities. Strict biosecurity measures and microbiological monitoring is necessary to prevent future outbreaks.

Health department employees that participated in the investigation were: Jeanie Hardy, Theresa Conrad, Jessica Austin, Clay Horton, Rebecca Logan, Whitney Smith, Tim Young, Connie Nalley, Judy Payne, Suli Lewis and Donna DeMar.

The article can be found at, [http://wwwnc.cdc.gov/eid/article/20/2/13-0860_article.htm](http://wwwnc.cdc.gov/eid/article/20/2/13-0860_article.htm). Two GRDHD employees, Jessica Austin and Clay Horton are credited as contributing authors.

Submitted by Clay Horton
# Diabetes Support & Education Group

For More Information and to register, call (270) 852-5426

More dates offered throughout the year — call for details

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>March 20</td>
<td>Diabetes &amp; Nutrition in the Fast Lane</td>
<td>Rian Sutherland, MS, RD, CDE (Novo Nordisk)/Nancy Wilson, RN (GRDHD)</td>
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<tr>
<td>April 17</td>
<td>Back to the Basics: Diabetes</td>
<td>Rian Sutherland, MS, RD, CDE (Novo Nordisk)/Nancy Wilson, RN (GRDHD)</td>
</tr>
<tr>
<td>May 15</td>
<td>Diabetes &amp; Self Control</td>
<td>Rian Sutherland, MS, RD, CDE (Novo Nordisk)/Nancy Wilson, RN (GRDHD)</td>
</tr>
<tr>
<td>June 19</td>
<td>Diabetes &amp; Foot Care</td>
<td>Shoe Stop Guest Speaker/Rian Sutherland, MS, RD, CDE (Novo Nordisk)</td>
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![Henderson County Diabetes Coalition](image)

HENDERSON COUNTY DIABETES COALITION

Awareness • Education • Advocacy • Support

# 2014 Diabetes Education and Support Group

Meets the third Thursday of every month at 6:30 PM or as noted on calendar below:

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>SPEAKER</th>
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<tbody>
<tr>
<td>April 17</td>
<td>Open Discussion and Reading Food Labels</td>
<td>Jenny Carter, HCDC Vice-President</td>
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<tr>
<td>May 15</td>
<td>Diabetes &amp; Exercise</td>
<td>Annette Garrison, Henderson YMCA</td>
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<td>June 19</td>
<td>Diabetes Medications</td>
<td>John Marshall, RPh—T &amp; T Drugs</td>
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<td>July 17</td>
<td>Christmas in July - Annual Picnic #16 (Time TBA)</td>
<td>Jenny Carter, HCDC Vice-President</td>
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<td>August 21</td>
<td>Peripheral Artery Disease (PAD)</td>
<td>Janet Meyer, RN, CWCN, CFCN, CDE</td>
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<tr>
<td>September 18</td>
<td>Holiday Foods – Healthy Choices</td>
<td>Karen Hill, RD, LD Amanda Hardy, FCS Agent Susan Morgan, FCS Program Assistant</td>
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Students in the Teen Outreach Program® make an impact in the community with their Service Learning Projects

Providence TOP® Dawgs' Teen Outreach club worked at Save-A-Lot in Providence sacking groceries, handing out shopping carts, helping shoppers with their lists, and carrying out groceries the Wednesday before Thanksgiving. The students stated that they felt like they made a difference in other people's lives by helping them.

Our club also volunteers at the local Food Bank, tutoring younger grade schoolers, at big school events such as Fall Festival, and decorating the school each month with a holiday tree in the school lobby. January’s tree is all silver snowflakes. February’s tree is Valentine’s Day, etc.

Hancock County High School TOP®

The Teen Outreach Program® from Hancock County visited a long term care facility, Oakwood Health Center, in Tell City, Indiana as part of their Community Service Learning Project. Featuring a Senior Prom, the teens provided refreshments and small gifts of personal care items or activity books (crossword, Sudoku, find a word, etc.) for the residents. Providing the ladies of the manor with manicures proved to be a big hit! All teens were asked to interview the seniors to learn some of their wisdom.

Pictured from left: Amanda Gray, Teacher—Ms. Hippen, Amy Burk and Becky Horn. Amy and Amanda completed two years of Quad Health/TOP®.

Becky Horn (far right) pictured with Ms. Hippen (center) and the graduating TOP® seniors on ugly Christmas sweater day.
Teen Dating Violence

Teen dating violence is a preventable public health problem where unhealthy relationship can start early and last a lifetime.

*What is teen dating violence?* According to trends being researched, more violence is cropping up in young teens’ relationships where there is physical or psychological (emotional) abuse. Other types of dating violence include stalking, electronic stalking or bullying, digital abuse and can occur with previous or current relationships.

Almost 10% of all high school students admit to some type of physical abuse – typically a punch, jab or a slap by their boyfriend or girlfriend. Most reports of dating violence occur between the ages of 11 to 17 years with females often being more victimized (1:5; 1:7 respectively). This is not just a heterosexual problem, but also evident in same sex relationships.

There are many consequences with teen dating violence that occur during a time of adolescent growth and development. Healthy relationships provide a positive self esteem and recognition whereas unhealthy relationships spawn negativity, depression, and lower self esteem.

This type of behavior, coupled with the violence in a romantic relationship, can lead to decline in grades, truancy, experimentation with substance abuse, depression, fighting at school or at home, and perhaps can lead to suicide attempts.

*Why does dating violence occur?* Many teens are dating when they are too immature for the responsibilities of a romantic partner. One person in the relationship can become angry or jealous which can escalate leading to out of control violence. Research into teen dating violence attribute these additional factors in the reality of dating violence:

- Believe dating violence is okay in a relationship.
- Violence is perpetrated by use of alcohol and/or drugs.
- Don’t have the cognitive ability to handle anger or frustration (this part of the brain has not fully developed in teens).
- Multiple sexual partners.
- No parental supervision.
- See violence at home or in their community.
- Have a history of bullying.
- Are diagnosed with depressive or anxiety disorders.

According to experts at the CDC, positive role modeling is needed to help teach teens how to engage in healthy, romantic relationships. Communication needs to be increased between teen males and females to talk about stressful situations or explanations of behavior. Learning to handle uncomfortable situations and emotions are paramount to developing a healthy self esteem. The cycle must be stopped or this pattern of dating violence will continue into adulthood and future relationships.

“It is everyone’s responsibility to stop domestic violence” claims CDC. There are helplines and hotlines established to provide assistance to those caught in a dating violent relationship.

-Angela Woosley RN, BSN, MEP

1-800-CDC-INFO (1-800-232-4636) Find Youth Information National Teen Dating Abuse Helpline
text: loveis to 2252 1-866-331-9474
**Abby Young**’s (District Office) daughter Hannah Young was recently featured in The Daily News in an article called “Rodeo offers Variety of Cowboy, Cowgirl Events”.

Hannah competed with her horse Kit at the 32nd annual Lone Star Championship in Bowling Green, Kentucky. She placed in the top 5 with a time of 14.071. The first place rider finished with a time of 13.949 seconds.

To read the complete story visit:  http://www.bgdailynews.com/news/rodeo-offers-variety-of-cowboy-cowgirl-events/article_db85a474-08c8-53cd-846d-f03fd804c318.html

Credit:  Tarun Phaneuf—The Daily News, 2/10/2014

**Who Am I?**

Crazy Cat Lady! That is what I’m often referred to, but I must admit, my Husband is just as bad. We have 7 cats living with us: Boots, Sox, Slippers, Tipsy, Kiki, Fig and Gabby. No children – yet – but that is soon to change sometime in May.

Clues galore, but let me tell you more about myself. I work in the district and have for the past four years. I am good with numbers and get that extra practice keeping up with 7 cats…we have to continually count them, just to keep up with them!

I’ve always wanted to learn how to ride a motorcycle and took classes on safety and riding which led to my eventual purchase of a Harley Davidson. At age 28, I became a Harley Lady too! I love touring the countryside and hope to eventually visit all of the states. I’ve been lucky to have been to 22 of our beautiful states! I get much inspiration from my family. My sister is the person I most admire. She has it all together: motherhood, career and she is SMART! Many of you know my Mother since she was able to retire from public health twice. I guess it is obvious that my family instills achievement. This is my first year – in the last 6 years – that I have not bartended in my spare time. I am a certified “mixologist”.

I love Christmas time and all of the shiny things, twinkling lights and music make this a favorite time of year. Again, it is all about family.

In high school I played flute in the marching band, and during those high school years, met the man I would eventually marry. I hope to always be remembered for my winning personality, but I think I’ve lately had the pregnancy woes and waddle. Who Am I??
New Employees
Welcome to the GRDHD Team!

Joetta Lee
Social Worker, Daviess County HANDS

Lauren Ashby
Social Worker, Daviess County HANDS

Saying Goodbye . . .
Sandra Teague, Webster County HANDS

Upcoming Events
March is National Nutrition Month
April is National Child Abuse Prevention Month

March 20 - First Day of Spring!
March 26 - APRN Meeting, District Office
April 16 - Good Friday
April 20 - Easter Sunday

Is the luck of the Irish with you?
Instead of a trivia question or other game in this Gazette edition, we are simply asking for every employee who reads the Gazette to submit their name to shanni.jones@grdh.org by close of business on March 21st.

A random drawing will occur from those names collected and the winner will receive a Subway Gift Card.

As an added BONUS, the County with the most entries will get a special surprise from the Gazette Committee. So tell your co-workers and let the fun begin!!

Who Am I?
I am
Sarah (Davis) Dant from District Office

The first day of Spring is March 20th!