Kudos to You

I would like to thank Mason Pennington for his help with my computer. Your good attitude and help was much appreciated. -Suzanne Craig

I would like to thank Amber Taylor and Angie Nale for their great work. DC-CAP program has coordinated $15.4 million dollars in donated medical care and prescriptions over the last seven years for uninsured people. Your hard work is appreciated by the community and myself. Thank you. -Suzanne Craig

Kudos to the staff at Webster and Union County Health Centers on their KVP Gold Standard performance ratings. -The Gazette Committee

COMMISSIONER’S AWARD FOR PREPAREDNESS AWARDED TO GRDHD

At the 2013 Kentucky Public Health Association Conference Green River District Health Department was awarded the “Commissioner’s Award for Preparedness” for outstanding performance in leadership and response to the 2012 Salmonella Outbreak associated with Cantaloupe and the 2012 LCMV Investigation.

The efforts and hard work of multiple staff members resulted in GRDHD playing a key role in identifying the source and stopping two major multi-state outbreaks. These outbreaks involved a number of hospitalizations for serious illness and three deaths.

This award directly reflects on the excellent teamwork and flexibility of Clinic, Environmental, and Preparedness Staff in all of the Green River District counties. Congratulations and thanks are in order to all of those staff members who assisted in any way with either of these two investigations. This award is a testament to the wonderful staff we have across the district at Green River District Health Department.

-Submitted by Clay Horton and Jessica Austin
In 1988, an Institute of Medicine report *The Future of Public Health*, outlined three Core Functions of Public Health: Assessment, Policy Development and Assurance. By 1994, challenges in health care reform necessitated the formation of a Core Public Health Functions Steering Committee. The committee members (representatives from Public Health Service Agencies and key National Public Health Organizations) expanded the three Core Functions into the Ten Essential Public Health Services which provide a more thorough description and working definition of public health.

National Public Health Accreditation works to ensure quality public health services. The twelve Public Health Accreditation Board (PHAB) domains correspond to the Ten Essential Public Health Services (plus two additional: administration and governance). Just as the Ten Essential Public Health Services serve as a framework for public health to promote physical and mental health and prevent disease, injury and disability; the Domains for public health accreditation guide the responsibilities of local public health systems to ensure continuous improvement of quality services. The PHAB standards and measures focus on “what” the health department provides.

<table>
<thead>
<tr>
<th>PHAB Domain</th>
<th>Essential Public Health Service</th>
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<tbody>
<tr>
<td>1</td>
<td>Conduct assessments focused on population health status and health issues facing the community</td>
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<tr>
<td>2</td>
<td>Investigate health problems and environmental public health hazards to protect the community</td>
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<td>3</td>
<td>Inform and Educate about public health issues and functions</td>
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<td>4</td>
<td>Engage with the community to identify and solve health problems</td>
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<td>5</td>
<td>Develop public health policies and plans</td>
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<td>6</td>
<td>Enforce public health laws and regulations</td>
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<td>7</td>
<td>Promote strategies to improve access to healthcare services</td>
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<tr>
<td>8</td>
<td>Maintain a competent public health workforce</td>
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<tr>
<td>9</td>
<td>Evaluate and continuously improve processes, programs, and interventions</td>
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<td>10</td>
<td>Contribute to and apply the evidence base of public health</td>
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<tr>
<td>11</td>
<td>Maintain administrative and management capacity</td>
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<tr>
<td>12</td>
<td>Build a strong and effective relationship with governing entity</td>
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Submitted by Carrie Conia
The updated County Health Rankings were released in March 2013.

The County Health Rankings is an easy-to-use snapshot; the Rankings look at the overall health of nearly every county in the United States. It allows each state to see how its counties compare on a range of factors that influence health including high school graduation rates, obesity, smoking, and family and social support. The website also provides “Take Action” ideas on how to improve the health of your community.

The updated County Health Rankings site was highlighted in the Pre-Conference Session at the Kentucky Public Health Association Conference this year. Many ideas were shared about how to utilize this resource as well as how to navigate the new website.

It was very exciting to see that each of our seven counties improved in at least one category since the 2012 data was released. We should use that as momentum to motivate our communities to continue to move up the rankings and do our part to improve the health of each of the communities within the Green River District.

Take a second to see where each of our seven counties rank in areas such as Adult Smoking, Adult Obesity, Diabetes, and Access to Parks. This is great information to share with clients and community members, or use to highlight major health issues within each county.

Feel free to contact Jessica Austin at Jessica.austin@grdhd.org if you have any questions or need assistance navigating the website. www.countyhealthrankings.org
Celebrate Calm
A program focusing on providing practical, life-changing tools to stop defiance, control yelling, meltdowns and sibling fights - just to name a few conundrums faced by many parents today. Sponsored by Community Collaboration for Children and GRADD, Kirk Martin, along with his son, Casey, demonstrate that you don't have to "settle" but can break through generational patterns to be successful in your role as a parent and as a person.

The key is "self respect". We often find ourselves working and living in the moment and that reflects how we deal with others. Children often need clear expectations and through that evolves the development of self discipline. Life is often about handling conflicts and with a developed sense of self respect and self control; you can maintain control during defiance, arguments or meltdowns.

Martin's motto: "make yourself a priority". His conviction is that if you don't have respect for yourself and caring enough for yourself to take care of yourself, your children may not respect you. Ask yourself, who does my child turn to for advice? If they respect you, they will ask you for assistance, if not, they may choose a friend.

Three key parenting tools of Celebrate Calm:
I refuse to give you that power over me...
Your behavior doesn't change my behavior...
Your mood doesn't change my mood...

We all have choices and Celebrate Calm clearly defines two choices we often are faced with; choosing to be miserable and an attitude of misery, or changing your attitude to one that is positive and hopeful.

Sit Down - easy advice provided to help create calm. By sitting for two minutes and having some type of conversation, or doing something enjoyable (reading, coloring, etc.) sets up a calming atmosphere.

Martin supports never comparing your children and remember that what you are often reacting to is the outward behavior, but not the root cause of the issue. "Dig, find out what is bothering your child" recommends Martin. Think from his/her perspective and seek clarity of the situation. If your child is anxious over starting something new, help them gain control over something that is within their limits. For example, give your child a concrete job that becomes something they can do without instructions, allows them to gain confidence, and become more integral in the new situation.

As parents, we are expected to help our children reach a calm place. By virtue of maintaining your own sense of control and self respect, you can help your child be drawn to a calming spot. "Motion changes Emotion" another practical tool provided by Martin. Chips and salsa is a calming place for my family. I tell my children to get the chips and meet me at the table, while I get the salsa out of the refrigerator. This tool provides the children with something concrete to do and allows you (the parent) some time to collect your thoughts (and perhaps your temper) and meet at a calming place." Does it work every time? "Not at first," explains Martin, "but now all we have to do is say, chips and salsa, like a code word, and my family knows we need to reach a calming place."

In closing for this segment of the Gazette, remember the wisdom from Kirk Martin: "don't let the past rule your future." You may not have been the best parent or person, but you still have the time in your life to make positive changes.

Watch for more parenting/life skill tools from Celebrate Calm in future editions of the Gazette.

Submitted by Angela Woosley

Behavioral Consultant and Founder of Celebrate Calm Kirk Martin (right) with his son Casey. Photo courtesy of www.celebratecalm.com
County News

Daviess County
Our sympathies to Peggy O’Neal on the loss of her son-in-law. -Judy Payne

Daviess County Health Center welcome the tiny new blessings from above. Congratulations to All!

- Judy Payne is the proud grandmother of Bowen Irvin Payne born on 1/15/2013
- Cindy Fulkerson is the proud grandmother of Shelby Lynn Fulkerson born on 1/23/2013
- Misty Roberts is the proud aunt of Presley Quinn Roberts born on 1/22/2013

Daviess County now has a local Child Fatality Review Team. Gail Wigginton, MCH Coordinator, and Jeff Jones, Daviess County Coroner, worked very hard putting this team together. Other members of the team include a Pediatrician, all law enforcement agencies, Commonwealth Attorney, Department for Community Based Services, Owensboro Health (formally OMHS), Ambulance Service, and other health department staff. They had their first meeting March 20, 2013. They will meet quarterly to review deaths that have occurred. The purpose of the reviews is to implement prevention programs if necessary.

District Office
>>No News Reported<<

Hancock County
>>No News Reported<<

Henderson County
>>No News Reported<<

McLean County
Congratulations to Mandy Crowe (McLean County Environmentalist) on her upcoming retirement on May 1st. We wish you the best of luck!

We would like to welcome Lelia Browning back from her extended recovery.

Happy Birthday to Lelia Browning on 04/15/13.

Ohio County
Ohio County Health Center wants to congratulate several of our employees for years of service to the GRDHD and the people of Ohio County... Lesia McBride 20 years, Christen Renfrow 5 years, Pamela Ford 5 years. Also we would like to congratulate Angela Parker on a perfect KWCSP audit. Way to go girls!! We are proud of you!!

Union County
Congratulations to the staff of the health center for being identified by the Kentucky Vaccine Program as having a Gold Standard performance rating on meeting the Standards for Child and Adolescent Immunization Practices! The Union County Health Center has successfully met the national Healthy People 2020 goal of reaching a 90% or higher immunization coverage rate among the 24-35 month olds that they serve. Great job! We would also like to welcome Marilu Adams, APRN to our center! Several staff enjoyed time off during spring break week. Congratulations to Kara Henshaw on the birth of twin nephews! The Health Center recently successfully completed a WIC clinic review with Misty Bowman. A big thank you to the staff who participated in this. You all do an awesome job in providing excellent care and education for our clients!
**School Health**

The current School Health Program will be coming to a close May 2013. Hard work and commitment was given to this long standing program for more than 20 years. The caring staff made a dramatic difference in the lives of children and families every school day. As the years went by, the school nurse role expanded and changed greatly but compassion continued throughout. School Nursing comprises of so many services to the children and youth of our district. GRDHD would like to say “Thank You” to all those who have been part of the School Health Program. “School nurses dispense comfort, compassion, and caring without even a prescription.” (Val Saintsbury)

As the traditional School Health Program comes to a close, GRDHD begins a new era in Public Health with Coordinated School Health. **Anita Owens** will be coordinator for this program. She will be looking at the 8 components of the Coordinated School Health model from the CDC. She will implement initiatives to continue to service schools in the seven county district.  

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**Webster County**

A big thanks to the nursing staff for their assistance with college nursing student’s observation requirements! Sharing your knowledge of Public Health is so appreciated! Congratulations to **Andrea Lancaster Abell** on her marriage in April! We would like to wish **Crystal Richmond** a Happy Birthday in May! Welcome to **Marilu Adams**, APRN! Congratulations to the staff of the health center for being identified by the Kentucky Vaccine Program as having a Gold Standard performance rating on meeting the Standards for Child and Adolescent Immunization Practices. Webster County Health Center has successfully met the national Health People 2020 goal of reaching a 90% or higher immunization coverage rate among the 24-35 month olds that they serve. Wonderful job!

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**Google It!**

Google is becoming more than just a search engine; it is becoming the leading source of collective information (Goodbye libraries!). As the vast amount of information increases on the internet, so does the difficulty in finding something specific. Over the years, Google has evolved from being just a thing to also being an action. The common phrase “Google It” is often used when someone asks a question that no one around knows the answer to.

It is easy to perform a search on Google, but often the results can be hard to decipher or are nothing near to what someone was looking for. Perfecting your “Googling” abilities can help finding information a lot easier. There are certain key words that can be used to help narrow your search. A few of those terms are:

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**“ ” --Searches for the exact term or phrase.** Example: “Green River District Health Department” would search for pages that only have the phrase Green River District Health Department in it.

**Site: --Searches only on the site chosen.** Example: Site:healthdepartment.org searches only within www.healthdepartment.org

**- --Excludes the term from the search.** Example: -archive excludes the word archive from the search.

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**.. --Searches only during the given time period.** Example: 2009..2011 searches for documents, web pages, pictures, etc. between 2009 and 2011.

**Author: --Searches for publications by the given name.** Example: author: Green searches for publications by an author with the name Green and not the color green

Collective example: site:healthdepartment.org -archive 2009..2011 “Phone Number”

This search will search www.healthdepartment.org between the years of 2009 and 2011 for Phone Number while excluding the term archive.

Other helpful Google tricks:

- **Define:** defines the given word
- Google can perform **basic calculator** functions using +, -, *, /
- Google can be used as a **Unit Converter**

**Another tech tip:**

“**Ctrl + f**”— will bring up a window that will allow a term or phrase to be entered, which will then search through an entire document or web page for the term or phrase.

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-Submitted by Mason Pennington
Studies show that daily expression of gratitude can lessen depression and boost happiness especially for people who tend to be self-critical. What makes people happy? Being grateful for the good things that you have in your life.

There are many ways you can weave gratitude into the fabric of your life:

- Keep a gratitude journal. At the end of each day, write down three things you experienced that you feel grateful for. They could be as varied as the buds appearing on the trees in your yard and appreciation for the kindness extended to you by a stranger. As you chronicle the things you feel grateful for, make a point of not repeating any of the prior entries in your journal.

- Write and deliver a gratitude letter to someone in your life whom you have not properly thanked for what they have given to you. You can deliver the letter in person or read it over the telephone. It's a powerful experience, for you as well as for the person you're thanking.

- Say grace before each meal to express your thanks for the food you are about to eat. Use whatever language you're comfortable with, whether religious, spiritual, or just an informal expression of gratitude for the meal.

- Make a point of thanking anyone who serves you in any way -- the cashier at the checkout counter, your child for clearing the dinner table, the tech-support person who helped you fix your computer.

- Take gratitude breaks during the course of each day to simply appreciate the myriad blessings, large and small, that are present in your life.

Jeffrey Rossman, PhD, is a Rodale.com advisor and director of life management at Canyon Ranch in Lenox, MA. His column, “Mind-Body-Mood Advisor,” appears weekly on Rodale.com.

Hancock County High TOP® class gave a wonderful presentation to South Hancock Elementary fifth graders on some topics they felt would be important to be aware of before entering middle school. The high school students researched and made displays on tobacco use, alcohol use, bullying, and middle school 101. South Hancock students rotated through these for stations and were given information, played interactive games on each topic, and were able to ask questions of the older students. Hancock High students went above and beyond in this project by providing professional and appealing displays, having more than enough information to occupy the students, and developing fun, educational games that made each subject fun to learn. You couldn’t have asked for a better group of students or more professionalism even from adults.
Grilling Vegetables

This summer as you fire up the grill for some burgers or brats, don’t forget about the vegetables. Grilling vegetables caramelizes their sugars and enhances their flavors. Even if you don’t ordinarily eat eggplant or asparagus, you may find you love them barbequed!

Be sure to start with a nice, clean grill and wash the veggies first. The tips below provide other pointers to make your grilling a success.

1. All pieces should be about the same size and no more than ¼ to 1 inch thick.
2. Soak vegetables in cold water around 30 minutes before you grill them to keep them from drying out.
3. Pat dry and brush lightly with oil to prevent sticking. A marinade should be mostly oil with lemon or lime juice and your desired seasonings.
4. The vegetables can be put on skewers, wrapped in aluminum foil, or larger pieces can be placed right on the grate.
5. Watch vegetables on the grill closely to avoid excessive charring (turning black).

Check out the recipe below from www.fruitsandveggiesmorematters.org. There are plenty more recipes on their site too. Enjoy!

- Submitted by Tricia Foster

Marinated Barbequed Vegetables

Serves 5

Ingredients:
- 1 small eggplant, cut into small 3/4” thick slices
- 2 small red bell peppers, seeded and cut into wide strips
- 3 zucchinis, sliced
- 6 fresh mushrooms, stems removed
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup coarsely chopped fresh basil
- 2 cloves garlic, peeled and minced

Directions:
1. Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.
2. In medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour. The longer it marinates the better the flavor.
3. Preheat an outdoor grill for high heat.
4. Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side brushing frequently with the marinade, or to desired doneness.
5. Enjoy!
Diabetes and Skin Care

HTTP://WWW.DIABETES.ORG/LIVING-WITH-DIABETES/COMPLICATIONS/SKIN-CARE.HTML

Diabetes can affect every part of the body, including the skin. Approximately one third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.

Good Skin Care

There are several things you can do to head off skin problems:

Keep your diabetes well managed. People with high glucose levels tend to have dry skin and less ability to fend off harmful bacteria. Both conditions increase the risk of infection.

- Keep skin clean and dry. Use talcum powder in areas where skin touches skin, such as armpits and groin.
- Avoid very hot baths and showers. If your skin is dry, don't use bubble baths. Moisturizing soaps may help. Afterward, use a standard skin lotion, but don't put lotions between toes. The extra moisture there can encourage fungus to grow.
- Prevent dry skin. Scratching dry or itchy skin can open it up and allow infection to set in. Moisturize your skin to prevent chapping, especially in cold or windy weather.
- Treat cuts right away. Wash minor cuts with soap and water. Do not use Mercurochrome antiseptic, alcohol, or iodine to clean skin because they are too harsh. Only use an antibiotic cream or ointment if your doctor says it's okay. Cover minor cuts with sterile gauze. See a doctor right away if you get a major cut, burn, or infection.
- During cold, dry months, keep your home more humid. Bathe less during this weather, if possible.
- Use mild shampoos. Do not use feminine hygiene sprays.
- See a dermatologist (skin doctor) about skin problems if you are not able to solve them yourself.
- Take good care of your feet. Check them every day for sores and cuts. Wear broad, flat shoes that fit well. Check your shoes for foreign objects before putting them on.

Diabetes and Foot Care

HTTP://WWW.DIABETES.ORG/LIVING-WITH-DIABETES/COMPLICATIONS/FOOT-COMPLICATIONS/FOOT-CARE.HTML

Inspect your feet every day, and seek care early if you do get a foot injury. Make sure your health care provider checks your feet at least once a year - more often if you have foot problems. Your health care provider should also give you a list and explain the do's and don'ts of foot care. Most people can prevent any serious foot problem by following some simple steps. So let's begin taking care of your feet today.

Prevention

Your health care provider should perform a complete foot exam at least annually-more often if you have foot problems. Remember to take off your socks and shoes while you wait for your physical examination.

Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely.

Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team.
There are many things you can do to keep your feet healthy.

- **Take care of your diabetes.** Work with your health care team to keep your blood glucose in your target range.
- **Check your feet every day.** Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- **Be more active.** Plan your physical activity program with your health team.
- **Ask your doctor about Medicare coverage for special shoes.**
- **Wash your feet every day.** Dry them carefully, especially between the toes.
- **Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- **If you can see and reach your toenails, trim them** when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- **Wear shoes and socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- **Protect your feet from hot and cold.** Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
- **Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time.
- **Don't smoke.**
- **Get started now.** Begin taking good care of your feet today. Set a time every day to check your feet.

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**DIABETES ADVENTURE CAMP**

**Space is limited. Send your registration in today!**

**For Children with Diabetes**

**Saturday, June 1, 2013**

9:00 AM - 4:00 PM

St. Margaret Chapel ● 685 Watson Lane ● Henderson, KY 42420

Come join us for a day of fun and adventure. This event is open for children with diabetes, ages 5-15 years old and their parents/guardians.

OUTDOOR FUN! ★ PARENT NETWORKING!

Vendor booths with representatives providing updated information on insulin pumps, meters, and insulin.

Pre-Registration Required: Contact Nancy Wilson at nancy.wilson@grdh.org or (270) 852-5426 to request Registration Forms. All forms MUST be completed and returned by May 29th.

MUST WEAR CLOSED TOE SHOES, NO SANDALS OR FLIP-FLOPS ON THE DAY OF THE CAMP.
I am a registered nurse and have worked at the health department for almost 16 years! I am happily married and have two great children: a son, Jake and a daughter, Hannah. I have 2 grandchildren, Mia and Ty, and 2 dogs: Ranger and Chloe. My son has recently gotten married, so I've added a daughter-in-law, Brittany and a new granddaughter, Halle. I am blessed to have such a good family.

I believe strongly in my Christian faith and am a big fan of the former New York Jets Quarterback, Tim Tebow, for his Christian example. I am also a fan of Nicholas Sparks. I enjoy reading his books and watching the adapted movies. They make me feel good and I love a PG rated sappy love story. Nicholas Sparks is from North Carolina and his stories focus on life in the North and South Carolina areas which are some of my favorite places on earth.

My favorite holiday? That's easy, Christmas! I hate the commercialism that is often seen with Christmas when the real reason for the season is Jesus's birth.

I am an avid fan of Nascar - love those Ford race cars!
Few people know that I am a really good snow skier.

WHO AM I?

***For the answer to this “Who Am I?” see page 14

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I am a Registered Nurse and have been with the health department for 18 years!
I have two lovely children, Kristi and Chad who are both quite successful, so my husband and I feel blessed. We have raised them with good moral values and strong work ethics. While I don't have any grandchildren yet, I do have a goldendoodle which is considered my "grandpuppy" named Jasper.

I enjoy spending time with friends and family. It is not uncommon for a group of us "girls" to go shopping and have a delightful lunch at Rafferty's or a margarita with Mexican. I love to watch comedies and find the Big Bang Theory hilarious! The scientist in me, remember I'm a nurse, finds CSI fascinating...although I understand the drama has to last only an hour.

I'm lucky to have a beautiful home and enjoy the summer - especially Independence Day - which is often a leisurely time without the hustle and bustle that comes with other holidays.

I find the work I have done at the health department to be quite rewarding. I hope that I've made a difference in the lives of children within our community and that my work would be remembered as having fulfilled this desire. An interesting tidbit that you may not know about me is that before I was a nurse, I was a hairstylist.

WHO AM I?

***For the answer to this “Who Am I?” see page 14
Policies & Procedures

Finance:

- It is time to plan for end of year purchases for the fiscal year. Please see the timeline below and Laurie Hedleson know if you have any questions.
  - April 30th: Deadline to review your budgets and plan final purchases for this fiscal year
  - May 31st: Deadline to submit purchase orders for this fiscal year’s purchases
  - June 20th: Deadline to receive your ordered products and submit the invoice to Finance for payment; last day to submit cell phone and other expenses to Finance for payment.

- The mileage reimbursement rate effective for 4/1/13 to 6/30/13 is $0.47 per mile.

- The Request to Travel form has changed. The new form Request to Travel 05.02.01 is available on the Official Documents drive. Submit completed travel requests by email to your supervisor for approval. Supervisors, please submit approved requests to travel to the Receptionist account through the ticket system. Once travel has been arranged, a confirmation will be emailed to the traveler, supervisor and Finance.

Car Borrowing Etiquette

As a common courtesy to other GRDHD company vehicle users please remember a few of these “Proper Car Borrowing Etiquette” Tips:

Tip #1: Return the drivers seat to the back position. Sometimes staff have difficulties getting into vehicles when the seat is pulled fully forward.

Tip #2: Take out your trash before returning the car to the parking lot.

Tip #3: Fill it up! You drive the car 200 miles you fill it up. You drive the car 10 miles, you may need to fill it up. As a courtesy to others, please make sure the gas tank is at least 1/2 full when you return the car to the parking lot.

As a reminder—GRDHD policy states that a minimum of 1/2 tank of gas shall be kept in the car at all times.

Tip #4: If you notice that windshield wipers are bad, washer fluid is needed, or other minor repairs/replacements are needed to a district vehicle, report them immediately upon returning the vehicle and make it safer for you and other staff driving agency cars.

New Employees

Welcome to the GRDHD Team!

Amy Boswell
Child Evaluation Specialist
First Steps—District Office
3/4

Saying Goodbye . . .

Stephanie Baird, School Health
Melanie Domerese, School Health
Denise Embry, School Health
Carrie French, School Health
Sarah Hatcher, School Health
Jennifer Littrell, School Health
Charity Murphy, School Health
Misty Payne, School Health
Robin Wheeler, School Health
Mary Watson, Webster County Health Center
Amy Handley, Daviess County HANDS
Krystal Sampson, First Steps - District Office
Mary Ferrell, Daviess County Health Center
Valerie Blue, Henderson County Health Center
JoAnn Lemmons, Henderson County Health Center
Focus on Employees

Congratulations to Margaret Hibbs on getting first place in her age division in the St. Patrick's Day 10k Dash with a time of 1:06. The run started and finished at O'Charleys on March 16th. This time last year running a 5k was a huge challenge for Margaret, but Margaret is down 85 pounds and next month will do her first half marathon! Go Margaret!! -Jaime Forsythe and Sarah Davis

Pictured below (left): Margaret Hibbs

Pictured below (right): Margaret crossing the finish line. Former GRDHD employee and Owensboro Area Runners & Walkers Club member Don Crask waited to call the participant numbers as they crossed the finish line.

I just want to say “Thank You” to all of the staff of Green River Health District. It has been a privilege and honor to work with you the past seventeen years. I have been proud of the service and willingness we have served the general public. I have seen the caring attitude, well trained, and devotion you have had with our clientele and your fellow employees. I only wish the best for all the staff and many years of public service to come. May Green River District Health Department continue in it’s quest for the health and well being of the public for years to come. I will miss all of you and remember with great fondness our time together. God bless you. -JoAnn Lemmons

Congratulations to Lesia McBride from Ohio County Health Center

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

GRDHD was recently awarded a grant for a program that serves teens at schools throughout the district. What is the program called? TOP (Teen outreach program)

See page 14 of this issue for your chance to win a Subway gift card!!

COMPASSIONATE CARE

ADULT DAY HEALTH CENTER

The Adult Day Care staff and clients want to thank everyone for the Easter egg donations. The clients were surprised and thrilled by all the Easter treats they received.

We are extremely blessed by the outpouring of all the donations of various items from all the counties in GRDHD. The clients were so excited! One client asked, “Is it Christmas?”

ADC gladly accepts items all year long. The clients find tremendous joy in any and all items that they receive.

Thank you for your time and generosity!

THANK YOU
GRDHD In The News

Each week, representatives from GRDHD HANDS and Community Education programs join Local 7 to spotlight information about our programs and general issues of public health, wellness, and prevention.

Here are a few of the recent topics featured on Local 7:
- Building Blocks: Promoting Health Brain Development in Infants (Sara Murphy) 4/18/13
- TOP® Program to Help Teens Stay in School, Active in Community (Angela Woosley) 4/23/13
- The Dangers of Shaken Baby Syndrome (Sara Murphy) 4/23/13

WORD SCRAMBLE CHALLENGE

Unscramble the following and submit your answers to Shanni Jones for a chance to win a Subway Gift Card!! Deadline to enter is close of business on Wednesday, May 22, 2013. Good luck!

ceor ninsouftc
ibulpc althhe
seeansstms
olicyp eemdetlvpo
raeucnsa

HINT: All words can be found in the Public Health Accreditation article on page 2

 Winners will be selected by a random drawing of all correct answers.

May 2013

National High Blood Pressure Education Month
Healthy Vision Month

8 Managers Meeting, 8:30-11:30, District Office
15 TEC Meeting, 9-11, District Office
22 APRN Meeting, 9-11, District Office
27 Memorial Day Holiday
29 National Senior Health & Fitness Day®
31 World No Tobacco Day

June 2013

Men’s Health Month
National Safety Month

3-5 School Health Trainings, District Office
5 Supervisors Training, District Office
6 Risk Management Meeting, 9-11, District Office
7 Clinical Supervisors Meeting, 9-1, District Office
12 Managers Meeting, 8:30-11:30, District Office
19 TEC Meeting, 9-11, District Office

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

Carrie Conia • Angela Woosley • Shanni Jones
Angel Thompson • Linda Wahl

Gazette Vol. 8 Issue 1 - page 14