A Letter of Thanks
By Carrie Conia

A big, HUGE thanks to everyone who participated in the PHAB Site Visit! I deeply appreciate all of your hard work and contributions!

For staff who met with the site visitors to elaborate on the work of GRDHD, thank you for all the time and energy you put into preparing for and completing the event. Special recognition to those individuals who helped with all the “behind the scene” logistics of hosting the visit: Valerie Roby, Libby Hancock and Angela Woosley who handled refreshments; DeAndra Troutman, Libby Hancock and the “notetakers” for their assistance with the documentation; Becky Horn and Ryan Bibb for setting up the rooms; IS for providing extra tech support needs; to maintenance for their ongoing efforts to ensure everything “works” and to Kristina Miller for her special attention to the details that made our buildings sparkle.

To our Board members who took extra time (again) to show their leadership and support of the Agency, thank you for sharing your passion, intellect and experience with the site visit team. And to our Partners who confirmed the commitment of staff and extolled the virtues of the role of public health in improving the health of our communities.

Thank you to Deborah Fillman and Senior Management who provide the continued leadership and organizational foundation to advance the goals of Green River District; and to the Accreditation Team, who devoted so much of their time and personal pride in the work which has brought us this far.

Accreditation: What’s Next?

On October 28 and 29, Green River District completed the PHAB Site Visit. The site visit team (SVT) included three PHAB-trained peer review volunteers and a PHAB Accreditation Specialist. During the two day event, the SVT met with agency staff and the Board of Health as well as community partners to clarify details of the documentation we have submitted. At the end of the second day, a preliminary short list of overall strengths and opportunities for improvement were shared with the agency. A formal report will be written by the SVT and submitted to PHAB for review. Green River will receive a copy of the report for review in the next 3-4 weeks. Once the report is finalized, it will be presented to the PHAB Accreditation Committee.

Continued on page 2....
Upcoming events:

Strategic Plan: Recently, all staff and members of the Board of Health were invited to complete an anonymous survey to provide feedback for the upcoming strategic planning cycle. In November, program managers and supervisors will participate in a SWOT (strengths, weaknesses, opportunities and threats) analysis of the survey responses and community health data to develop the direction of the 2015-2017 Strategic Plan. The final strategic plan goals and objectives will then be devised based on these recommendations, presented to the Board of Health for approval and commence implementation in January. The Strategic Plan defines organizational goals and the actions needed to reach those goals. Thanks to all staff who took the time to complete the survey, your input is greatly appreciated.

MAPP Training: GRDHD is offering Mobilizing for Action through Planning and Partnerships (MAPP) training on December 2, 2014. Trainers from the National Association of County and City Health Officials (NACCHO) will instruct staff and Community Partners on this community-driven, interactive process which assists in prioritizing public health issues and identifying resources to address them. MAPP Training will provide a strong foundation for the development and pursuit of our next Community Health Improvement Plan (CHIP).

Community Health Assessment: As part of our next Community Health Assessment (CHA) we will be conducting a CASPER (Community Assessment for Public Health Emergency Response) to collect the information from the public regarding their health and opinions about the health of their community. CASPER is a process developed by the CDC to rapidly find information about community needs and health issues following a disaster. With the assistance of CDC and the state health department, we will be conducting a full-scale preparedness exercise of a CASPER and at the same time collect real data for the next version of our CHA. The surveying will take place across all 7 counties of the Green River District over two consecutive Friday and Saturdays, November 14-15 and November 21-22. GRDHD staff and volunteers from agencies throughout the state will be assisting in the study.

Community Health Improvement Plan (CHIP): The 2012-2015 CHA-CHIP cycle is coming to a close and a final update will be published by the end of this calendar year. However, this is not the end! In January, we will be conducting public community forums to evaluate the progress of this past plan, analyze data, prioritize issues and choose the strategies for our next CHIP.

Donations Needed in Adult Day Care

With Christmas around the corner, we will soon be in need of some items for our clients. We do not ask anyone to go out and buy anything for the center because we know how financially tight times can be around the holidays, so if you have any gently used/or like new items we would be more than grateful for anything given.

Some of our clients have particular hobbies, interests, or a general need for certain items so here are some ideas of things that could be donated:

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

The clients and staff appreciate everything that is donated to the center and we thank you for all that you do! Every little bit helps! Compassionate Care Adult Day Center wishes everyone at the Green River District Health Department to have a Happy Holiday.
Thanksgiving: A Time of Family Health

Thanksgiving is a time of tradition where families meet and enjoy good fellowship over delicious foods and often a lazy afternoon of football. This is a time where loved ones share stories and memories, but we could also take this time to share important health information.

Families share genes, behaviors, lifestyles, even their environment, which combined may affect the risk of developing health problems for any of the members.

Pass the mashed potatoes, may give you more information than the starches they contain. Common diseases such as heart disease (high cholesterol and blood pressure), stroke, cancer and diabetes often run in families and even some rare diseases such as Cystic Fibrosis and Huntington’s Disease (to name just a couple of the hundreds of genetically transmittable diseases).

Your families’ health may predict your risk for health problems. That is why, often when completing your health histories, questions are asked about your parents’ health. Screening and treatment options that are personalized for you are often based on these histories. An example could be heart disease where it is now considered the #1 cause of death in women and is often seen in families. With that knowledge, doctors may order periodic screening tests along with health prevention education to try and allay problems. It is important to share information with your health care providers. You may not be able to change your risks, but you can act to reduce these risks by making positive healthy choices.

My family health portrait is one of many internet based tools (on hhs.gov and CDC.gov) that provides a free template to record your family health information. You essentially make a health “pedigree” along your family tree. Any information can be helpful and these sites even provide a help desk in case you have questions!

This push to learn more about your family health history began in 2004 under a Public Health Initiative through the Surgeon General, Richard Carmona. He strongly encouraged recording up to three generations of your biological relatives since this history provides important risk factor information for common chronic diseases. Since then, each Thanksgiving has been declared as National Family Health History Day.

Remember, thanksgiving is a time often devoted to family, so why not dedicate time to your health? Visit https://familyhistory.hhs.gov to get started!

-Angela Woosley, RN, BSN, MEP

Collecting All Coupons!

Help the Teen Outreach Program®
Help the Community

Bring in any coupons you don’t want or need and give to any of the TOP® facilitators: Genie McDowell, Andrea Lancaster-Abell, Amy Brown, Becky Horn or Angela Woosley.

The TOP® teens will cut and sort coupons and then re-distribute to agencies in the community who help those in need with food, personal care items, cleaning products or baby products.

Ohio County High School TOP® club is asking for your donation of GENTLY used baby clothes for their Service Learning Project working with Hope for Life, a Women’s Resource Center located in Beaver Dam, KY.

If you have any GENTLY used baby clothes that you would be willing to donate, please bring in the clean items to Amy Brown and/or Becky Horn in District Office.

Thank you!
**COUNTY NEWS**

**DAVIESS COUNTY:** >>>No News Reported<<<

**DISTRICT OFFICE:** See pictures below.

**HANCOCK COUNTY:** All is well in Hancock County. We are still hanging on and doing well.

**HENDERSON COUNTY:** >>>No News Reported<<<

**MCLEAN COUNTY:** >>>No News Reported<<<

**OHIO COUNTY:** Ohio County Health Center would like to wish farewell to Jo Baize. Jo retired October 31, 2014. She will be missed.

**UNION COUNTY:** Union County has had two successful flu clinics this fall. Thanks to Ali Shewcraft, RD for participating in the Union County Family Fun Night on October 9th. Ali distributed education on 5210 nutrition and healthy eating habits to approximately 750 children and their parents! Thanks to Andrea Lancaster-Abell and Toni Pierson in conducting the off site flu clinics in the community. Jenny Hagan attended a GRADD Safe Community presentation at the UC Fiscal Court on Oct. 29th. Welcome back to Becca Logan returning from her Maternity Leave. Happy Birthday to Mary Jane Rust! Several staff members enjoyed a Paint Party at Jenny Hagan's home, having fun supporting and encouraging Donna Matheny in her Paint Away Parties venture!

**WEBSTER COUNTY:** >>>No News Reported<<<

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*Some Adorable Trick-or-Treaters stopped by District Office on Halloween*

- Ishmael the Lion with his Lion Tamer Mommy Sarah Dant
- Nadia the Fairy Daughter of Taylor Preda
- Adam as Optimus Prime Son of Clay Horton
- Allie the Pink Poodle Daughter of Jessica Austin
- Eli the Mouse Son of Regina Jones
Congratulations to Angela Parker from Ohio County Health Center who won the contest featured in the last issue of the Green River Gazette.

Angela was the lucky winner of a $5 Subway giftcard and a relaxation water fountain.

See page 6 of this issue for your chance to win!

Congratulations!

Healthy Holiday Hints

By Ali Shewcraft, RD, LD

✓ **Plan Ahead.** This is a busy time of the year, but take out some time during the weekend to plan out your meals for the upcoming week. You are more likely to run through a drive-thru restaurant somewhere if you are not sure what you are going to eat.

✓ **Eat 3 meals per day.** Do not skip meals and think you are “saving those calories” for later. It is important to consume 3 meals per day, don’t forget breakfast!

✓ **Soup it up!** Soup can be a low-calorie, nutrient-dense and filling food when it is packed with vegetables. Prepare a soup over the weekend and you are good to go for a few days. Find soups like the one I have provided on the next page.

✓ **Say NO at work.** Co-workers may bring in “special treats” daily, but eating them every day makes them a little less special. Choose your day, and only eat these 1-2 times per week.

✓ **Make your pot-luck dish a vegetable.** When you are asked to bring a side item to a dinner, try to bring a healthy vegetable dish such as the Bacon & Chive Green Bean Coins shown here.

✓ **Drink plenty of water.** Remember to drink water throughout the day, which may prevent snacking.

✓ **Keep moving.** The holiday season is a busy time and we do not always have time to make it to the gym to exercise, but try to fit in short walks during breaks at work. Also, plan family activities that require some sort of movement, such as ice-skating or indoor mini-golf.

**More Recipes featured on the next page**

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**Bacon & Chive Green Bean Coins**

**Ingredients**

- 4 strips center-cut bacon, finely chopped
- 1 pound green and/or wax beans, trimmed and cut into 1/2” thick small coins
- Kosher salt and freshly ground pepper
- 2 Tbs snipped chives
- 1 lemon

**Directions:** Cook the bacon in a large non-stick skillet over medium-high heat, stirring, until browned and the fat has rendered, about 4 minutes. Add the green beans and 1/4 tsp each salt and pepper and cook, stirring, until the beans are just bright green. Add 2 Tbs water and continue to cook, stirring occasionally, until crisp tender, about 6 minutes. Transfer the beans to a serving dish and toss in the chives. Zest the lemon directly over the beans and season to taste with salt and pepper.
**Chicken Stir-Fry with Asparagus and Cashews**

**Ingredients**
- 1/2 cup raw cashews
- 1 1/2 pounds skinless, boneless chicken breasts, cut into 1 1/2-inch pieces
- 2 Tbs Asian fish sauce
- 2 Tbs vegetable oil
- 1/2 cup chicken stock or low-sodium broth
- 1 lb asparagus, sliced on the diagonal, 1” thick
- 1 Tbs oyster sauce
- 1 Tbs fresh lime juice
- 1/8 tsp cayenne pepper
- 1/2 cup chopped basil
- 1/4 cup chopped chives
- Freshly ground black pepper

One Serving has 369 calories, 17 grams fat, 28 grams saturated fat, 9 grams carbs, 2.4 grams fiber. Serve with Steamed rice.

1. Preheat the oven to 350°. Spread the cashews in a pie plate and toast in the oven for about 3 minutes, until they are nicely browned and fragrant. Let cool.
2. In a medium bowl, toss the chicken with 1 Tbs of the fish sauce. In a wok or large skillet, heat the oil until shimmering. Add the chicken in an even layer and cook over high heat, turning once, until browned and just cooked throughout, about 4 minutes. Using a slotted spoon, transfer the chicken to a clean bowl.
3. Pour the chicken stock into the wok and bring to a simmer, scraping up any browned bits. Add the asparagus slices, cover, and cook over moderate heat until they are crisp-tender, about 3 minutes. Using a slotted spoon, transfer the asparagus to the bowl along with the chicken.
4. Add the remaining 1 Tbs of fish sauce to the wok along with the oyster sauce, lime juice, and cayenne pepper. Simmer until the sauce is reduced to 1/3 cup, about 2 minutes. Return the chicken pieces and sliced asparagus to the wok and toss to heat through. Remove the wok from the heat and stir in the cashews, basil, and chives. Season the stir-fry with black pepper and serve right away.

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**Pasta, Kale and White Bean Soup**

**Ingredients**
- 3 slices bacon, chopped
- 1 small onion, diced
- 3 carrots, cut into 1/2-inch pieces
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 3/4 teaspoon chopped fresh thyme
- Kosher salt and freshly ground pepper
- 2 cups low-sodium chicken broth
- 1/2 cup grated parmesan cheese plus 1 small piece rind
- 1 1/2 cups small pasta, such as ditalini (about 8 ounces)
- 1 15-ounce can white beans, drained and rinsed
- 1 cup frozen chopped kale, thawed and squeezed dry

**Directions**
Put the bacon in a large pot or Dutch oven over medium heat and cook, stirring occasionally, until crisp, about 4 minutes. Add the onion and cook, stirring occasionally, until slightly softened, about 3 minutes. Add the carrots, garlic, tomato paste, thyme, and 1/2 teaspoon each salt and pepper and cook until the carrots begin to soften, about 2 minutes. Add the chicken broth, 6 cups water and the Parmesan rind. Increase the heat to high, cover and bring to a boil.

Add the pasta and beans and cook, uncovered, 5 minutes. Reduce the heat to medium and add the kale. Simmer, uncovered, until slightly thickened, about 7 minutes. Remove the Parmesan rind, stir in half of the grated cheese and season with salt and pepper. Ladle into bowls and top with the remaining cheese.

**Nutritional Analysis Per Serving:**
- Calories: 499
- Total Fat: 16 g
- Saturated Fat: 6 g
- Protein: 23 g
- Total Carbohydrates: 66 g
- Fiber: 9 g

Makes 4 Servings—Prep Time 20 minutes, Cook Time 20 minutes

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**Gazette Giveaway**

Challenge: Hidden somewhere in this issue of the Gazette is a little frightened Thanksgiving turkey. Email Shanni Jones with the page number of his location and you will be entered in the drawing for a chance to win a Subway giftcard!

*Hint: it is not the turkey on the table on page 3.*

Deadline to enter is close of business on November 26th … Good luck!

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

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*All Recipes courtesy Food Network Magazine.*
The New Buzz Word

“Trauma Informed Care”

Trauma Informed Care is a new term that is being used in the healthcare delivery system. It has arisen from a study that the CDC and Kaiser Permanente conducted on over 17,000 individuals in the 1990s.

Here’s What They Learned:

Many people experience harsh events in their childhood. 63% of the people who participated in the study had experienced at least one category of childhood trauma. Over 20% experienced 3 or more categories of trauma which we call Adverse Childhood Experiences (ACEs).

- 11% experienced emotional abuse.
- 28% experienced physical abuse.
- 21% experienced sexual abuse.
- 15% experienced emotional neglect.
- 10% experienced physical neglect.
- 13% witnessed their mothers being treated violently.
- 27% grew up with someone in the household using alcohol and/or drugs.
- 19% grew up with a mentally-ill person in the household.
- 23% lost a parent due to separation or divorce.
- 5% grew up with a household member in jail or prison.

The study found that certain traumatic events from childhood can impact not only our adult emotional and behavioral health, but can impact our physical health in the areas of heart disease, obesity, diabetes. Our score determines our risks.

The more categories of trauma experienced in childhood, the greater the likelihood of experiencing:
- alcoholism and alcohol abuse
- chronic obstructive pulmonary disease (COPD)
- depression
- fetal death
- poor health-related quality of life
- illicit drug use

- ischemic heart disease (IHD)
- liver disease
- risk for intimate partner violence
- multiple sexual partners
- sexually transmitted diseases (STDs)
- smoking
- obesity
- suicide attempts
- unintended pregnancies

The ACE Study findings suggest that certain experiences are major risk factors for the leading causes of illness and death as well as poor quality of life in the United States. It is critical to understand how some of the worst health and social problems in our nation can arise as a consequence of adverse childhood experiences. Realizing these connections is likely to improve efforts towards prevention and recovery.

Why is this important for us?

On a personal level, if your score is three or higher, your health risk increases in the above listed categories. As public health professionals, we serve people daily who may have high scores. Their health risks are higher. In addition, a person who has experienced many adverse experiences may be less trusting, less likely to change behavior. When we see a person repeat negative behavior, it is frustrating. There are seminars available currently to inform professionals on strategies to engage individuals and aid them in breaking down the barriers to improved health.

*Information from the CDC website and ACE Study website.

Do You Know Your ACE Score?

Take the QUIZ on the right to get your ACE score.

Score 1 point for each YES answer

While you were growing up, during your first 18 years of life:
1. Did a parent or other adult in the household often or very often… Swear at you, insult, put you down, or humiliate you? Or Act in a way that made you afraid that you might be physically hurt?

2. Did a parent or other adult in the household often or very often… Push, grab, slap, or throw something at you? Or Ever hit you so hard that you had marks or were injured?

3. Did an adult or person at least 5 years older than you ever… Touch or fondle you or have you touch their body in a sexual way? Or Attempt or actually have oral, anal or vaginal intercourse with you?

4. Did you often or very often feel that no one in your family loved you or thought you were important or special? Or Your family didn’t look out for each other, feel close to each other or support each other?

5. Did you often or very often feel that you didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you? Or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

6. Were your parents ever separated or divorced? _____

7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped or had something thrown at her? Or Sometimes, often, or very often kicked, bitten, hit with a fist, or with something hard? Or Ever repeatedly hit at least a few minutes or threatened with a gun or knife?

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

10. Did a household member go to prison? Now add up your “Yes” answers: _____ This is your ACE Score.

If your score is 3 or higher, you are at a much higher risk for certain health conditions. It is important that you inform your healthcare provider and seek any needed assistance.

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Shop Smart this Holiday Season!

Toys are the treasures of childhood. But if you're not careful, toys can be hazardous, too.

According to the U.S. Consumer Product Safety Commission (CPSC), more than 250,000 toy-related injuries were treated in U.S. hospital emergency rooms in 2010. Of those, about one third involved kids under 5. To keep your child safe, follow these guidelines when choosing toys.

- **Pick age-appropriate toys.** Most toys show a "recommended age" sticker, which can be used as a starting point in the selection process. Be realistic about your child's abilities and maturity level when choosing an age-appropriate toy.

- **Choose toys that are well-made.** Used toys passed down from older relatives or siblings or bought at yard sales can be worn or frayed, which can sometimes be dangerous. Check all toys – new or used – for buttons, batteries, yarn, ribbons, eyes, beads, and plastic parts that could easily be chewed or snapped off. Make sure a stuffed animal's tail is securely sewn on and the seams of the body are reinforced. Parts on other toys should be securely attached. Make sure there are no sharp edges and the paint is not peeling.

- **Think big.** Until your child turns 3, toy parts should be bigger than his mouth to prevent the possibility of choking. To determine whether a toy poses a choking risk, try fitting it through a toilet paper roll. If a toy or part of a toy can fit inside the cylinder, it's not safe.

- **Make sure your child is physically ready for the toy.** For example, parents of older kids may buy a bike one size too big so as not to have to buy a new bike the next year. This tactic can lead to serious injury if a child doesn't have the physical skills to control the bigger bike.

- **Don't pick heavy toys.** Could your child be harmed if it fell on him? If so, pass.

- **Don't pick toys with a string or cord longer than 12 inches.** A cord can too easily wrap around a young child's neck, causing strangulation.

- **Avoid toys with small magnets.** The CPSC calls magnets a hidden home hazard. Small, powerful magnets are often used in toys, and they may fall out of the toy and be swallowed by a child. Two or more swallowed magnets (or a magnet and a metal object) can be attracted to each other through intestinal walls, twisting and pinching the intestines and causing holes, blockages, infection, or worse if not discovered and treated promptly. Between 2009 and 2011, the CPSC received reports of 22 accidents involving children who swallowed magnets, including 11 incidents that resulted in surgery. The agency recommends keeping toys with magnets away from kids under the age of 14.

- **Watch out for toxic toys.** Even when you find a toy that seems safe, you'll want to be sure it's not made with chemicals that can harm your child. Phthalates, or "plasticizers," are used to make plastic more flexible and durable, and these chemicals are found in many toys. Cadmium, lead, mercury, and arsenic are other chemicals you can find in everything from dolls and action figures to children's jewelry and stuffed animals.

- **Check recall lists:** If a toy has been recalled, send it back to the manufacturer. To receive e-mail recall alerts, visit: https://www.cpsc.gov/en/newsroom/subscribe/

*Source: Babycenter.com - Submitted by Heather Blair*
Employee Benefits

FSAs, DCAs, HRAs through Febco

Have you ever wondered if there is a way to save a little money and offset rising healthcare costs through the GRDHD benefits plans? There is! Benefits status employees can choose to have Medical Flexible Spending Accounts (FSA), Dependent Care Flexible Spending Accounts (DCA) or possibly a Health Reimbursement Arrangement (HRA).

**Medical Flexible Spending Accounts (FSA)**

An FSA is an account set up through your employer that allows you to pay for a variety of healthcare needs (medical, dental, vision, prescription) with pretax dollars. A Medical FSA is funded by the employee’s dollars. Your FSA is typically used for things that are not covered by your insurance plans such as co-pays, deductibles, glasses/contacts, orthodontics, etc. The maximum amount you can put into your FSA is $2500 annually. If you do not use all of the funds in your FSA during the plan year, up to $500 can “roll” into the next plan year to be used. Any amounts over $500 will be forfeited.

**Dependent Care Flexible Spending Account (DCA)**

A DCA is an account set up through your employer to be used to pay for out-of-pocket daycare or private sitter. A DCA is funded by the employee’s dollars. Your DCA can be used for daycare expenses for children up to 13 years of age, for elder dependents that live in your home, or for a spouse or dependent that is physically or mentally challenged and for whom you claim an exemption. Some other qualifications must also be met in order to use the DCA. The maximum amount you can put into your DCA is $2,500 single and $5,000 family. Any funds not used in the designated plan year will be forfeited.

**Health Reimbursement Arrangement (HRA)**

An HRA is an account that an employee receives when they waive health insurance coverage offered by GRDHD and they have other group health insurance. An HRA is funded by the employer’s dollars. The other group insurance must be coverage that provides a minimum value (meaning the plan pays at least 60% of the total allowed cost of covered benefits/services). If this requirement is met, then the employee receives an HRA that covers medical, prescription, dental, vision and hearing. If the other group insurance is through kynect or governmental plans such as TRICARE, Medicare or Medicaid, then the employee receives an HRA that is limited to dental and vision. Any amounts not used in the plan year will “roll” into future plan years.

**Febco Benefits Card**

Currently, GRDHD uses Febco as the FSA/DCA/HRA administrator. Febco offers a Benefits Card Master-card for $36 annually to enable you to pay for eligible expenses virtually anywhere that Master Card is accepted.

When you use the Benefits Card your payment is deducted directly from your account which is fast, easy and convenient for you. Using the Benefits Card eliminates the need to request reimbursement and reimbursement wait time. All you need to do is save the receipts received when you use the card. The Benefits Card also has 24/7/365 online access which gives you the freedom to check your account balance and other vital information whenever you like.

Benefits Cards will not work at a gas station, restaurant or any other non-qualified vendor.

If you do not choose to use the Benefits Card for qualified expenses, you will be required to submit Reimbursement forms to Febco to receive payment for qualified expenses. Dependent care expenses are eligible for use with the Benefits Card in some circumstances.

Whew…..that’s a lot of complicated information to take in! Don’t worry, that is what HR is here for, to help staff understand what benefits are available to them and how they work. If you have any questions about FSAs, HRAs, Febco or any other benefit please call Human Resources. We want to help!

-Submitted by Rebecca Baird
New Employees
Welcome to the GRDHD Team!

Ashley Murray
Community Outreach Worker
Daviess County Health Center

Patty Hawkins
LPN II - Home Health
Adult Day Care

Alysha Isbill
Janitor
Daviess County Health Center

Crystal Latham
Home Health Aide
Daviess County Home Health

Jalessa Tharpe
Home Health Aide
Daviess County Home Health

Stacy Jackson
Licensed Practical Nurse I
Daviess County Health Center

November 11, 2014

Saying Goodbye . . .

Lindsey Barnett, Daviess County Health Center
Crystal Powers, Daviess County Home Health
Garnett Conley, District Office
Amy Boswell, District Office
Laura Onstott, Daviess County Health Center
Ashley Murray, Daviess County Health Center
Jo Baize, Ohio County Health Center
Vera “Louise” McCarty, Daviess County Health Center

The Green River Gazette is published bimonthly by the Green River District Health Department.

For questions, comments, suggestions or submissions, please contact a member of the committee.
Angel Thompson • Angela Woosley • Carrie Conia • Heather Blair • Linda Wahl • Shanni Jones • Taylor Preda

**Disclaimer: The articles contained in the Gazette have been verified through trusted sources. Readers should check with their physician or other health care provider if you have questions or concerns.