Thanks to the staff members in Henderson, Union, and Webster counties for working so hard with limited personnel. They are doing a great job! - JoAnn Lemmons, APRN

A big thank you to Daviess, Henderson and Ohio County nursing staff for being TEAM PLAYERS and covering other clinic sites when asked. - Connie Nalley

Thanks to Judy Payne, RN, for her hard work in coordinating and providing the service for the Humana Vitality Program. - Connie Nalley

Kudos to the clerical staff in all seven counties for adjusting when needed with staffing. Special Thanks to Daviess, Henderson and Ohio Counties for helping cover the other counties in our District when needed! - Angel Thompson

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In this Issue...

2013 At-A-Glance

January/February - National Folic Acid Awareness Week, American Heart Month, National Cancer Prevention Month

March/April - Child Abuse Prevention Month, National Nutrition Month, Professional Social Work Month, World TB Day, Kick Butts Day

May/June - Employee Health and Fitness Day, Men’s and Women’s Health Week

July/August - World Breastfeeding Month, National Immunization Awareness Week

September/October - Fruit/Veggie Month, Food Safety Education Month, Breast Cancer Awareness, SIDS Awareness, Suicide Prevention Week, Preparedness Month

November/December - American Diabetes Month, Great American Smokeout, Handwashing Awareness Week, Alzheimer's Awareness, National Influenza Vaccination Week

The Gazette wants to hear from you!
The Gazette is always in need of informational and exciting stories! Keep your eyes and ears open and if you hear of something great happening in your health center or community, please share with the Gazette committee. This is a great opportunity to share important events with your fellow staff members.

Don’t forget, you can also submit your baby and wedding announcements, or other exciting life events for the “Focus on Employees” section.

If you are interested in becoming part of the Gazette crew, please contact Shanni Jones for further information 270-686-7747 x3051
Or email shanni.jones@grdhd.org

2013 Gazette Deadlines

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Starting in January 2012, (but, not as a New Year’s Resolution), Sue Richards began a quest of weight loss and choices for a healthier lifestyle. During routine lab work, Sue was found to have high blood sugar and given the diagnosis of diabetes. “I was shocked, scared…well actually, I was terrified!” tells Sue. “There is no history of diabetes in my family and it never occurred to me that I would get diabetes.”

This life changing moment came after considerable reflection and personal tragedy. At one time, Sue was an avid smoker. “When I decided to quit smoking a number of years ago, I knew I would gain weight, but I really wanted to quit because of the harmful effects of smoking. After several failed attempts, I finally kicked the habit, but gained a considerable amount of weight in the process.” With plans in place to begin dieting and losing the weight she had gained, Sue’s husband, Kenny died quite unexpectedly. The weight loss plan went astray, and the weight gain continued. When given the diagnosis of diabetes, “I knew then that I had to keep myself healthy; if I died, my children would have no parent.”

Healthy meals were always something Sue ensured her children ate growing up, even yogurt, which Sue hates. Although she taught her children Jacob and Elizabeth to make healthy choices, she didn’t always make healthy choices for herself.

Armed with a shocking discovery of diabetes, Sue sought out subject matter experts at the health department. “Nancy Walker and Carman Allison provided me with a wealth of educational material. They would assist in answering my questions or making suggestions as to what I needed to do next.”

Throughout Sue’s life, she understood the principles of Weight Watchers – counting points and understanding calories; but with the assistance of the diabetes team, Sue learned the importance of watching carbohydrates and fiber. “I know now how many carbs and fiber a diabetic woman who is trying to lose weight should consume. It is all about healthy choices.”

As everyone likes to eat out, Sue began researching menus of favorite restaurants and pre-planning good meal selections. “I love pasta and eating at Olive Garden” after researching their menu, Sue now chooses healthier options and watches portion sizes. “When I eat out, I eat half of whatever I order.” It is known to many, that restaurant servings are often larger than normal portion size. Sue has fun brown bagging leftovers and admits to allowing her pets to some special treats.

“I read labels now, I try and know what I’m eating” remarks Sue, as she states that her grocery shopping has changed. “I eat more whole grains, but it is important to read the labels, because there are many false assumptions made with marketing food products.”

Everyone in the district offices has probably noticed Sue walking rain or shine, with her ear buds in and sneakers on. “Exercise is a key factor in diabetes management. A diabetic should walk 30 minutes each day and I treat that just like medicine. I don’t monitor how far I walk, but that I use the entire 15 minutes of my break and walk - each day, I have made a healthy choice to use my break time wisely.” Sue does admit that she can walk much farther now than when she first started. “It is a lifestyle choice that I can maintain.”

As retirement from public health looms in Sue’s future, she advises all of us to pay attention to our health. “It is a journey and you have to be committed, but I want to have grandbabies and fun with the rest of my life. I don’t want to suffer the side effects that diabetes can bring.” What started out as a terrifying moment in Sue’s life has transformed her into a health advocate. “You have to find that place, deep within you to be ready to make a change.” It is doable, just follow Sue’s advice.

-Angela Woosley
What Does “A Day in the Life of Diabetes” Mean to You?

During American Diabetes Month® this November, the American Diabetes Association will launch a socially-focused initiative, “A Day in the Life of Diabetes”, to demonstrate the increasing impact diabetes has on families and communities nationwide. Using imagery, social engagement and a larger-than-life stage, light will be shown on the issue of diabetes and those who live with it each and every day. Successfully managing diabetes can be a herculean task, making what might seem like an otherwise ordinary life rather extraordinary.

Starting on Oct. 1, 2012, we are asking the public to become part of the movement to Stop Diabetes® by sharing a personal image, via Facebook, representing what “A Day in the Life of Diabetes” means to them. This image can be a picture of themselves or someone they care about and will show how the disease impacts their daily life. To encourage individuals to share photos of A Day in the Life of Diabetes on Facebook, CVS/pharmacy will donate $1 to the American Diabetes Association for every photo/image uploaded, up to $25,000.

Recent estimates project that as many as one in three American adults will have diabetes in 2050, and an additional 79 million Americans are at high risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $174 billion. Further published studies suggest that when additional costs for gestational diabetes, prediabetes and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed $218 billion.

Diabetes is a serious disease. If it isn’t managed, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications.

Eating healthy can begin with simple choices in daily meal planning. Choose low-fat salad dressings or eat salad dressing on the side. Consider preparing baked, broiled, or oven-fried chicken or fish. Be physically active, by choosing to use the stairway, instead of the elevator. Make a goal to walk daily. These simple choices can make a difference one’s daily life of diabetes.

American Diabetes Month is sponsored by CVS/pharmacy’s ExtraCare Advantage® for Diabetes savings program exclusively for those living with diabetes and their caregivers. Visit CVS.com/diabetes to learn more.

For more information in English and Spanish call 1-800-DIABETES or visit stopdiabetes.com. Also, follow us on Facebook (www.facebook.com/AmericanDiabetesAssociation) and Twitter (www.twitter.com/AmDiabetesAssn).
The Keynote Speaker for this year’s program was Dr. Kraig Humbaugh, Director, Division of Epidemiology and Health planning for the Kentucky Department of Public Health. His remarks touched on every aspect of the event’s various Preparedness, Safety and Security themes and were extremely well received by all in attendance. The Senior Day Out program is a National Preparedness Month initiative carrying themes of individual and family preparedness, safety and security with an added emphasis placed on the 2012 Readiness Campaign Theme of “Pledge to Prepare”.

This year’s Senior Day Out was held on September 20, 2012 making this the 13th annual! Counting all seniors, disabled individuals, caregivers, private vendors, Council member agencies, unaffiliated social service agencies, displayers and drop-in visitors, total participation was again in excess of 1,000 individuals.

“Of particular note was the outstanding participation from the Senior Connections, GRADD AmeriCorps program and the Green River District Medical Reserve Corps (MRC) Staff and volunteers. These volunteer members were out in force again this year providing invaluable support and assistance to the event organizers and the Citizen Corps Council booth operators where needed” – according to event coordinator Jud Pomeroy.

Inside and outside displays represented disaster response units from State, County and municipal emergency services agencies, such as: Law Enforcement Organizations, Fire Departments, Search and Rescue, Emergency Medical Services where blood pressure and diabetes screenings were offered, Emergency Management Agencies, Task Force 3 Emergency Response vehicles, Red Cross Disaster Response units, the Area 3, State Fire Rescue Training Division of the Kentucky Fire Commission display vans, the Owensboro Water Fire and Rescue Boat and a Medical Evacuation Helicopter provided by the Air Evac Lifeteam based in Evansville, Indiana.

-Angela Woosley and Margaret Hibbs

**Fun Facts About Thanksgiving Day**

- Approximately 736 million pounds of turkey was consumed in the United States on Thanksgiving Day 2011
- We’ll eat some 80 million pounds of cranberries on Thanksgiving—20 percent of the whole year’s consumption
- The annual Macy’s Thanksgiving Day Parade tradition began in the 1920’s...using live animals instead of floats
- The first televised Thanksgiving Day football game aired on November 22, 1956 when the Green Bay Packers defeated the Detroit Lions 24-20
December is National Handwashing Awareness Month. Everyone should **wash hands often** throughout the day to prevent the spread of germs and keep from getting sick.

Wash your hands when they are visibly soiled, before, during and after preparing or eating food. Wash hands before and after administering care to a sick or injured person or performing hygiene activities. You should also wash after coughing or sneezing, handling garbage, petting or handling animals or animal items (toys, leashes, etc.) and when working with chemicals or other items that could be contaminated.

For best results, use soap and warm water to wash for at least 15-20 seconds.

1) Wet your hands with running water.

2) Apply liquid, bar or powder soap.

3) Lather your hands vigorously for at least 15-20 seconds. Scrub all surfaces, not just palms and fingers, but between fingers, around finger nails, the backs of hands and wrists. Do this away from the water so you don’t wash the soap off before finishing.

4) Rinse well.

5) Dry your hands with a clean or disposable towel or air dryer.

6) Use your towel to turn off the faucet and open the door of the bathroom.

If soap and water are not available, use a waterless alcohol-based hand sanitizer with 60% or more alcohol content. Apply enough of the product to the palm of your hand to wet your hands completely. Rub your hands together, covering all surfaces, until your hands are dry.

Facts about handwashing:

- Recent studies indicate that cell phones contain 10-18 times more fecal bacteria than toilet seats or flush handles.

- The 3 germiest surfaces in your office are telephones, keyboards, and the desktop.

- 95% of adults say they wash their hands after using a public restroom, but only about 85% actually do.

- Dr. Ignaz Semmelweis, a Hungarian doctor who worked in a hospital in Vienna, is considered the founding father of infection control. By 1847, he discovered the correlation between hand washing and the spread of infection.

- Antibacterial soap is no more effective at killing germs than regular soap.

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**This Day in History**

**November 1, 1848** ~ The first medical school for women opened in Boston. The Boston Female Medical School was founded by Samuel Gregory with just 12 students. In 1874, the school merged with the Boston University School of Medicine, becoming one of the first co-ed medical schools.

**December 3, 1967** ~ The first successful human-to-human heart transplant was performed by Dr. Christiaan Barnard in Cape Town, South Africa. The operation lasted 9 hours and used a team of 30 people. The patient, Louis Washkansky, lived for 18 days.
The Green River District Health Department United Way campaign is underway and wraps up in middle of November. This annual campaign raises much needed funds for local agencies that support our communities. Without United Way, each agency would have to host even more fundraisers, which would take time away from providing services. United Way focuses this time of year on the next year’s fundraising assuring agencies of funds to keep their doors open.

Since the worst recession since the great depression, people are struggling, some more than others. The wait time to see a counselor for sexual assault is over two months. Think how you would feel if you were the parent of a child who was sexually assaulted and you had to wait for services due to money! The local spouse abuse shelter has had to decrease the number of beds from 70 to 60. The shelter stays full so this means there are families – women and children who don’t have a safe place to stay. These are only two agencies affected by budget cuts. The Building Stronger Families program received a 4.5% decrease in funding from the state for this region.

All of us work hard for the money we make. We struggle to pay bills, keep children fed and clothed, gas in the car. If you have the ability to give, even just a little, it would help.

A gift of $2 per pay period brings in $52 a year and 200 people who pledge $2 raise $10,400.

Please consider giving to United Way. Local dollars helping local people. There are great cash prizes if your name is selected in the drawing.

Thanks for all you do to help others. Your generosity is much appreciated by the agencies.

~Linda Wahl

November is Prematurity Awareness Month

In the US, approximately 12% of babies are born premature. Prematurity is defined as babies born too early – 37 weeks or less. Along with prematurity is a low birth weight baby. This is defined as babies weighing less then 5 lbs. 8 oz.

Premature babies often have medical problems because their organs and body systems are not fully developed. Complications can result in infant mortality, breathing problems, bleeding problems and long term development problems.

In some areas of the country women are being induced into labor in their 37th week for reasons other than the health of the mother or child. Allowing a healthy developing baby to be born at the 39th week will decrease problems and complications for the infant.

There are things a mother can do to reduce the risk of preterm labor including: regular prenatal appointments, eat healthy, take prenatal vitamins, avoid smoking, alcohol and drugs, manage chronic medical conditions such as diabetes and high blood pressure, get plenty of rest and avoid falls.

A healthy baby is worth the wait!

Information for this article came from websites for March of Dimes, Mayo Clinic and WebMD.

-Submitted by Linda Wahl
Building Stronger Families is staying at capacity. We serve all 7 counties and are always looking for referrals in the outer counties especially. Any family who wants to learn new positive parenting skills is eligible for enrollment.

In the past two years, we have a success rate of children remaining in the home of almost 98%. It is important that children remain with their parents as long as the home is safe and nurturing. Removal of a child even temporarily causes additional harm to the child on top of the abuse or neglect. Though the child is immediately safe once he/she was removed from an unsafe home, the disruption of the attachment bond is hard for children.

People often ask why children are not removed quickly from homes where abuse or neglect may have occurred. The reason is disruption in attachment can occur during the separation that is also damaging to the child. Attachment is the affectionate emotional connection a child has for the parent. Parents are also attached to their children. Children who are moved from foster home to foster home for many years may be unable to form an attachment with another person. Attachment serves a number of important purposes. First, it helps keep infants and children close to their caregivers so that they can receive protection, which in turn helps boost their chances of survival. This important emotional bond also provides children with a secure base from which they can then safely explore their environment.

Researchers including Ainsworth, Bowlby, Main and Solomon also suggest that how a child is attached to his or her caregivers can have a major influence both during childhood and later in life.

The failure to form a secure attachment with a caregiver has been linked to a number of problems including conduct disorder and oppositional-defiant disorder. Researchers also suggest that the type of attachment displayed early in life can have a lasting effect on later adult relationships.

This is why there are programs like HANDS and Building Stronger Families. Through in-home services, parents learn to nurture their child, provide consistency in routines, discipline, and attention. The children are safer in their homes and are lovingly nurtured. Children in these programs are lucky to have parents who want to learn more about parenting, age-appropriate discipline and behaviors.

~Linda Wahl

“GO GREEN AND RECYCLE”

We are in need of items to use as Bingo Prizes. We accept all kinds of new, gently used things. The clients love music cd’s (no rap please), toys of all ages, lotions, Costume jewelry, purses, knickknacks, sports stuff, and games, to name a few.

We also reuse or recycle stuff to use in our crafts. artificial flowers, scraps of materials, ribbons, yarn, buttons, paints, etc.

Please contact us, by phone 852-2908, or ext. 2069/2070 or email teresa.myaart@grdhd.org or Theresa.wilson@grdhd.org.

A big “Thank You” to all who have donated and continue to donate. All are welcome to visit the center at anytime.
Smart 911 Helps Emergency Responders

If you haven't heard about Smart911, it may be the time to learn about it.

As residents across the nation drop land-line telephones for cell phones, it creates a problem for 911 emergency responders nationwide.

Land-line phones provide a resident's location about 99 percent of the time. However, if you call 911 from a cell phone, the 911 center doesn't know your location, said Paul Nave, 911 director for Daviess County.

"Eighty-one percent of all 911 calls that are received at the Owensboro-Daviess County Central Dispatch Center are on cell phones," Nave said.

Because cell phones don't provide addresses to the 911 center, residents in distress must provide their locations or stay on the phone until help arrives. In some cases, that's not possible, which may slow down response times.

If you would like to link your cell phone number with your home address, you may want to register your cell phones at www.Smart911.com. The Internet-based program first asks you to type in your ZIP Code. It will tell you whether the 911 center nearest you participates.

Nave said Daviess County may be the only participating county in western Kentucky. Daviess County started using Smart911 in July. As of August 24, about 1,500 residents had registered.

It's easy. Besides linking your cell phone to your home address, Smart911 asks for other pertinent information that could prove helpful if you need assistance. For example, it asks for allergies to medications, physical conditions that emergency personnel may need to know and a host of other questions.

To find out more information, contact your county's emergency responders or go to www.Smart911.com.

*Article courtesy of Kenergy Corporation Member Matters Newsletter - October 2012*

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For the freedoms that we all enjoy… Our Thanks go to the men and women serving in all branches of the military.

*We salute you!*

Thank you to all the Veteran’s currently working for the Green River District Health Department.

November 11, 2012
Beginning in August, 2012, Annual Statements will be available through the Self Service website rather than printed mailers. This change will save KRS approximately $100,000 in printing and postage costs per year. A few tips for using Self Service:

- You must have your PIN in order to access your information online. The PIN can be found printed on the last page of your annual statement from prior years.
- If you cannot locate an old statement with your PIN you can call KRS at 1-800-928-4646 to have a new PIN issued.
- You were previously mailed cards from KRS that contained a six digit ID number. This six digit ID can be used in place of your SSN when calling KRS. You do not need this six digit ID to use Self Service, but your four digit PIN is required.

For further questions, please feel free to contact Human Resources.

The Holiday Schedule for GRDHD will be as follows:

Christmas 12/24/2012 and 12/25/2012
New Years 12/31/2012 and 1/1/2013

The centers and District Office will be closed the 3 days between the 2 holidays (December 26, 27 and 28). Each center will post notices on the doors with emergency contact numbers listed. Employees will be allowed to take Annual, Comp, or Leave Without Pay. District staff will be available by phone if needed. If there are questions on how to schedule your time during the holidays, please contact your supervisor.

McKenzi Clark ~ 11 year old daughter of Sheri Clark ~ has been nominated to serve as a Junior National Scholar at the Junior National Young Leaders Conference in Washington, D.C. JrNYLC is designed to help high-achieving students build their leadership skills that can boost their academic skills and enable them to become leaders in their schools and communities.

Pictured above: A big thumbs up for the GRDHD Nursing Staff from Hancock County Middle and High Schools. Danielle Staples, Lora Johnson, and Melanie Domerese participated in the Project Graduation 5K at the high school.

Congratulations to Rudy and Kelly Hodges (McLean County Clerk) on the birth of their new son, Jase Mitchell Hodges. He was born October 9th, weighing in at 8 pounds 4 ounces and was 20 1/2 inches long.

Help!! The Gmail Ninja is missing! Can you find him? Email any member of the Gazette Committee with the page number of his hiding spot for a chance to win a Subway gift card.

Winners will be selected by random drawing. Please submit your entry by close of business on 11/21/12 for a chance to win.
New Employees

Welcome to the GRDHD Team!

Saying Goodbye . . .

Mary Vanover, School Health
Tonya Castlen, Daviess County Health Center
James (Jim) Mattingly II, District Office
Nancy Walker, District Office
Sara Camp, Daviess County HANDS
Charity O’Leary, School Health
Linda Cottrell, Home Health
Haley Fulkerson, Nutrition
Jama O’Nan, School Health

Congratulations to Pamela Ford
from Ohio County Health Center.

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

Question: In the US alone, there are 26 million people diagnosed with diabetes. As of 2010, it was estimated that Kentucky had ___________ people with diabetes.

Answer: 370,000 or 10%

See page 9 of this issue for your chance to win a Subway gift card!!
Tips and Tricks for Becoming a Gmail Ninja

Tell everyone when you’ll be back with vacation responder.
Headed out for a business trip? Going on vacation to a far away land?
Use Gmail’s vacation responder to set up a custom response that will automatically send to anyone who emails you’re while your away.

1. While in your mailbox - Go to Settings by clicking the gear icon
Scroll down to find the vacation responder. Enter appropriate information including the dates you will be away and other contact information if needed. Scroll to the bottom & save changes.

Create a signature that is automatically inserted at the bottom of every message you send.
This can also be done in the settings tab as shown above. Just look for “Signature”.

Tips and Tricks provided by: Google

Attention! Attention! An Update from School Health!
School Health staff have already given out over 300 Flu Shots this season!

November 2012

American Diabetes Month
National Alzheimer’s Disease Awareness Month

6 Election Day
8 Supervisors Meeting 9-3:30 District Office
11 Veterans Day
12 Offices Closed in Observance of Veterans Day
14 Managers Meeting 8:30-11:30 District Office
15 Sr. Management Meeting 8:30-12 District Office
15 Great American Smoke Out
21 TEC Meeting 9:30-11:30 District Office
22 Thanksgiving Day
23 Offices Closed for the Thanksgiving Holiday
28 APRN Meeting 9-11 District Office

December 2012

7 Supervisors Meeting 9-12 District Office
12 Managers Meeting 8:30-11:30 District Office
19 TEC Meeting 9:30-11:30 District Office
24 Christmas Eve - Offices Closed
25 Christmas Day - Offices Closed
26-28 Offices Closed
31 News Years Eve - Offices Closed
January 1 - New Years Day - Offices Closed

The Gazette Committee wishes everyone a very Merry Christmas and a Happy New Year!!