I would like to give Donna Matheny and Angel Hearrin a big Thank You for helping me merge the Ohio County School Health Charts. - Joella Edge

We would like to thank McLean County and Daviess County Health Department support staff for verifying Medicaid coverage for us when our internet was down and we couldn’t reach the Medicaid Office. I don’t know how we could have seen our WIC patients without your help!

Also, a BIG thanks to David Hunter for helping that same day when half our phone system was out, later that same day when our internet was down AND the next day when we had printer problems!! - Tina Flener and the Ohio County Health Center staff

Did you know that 75% of people that call for an appointment want an appointment the day they call? Have you heard the expression “Same Day Scheduling”? Same Day Scheduling is a technique that has been well studied and implemented in healthcare as well as in Kentucky to help improve the availability of appointments and make for a more flexible system. What does it mean? It means that you may call the same day you would like an appointment and get one for that day. Wow, what a concept!

Daviess County, Hancock County, McLean County, and Union County will begin using the “Same Day Scheduling” technique beginning September 3, 2013. Staff in each of these clinics have been preparing for months adapting this technique into their clinic to best serve patients.

Patient education began in June by posting information in the clinic and educating patients as they came in or called for appointments. A “reminder” appointment card is given to the patient so they can call when they need an appointment such as when their WIC benefits are getting ready to expire or if their immunizations are due. Patient’s can call between 8am-10am or come in at 8am to receive an appointment that day. No more waiting weeks or months for an appointment!

So, why the change? First of all, it benefits our patients. Patients choose when they come in, not the Health Department. Studies show a decreased wait time for getting an appointment, reduced no show rates, increased productivity which in turn will help increase staff morale. Overall satisfaction both internally and externally should improve.

Adaptability of staffing and increased efficiency for clinic processes should also improve. Staff will be documenting their efforts in a Quality Improvement Plan to measure the success of this change. We will use our findings to continually improve the process and help other clinics that are interested in implementing this technique.

- Submitted by Angel Thompson
NEWS FROM AROUND THE DISTRICT

DAVIESS COUNTY:
Daviess County wants to welcome Stacy Satchwell APRN, Mary Danhauer APRN, Melissa Barnett R.N., and Sue Ellen Holladay R.N.

HANCOCK COUNTY:
We are all doing well. The crew has been doing great to keep up with the craziness of the school physicals and immunizations. We are glad to have Stacey on board at the clinic. Hancock staff are also busy doing a little ‘remodeling’ around the office, moving the little cramped kitchen to a more spacious area in the back hall. - Mary Crowe

Congratulations to Mary Crowe on the birth of her beautiful granddaughter Gracie May. Gracie was born on July 22nd weighing 6 pounds 14 ounces and was 20” long.

HENDERSON COUNTY:
Through the Henderson Family Resource Center, the Henderson Staff adopted two children to purchase clothing for the 1st day of school. The staff has done a wonderful job donating money and items for this great cause. We adopted a 6 year old boy and a 10 year old girl in the same family. Each child now has 8 new outfits for school, 2 new pairs of shoes, plenty of socks and underwear, lunch boxes and a few other miscellaneous items they can use for school. I am very proud of the work our team has done to help a family in our community. Thanks to the Henderson Team for work well done!

We would also like to welcome Erica, Stacey and Ladonna to our team! -- Janis Bratcher

OHIO COUNTY:
Ohio County Health Center would like to welcome our newest staff members: Joella Edge, full time CA at OCHC and Lisa Taylor, RN, full time float nurse for Ohio, McLean and Hancock Counties. We look forward to working with these ladies.

We welcome the newest members to our family. Congratulations to our new grandmothers: Kathy Maddox welcomed grandson Jett Easton Maddox. Jett was born to Kathy's son Jarrod, and his wife Stephanie, on 4/27/2013 weighing 9 pounds 2 ounces and 21 1/2” long.

Tina Flener welcomed granddaughter Amilyia Mae West. Amilyia was born to Tina’s son Tyler and his wife Kristie on July 26, 2013. Amilyia weighed 7 pounds 7 ounces and was 19 3/4 inches long.

UNION COUNTY:
We would like to welcome our new staff- Marci Slaton, full time Senior Support Associate II, and Donna Matheny, part-time senior clinical assistant. We are thankful and blessed to add them to our team. In saying that, we are saddened to say goodbye to Terra Beck, senior clinical assistant. We have been fortunate to have Terra assisting us this past 9 months for two days a week.

Our clinic is excited to be able to offer Same Day Scheduling for the public beginning September 3! While change can be intimidating initially, we are ready to embrace this new way of serving our clients.

A BIG thank you to Webster County clerical and Henderson County Nursing Staff for their assistance in July. We truly appreciate your help during our “staffing crunch”!

Happy Birthday to Becca Logan, Environmental Supervisor, in August and Mary Jane Rust, Janitorial Staff in October!
WEBSTER COUNTY:
We would like to welcome Erica Schmeid, clinical float nursing staff, who will be assisting in providing coverage in our clinic in September and October.

Our Condolences to Andrea Abell on the death of her grandmother in June.

Happy Birthday to Michele Rushing in August and Andrea Abell and Brandon Chandler in October!

The TOP® programs in Sebree, Clay and Providence Elementary’s are looking forward to another successful year! A BIG shout out to Genie McDowell and Andrea Abell who help to make this program such a success and beneficial to the youth in these programs.

It’s That Time of the Year Again!

It’s time to get the flu shot before the flu gets you. The flu vaccine is one of the best protections we have to prevent an easily spreadable illness. Be cautious and wash those hands frequently to prevent all illnesses. You can receive your flu shot at any of the county health centers. Call for an appointment or check while talking to one of our helpful staff members. Please bring a copy of your insurance card and there will be no co-pay owed. Don’t forget to sign a declination form if you choose not to get this protection, it is required for HR.

The District staff can get the flu vaccine on October the 8th just come by Anita Owens’s office and get vaccinated. Don’t forget you can get 200 Humana Vitality points just for getting the flu shot. This helps you earn items from the Humana Vitality Mall (See article on page 5 for more information on Humana Vitality).

Stay safe and healthy! -Anita Owens

Donations Needed

Daviess County has been the home of the Burmese community since 2010. When the families arrive they are seen in the clinic for TB assessment and vaccinations. We were given a donation of clean stuffed animals to give to the children before their vaccination. Currently, we are almost out of the stuffed animals. If anyone would like to donate we will put them to good use.

Thank you,
Daviess County Staff

Question: Name 3 ways you can earn Vitality Points. *Hint: The answer(s) is in this issue of the Green River Gazette.

Submit your answers to Shanni Jones for a chance to win a Subway Gift Card!! Deadline to enter is close of business on Friday, September 27th. Good luck!

Winners will be selected by a random drawing of all correct answers.
September is National Preparedness Month (NPM). There is no better time than now to prepare yourself and those in your care for emergencies and disasters. If you have seen the news recently, you know that emergencies can happen unexpectedly in communities just like ours, to people like us. We’ve seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages in U.S. cities and worldwide, affecting millions of people for days at a time. Locally, the ice storm of 2009 is still fresh in our minds. Freezing rain piled up, burying Kentucky in heavy ice. Trees snapped and power lines were knocked down. Well over half a million homes and businesses lost electricity in what would be the worst power outage in our state’s history.

This was possibly the most severe incident in our recent history and the one that we tend to focus on most, but did you know that Kentucky ranks 8th in the nation for federally declared disasters? Since the year 2000, our state has experienced 23 federally declared disasters. Unfortunately, Kentucky also ranks high on the lists for smoking prevalence (1st), number of prescriptions filled per person (2nd), childhood obesity (3rd), adult obesity (4th), childhood asthma (6th), and diabetes (9th). The combination of these health risks and the high number of disasters puts us in a vulnerable position when it comes to disaster preparedness. It is important that we, as the public health authority in our area, prepare ourselves and our community as best we can, so we can experience the safest and fastest recovery possible.

This month, please prepare and plan in the event you must go for at least three days without electricity, water service, access to the grocery, or local services. It is as simple as following these four steps:

**Stay Informed:** Information is available from federal, state, local, tribal, and territorial resources. Access Ready.gov to learn what to do before, during, and after an emergency.

**Make a Plan:** Discuss, agree on, and document an emergency plan with those in your care. For sample plans, see Ready.gov. Work together with neighbors, colleagues, and others to build community resilience.

**Build a Kit:** Keep enough emergency supplies – water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand – for you and those in your care.

**Get Involved:** There are many ways to get involved especially before a disaster occurs. The entire community can participate in programs and activities to make their families, homes, and places or worship safer from risks and threats. Community leaders agree that the formula for ensuring a safer homeland consists of volunteers, a trained and informed public, and increased support of emergency response agencies during disasters.

By taking a few simple actions, you can make your family safer. Don’t hesitate to use local assets such as the GRDHD preparedness team, Citizen Corps Council, Emergency Management, and first responder teams to assist you in your personal preparedness efforts. We have many resources to share, just ask!

**For more information, check out:**
- Ready.gov/be-informed
- Ready.gov/make-a-plan
- Ready.gov/build-a-kit
- Ready.gov/get-involved

Text PREPARE to 43363 (4FEMA) to receive monthly preparedness tips (message/data rates apply)

Source: ready.gov

Submitted by: Taylor Preda
Introducing Humana Vitality

*A New Rewards Program for Doing Health Things*

Are you thinking about losing a little weight? Do you take a walk everyday? Are you going to get your flu shot this year? Do you have your CPR or First Aid certification? I know - a lot of questions, but these are some ways you can earn Humana Vitality points. The Humana Vitality screening which we will be planning to offer in the near future can earn you up to 2000 points. The points are used in the Humana Vitality Mall as Vitality Bucks.

You can register on-line at humanavitality.com. Walking daily for 30 minutes can earn you 15 points for the workout. Download the Humana fit app to your iPhone or Android device and this will record your workout for you. We are planning the following screening dates for your local health center.

Monday, November 4th  
Ohio Co Health Center

Wednesday, November 6th  
Hancock Co Health Center

Friday, November 8th  
McLean Co Health Center

Tuesday, November 12th  
Union Co Health Center

Wednesday, November 13th  
Daviess Co. Health Center

Thursday, November 14th  
Webster Co. Health Center

Tuesday, November 19th  
Henderson Co Health Center

Wednesday, November 20th  
District Office

Staff working in different departments can sign up for a specific time. Remember you need to be fasting for the glucose and cholesterol test, so no food after dinner on the night before the screening. If you have any questions feel free to contact Anita Owens by phone at 852-5557 or by email at anita.owens@grdhd.org

What can you spend your points on? Here is a sample of list of the items you can purchase at the Humana Vitality Mall:

- Gift Cards from Macy’s, Amazon, or iTunes
- Movie Tickets
- Ipads and cases for them
- Under Armour sports wear
- Trek Bikes
- Discounted Hotel Stays

How to earn Vitality Points

**Education**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment</td>
<td>500</td>
</tr>
<tr>
<td>First step HRA*</td>
<td>500</td>
</tr>
<tr>
<td>HRA bonus**</td>
<td>250</td>
</tr>
<tr>
<td>Health tool(s)</td>
<td>75 each (300/yr)</td>
</tr>
<tr>
<td>CPR certification</td>
<td>125</td>
</tr>
<tr>
<td>First Aid certification</td>
<td>125</td>
</tr>
<tr>
<td>Update/confirm contact Information</td>
<td>50</td>
</tr>
<tr>
<td>Accept online statements</td>
<td>50</td>
</tr>
</tbody>
</table>

*Education maximum: 2,000 pts/yr

*Once in a lifetime reward for first-time HRA completion
**To receive bonus, you must complete the HRA within the first 90 days of your Humana Vitality program year

**Prevention**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Screening</td>
<td>400 per screening</td>
</tr>
<tr>
<td>Flu shot</td>
<td>200</td>
</tr>
<tr>
<td>Childhood immunization**</td>
<td>400</td>
</tr>
<tr>
<td>Nicotine test</td>
<td>400</td>
</tr>
</tbody>
</table>

**Vitality Check Completion:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Mass Index (BMI)</td>
<td>800</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>400</td>
</tr>
<tr>
<td>Blood Glucose</td>
<td>400</td>
</tr>
<tr>
<td>Total cholesterol</td>
<td>400</td>
</tr>
</tbody>
</table>

*Subject to certain requirements and will appear on statement if applicable to you.
**If applicable, each child can earn 400 pts. Per year toward the primary members maximum

**Prevention maximum: 3,800 pts/yr

**Healthy Living**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood donation</td>
<td>50 (up to 300/yr)</td>
</tr>
<tr>
<td>Nicotine test (in-range results)</td>
<td>400</td>
</tr>
</tbody>
</table>

**Vitality Check in-range results**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body mass index &lt;25 and ≥ 18.5</td>
<td>800</td>
</tr>
<tr>
<td>Blood pressure systolic &lt; 120mmHg diastolic &lt; 80mmHg</td>
<td>400</td>
</tr>
<tr>
<td>Total cholesterol</td>
<td>400</td>
</tr>
</tbody>
</table>

**Healthy Living Maximum: 2,700 pts/yr

Visit humanavitality.com for more ways to earn points.
September is Ovarian Cancer Awareness Month

Have you ever experienced any of these symptoms?
♦ Abdominal pressure, fullness, swelling or bloating
♦ Pelvic discomfort or pain
♦ Persistent indigestion, gas or nausea
♦ Changes in bowel habits, such as constipation
♦ Changes in bladder habits, including a frequent need to urinate
♦ Loss of appetite or quickly feeling full
♦ Increased abdominal girth or clothes fitting tighter around your waist
♦ A persistent lack of energy
♦ Low back pain

The symptoms described above seem pretty general and innocent…but they may not be so innocent. These are the signs and symptoms of Ovarian Cancer.

Statistics on Ovarian Cancer: An Introduction
Ovarian Cancer accounts for about 4 percent of all women's cancers and is the fourth-leading cause of cancer-related death among American women. The number of people diagnosed with ovarian cancer has slowly been declining since the early 1990s. Ovarian cancer has the highest death rate among cancers of the female reproductive tract, mainly because there are no early symptoms of ovarian cancer screening tests are available.

Risk Factors
Some risk factors include: family history, not having children, obesity and aging.

Ovarian cancer when it is found in Stage 1A has a 93% five year survivor rate, however less than 20% are diagnosed this early. Stages 3 and 4 have a combined rate 29.6% five year survival rate and this is the stage where most women are diagnosed. It is very important to see your healthcare provider if you have any concerns.

If you have a family history of ovarian cancer or breast cancer, talk to your doctor about your risk of ovarian cancer. In some cases, your doctor may refer you to a genetic counselor to discuss testing for certain gene mutations that increase your risk of breast and ovarian cancers.

Please get checked if you are having any of the symptoms listed above for more than a few weeks.

Submitted by Linda Wahl
Information from MayoClinic.com, cancer.org, and ovarian-cancer.emedtv.com

October is Breast Cancer Awareness Month

Watch for these signs:
♦ A lump, hard knot or thickening
♦ Swelling, warmth, redness or darkening
♦ Change in breast size or shape
♦ Dimpling or puckering of the skin
♦ Itchy, scaly sore or rash on the nipple
♦ Pulling in of your nipple or other parts of the breast
♦ Nipple discharge

Schedule a Mammogram Today! Remember Early Detection is Key!
Can’t afford a mammogram? If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram. To learn more call (800) 232-4636
Nearly **one million people** worldwide die by suicide each year. This corresponds to one death by suicide **every 40 seconds**. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined. These staggering figures do not include nonfatal suicide attempts which occur much more frequently than deaths by suicide. The ‘S’ word should not be a silent or unspoken epidemic because education and awareness are very important in preventing suicide.

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple: reduce the factors that increase risk and increase factors that promote resilience. One of the most important aspects of suicide prevention is support. The person who is struggling needs to know that you support and love him or her, and that you are willing to help them find hope in life again.

Educate your friends and family about the warning signs. In ages 10-14, there has been an alarming 128% increase in suicides since 1980, making it the third leading cause of death for that age group – so start talking to your children early. Statistics show that 4 out of 5 teens who attempted suicide have given clear warning signs.

**Know the Warning Signs**
- Talking about wanting to die or killing oneself
- Talking about feeling hopeless, helpless, or having no reason to live
- Talking about being a burden to others
- A deepening depression
- Preoccupation with death
- Acting anxious or agitated; behaving recklessly
- Withdrawing or feeling isolated
- A loss of interest in the things one cares about
- Making arrangements; setting one’s affairs in order
- Giving prized possessions away

If you or a loved one is considering suicide the time to act is **NOW**. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) This is a confidential source of help available 24 hours a day, 7 days a week. Go to the nearest hospital emergency room or call 911!

*Remember, you may be the first and last person to see the warning signs so they should be taken very seriously.*

-Submitted by Shanni Jones
Information and statistics from World Health Organization, CDC, Jasonfoundation.com, and Suicideology.org
Over the past few months, all staff participated in Accreditation training, which provided an overview of the Public Health Accreditation Board (PHAB) accreditation process and our agency plans for seeking accreditation. During the training, staff reviewed the subject matter of the twelve PHAB domains, discussed the correlation between the PHAB domains and the ten Essential Public Health Services and assisted in selecting activities and the documentation which represent the required PHAB standards & measures for achieving accreditation.

You will remember from our sessions that all documentation for PHAB must illustrate a measure completely by capturing the appropriate activities and persons involved. Documentation should also include dates and evidence of GRDHD ownership. Although what we do on a daily basis has not changed, the manner in which some of those activities are coordinated and documented may have been recently modified. Here is an overview of just a few of the special committees, formal reports and “jargon” associated with our journey toward accreditation.

**Public Health Accreditation Board (PHAB):** The Public Health Accreditation Board, or PHAB (pronounced “fab”), is the national non-profit organization promoting minimum standards for public health to improve and protect the health of the public through accreditation.

**Community Health Assessment (CHA):** Completed in 2012, this assessment combined statistical data, service offerings of the local health care system and community member opinions to evaluate the overall status of the health of the seven counties in Green River District and identify areas of focus. The full CHA (& CHIP) is available on our website (healthdepartment.org) and on the official documents drive.

**Community Health Improvement Plan (CHIP):** This three year plan was developed by the community using the information from the Community Health Assessment. Goals to improve the health of our communities were set in four areas termed “strategic initiatives”: reducing substance/tobacco use, decreasing obesity through nutrition and physical activity, increasing access to care and addressing teen issues. Coalitions, healthcare organizations and various other community groups are pursuing these goals by offering events, activities and information while advocating for healthy changes in each county. Membership is open to all community members - if you would like to become involved with one of these groups, please email Jessica Austin (jessica.austin@grdhd.org) or Carrie Conia (carrie.conia@grdhd.org) for contact information.

**Strategic Plan:** This three year plan defines the direction of our agency. Although many of the objectives address our role in meeting CHIP goals, the focus of the Strategic Plan is specific to Green River staff and resources. The Strategic Plan is available on our website (healthdepartment.org) and on the official documents drive.

**Performance Management:** This term describes how what we do each day contributes to the mission of Green River District: to enhance, improve and promote the health and well being of the public. Imagine that each activity you participate in is a puzzle piece and each piece of the puzzle is part of a bigger section of the puzzle, when all the pieces are put together you have one large picture. The Performance Management System is similar to the completed puzzle – it encompasses each piece of the puzzle and demonstrates how everything fits together to make the big picture. The Performance Management Team reports GRDHD’s
“puzzle” of activities– this group coordinates projects and monitors progress to ensure that goals are consistently being met in an effective and efficient manner to build the big picture.

**Workforce Development Plan:** Items addressed in the Workforce Development plan include providing training to assure staff are knowledgeable (and certified) to do their jobs, tracking completion of federal, state and local level requirements for the agency and educating and promoting a unified staff to offer services. You’ll be hearing more about the workforce development plan in the coming months.

**Quality Improvement (QI):** Quality Improvement is not new at GRDHD! However, some new QI activities include the implementation of a formal QI policy and procedure (available on the official documents drive) and an established QI Team. This committee is responsible for developing an annual agency QI plan, providing assistance and training to QI Teams at the department/program level and assuring that QI activities are tracked, documented and shared agency wide. If you are considering a quality improvement initiative, please contact Angel Thompson ([angel.thompson@grdhd.org](mailto:angel.thompson@grdhd.org)) or Carrie Conia ([carrie.conia@grdhd.org](mailto:carrie.conia@grdhd.org)).

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**ACCREDITATION TIMELINE:**
- **July** - GRDHD Statement of Intent submitted to PHAB
- **August** - GRDHD self study/documentation collection
- **September** - Internal site review (staff evaluation of documentation materials)
- **October** - External site review (peer evaluation of documentation materials)
- **November-January** - finalize GRDHD self study and submit application to PHAB for Public Health Accreditation
- **Spring/Summer 2014** – Submit documentation to PHAB, complete PHAB Site Visit, receive accreditation decision from PHAB.

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**Cardiovascular Disease & Diabetes**  
*Submitted by Nancy Wilson*

*Excerpt from the American Heart Association: Learn and Live (www.heart.org)*

The following statistics speak loud and clear that there is a strong correlation between cardiovascular disease and diabetes.

- Heart disease and strokes are the number one causes of death and disability among people with type 2 diabetes. In fact, at least 65% of people with diabetes die from some form of heart disease or stroke.
- Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes.
- The America Heart Association consider diabetes to be one of the seven major controllable risk factors for cardiovascular disease.

**Why are people with diabetes at increased risk?**

Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. That’s because people with diabetes, particularly type 2 diabetes, often have the following conditions that contribute to their risk.

- High blood pressure
- Abnormal cholesterol and high triglycerides
- Obesity
- Lack of physical activity
- Poorly controlled blood sugars
- Smoking

By controlling these risk factors, diabetes patients may avoid or delay the development of heart and blood vessel disease.
FAMILIES COME AND GO....

Recently we enrolled a new family. The children range in ages from 8 to 15 years. During enrollment, mom said she wished she could see her old worker. After some discussion, we determined this mom had graduated from Building Stronger Families about 5 years ago when her middle child turned 5.

At closure, the family was functioning “good enough”. Two years ago, some outside influences hit the family and mom lost her income. She also became very reclusive and afraid to leave the home due to her experiences. As a result, the family is having problems. Tensions are high; parents are stressed and argue daily. Children are yelled at daily. The children fight among each other.

We will work with this family to teach age-appropriate discipline, how to set limits and enforce them, work on consistency with the parents. The children have helped create the “rules of the house” which include incentives and consequences. The children have helped create their chore charts. We have a lot of work ahead of us to help them reach “good enough” parenting so we can close their case.

Building Stronger Families can serve families again and again. As children grow and age, they hit certain ages that are more challenging for parents. Some parents retain the skills and knowledge to work through this and some require extra help.

A family asking for help is a great thing. That means they see there is something wrong and are motivated to change. This makes our job easier. Currently almost 30% of our families are self referrals and some are repeat families.

Giving a family help when it is needed and requested helps keep children safe. It also helps prevent child abuse.

Since school has started back, families will have new stressors over school supply costs, new clothing costs, transitioning from home to school in the morning and back again in the afternoon. We will probably have new referrals from schools and health department clinics and we look forward to your referrals.

Help us by making a referral. Together we may change a child’s life. -Linda Wahl

DAD BOUNCED THE BALL...ON THE CHILD’S HEAD

A long time ago, we had a family. Mom worked and dad was home with the children. The worker struggled to teach parenting to the dad. One useful tool we learned in the HANDS Growing Great Kids curriculum was called “wondering curiosity”. The worker one day asked dad “I wonder what he thinks when you bounce the ball off his head?” It was said innocently, curiously……

Dad didn’t bounce the ball off the child’s head any more. That question helped dad think about his son’s feelings. It helped dad be empathetic towards his son.

We will never know what the child thought when the ball was hitting his head, but we are pretty sure he was very happy it stopped.

Helping a parent have empathy or see how their actions impact a child is very important. An empathetic parent is much less likely to hit, slap, punch, yell or otherwise abuse a child. -Linda Wahl
Effective August 1, all GRDHD vehicles will be managed by Enterprise Fleet Management.

What’s different:

- Each vehicle is assigned a fuel card which can be used for fuel only. To use the fuel card: Swipe your card at any location. Enter your personal driver ID number*. Enter the odometer reading for the car. Begin fueling with regular unleaded gasoline. You do not have to submit fuel receipts to the district office.
- Each vehicle is assigned a maintenance card. To use the maintenance card for service (oil changes, tires, etc.): present the card to the salesperson, cashier, mechanic, etc. for service on the vehicle. It is mandatory that a person from the service center contacts Enterprise with an estimate and gets prior approval before performing any maintenance and/or repairs. If there are any questions, contact the toll-free number on the back of the card. You do not have to submit service receipts to the district office.
- Maintenance cards are only valid at vehicle repair/service stations. You cannot use the maintenance card to purchase wipers, oil, lights, etc.
- 24 Hour Roadside Assistance is also available through the toll-free number on the back of the maintenance card.
- Car washes/detailing. Drivers will need to pay “out of pocket” for car washes. You may request reimbursement on the “travel” page of your Time & Travel form and submit the receipt to Accounts Payable for reimbursement.

*Each employee will receive a personal driver ID number by email from the district receptionist. If you did not receive notification of your personal drive ID number, please submit a request through the Receptionist account of the ticket system. For lost, stolen or forgotten personal driver ID numbers, please contact the toll-free number on the back of the maintenance card. ID numbers are valid with any card in the district.

What’s the same:

- Vehicle inspections will be completed by the program to which vehicles are assigned. Complete inspections twice a year - in June and December – and submit those to the district office through the Receptionist account of the ticket system.
- Vehicle mileage logs must be completed and submitted monthly to the district office through the Receptionist account of the ticket system.
- Reminders for service on vehicles will be delivered by email.
Healthcare will soon be changing for many Kentuckians as a result of the Affordable Care Act signed by President Barack Obama in March 2010. This act was established to increase the quality and affordability of health insurance, lower the uninsured rate, and reduce health care costs for individuals and the government. Kentucky also chose to participate in Medicaid Expansion, raising eligibility to 138% Federal Poverty Level. Approximately 640,000 Kentuckians are without health care coverage; over 29,000 live in GRDHD’s seven county district! Of these, 308,000 will qualify for Medicaid Expansion.

A state online marketplace, ‘Kynect’, has been established to allow individuals, families, and small businesses in Kentucky to apply for insurance and have eligibility determined for KCHIP and Medicaid. Some individuals and small business will be eligible for tax credits when purchasing insurance through ‘Kynect’.

Open enrollment will begin October 1 and coverage will start as early as January 2014. Premium calculators should be available on the website, www.kynect.ky.gov, in September.

Keep watching for more information on GRDHD’s role and the use of “navigators” within your health center to assist individuals!

-Submitted by Tiffany Nalley
Congratulations to Jessica Austin (District Office) and her husband Adam, on the birth of their daughter Allie Tate. Allie was born May 14th weighing 8lbs 1 oz and was 21” long.

As my life moves in a new direction, I wanted to take a moment to say goodbye to my friends here at GRDHD. Thank you for the sweet farewells and for all the happy memories. You all are a GREAT bunch of people to work with and I will miss you. Best of luck as you continue to serve our community. And when times get tough, “just keep smiling….”

Thanks, Angela...for your uber positive attitude ☺  - Tricia Foster

We would like to offer our sincere condolences to Janice Haile on the death of her beloved nephew, Todd A. Satterfield of Henderson.

New Employees
Welcome to the GRDHD Team!

Tina Flener (Ohio County) is proud to announce to the birth of her granddaughter, Amilyia Mae West. Amilyia, the daughter of Tyler and Kristie was born on July 26th weighing 7lbs 7oz and was 19 3/4” long.

Saying Goodbye . . .
Doris Pruitt, Henderson County Health Center
Gina Noffsinger, Daviess County HANDS
Dana Burch, School Health
Laura Rhodes, School Health
Angela Bumpus, School Health
Amy Contratto, School Health
Mary Correll, School Health
Lori Donahoo, School Health
Barbara Ervin, School Health
Susan Fulkerson, School Health
Susan Gaddis, School Health
Judy Gilmore, District Office
Jill Goldsberry, School Health
Renita Greenwell, School Health
Ashley Hackney, School Health
Judith Igleheart, School Health
Jasmine Jenkin, School Health
Lora Johnson, School Health
Darla Porter, School Health
Jessica Sheffer, School Health
Laura Shirel, School Health
Cynthia Short, School Health

Congratulations to Angela Bindert from Daviess County Health Center
Angela was chosen from a random drawing of correct responses to the trivia question in the last issue of the Gazette.

Question: What is the significance of the color purple in the Gazette article? Answer: The Period of Purple crying is a new way to understand a healthy babies crying. It explains what is normal and what you can expect when your baby cries.

See page 3 of this issue for your chance to win a Subway gift card.

Stacy Satchwell
Advanced Practice Registered Nurse (OB-GYN)
Daviess County Health Center

Jeff Rascoe
Public Health Preparedness Coordinator
District Office
New Copiers

Several health centers and specific departments around the district are receiving replacement copy machines. The new Ricoh Aficio 4000 machines serve as copier, network printer, fax and scanner. All maintenance and supplies are provided under contract with Ricoh – just call the number on the front of the machine for assistance.

Each employee should have received an email containing a four digit usercode to access the machine’s features. If you utilize more than one cost center or did not receive your user code, please submit a request through the Receptionist account of the ticket system.

- **Copies:** The machines offer standard black and white copy functions accessible with your usercode.
- **Printing:** Sending a print job to the copier is just like sending a print job to any other printer, except you will need to install software on your computer to access the machine. IS has created printer scripts (located on the Common Drive in the Information Systems folder under Printer Scripts). Once the software is installed, you may print to the machine with your usercode.
- **Faxing:** You may send an outgoing fax directly from the copier with your usercode and the blue number buttons to dial the number. A fax confirmation will print out. Incoming faxes will be delivered directly from the machine to a designated grdhd.org email address. Faxes will then be forwarded to the recipient via email.
- **Scanning:** You may scan documents through this machine and email them to yourself or another grdhd.org email account.

A training session for using the machine will be provided close to the installation date. A how-to manual is available on the common drive in the How-To-Manuals folder under Ricoh Copier.

“Counts” for these machines will need to be submitted to the district office via the Receptionist account of the ticket system each month. Designated staff will receive additional instruction on this procedure as the machines are installed.

-Carrie Conia

**Interested in helping with the Gazette?**

The Gazette crew is looking to add members throughout the district. You could help with story ideas, proofing, suggestions, writing, editing, etc. Being on the Gazette team would only take a few minutes of your time.

**Interested?**

Please contact any member of the committee for more information: Angela Woosley, Angel Thompson, Carrie Conia, Linda Wahl or Shanni Jones

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**September 2013**

<table>
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<tr>
<td>National Preparedness Month</td>
<td>8-14</td>
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<tr>
<td>TEC Meeting 9-11</td>
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**October 2013**

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<tr>
<td>Managers Mtg 830-1130</td>
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</tr>
<tr>
<td>TEC Meeting 9-11</td>
<td>16</td>
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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

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

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