KUDOS

Thank you to Shanni Jones for her work creating our 40th Anniversary insert featuring agency programs. Thanks to Jessica Austin, Taylor Preda, David Hunter, Carrie Conia, Abby Young, Debbie Fillman and the program managers of the agency for submitting the information and editing the booklet. -Merritt Bates-Thomas

I would like to thank Ohio, Webster and Henderson counties for helping McLean out during Kelly Hodges absence. I greatly appreciate all the help! - Shannon Bartimus

CELEBRATING 10 GREAT YEARS!

From Kudos to Health Promotion to Policy Updates, the Gazette has always been a great place to learn something new about the happenings around the District! The original newsletter started with 3 committee members including Linda Wahl. Carrie Conia joined in shortly thereafter as the graphic artist. Linda and Carrie are still on the committee today along Angela Woosley, Taylor Preda, Heather Blair, Shanni Jones (graphic designer & committee chair) and Angel Thompson.

The first issue was released in September/October 2004. At this time the newsletter didn’t have a name. After some staff voting the newsletter finally earned the name Green River Gazette in May/June 2005.

We encourage you to keep reading the Gazette and encourage your co-workers to read it too! The newsletter wouldn’t be possible without your help. Anytime you have general news, information on events or activities in your communities or have some fun news about your family please let us know! We hope to continue to bring you informational and fun to read issues in the future. If you have any ideas of types of things you’d enjoy reading in the Gazette feel free to email any of the committee members. We’d love to hear your ideas!

Take a look at how the Gazette has changed over the past 10 years…..

Archived issues of the Gazette can be viewed on the common drive in the Archived Newsletters folder.
**County News**

**Daviess County:** Daviess County wants to wish Melissa Barnett best of luck as she transfers to District Local Health Nurse.

**District Office:** See picture below.

**Hancock County:** The Hancock County bunch are hanging on by their bootstraps. We keep going no matter how much quicksand. This place has been busy.

**Henderson County:** >>>No News Reported<<<

**McLean County:** >>>No News Reported<<<

**Ohio County:** >>>No News Reported<<<

**Union County:** Happy Birthday in July and August to Mary Danhauer and Marci Slaton! Congratulations to Becca Logan, environmentalist and her family on the birth of their daughter, Sawyer Anne, on July 14, 2014. Thank you to Brandon Chandler, Whitney Smith and Tim Young for their assistance recently. Thanks to Andrea Lancaster-Abell for filling in August 1st. Welcome to our new nutritionist, Ali Shewcraft! She has made a wonderful addition to our staff.

**Webster County:** Webster County hosted their first "Back to School Bash" in conjunction with Dr. Crump and University of Louisville medical students. School and sport physicals and immunizations were offered for students entering Kindergarten and 6th grade. A total of 26 students participated during the one-day event held on July 28th. A huge thanks to all those who helped including Erica Schmied, Andrea Lancaster-Abell, Mary Danhauer, Genie McDowell, Angel Hearrin, and all staff at Webster County Health Department!

**Upcoming events:**

In September, a Performance Management overview will be presented at the clinical supervisors and managers meetings. Performance Management is a technique for improving organizational effectiveness throughout all levels of an agency.

In October and November, staff will be asked to contribute to the development of the 2015-2017 Strategic Plan (effective January 2015) and upcoming Quality Improvement activities throughout the agency. The current Strategic Plan, progress reports and Quality Improvement initiatives are available on the Official Documents drive.

This fall we will also begin the next cycle of the Community Health Assessment (CHA) – Community Health Improvement Plan (CHIP). Watch your email for more information about becoming involved in your community events.

District Office employees Rich Nading (far left) and Becky Horn (pictured in striped dress) attended the Smoke Free Kentucky Rally August 1st in Downtown Owensboro.

The Gazette would like to welcome Heather Blair and Taylor Preda to the Gazette Committee. If you are interested in joining the Committee please contact any member for more information!
Welcome, Laura Onstott!

My name is Laura Onstott and I work as a Sr. Support Services Associate in the Daviess County Clinic. I am currently attending Owensboro Community & Technical College working toward a degree in Human Services. I am married and have 2 young children. Jude Ian is 4 years old and his sister, Molly Anne-Marie is 2. My husband is also currently attending college working on a degree in Electrical Technology while working a full time job. My hobbies are music, reading books and spending time with my kids.

Welcome, Garnett Conley!

My name is Garnett Conley, RN BSN. I will be the new diabetic educator for the district. My background is in nursing but my passion has always been with education. That is why I am so excited to be a part of the education department here. I got my BSN at Western Kentucky University. I am married and have 4 children, 1 grandchild and 3 Boston Terriers. I grew up in Ohio County and that is where I make my home now. My husband and I have a small farm with a few chickens and a garden. I am an avid reader and will read about anything.

Welcome, Jessica Fleischmann!

Jessica Fleischmann- Program Manager for Home Health, EPSDT, and ADC. I am very pleased to be at GRDH, where the Mission, “To improve the quality of life by promoting, protecting, and enhancing the health and well-being of the public” is obvious by the work being done. We are given opportunities to help every day. It is a blessing and a responsibility worthy of upholding.

I obtained my B.S. in Medical Technology from Brescia University 1994, but overtime, my passions became the patient rather than their labs. Nursing School was next and in 2004, I received my ADN from OCTCS. It was the best decision I ever made! In December of 2008 I concurrently completed the requirements for my BSN from Western KY University and my MSM, (Master’s Degree in Management), again, from Brescia University.

My hobbies are traveling, reading a good book while sitting near a pool, (which I don’t get to do nearly enough), and teaching Zumba. It’s a great way to have fun while keep fit! My husband is an avid biker, (the pedaling type), and is very supportive of my frequent travel for Zumba activities while I support his biking. Working in health care, we develop a true appreciation for a healthy body and what it takes to keep it that way. Staying active is a big part of that and anytime I can help someone else get more active, it makes me really happy!

On my desk, you will find teachings from the Dalai Lama, “Our prime purpose in the life is to help others, and if you can’t help them, at least don’t hurt them.”, and a plaque quoting Maya Angelou, “Strong women and strong men protect the children, tend the ailing, care for the aged, and in fact, reassure the entire world”. Their wisdom has helped remind me of why I am here and to keep retain my passion to help others, especially when it gets tough.

Love Yourself – Be Drug Free

Red Ribbon Week is October 23-31, 2014. This year’s theme is “Love Yourself – Be Drug Free!” All seven counties established a Community Health Improvement Plan strategic initiative to reduce substance and/or tobacco abuse. Through collaborative partnerships, prevention activities include educational media campaigns, Drug Toss, support for legislative efforts and more. Show your support by wearing a red ribbon during the last week of October.
On June 24, 2014, Mr. Chad Townsend of Webster County was elected Chairman of the District Board of Health. The Board Chairman position is a two year term that rotates through all seven counties that comprise the district. As Board Chairman, responsibilities include presiding over all meetings, signing records, contracts, and other applicable documents while also serving on the Executive committee – a subcommittee established to provide overall leadership and governance of local public health.

The Vice Chair of the District Board of Health was established to allow for experience and tutelage prior to stepping into the Board Chairman role. Townsend successful held that position for the past two years under the previous Board of Health Chair – Dr. Terry Norris of Daviess County.

In addition to his service on the District Board of Health, Townsend has served on the Webster County Board of Health for approximately 5 years. In accordance to our by-laws, a member of a County Board of Health within the district must be represented on the District Board of Health. To be compliant with the KRS, each District Board must also include the county judge/executive or his designee from each county in the district and must reside in the county in which they serve. Townsend has been the Webster County magistrate for 2 terms (a total of 8 years) and has lived in Webster County his whole life.

On a personal note, Townsend is married to Jeana for almost 7 years. They have 2 children Grant 16 and Hadlee 12.

“I stay busy! I love to run and stay in the best shape that I can. I manage my mother’s funeral business in Dixon and have actually been running the funeral home since I was 18 years old. My father passed away at a young age and I stepped in and took over after his death. I’m now in business with my mother.”

When asked for his vision for Green River District, Townsend stated “my vision would be for the Health Department to continue as it has, helping families and children with healthcare. I think the health department has seen many changes over the years. I just hope that as a board member, along with the other board members and the staff, that we just try to do the best job that we can do. I think if everyone works hard, the health department will continue to be successful! I look forward to the next 2 years as the chairman, learning more about the health department and working with Deborah Fillman and all her staff!”

When Townsend’s term as Board Chairman is complete, a representative from Hancock County will assume that role. Again, leadership responsibilities are distributed to all seven counties.

-Carrie Conia

Extra!! Extra!! Read all about it!  Get your Flu shots here!

It is that time again, flu season is coming and you can be protected by getting your annual flu shot. It also will earn you 200 points with you Humana Vitality account. Get scheduled at your county health center for your annual flu shot and make sure HR gets the proof you got it done. If you choose not to get vaccinated for flu make sure you sign a declination and turn in to HR. Hope you all stay well this flu season!  Submitted by:  Anita Owens RN, BSN
Humana Vitality is a wellness program that gives you incentives for healthy behaviors. For example getting your Vitality Check can earn up to 4000 points which are then utilized in the Vitality Mall for free items that you pick out. You earn points for an annual flu shot and having your first aid and CPR certification. If you set a goal to lower blood pressure or cholesterol or lose weight and accomplish this goal you can earn more points. You can earn 15 points for daily walks or activity for 30 minutes or more.

Some of the programs on-line with Humana Vitality include under the Healthy Living tab on the left is the Conversation tab gives you education on: Arthritis, Asthma, COPD, Coronary Artery Disease, High Blood Pressure, High Cholesterol, Low Back Pain, Pre-Diabetes, Pregnancy and Type II Diabetes.

Under the Calculators tab you will earn points for completing 4 of these for the year. These include: Are you at risk for heart disease? Is your weight increasing your health risk? How many calories did you burn? Are you at risk for Osteoporosis? Are you ready to quit smoking? How does smoking affect your life span? How much is smoking costing you?


I encourage you to explore more on the Humana Vitality website and earn points by living healthier.

-Submitted by Anita Owens

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**Building Stronger Families: A Recent Family**

We recently closed a family with great results. This young family with a one year old were referred by the Department of Protection and Permanency for unclean home, self-medication with marijuana and need of parenting skills.

Their home was a trailer that had holes in the floors and was not clean. The home visitor helped them set up daily chores for parents to keep the home clean. While in the home, the visitor realized the parents had many arguments. She took information on coping skills and the curriculum teaches communication skills. The parents report there is less arguing and they walk away when it becomes heated.

At closure, the home was cleaner and safe. The parents played with the child often and the child is attached to both parents. This child lives in a home that is safer, cleaner and hears less yelling and tension.

- Linda Wahl

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**TOP® Spins into the new School Year**

As schools throughout the district start back up for the year, TOP® clubs are beginning again too! This academic year, GRDHD will host 11 TOP® club sites.

- Three clubs in Daviess County at each of the middle schools – Burns, College View and Daviess County.
- Two clubs in Hancock County, both at the high school.
- Two clubs in Henderson County at South and North middle schools.
- Two clubs in Ohio County, both at the high school.
- Two clubs in Webster County at Providence and Sebree elementary schools (teaching 6th graders).

TOP® emphasizes the importance of practicing healthy behaviors, promoting positive life skills and getting the TOP® teens engaged for a sense of purpose. Each TOP® will be performing many hours of community service in their respective counties.

We are excited to be in these schools and look forward to an exciting year!

- Angela Woosley RN, BSN, MEP
For some, October creates visions of colorful falling leaves, bonfires, and caramel apples. For many, this month is dedicated to breast cancer awareness, support for those facing the disease, and honoring survivors. Because breast cancer is a well-known and highly advertised disease, we wanted to focus on some of the little-known facts this month. Aside from dispelling myths, there is one message we most want you to hear:

**MAMMOGRAMS SAVE LIVES!**
If you, or someone you love, is of the age* for a mammogram, schedule it today.
A few minutes for a test is worth the extra time you could gain from early detection.

*Annual exam recommendation beginning at age 40

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**Common Breast Cancer Myths and Facts**

**TRUE or FALSE:** Placing a cell phone in your bra increases the risk of breast cancer.

FALSE. ...For now. Reports of a few young women who developed breast cancer and who had carried a cell phone in their bra do not prove that the cancers were caused by the phones. These cases may all be a coincidence. But, it is possible that some may be a coincidence and some may be linked. Nobody knows, because no systematic studies have not yet been done.

**TRUE OR FALSE:** Most breast cancer is hereditary. You don't need to worry if you don't have a family history of breast cancer.

FALSE. Only about 5% to 10% of breast cancer cases are thought to be the result of gene defects inherited from a parent. The lifetime risk for breast cancer can be as high as 80% for members of some families who inherit certain mutations of BRCA genes. The risk is not nearly as high for most women with a family history of breast cancer. On average, having 1 first-degree relative (mother, sister, or daughter) with breast cancer approximately doubles a woman's risk, and having 2 first-degree relatives triples her risk. About 20% to 30% of women with breast cancer have a family member with this disease (although most of these families do not have abnormal BRCA genes). This means that most women (70% to 80%) who get breast cancer do not have a family history of this disease.

**TRUE OR FALSE:** Only women can get breast cancer.

FALSE. Men can develop breast cancer, too, but this disease is about 100 times more common among women than men. Each year breast cancer is diagnosed in about 230,000 women and 2,200 men, and each year about 40,000 women and 400 men die from breast cancer. Many men think that only women can get breast cancer; this misunderstanding may cause some men to ignore breast lumps until the cancer has spread too far to be curable. Being a woman is the main risk factor for developing breast cancer. Also, a woman's breast cells are exposed to the growth-promoting effects of the female hormones estrogen and progesterone, and this combination increases breast cancer risk.

*Source: American Cancer Society

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-Submitted by Heather Blair

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**Go PINK!**
Each Friday of October, show your support for Breast Cancer Awareness by wearing pink.

*Options to consider:*
Snap photos of your department and send in for a future edition of the Green River Gazette.
Take up a small collection each Friday and donate proceeds to breast cancer research, in honor of GRDHD survivors.
Let’s Celebrate Kids Eat Right Month

In June, the Academy of Nutrition and Dietetics announced the first Kids Eat Right Month to be celebrated each August. This month is set aside to educate children and their families on healthy eating and active lifestyles. With the start of the school year, it’s important to reinforce healthy eating habits for children and teens. Below are some recipes that can be used during the year for quick healthy snacks. Please join me in saying Happy Kids Eat Right Month! Let’s make it a year long celebration!

<table>
<thead>
<tr>
<th>Chex ® Munchy Trail Mix:</th>
<th>Ants on a Log:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time: 10 minutes</td>
<td>Prep Time: 5 minutes</td>
</tr>
<tr>
<td>Start to Finish: 10 minutes</td>
<td>Start to Finish: 5 minutes</td>
</tr>
<tr>
<td>2 cups of Cheerios® cereal</td>
<td>5 celery stalks</td>
</tr>
<tr>
<td>2 cups of Chex® cereal</td>
<td>1/2 cup peanut butter</td>
</tr>
<tr>
<td>2 cups of Kix® cereal</td>
<td>1/4 cup raisins</td>
</tr>
<tr>
<td>1 cup of raisins</td>
<td>• Wash the celery stalks.</td>
</tr>
<tr>
<td>1 cup of candy-coated chocolate candies, if desired</td>
<td>• Cut celery stalks in half, spread with peanut butter and raisins.</td>
</tr>
<tr>
<td>1 cup of peanuts, if desired</td>
<td>Makes 10 servings</td>
</tr>
<tr>
<td></td>
<td>(1 ant on a log each)</td>
</tr>
<tr>
<td>1. In a large bowl or resealable food-storage plastic bag, mix all ingredients.</td>
<td>Calories per serving: 91</td>
</tr>
<tr>
<td>2. Store tightly covered.</td>
<td>Makes 14 servings (1/2 cup each)</td>
</tr>
<tr>
<td>Makes 14 servings (1/2 cup each)</td>
<td>Calories per serving: 80</td>
</tr>
</tbody>
</table>

For more information on Kids Eat Right Month, visit www.eatright.org

Program Wish List

Several programs in the health department have wish lists for their clients. If you would like to donate, please review the list. Each one of the program supervisors will appreciate anything you can do to help. Thank you for your generosity.

HANDS—“colorful” duct tape, markers, stickers and construction paper

Building Stronger Families—Toilet paper, paper towels, cleaning supplies, and construction paper

Adult Day Care—Crayons, Coloring Markers, Word Puzzle Books, Puzzles (all kinds, even 100 to 1000 pieces), Sudoku books, matchbox cars, coloring books, water bottles, graphic T-Shirts, nail polish, costume jewelry, cologne, etc. We use these for Bingo prizes and if any items are new we might save them for Christmas presents or stocking stuffers. We could also use small blankets or throws for clients to use for naps.

Refugee Population – Daviess County Health Center - Gently used stuffed animals, dolls, small toys. They are so tired and frightened when they first come in and we have to give them several injections.

First Steps—Gently used children's books for ages 0-3 years or older so we can give to siblings in the homes too.

TOP® (Teen Outreach Program®) - Kids meal toys, stickers, old puzzles, pencils or any other school supply
I have worked for the health department for over 7 years and probably everyone in the district knows me, but if I told you what I do, you wouldn’t have to read any further. So instead of telling you what I do, I’ll tell you a bit about myself.

I am happily married to Chris and we have a large family, 5 children: Alex, Rachael, Brandie, Dakota and Alex. Yes, there are two Alex(es) in our family. When we are all together it is Alex A and Alex B or Big Alex and Little Alex — although little Alex doesn’t like that nomenclature. Plus, I have a large extended family. We like to travel and have enjoyed our vacations visiting national parks, camping and white water rafting. Last summer I was tossed out of our raft into the 60 degree rushing waters of the Colorado River. Scary and fun all at the same time. I hope we continue these family vacations as we have more national parks to visit. The solitude of no cell phones, no electricity and other modern convenience was very peaceful.

I have three rescue dogs (Marissa, Cara and Zoey) which are my constant companions.

In whatever “spare” time I have, I find myself torn between two passions. I enjoy gardening, canning and freezing fresh produce with my sisters. We have fun and then get to enjoy the benefits of our hard work throughout the year. With my love of gardening it is no wonder that my favorite foods are corn on the cob and BLT sandwiches. Fresh tomatoes and bacon, yum!

I also volunteer at the Ohio County Food Pantry and Ohio County Backpack Program. This is another obvious clue to my identity. My sister and brother-in-law actually operate the food pantry and my family is always volunteering to help. I help unload the commodities truck, stock donations, and other tasks the pantry needs. Every week the food pantry is helping more and more people/families in the community who have needs for even minimal sustenance. It just breaks my heart to hear some of the stories that come through the door. I am very blessed. Let me know if you want to volunteer — we could sure use the assistance!

Programs like food pantries and backpack programs are found all across the seven counties in our district. I would like to challenge others in GRDHD to find ways to give back to their communities. These are just examples of some community programs that help others. You will benefit significantly far greater than the time you provide.

I love to read and the Bible is my favorite book, but when I’m not reading scripture, I enjoy a good mystery or suspense novel.

Who Am I? *Answer is on page 12
Many of us spend hours sitting in front of a computer completing our daily tasks. With the proper office ergonomics, we can reduce or eliminate many of the aches, pains and eye strain that occurs.

Here are some simple tips you can use to improve your work area.

**Office chair** – is it adjustable? Does it support your lower back? Can you reach your work without interference from the arms of the chair?

The goal here is to have a supported back and not have pressure from the seat on your knees or thighs. Watch your head position, and try to keep the weight of your head directly above its base of support (neck). Don’t “crane” your head and neck and don’t be a slouch! Slouching puts more pressure on the discs and vertebrae of your back. Move your chair as close to your work as possible to avoid leaning and reaching. Make sure to “scoot” your chair in every time you sit down.

**Keyboard adjustment** - Are your keyboard and mouse at approximately the same elbow height? Your arms are in near your trunk, not stretched out in front of you? Your monitor is at least 18 inches from your eyes? The top of the monitor is below eye level?

Avoid fatigue at the office by taking good care of your musculoskeletal system. Drink plenty of water, get plenty of exercise, take stretch breaks and avoid prolonged periods of sitting. Here are some exercises you can do quickly to stretch muscles and alleviate tightness.

**Arm Circles**
Arm circles provide a short respite from stagnant keyboarding positions, and boost blood flow to tight shoulder muscles. Stand tall, extend your arms out to the sides with your palms facing the floor, so you resemble a “T.” Inhale, and slowly roll your shoulders backward, feeling your shoulder blades rotate. Exhale at the bottom of each circle. Perform five to 10 repetitions, then switch directions, and perform five to 10 reps moving your shoulders forward. Repeat this procedure, adding more arms movement to create larger circles.

**Prevention Exercises**
Stretching the hands and fingers before starting an activity is essential. However, it’s just as important to take frequent breaks and repeat these exercises throughout the day. There are a variety of warm up exercises possible to perform, many of which are geared toward specific types of repetitive injuries. One simple exercise involves stretching each hand across the chest while reaching toward the opposite shoulder. Another good warm up is to stretch both arms out in front of you while flexing the wrists and fingers.

Neck and shoulder rolls can offer relief for neck pain. For neck rolls, look down with your chin close to your chest. Slowly roll your neck so your ear is moving closer to your shoulder. Continue the roll so your head is all the way back and you’re looking at the ceiling and finish the roll by bringing your head back to starting position. Perform 10 rolls in both directions. For shoulder rolls, start in a rested position with your arms to your sides. Roll your shoulders forward and bring them up toward your ears. Continue to roll your shoulders towards your back and then return to starting position. Perform 10 rolls in both directions.

Hopefully, you will take the time to check out your desk, chair and computer setup and ensure you are working in the proper position. Secondly, taking breaks and doing the recommended stretches will alleviate stress and strains in your body.

Good luck, I have been working on this while writing this article and realized I need to make a few adjustments……and I need to stretch.

- Linda Wahl

Source: Livestrong.com

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**Image Source:** www.mydecorative.com
My 21 year old, son Seth and 11 of his fraternity brother’s left San Diego, California on May 29, 2014 on bikes to raise money and awareness of Alzheimer’s. They ended their journey on July 18, 2014 in Washington, DC at the Capital Building. The money that was raised will be donated to Bright Focus, an organization that completes research for Alzheimer’s that is located in Washington, DC. All of the families joined their sons in Washington to celebrate the end of the journey. The boys rode almost 3,000 miles on this journey. They rode for 6 days and the 7th day they would complete a fundraiser of some kind in a city. They slept in churches, gyms, individuals homes, camped and even put up hammocks in trees for a few nights. They continue to raise money on their website Bike4alz.com and will officially complete the fundraiser in October with a Color Run in Bowling Green. To date they have raised over $73,000! We are very proud of him and are very, very pleased that he is home!

-Cathy Bland First Steps Service Coordinator

If you are interested in supporting the cause locally please contact Shanni Jones (Team Irene’s Rebels) in District Office (x3051) or visit alz.org to find a walk near you. This year Irene’s Rebels have raised $700 and counting toward the fight with their annual fundraiser garage sale and Team T-shirt sales.

The Owensboro Walk to End Alzheimer's is scheduled for September 13th—registration is at 9am, ceremony at 9:30 and the walk is at 10am at Smothers Park, Owensboro Riverfront.

Pictured left to right: Angela Onstott (Home Health) granddaughter of Irene Morris (center), and Teresa Onstott (daughter of Irene) on Mothers Day 2014. “Irene’s Rebels”
Employee Benefits - Kentucky Deferred Comp

Kentucky Deferred Comp what? If you have been anywhere near the GRDHD email lately you have seen a lot of information about Kentucky Deferred Comp and our Employer Match. But in case you are new to the agency, or just trying to catch up, here is a little more in-depth information about Kentucky Deferred Comp (KDC) and what they offer to employees.

KDC is a state agency authorized by KRS to provide administration of tax-deferred supplemental retirement plans. KDC offers the following defined contribution savings plans:

- 457 plan (pre-tax contribution option)
- 401(k) plan (pre-tax contribution option)
- Roth 401(k), Deemed Roth IRA, Deemed Traditional IRA (after-tax contribution options)

When considering participating with KDC, two important factors should be kept in mind – time and compounding. Compounding is simply your money earning money, and that money earning money, and so on. Waiting to start your supplemental retirement plan can have a big impact (in a negative way) on the amount you are able to save for your future use. Use time to your advantage and invest as much as you can throughout your career.

Once you decide to invest, there are a variety of available investment options. GRDHD has two representatives to assist staff with the options. Our western counties – Henderson, Union and Webster – are serviced by Donna Richardson, while the other counties are serviced by Garvis Campbell.

So what is this about an Employer Match? In June, 2014 the GRDHD Board of Health voted to allow an Employer Match program to be implemented in the FY 2015 for employees of GRDHD. This means that if an employee has a 401(k) account with KDC, and is actively contributing to that account, then GRDHD will contribute up to 1% as a match to that employee’s 401(k) account. A 1% match from the employer has the benefit of being pre-tax so the full amount goes into the account rather than having a portion go to taxes. And, the match does not have a vesting schedule attached which means once the agency’s money goes into an employee’s account, it belongs to the employee.

To participate in the match you must complete paperwork with KDC. Even if you already have a 401(k) account, you will not get the match if you do not complete the paperwork. And if you already have a 401(k) account you are contributing to, why not sign up to take advantage of the match from GRDHD?

All of these reasons together make a compelling argument of why all staff at GRDHD should be contributing to KDC. It is never too soon to begin an account with KDC, and as the years fly by, you will not regret your decision to be funding your future.

Any questions at all about KDC, please feel free to contact HR, we are here to help.

More information can be found at [www.kentuckyplans.com](http://www.kentuckyplans.com)

Rebecca Baird
Human Resources Manager

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Accreditation Update

The PHAB Site Visit has been scheduled for Tuesday and Wednesday, October 28 and 29. During the two day event, three health department peer volunteers and a PHAB Accreditation Specialist (ACS) will meet with staff, community partners and board members to discuss the documentation selected and submitted to represent GRDHD’s fulfillment of the standards. The site visit may also include a tour of health center facilities if time permits. We will receive a PHAB Site Visit Report approximately two weeks after the visit. This report will be presented to the PHAB Board of Directors for an official accreditation decision.

Congratulations to Stephanie Bivins at Daviess County Health Center. Stephanie was chosen from a random drawing of all the entries in the contest featured in the last issue of the Gazette.

See page 12 of this issue for your chance to win!
Instead of the normal trivia question this month we ask that staff fill out a “Who Am I?” questionnaire. In exchange you will receive one entry in the Subway gift card contest. Since the Gazette is celebrating 10 years the winner will also receive a small “anniversary” gift.

If you haven’t already and would like to fill out a Who Am I? please email any committee member for the form. The deadline for entry is September 26th!

Shelby Helton (2nd from right gray shirt), daughter of Mitzi and Chris Helton, has been selected for the first ever United States Youth Futsal National Team. She was selected as one of two goal keepers for the U-14 girl’s national team.

Players from across the country were selected after being invited to participate in the National I.D. camp in Kansas City July 16-20, 2014 with the purpose of establishing national teams for boys and girls for ages 12-16 years.

Shelby was selected for a 14 player roster team from a pool of more than 300 invited players. Shelby was one of six Owensboro area soccer players named to the U.S Youth Futsal National Teams in all age groups! The teams will travel to an international event this winter. The area youth that participated and were selected represented Owensboro, KY very well.

-Submitted by Mitzi Helton

Policies & Procedures Updates

Please contact the HR department if you have any questions regarding these updates. Policies and Procedures can also be found on the Official Documents drive.

- **03.04 Electronic Records Management Procedure.** This procedure has been updated to clarify staff guidelines when archiving records.
- **03.05 Digital Media Policy and 03.07 Electronic Signature Policy.** These two policies were reviewed and updated.
- **03.09 Branding Procedure and Publication Standards**—This procedure was updated to include promotional items such as clothing, pens, etc.
- **05.01.02 Request to Travel Form.** This form was updated to allow for more information on the form at the same time that the travel process was streamlined for more efficiency.
- **12.01 Board of Health Ethics Policy and 12.01.01 Board of Health Ethics Policy Review Statement.** A new section was added to the P&P to include BOH policies.
- **Word Forms.** Another new section that was added to the P&P to allow staff access to various forms in Word version for ease of use.
New Employees
Welcome to the GRDHD Team!

Miranda Funk
Sr. Support Services Associate I
Daviess County Clinic

Laura Onstott
Sr. Support Services Associate I
Daviess County Clinic

Garnett Conley
Local Health Nurse II
District Office

Jessica Fleischmann
Sr. Support Services Associate I
Daviess County Clinic

Daniel Eaton
Sr. Community Outreach Worker
DC-CAP

Laura Butterworth
Clinical Assistant
Daviess County Clinic

Jeanette Curtis
Local Health Nurse II
Daviess County Clinic

(pictured on left)

Saying Goodbye . . .
Brenda Peech, ADC
Charity Alexander, Home Health
Amanda Head, Daviess Co. Clinic

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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

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