In this Issue...

3 Department News
3 Food for Thought
8 New Employees
8 Focus on Employees
8 GRDHD in the News
9 Policies & Procedures

Kudos to You

Congratulations to all employees who received Service Awards. A complete list of those employees can be found on page 2.

Thank you to Amber Taylor, Angela Nale, and Sheila Horn for their training efforts related to Community Access Project-Henderson. -Suzanne Craig

Kudos to my employees for all the hard work they do! We took up $5 from each employee to hand out gloves in the Hawesville and Lewisport Christmas parades. We also received a $50 donation for more gloves from the Hancock County Coalition. We placed 2nd at the Lewisport parade and received another trophy which was really nice.

-Mary Crowe, RN

Kudos to our IS Department for their hard work and patience with school health’s computer issues! School Health appreciates it! -Abby Young

Congratulations to all staff for your Quality Improvement successes! Thank you, Rebecca Baird, Linda Wahl, Mary Crowe, Suzanne Craig, Gail Wigginton, Abby Young, Veronica Stallings and Laura Lindsey for sharing those accomplishments with the group during the Quality Improvement training on 12/14/11. -Carrie Conia

Thank you to Brenda Hagan (Home Health) for helping us with a fax problem in DC-CAP. We appreciate the way you never hesitate to help out. -Suzanne Craig

2012 Community Health Assessment Forums Invitation

The health of our communities is important to each of us as individuals, families, neighborhoods, organizations, and businesses. Health is something that we cannot buy or legislate. It is that key ingredient in the fabric of life that affects each of us at our core. Periodically, each community member needs to reflect on personal and community health efforts. We need your thoughts and opinions on how to improve the health of our communities. To understand we must listen; to be accountable we must plan, and be assured that we have created the opportunity for public discussion of our efforts in health improvement.

Your help is vital to making the most of this opportunity to improve the health of our communities. Each forum will be interactive and led by proven public health planners. The basic format will be:

Current Health Status Evaluation
- Community Assessments
- Available data and trends
- Local, state, regional and national concerns
- Lessons learned

Planning for a Healthier Future
- Prioritize key issues
- Formulate goals and strategies to address these issues
- Provide ongoing evaluation and public input

Continued on page 4...
Congratulations
Service Award Recipients

5 years
Rebecca Baird
Season Barnett
Emily Cissell
Cynthia Fulkerson
Jill Goldsberry
Meredith Griggs
Monika Hughes
Judith Igleheart
Sarah Maddox
Sherry McQuady
Richard Nading
Emery Neely
Kimberly Nevitt
Melissa Schoaff
Melissa Shultzabarger

10 years
Patricia Allen
Shelly Austin
Merritt Bates-Thomas
Shelley Caldwell
Adam Clark
Tara Clem
Teresa Conrad
Linda Cottrell
Jennifer Hagan
Kelly Hodges
Laura Lindsay
Rebecca Logan
Mary Rushing
Mary Rust
Nancy Wilson
Timothy Young

15 years
Terra Beck
Kelly Donahoo
Christine Gilbreath
Gail Green
David Hunter
Peggy O’Neal
Abigail Young

20 years
Mary Boyer
Pamela Brasher
Hermanda Crowe
Mary Edge
Jeanie Hardy

25 years
Deborah Fillman
Tina Flener

Congratulations to the GRDHD CHRISTMAS DRAWING Winners
MONDAY, DECEMBER 19, 2011 WINNERS OF $25.00 GIFT CARDS

Ashley Hackney, School Health
Angela Nale, Daviess County
Alicia Alvey, Daviess County
Robin Coots, Ohio County
Lisa Paul, District Office
Sarah Rice, Daviess County
Peggy O’Neal, Daviess County
Linda Hughes, Daviess County
Debbie Davis, District Office
Margaret Hibbs, District Office

Rebecca Logan, Union County Environmental
William Goetz, Hancock County
Dana Burch, School Health
Adam Clark, Ohio County Environmental
Andrea Lancaster, Webster County
Shelly Austin, Daviess County HANDS
Barbara McDowell, School Health
Teresa Conrad, Henderson County
Crystal Richmond, Webster County
Jennifer Hagan, Union County Environmental
Jill Goldsberry, School Health
Catherine Kellen, School Health
Pamela Ford, Ohio County
James Hale, Daviess County
Angela Hearrin, School Health
Mina Desai, District Office
Linda Daugherty, Union County
Laurie Wilson, Henderson County

THANK YOU TO DEBBIE FILLMAN
FOR OUR $25.00 GIFT CARDS
FROM ALL GRDHD EMPLOYEES
Department News - Nutrition

Food for Thought

CHOOSE MY PLATE

In 2011 USDA revamped MyPyramid to MyPlate. The thought was that a simple message is more effective than an overload of information and MyPyramid seemed to be a bit overwhelming and confusing. MyPlate is what resulted. The message is much simpler – fill our plates half full of vegetables and fruits; the other half should be one-fourth grains, one fourth protein and consume milk or another dairy product at meals. This is a simpler message than the MyPyramid but there are several things to remember when filling your plate.

Choose a wide variety of fruits and vegetables. Fresh produce, in season is the best for your wallet and health but canned and frozen can be just as ideal nutritionally speaking. If you are not consuming any vegetables in a typical day start small – eat one half cup serving then build on that.

Not all grains are created equal. Choose whole grains throughout the day – oatmeal, whole grain cereals, whole wheat bread, brown rice, and whole wheat pasta are easy to fit at meals.

In general most Americans meet their protein needs. The key is what foods are being consumed to meet those needs. Higher fat, processed meats like bacon, sausage, bologna, and the like are higher in fat and calories than other protein choices and should be consumed less often.

Dairy is a struggle for some of us. One glass of skim milk three times a day meets our needs for dairy but cheese and yogurt can be substituted if milk is not a desired choice. Choose low fat and fat free dairy choices most often.

Choose water frequently throughout the day. Sugary beverages like sodas, sports drinks, specialty coffee drinks can pack many calories especially if consumed many times through the day.

Take time to fully enjoy your food – eating quickly could lead to overeating. In general watch portion sizes – some find using a smaller plate an easy way to keep from oversized portions.

With any changes in our lifestyle habits small, achievable goals work best. Patience and a positive attitude are key ingredients for your success.

Haley Fulkerson, RD, LD

GRDHD EMPLOYEES GET MOVIN’

The new year is here and so are the New Year’s resolutions! As a great start to the new year, several employees have joined the Get Movin’ 2012 Challenge sponsored by Greater Owensboro Chamber of Commerce, the Owensboro Messenger-Inquirer, the Cromwell Radio Group and OMHS. This year the GRDHD has 2 teams consisting of 18 members - Green River District Health Department Team 1 and The Calorie Crunchers.

The challenge lasts 12 weeks and encourages individuals to get moving! Participants started the challenge with a pre-contest health assessment which involved a private weigh in, blood pressure check and BMI (Body Mass Index) calculations. Throughout the 12 weeks, participants track and report their physical activity—focusing on cardiovascular health, activities like walking, jogging, swimming, and dancing (and many other activities) are counted.

At the end of the 12 weeks participants will go in for another health assessment to see what improvements they have made. The team with the overall highest daily average wins! Individual prizes are also awarded for the most improved health stats.

For a look at the team standings or for more information visit www.getmovin2012.com! Watch for updates in future issues of the Gazette!

Shanni Jones
Not every family is a huge success story. Sometimes the changes are small; the family is not ready to make the big changes yet. One family we are working with has begun to make the small changes. Mom has five children and struggles completing daily tasks with her crew. She has not yet embraced setting a daily housework routine for herself, or setting daily routines for everyone in the home. Mom did make one small change though for her child in school. Previously the child came home, threw the backpack on a chair and ran off to eat and play.

Now mom looks in the child’s backpack every day to see what homework is due, and ensures the child does the homework. Many parents already do this, so it seems like such a small thing. But if you are child whose parent has never checked to see if you have homework and ensures you do it, this is large. The child receives two benefits…one is the parent is showing interest in the child and secondly the child will be more successful in school. Going to school with homework completed helps a child feel more confident and capable. This builds a child’s self-esteem. Parenting Tip! Check your child’s backpack daily for notes from teachers, homework, returned work with grades, etc. Make sure the notes are dealt with and the homework completed and returned to the backpack. Take time to really praise what the child did well on returned work. This can include: your handwriting has really improved, I see you scored better on your (math, spelling) test, great effort on science….you get the point. Be specific with your comments and praise. Praise does wonders in changing behavior. Praise small efforts towards change and the child will try even harder. Be sincere with the praise so the child knows you appreciate their attempts.

-Linda Wahl

...Forums continued from page 1

Join us in this unique opportunity to serve your community. Please RSVP to janet.daniel@grdh.org if you are planning on attending. Below you will find the dates, times, and location for each of our forums:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 9</td>
<td>Henderson Methodist Hospital Classroom #2 (youth focus)</td>
<td>5:30 - 8:30 p.m.</td>
</tr>
<tr>
<td>Jan. 10</td>
<td>Henderson Methodist Hospital Classroom #2</td>
<td>8:30 - 11:30 a.m.</td>
</tr>
<tr>
<td>Jan. 10</td>
<td>Dixon Webster/UK Extension Service Office</td>
<td>2:00 - 5:00 p.m.</td>
</tr>
<tr>
<td>Jan. 10</td>
<td>Sturgis John A. Arnold Arena/Convention Center</td>
<td>2:00 - 5:00 p.m.</td>
</tr>
<tr>
<td>Jan. 18</td>
<td>Hawesville Hancock County Career Center</td>
<td>8:30 - 11:30 a.m.</td>
</tr>
<tr>
<td>Jan. 18</td>
<td>Calhoun Mclean County/UK Extension Service Office</td>
<td>8:30 - 11:30 a.m.</td>
</tr>
<tr>
<td>Jan. 18</td>
<td>Hartford Ohio County Hospital Boardroom</td>
<td>2:00 - 5:00 p.m.</td>
</tr>
<tr>
<td>Jan. 26</td>
<td>Owensboro Western KY University Owensboro Campus</td>
<td>5:30 - 8:30 p.m.</td>
</tr>
<tr>
<td>Jan. 27</td>
<td>Owensboro Kentucky Wesleyan College</td>
<td>8:30 - 11:30 a.m.</td>
</tr>
</tbody>
</table>
Daviess County Emergency Management and the Green River District Health Department will be offering special classes to help those who wish to become prepared to assist others and themselves in the event of an emergency or disaster. Upon completion of classes they will be qualified for membership in a Community Emergency Response Team (CERT) and the Medical Reserve Corps (MRC). Interested citizens are invited to sign up and become an important element in community emergency and disaster response!

The application deadline is January 13th. Classes start Thursday, January 19, 2012 at the Green River District Health Department Administrative Offices, 1501 Breckenridge Street, in Owensboro.

An application can be downloaded at www.healthdepartment.org – click on “programs” and then on “other services” or you can pick one up at the Daviess County Emergency Management office, located on the second floor of the Daviess County Courthouse.

Class Details

Classes will begin on Thursday, January 19th, and be held on the 3rd Thursday night of each month. These classes are held at the Green River District Health Department 1501 Breckenridge Street Owensboro Kentucky 42301 from 6:00-8:00 p.m. Completion of the trainings will be October 18, 2012. Graduation/Final Exercise will occur during the last class which be held at the Daviess County Fire Training Center.

Class participants complete sessions covering various aspects of disaster preparation for the community, including disaster preparedness, utility shut-off, basic fire suppression, basic first aid, search and rescue, terrorism awareness, disaster psychology, team organization, and a final drill exercising the skills learned. A free bag containing supplies and safety equipment will be given to each participant upon completion of the course. All classes are taught by professionals in emergency services and other agencies active in emergency preparedness.

Through CERT/MRC, citizens learn skills and concepts that prepare them to assist victims, assist in shelters, organize volunteers and aid their neighborhoods recovery in the aftermath of a disaster. CERT/MRC also teaches people how to prepare their homes, their families and their communities to reduce the impact of a disaster.

CERT/MRC training will prepare you to:

- Teach your neighbors about emergency preparedness
- Make an emergency plan for your family
- Identify and reduce fire hazards in your home
- Assess and triage victims
- Assist in the management of an emergency shelter in your community
- Safely remove debris and extricate victims
- Make an emergency preparedness kit for your home

Please sign up by January 13th, before 4:30 p.m. for the next set of classes.

If you would like to sign up for these collaborative educational opportunities or would like to have more information, please secure more information call Margaret Hibbs, Preparedness Planner/Unit Coordinator at 270-686-7747 Ext. 3005, or e-mail at margaret.hibbs@grdhd.org
As you may already know, April is National Child Abuse Prevention Month. In an effort to encourage people to report suspected child abuse, the Green River District Health Department was awarded a grant from Community Collaboration for Children. The purpose of the grant was to raise community awareness of all people’s duty to report and to provide the toll free number to report suspected cases. With the help of www.facesofchildabuse.org and Shanni Jones, child abuse awareness posters were created for distribution around the community. The posters were distributed across the area beginning in December 2011.

What Can You Do If You Believe a Child Is Being Abused or Neglected?
An excellent way to help improve a situation for a child and create connections within your community is to become comfortable involving yourself in the lives of others. Whether it is helping to alleviate stressful situations you see in public places, such as helping a parent with a small child get through the checkout line at the grocery store, or offering to listen to an acquaintance who seems aggravated with his or her children, your support in even the smallest ways can make a huge difference in preventing possible harm to children.

Report your suspicions to your local child abuse or child protection hotline.
Again, everyone has the right and responsibility to report any incidence of suspected child abuse or neglect at any time. You do not need to have “evidence” or actual knowledge of abuse when you make a report; all you need is reasonable cause, suspicion or belief based on your observations. Information to support your concern may include your firsthand observations or beliefs, your professional training or experience, or statements made to you by the child or parent. The more specific and concrete information you can provide, the better.

If you would like to be a part of this ongoing initiative and receive posters for your center or agency, please call or email Amy Brown at 270-852-5555, amy.brown@grdhd.org or Linda Wahl at 270-852-2932, linda.wahl@grdhd.org

For more information on child abuse prevention go to www.facesofchildabuse.org.

Hi, my name is Johnny, I am 1 week old. Today, my daddy will throw me against the wall because I cry too much.

I and four other children will DIE today from Child Abuse.

It shouldn't hurt to be a child
Can you keep a secret? My Mommy and Daddy hurt me and I am scared.
Can YOU help me?

Taking a Stand Against Child Abuse

Can you SEE me?
Help me...
Intervene...
STOP the Abuse

Child Abuse is a CRIME
NOT a Family Matter.
Make it your BUSINESS!

TAKING A STAND AGAINST CHILD ABUSE
BY AMY BROWN

Gazette Vol. 8 Issue 1 - page 6
CONTEST question:
When is National Child Abuse Prevention Month?
(hint: it’s in this newsletter!)

Send your answer to any member of the newsletter committee. Winners will be selected by random drawing to receive a Subway gift card.

You could win a Subway Gift Card!

Santa came to visit HANDS families at the Health Department. The kids enjoyed seeing Santa and they were all treated to some cookies and candy cane ornaments.

On October 31st, the HANDS program sponsored a Halloween celebration for the families featuring fall pictures and trick-or-treating! Thank you to Home Health, the Environmental department, and Building Stronger Families for participating and helping make this event special for our families.

Santa comes to the Daviess County Health Center
Pictured here with Keelan McKannon
New Employees
Welcome to the GRDHD Team!

Abby Young, RN, is proud to announce the birth of her granddaughter Mia Elizabeth. She was born on November 7, 2011 weighing 6 pounds 5 ounces and was 18” long. Abby says “she is beautiful!”

Shanni Jones is proud to announce the birth of her first niece, Molly Anne-Marie Onstott. Molly was born December 1, 2011 weighing 8 pounds 3 ounces and was 19.5” long. Molly joins big brother Jude.

Saying Goodbye . . .
Elcie Meteus, Daviess County Home Health
Charles Gholson, Daviess County Home Health
Sherry McQuady, Ohio County Health Center
Ashley Carnes, Hancock County Schools

In the News
Fox 7- AM Evansville
On Fox 7 a.m. Thursdays, 7:20 a.m.

- Merritt Bates Thomas, Healthy Holiday Eating
- Nancy Walker, Diabetes Awareness Month
- Rich Nading, Tips on How to Stop Smoking

HANDS Building Blocks
On Fox 7 a.m. Tuesdays, 7:40 a.m.

Sara Murphy, Family Support Worker/Home Visitor, Daviess County HANDS
- Domestic Violence and its Effects on Children
- Easy Thanksgiving Turkey Crafts
- How to Make Turkeys Out of Candy and Cookies

To view these messages and more visit our media archive link at www.healthdepartment.org

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 Shanni Jones at Shanni.jones@grdhd.org or call 686-7747 x3072

Congratulations to Mary Boyer from Henderson County. Mary was chosen from a random drawing of correct responses to the contest question in the last issue of the Green River Gazette.

Question: Around the world, diabetes kills how many people each year?
Answer: 4 million people!

See Page 7 of this issue for your chance to win a Subway gift card!!
Policies & Procedures

♦ The mileage rate for 1/1/2012 through 3/31/12 has been set at $.45 per mile.

HR: Changes to the Policies, Procedures and Protocols Manual

Grievance Policy
This can be found on the Official Documents drive, Policies, Procedures and Protocols, Section 2 Employment folder, HR 2001.

This policy outlines steps to be taken if an employee believes they have an issue in the workplace for which they would like to file a grievance. Employees would use form LHP 15 (found on the Local Health Personnel Branch ky.gov website) and follow the steps outlined in the policy.

Immunizations Protocol
This can be found on the Official Documents drive, Policies, Procedures and Protocols, Section 6 Safety & Health folder, HRP 6005.

The revision involves adding information about billing. If an employee chooses to take any of the optional vaccines available to them at no cost (Rabies, Hepatitis B, Tdap, Influenza, MMR) they are required to provide their health insurance card.

This revision also contained changes to the Tuberculosis portion of the protocol to state that upon hire a new employee will be required to have a 2-step PPD unless they have documentation of a PPD within the past year or have documentation of a positive PPD in the past.

IS: We have gradually been adding encryption software to all GRDHD laptops for added security. If you have a laptop that has not had the TrueCrypt software installed, please email the I.S. Support account to schedule a time to have it done. This does not include laptops that stay in the clinic rooms.

January 2012

Cervical Health Awareness Month

2 NEW YEARS HOLIDAY
8-14 National Folic Acid Awareness Week
11 Managers Meeting 8:30-11:30 District Office
19 Sr. Mgmt. Meeting 8:30-12, District Office

February 2012

3 National Wear Red Day
3 Supervisor’s Meeting 9-12 noon, District Office
8 Managers Meeting 8:30-11:30 District Office
15 Sr. Mgmt Meeting 8:30-12, District Office
22 APRN Meeting, 9-11, District Office

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

Carrie Conia ● Don Crask ● Angela Woosley ● Brea Rich
Shanni Jones ● Angel Thompson ● Linda Wahl