Kudos to You!

Thank you to Sheri Clark for her assistance with end-of-year purchases. Sheri goes the extra mile to locate quality items at the best price. She is a pleasure to work with, even under crunch time. Thank you to Sheri for all you do for us!!!

- Janice Haile and Carman Allison

Wishing a big KUDOS to everyone in Home Health. They have been so welcoming and helpful in making my transition into my new department here at GRDHD. Also, KUDOS to Don Green. Your help with the lawn care contracts was most appreciated. Good job! Best Wishes to everyone in Finance. Thanks for all your help while I was there.

- Mary Dowdy

A big KUDOS to all of the Finance Department for all their hard work getting the fiscal year closing process complete!

GRDHD is Making Strides in Community Wellness

As another step forward in Green River District Health Department’s ongoing efforts in community wellness, new signage designating agency properties as smoke and tobacco-free have gone up at all parking lot and building entrances. Additionally, as our community partners have become increasingly concerned about e-cigarette usage and health outcomes, the use of this product is also prohibited. All signs include the same messages in Spanish. Door signs were also ordered and are expected to be in place soon.

Pictured left to right are Don Green - Maintenance, Rich Nading - Tobacco Control, Jerry Emberton - Maintenance & Becky Horn - Tobacco Control.
DAVIESS COUNTY: Daviess County has opened a new WIC clinic in the FQHC pediatric practice (formally Dr. Neel's office). They will be operating on Monday's from 8-3 for new WIC adds or to reestablish a terminated patient on WIC. The clinic is already receiving lots of calls for school physicals for the next school year. Linda Hughes stated that the clinic has been working on increasing their WIC participation and has done a lot of outreach to the community as well as setting up a "Fast Track" for WIC in the clinic. Daviess County had a WIC audit and all went well including 100% voter registration. The new FQHC will be opening in the old REACH clinic on 6/24/15. Ashley Holderby also reported they have received 20 new International refugees since Judy's retirement.

DISTRICT OFFICE: The Regional Health Council Network Coordinator is in the process of being transitioned from a GRADD position to a Green River District Health Department (GRDHD) position. GRDHD will be coordinating the work of the Regional Health Council and working with the local (county) health councils to further the work of improving the health of our communities.

HANCOCK COUNTY: Pam Miller has welcomed a new grandbaby named Olivia weighing 7lbs 15 oz. Hancock has added about 37 new WIC patients after working on outreach to increase WIC participation. Hancock has experienced an increase in need because Century Aluminum has locked out their workers in a Union dispute. Suzanne Craig and the CAP program has been onsite helping workers on lock out sign up for benefits and encouraging them to sign up for WIC benefits at the Health Department.

HENDERSON COUNTY: Kudos to LaDonna Lisenbee who went out with Melissa Shultzabarger to do WIC Outreach for Henderson County. Laurie Wilson worked with the Housing Authority in Henderson to do an educational session for Foster parents and grandparents raising grandchildren. There were 50 participants that attended.

MCLEAN COUNTY: The WIC audit for McLean County went well. McLean has also been working on WIC outreach within the community. They have added 21 new participants in May. McLean County Back to School Blitz is scheduled for July 22nd 4p-7p and July 29th from 8a-11a. The Blitz is for 6th grade physicals.

OHIO COUNTY: We want to wish Kathy Maddox the best as she retires at the end of June. She will be missed. Angela Parker had decided to leave to move back closer to her family. Joella Edge has also announced her retirement at the end of July. We also want to welcome Irma Briones as our new Clinical Assistant and interpreter. Lesia McBride is a grandmother again! She has 5 grandchildren now. Her daughter Heidi, and her husband Russell, welcomed Raylan Anthony Camp on March 28th. He weighed 7 pounds 13 ounces and was 19.5 inches long. Her daughter Hannah and her husband Ronnie welcomed Huck William Porter on May 26th. He was 6 weeks early and weighed 4 pounds 8 ounces and was 18.75 inches long. Congratulations to Lesia and her daughters!

UNION COUNTY: Union County had a WIC audit and had some issues with not having enough patients for the review. Staff have been very busy doing outreach for WIC and adding new participants. Staff will be going to two library's to do the read and feed program being offered this summer. Staff would like to welcome Jane Roberson who is a new clerical staff in Union County. Condolences to Darlene Johnson and the passing of her husband.

WEBSTER COUNTY: Staff have been working hard on WIC outreach for Webster County and feel like they have been adding a lot of new WIC participants. They will also be offering a rabies clinic in Webster County.
August is recognized as Breastfeeding Awareness Month and there is good news for breastfeeding! A new study from the federal Centers for Disease Control and Prevention (CDC) shows U.S. hospitals have drastically reduced the practice of handing out free supplies of baby formula for new moms to take home. In 2007, nearly 75 percent of U.S. maternity hospitals distributed diaper bags filled with infant formula samples, bottles, formula coupons, and other baby products. The latest 2013 survey (done every two years) indicates just under one-third of birthing hospitals continue this practice. The study authors noted that the decrease may be due to more hospitals participating in the Baby-Friendly Hospital Initiative launched in 1991 by the WHO as a global effort to promote and support breastfeeding.

Dr. Jennifer Nelson, CDC epidemiologist and lead author of this study reports that the common practice in U.S. hospitals of providing infant formula discharge packs to breastfeeding mothers hampers successful breastfeeding and reduces duration of exclusive breastfeeding. Dr. Nelson points out that the first few days of a newborn’s life are critical to establish successful breast-feeding, and in the U.S., only 19 percent of infants are exclusively breast-fed for six months.

The American Academy of Pediatrics (AAP) recommends that babies should be fed only breast milk from birth to age 6 months. The AAP also encourages all babies to continue breast-feeding until at least one year of age and longer if possible. This is because research results from study after study show breastfed babies are healthier, more intelligent, and bond better with their mothers. Breastfed babies are less likely to suffer from a variety of gastrointestinal and respiratory infections, asthma, and diabetes. They tend to score higher on cognitive, language and motor development tests as toddlers and even found to have higher IQ scores and earn more money in adulthood. For mothers, breastfeeding has been shown to reduce the risk of death from breast cancer.

It is getting better in that many hospitals recognize the importance of breastfeeding and are striving to improve their maternity care practices to support breastfeeding. The next hospital study administered in 2015 hopefully will indicate the hospitals rates of giving free formula to new mom’s will continue to dwindle.

-Submitted by Donna Whistle, RN, CLS


As a reminder, several GRDHD Departments are in need of donations.

This months featured program is the Refugee Program at Daviess County Health Center.

Please send gently used stuffed animals, dolls, and small toys to Ashley Holderby at Daviess County Health Center.

The children that come in for their first visit are often tired and frightened and we have to give them several injections.

These small toys are often a great comfort for these children.

Thank you in advance for any donations.

*If your department is in need of donations of any kind please email any Gazette member to have it added to a future Gazette issue.
Well, my nickname is Janie and probably nobody at the health department even knows that’s my nickname, but that stuck since my school days. I have been a nurse at the health department for about five years and prior to my nursing career, I was a substitute teacher, a teacher’s aide, a bus driver and bus monitor. It is obvious that I like working with children and teens and that is one of the reasons I love my job at the health department.

I am married and have three children: one girl and 2 boys and three adorable grandchildren all of which are girls! I also love animals and have four dogs: a boxer, two pit bulls and a puggle.

My Mom was my hero! We did so much together and she taught me to never say hate, since that is such a strong and demeaning word. She was kind and compassionate and I hope people say the same about me. I try to be caring of others and give of myself as I have been taught.

I am imaginative and love to draw. One of my favorite shows is DIY. Doing it yourself is a great idea and allows you to express yourself creatively.

I have eaten some unusual foods in my life such as alligator, shark and even emu. All are quite good! I would love to be able to take a “real” vacation and go somewhere fun and eat some other strange and exotic foods. Life is meant to be enjoyed and I’m ready!

Typically I’m fun loving, but I do have some pet peeves. I get disgusted when the toilet paper roll has run out especially if there is a new roll that hasn’t been put on the toilet paper holder, it simply drives me nuts! I detest having the toilet seat left up, so please remember if you come to my house, these two things make me crazy! I also dislike it when cabinet doors are left open. I often want to ask, “Just how difficult is it to close the cabinet door when you are finished?” I think this makes me sound a bit OCD.

I root for the Kentucky Wildcats and would loved to have spent time with Patrick Swayze before he died (I thought he was so handsome) and Trace Adkins can sing to me anytime he wants! A perfect evening would be to hear him sing the national anthem and then join me at a seat for a Wildcat ball game.

Who Am I? Find the answer on page 7.

Congratulations to Lindsey Moore from the Daviess County Health Center for winning the contest featured in the last issue of the Green River Gazette.

Lindsey’s name was chosen from a random drawing of all entries. Lindsey was the lucky winner of a $5 Subway gift card.

See page 7 of this issue for your chance to win!

Congratulations to Pam Miller, Hancock County, on the birth of her new granddaughter! Olivia Sanders was born on May 29th at 10:30 pm weight 7 pounds 13 ounces and was 21 3/4 inches long.
Hello everyone! I am one of the new nutrition employees at Green River District Health Department. You may be asking yourself, “Who is this girl, I know I’ve seen her around.” Well, I would love to take a few minutes and discuss how I started working at Green River District, and why I made the decision to be part of this great organization. First, let me take you back a couple of years.

I grew up in Daviess County and graduated from Daviess County High School in 2010. I have wonderful parents and siblings including an 18 year old (UK-bound) brother, and an identical twin sister who is now married and teaching middle school in Louisville, KY. My sister and I made an important decision to go far off to college instead of playing basketball at a smaller school in Kentucky. It was definitely one of the best decisions I have ever made. In the fall of 2010, I stepped foot on the University of Alabama’s campus in Tuscaloosa, AL and without hesitation, I decided that was where I wanted to get a degree. I then declared my major - Nursing. In the fall of 2012 I received a letter stating I had been accepted into the Bachelors of Nursing program at Alabama. After completing my first semester, something just didn’t feel right. After much thought, I switched my major to Nutrition.

Why nutrition you may ask. Nutrition was always part of my lifestyle growing up. In high school, I realized the importance of nutrition when I was playing sports. My mother always kept healthy food at home too. I decided when I went to college, I would take my healthy lifestyle with me. I ran 2 half marathons and was part of 3 Co-Ed basketball champion teams throughout my college career.

I was accepted into the Coordinated Program for Dietetics in May 2014. The summer of 2014, I decided to complete my summer preceptorship at Green River District Health Department. I had a fantastic summer here while interning with Merritt Bates-Thomas. She and everyone else I had shadowed taught me so much about their jobs. I could tell each one was passionate about what they did.

Once I graduated from Alabama in May of 2015, I decided I would call Merritt to discuss with her about a possible full-time job at Green River District. I knew it was a long shot, but I had nothing to lose. At the end of May, I received a call from Merritt asking if I wanted to be part of her nutrition staff team. I hope you can guess what my answer was! I will take my Registered Dietetic exam on August 8th to become a Registered Dietitian. I am so thankful for this opportunity to be working with so many great people here at Green River District!

My name is Jamie Baker and I am a new nutritionist based in the Henderson County Health Department. I am originally from Union County and graduated from Union County High School in 2010. I attended the University of Southern Indiana (USI) and pursued a degree in Nutrition after enrolling in a basic nutrition class which I found fascinating.

I completed my undergraduate degree at USI in 2014 and began my Dietetic Internship through Murray State University (MSU) the following school year.

I was an intern with the Green River District Health Department back in August of 2014 and have since returned as an employee due to my great experience as an intern.

I still live in Union County with my parents and four dogs for the time being. I enjoy reading in my spare time and playing with my plethora of dogs.

My favorite foods are spaghetti and tomatoes and I love to sit outside reading during the warmer months.

I look forward to the coming years working here and wish to remind everyone to stay hydrated during these hot summer months!
New Employees

Welcome to the GRDHD Team!

Jane Roberson
Sr. Support Services Associate I
Union County Health Center

Leanna Smith
Sr. Support Services Associate I
Daviess County Health Center

Irma Briones
Clinical Assistant
Ohio County Health Center

Kennethia Farris
Sr. Support Services Associate I
Daviess County CAP

Amy Wethington
Local Health Nurse II
Daviess County Home Health

Jennifer Agner
Family Nurse Practitioner
Daviess County Health Center

Susan Sommerfeldt
Local Health Nurse II
Daviess County Health Center

Evon Shocklee
Local Health Nurse II
Daviess County Health Center

Sandra Broman
Account Clerk I
District Office

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For this issue of the Gazette we are going to do a poll. For many of us this is a Pet Peeve! Which way do you prefer your toilet paper?

A. Over the Top      B. Under the Bottom
C. Don’t care either way

We’ll share the results of the poll in the next issue of the Gazette. Answers will be kept confidential, we promise!

Please submit your answer to any of the Committee members listed below via email. Winner will be chosen from a random drawing of those that submit an answer.

*Gift Card courtesy of the Gazette Committee. Deadline to submit is close of business on Friday July 17th.