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Kudos to You

A special THANKS goes to Donna Matheny and Angel Hearrin, clinical assistants with our school health program, who helped in Preparedness with supplies, inventory and delivering regional stocks. You Ladies were simply awesome! We were buried and you two helped us see daylight again! Thanks! -- Angela Woosley

The Perinatal, HANDS and BSF home visiting programs would like to say a special thanks to the Junior League of Owensboro for their continued support of our new Mothers with layettes. A layette contains the necessary items needed to care for a newborn infant. Many of the mothers we see in the home visiting programs are destitute, so these supplies sure come in handy. With the economy being rough, our needs have greatly increased. The JLO heard our plea and did an additional layette community drive – raising over $1,000 dollars and numerous baby items which equated to over 150 additional layettes. Thanks to the Junior League, many more babies have been embraced by their support. Thank YOU! - Angela Woosley

Kudos to Gail Wigginton, Judy Payne and Linda Hughes and all of the Daviess County Staff for their contributions and participation in Lean Thinking. Special thanks to team members Lindsey Barnett, Leslie Clark, Tina Flener, Laurie Heddleson, Monika Hughes, Renee Nall, Tina Postlewaite, Linda Wahl and Bethany Woodard for taking time away from their normal job duties to assist in the June 1 and 2 Lean Kaizen event. - Carrie Conia

A much deserved pat on the back to Angela Woosley for her work teaching NIMS in May. - Carrie Conia

Kudos to the Daviess County CIA’s. See page 3 for a list of employees - Gail Wigginton

GRDHD Board Meeting

Annually, the Green River District (GRDHD) Board of Health meets to discuss and adopt a budget for the next fiscal year. Typically, the meeting begins with a review of the current year’s financial status, a comparison of the current year and the next fiscal year, then discussion of the next fiscal year’s budget. This is the time the board of health decides whether or not to include a staff increment.

The GRDHD Board of Health met on June 28, 2011 and adopted a budget for FY 2012 with the anticipation of a $1.46 Million deficit. If 2012 closes as anticipated, it will be a tremendous financial loss for GRDHD. We do expect FY 2011 to close at a loss as well. However, thanks to the efforts of staff, the loss is less than we budgeted. It is for this reason that the GRDHD Board of Health decided to include a 2% annual increment in the 2012 budget.

The Board has put a tremendous amount of confidence in the staff of GRDHD to make every effort to meet the needs of the community in an efficient and effective manner. I look forward to working with each of you in FY 2012 in serving our community to the very best of our abilities. - Debbie
Summer Smoothies

Last Sunday evening, my husband and I were exhausted after a hot, sunny, and very busy weekend. We decided to treat ourselves to Dairy Queen. Yes, although it may seem shocking, dietitians eat ice cream too! We savored every delicious bite of our mini size blizzards and it was worth it, or so I thought.

I assumed we were making a healthier choice by purchasing the mini size, but after investigating, I discovered the mini Turtle Pecan Cluster blizzard, which was my choice, is actually packed with a whopping 400 calories! The mini French Silk Pie blizzard, which my husband chose, was 430 calories! This was hardly worth the caloric intake or the price, costing $2.19 a piece for only about 5 heaping spoonful bites… overpriced in my opinion. After unveiling the true calorie content of what I thought was an appropriately portion controlled size, I realized that this must not become a Sunday evening routine for my husband and I or we will be buying a larger size wardrobe by the end of the summer. So, I decided to opt for a healthier alternative to satisfy my desire for a "cool treat" this summer… I went to the store and bought ingredients to make a fruit smoothie.

Smoothies can be a great way to enjoy a cold drink in the summer time and can also be packed full of nutritional benefits if prepared with the right ingredients. Blend fresh or frozen fruit with low-calorie juice, low-fat milk, or fat free yogurt and plenty of ice whenever you have the craving for an ice cream run and you'll be saving yourself from unnecessary extra calories and your wallet from a pretty inflated price. Be creative and mix together your own ingredients for a smoothie, but here's a few recipes to help you get started. Enjoy!

- Leslie Clark, RD, LD
MNT Nutritionist

SMOOTHIE RECIPES

Orange Banana Smoothie - Serves 2 - Calories per Serving = 175

1 cup of Tropicana Trop50 Orange Juice - 50 calories
1 medium banana - 100 calories
1/2 cup of lowfat or fat-free vanilla yogurt - approx 100 calories depending on variety
1/2 cup of crushed ice, or 2-3 large ice cubes

Blend all ingredients until smooth and creamy. Adjust flavor or thickness if desired.

Apple Strawberry Delight Smooth - Serves 2 - Calories per Serving = 160

2 cups of apple juice - 240 calories
1 cup of frozen strawberries - 80 calories

Blend until smooth and creamy. Adjust flavor or thickness if desired.

(Recipes adapted from WIC "Smoothies" handout.)
Many, many thanks for your assistance in “GO GREEN and RECYCLE!” The response has been wonderful! Compassionate Care Adult Day Center uses the items for bingo, crafts, and prizes for games and especially Christmas presents to be given during our annual Christmas Party for our clients.

We are accepting items anytime. The clients enjoy toys, stuffed animals, easy to read books, puzzles (up to 500 pieces), nick knacks, sports memorabilia, music cds and cassettes, to name a few. For more information you may contact any of the staff at 270-852-2908 or ext.2069 or 2070, or email at teresa.myatt@grdhd.org or theresa.wilson@grdhd.org. We can provide a more detailed list if needed. As always, everyone is welcome to stop by and visit our facility. Thank You!

Department News - Building Stronger Families

July begins the second year of the two year grant cycle for us. We have served many families with varying degrees of success. One measure of success is improvement in the scores on the North Carolina Family Assessment Scale. This measurement tool measures a family in domains such as family safety, family interactions, child well-being, and parental capabilities. These are areas that we can make the biggest impact by improving a family’s communication, providing parents with new knowledge and skills so that children are more nurtured and safer in their homes.

There are many risk factors for abuse and neglect. One risk factor is the parent’s own childhood. One family we successfully completed work with had just that sort of background. The mom had lived in an abusive home and was removed and placed in foster care during her teen years. Her husband also had an abusive childhood. Both parents were young, and had little family support due to their childhoods. They moved to our region from another state. They contacted us themselves because they were under investigation from the Department for Community Based Services. We began work with the family, teaching what was age-appropriate for their child, teaching discipline methods for a young child. The parents grew in knowledge and skill. Their case was opened, but was soon closed when the family completed the program. They achieved their goal of increased knowledge and seemed more confident in their own skills as parents. Their child will live in a safer, more nurturing home and hopefully will grow up to be a responsible adult who will parent successfully.

- Linda Wahl

GREAT JOB DAVIESS COUNTY CIA’s

- Shelia Horn: Keeping candy dish full in Vital Statistics for everyone to enjoy.
- Amy Head: For her prompt and professional actions during an auto accident in our parking lot. Amy provided first aid to passengers and made sure there was no other injured people were in vehicle.
- Stephanie Bivins: Very nice to a very rude patient.
- Monika Hughes: Keeping candy dish full in Vital Statistics for everyone to enjoy.
- Sarah Maddox: Provided first aid to auto accident in our parking lot. Did a great job!

Winners:
Stephanie Bivins/Sarah Maddox

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

Question: True or False—In an emergency event, Public Health Employees may be required to work at local shelters.

Answer: True!

See Page 8 of this issue for your chance to win a Subway gift card!!
GRDHD Receives a MITOC Unit

Communication is always a problem in any disastrous situation. With that knowledge, much work is being done to provide many forms of redundant communication to first responders. A new technology, derived from the military, has been researched and developed by the Office of Homeland Security, KCTCS and Murray State University which rolled out as a MITOC unit. MITOC stands for Mobile Information Telecom Operations Center. MITOC systems are designed to provide affordable voice, data, and video resources to the on-scene Incident Commander in Emergency Management, Law Enforcement, Public Health, Medical and Business Continuity applications. The MITOC concept was developed by James Graham, currently president of Tacticon Research Corporation, while serving as Director of the IT Research Center for Homeland Security at the University of Louisville.

We utilized this equipment during the National Level Exercise May 16-20th and then throughout other drills and exercises. Several staff members were trained on this unit including Margaret Hibbs, Clay Horton, David Miller, Jim Mattingly, Julie Pence and Angela Woosley.

HIA Grant Award

On March 10, 2011 Dr. William Hacker presented The Green River District Health Department the Commissioner’s Award for Innovation in recognition of outstanding performance for initiating the Coal Gasification Health Impact Assessment (HIA). The practice of conducting HIA’s is a fast growing field in the United States. HIA’s use data-drive methodologies to help decision makers evaluate how proposed projects or policies may impact the health of the community. GRDHD initiated this project in response to community concerns regarding proposed coal gasification plants and is funded to conduct a Health Impact Assessment (HIA) from the Health Impact Project, a collaboration of the Pew Charitable Trusts and the Robert Wood Johnson Foundation. Other Health Impact Project recipients include: the California Department of Public Health, Georgia Tech University, ISAIAH, Kohala Center, Massachusetts Department for Public Health, Medical-Legal Partnerships for Health, New Hampshire Center for Public Policy, Texas State University, University of California, Los Angeles (UCLA), and Upstream Public Health.

-Clay Horton

An Important Message from the I.S. Department

In July and August we will be upgrading the main servers. Many of you may remember the last time we did this about eight years ago it was relatively painless. What this means to you is that someone from I.S. will need to log onto your computer and save some of the current files so we can make the transition as seamless as possible for you. If all goes as we expect it, your drive share access and personal settings will move with your login. After the transition, the only change you might notice is that the name of the domain you log into will have changed from GRDHDNET to GRDHD. There may be a little inconvenience as we prepare the computers for the transition as we will need to be on each machine for 10-30 minutes; we’ll work to schedule this time as conveniently for you as we can.

- David Hunter, BA
New Employees
Welcome to the GRDHD Team!

Patricia Allen
Family Support Worker/Home Visitor
Daviess County HANDS 5/2

Jennifer Cain
Family Support Worker/Home Visitor
Daviess County HANDS 5/2

Amy Handley
Local Health Nurse I
Ohio County HANDS 5/2

Whitney Smith
Health Environmentalist I
Henderson County Health Center 6/13

Laura Caldwell
Clinical Assistant
Daviess County Health Center 6/13

New Employees
Welcome to the GRDHD Team!

Hannah Young, daughter of Abby Young (District Office School Health) was crowned Kentucky High School Rodeo Queen June 18th and will go on to Nationals in Wyoming to compete July 15 – July 24. She also qualified for nationals in barrel racing with her horse ‘Kit’.

Our deepest sympathies to Alana Troutman on the loss of her grandmother, Beatrice Ketron Duckwall.

Sincere condolences to Jim Mattingly on the loss of his grandfather, David Howard.

Focus on Employees

Saying Goodbye . . .

Patty Jackson, Ohio County Home Health
Terri Prewitt, Daviess County Environmental
John Clouse, District Office
Mary Correll, School Health
Iva Griffin, Henderson County Health Center
Adena Patton, Daviess County Health Center
Lila Smithson, Daviess County Health Center
Stacey Satchwell, Daviess County Health Center
Charlotte (Janie) Cambron, District Office
Rebecca Sebree, Daviess County HANDS
Leslie Clark, Nutrition
## 2011 Charity Golf Scramble

Friday, September 9th, 2011
(Rain Date 9-12-11)

Panther Creek Golf Course
4641 State Route 1514 • Utica, KY

STOP The DIABETES Epidemic!

**PLAY IN SCRAMBLE:** FOURSOME = $200 *(Includes 2 Mulligan’s & 1 Skirt per player)*

**TEAM NAME:**

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**FULL REFUND DEADLINE AUGUST 19th**

MAKE CHECKS PAYABLE TO: DCDC, P.O. BOX 309, OWENSBORO, KY 42302-0309

For questions or information contact David Vowels (270) 244-0549 or carman.allison@grdhd.org.

**GOLF FEE INCLUDES:**

- Breakfast, Lunch, Green Fees, Cart, Goody Bag, Entry in contest for Closest to Pin, Longest Drive, Straightest Drive, Longest Putt, & 2 Mulligans/1 Skirt *(per player)*

**CHECK-IN OPENS:** 7:30 AM  
**SHOTGUN START:** 8:30 AM
I.S. - The GRDHD I.S. Department is currently testing software to help with our Helpdesk functions. We hope this will assist in facilitating communication with staff when we're working to resolve individual problems. The software should be ready to use in a few weeks and I'll send out detailed information about its use at that time. Also, please let us know if there are any unresolved email issues you might be experiencing.

Finance -

* Any cell or travel expenses incurred prior to June 30, 2011 must be submitted to Finance for payment by September 15, 2011.

* **Mileage Rate:** The mileage rate for July 1 to September 30, 2011 has been set at $0.47 mile.

* **Vehicles Reminder:** All fleet vehicle records are to be sent promptly to the district receptionist (receptionist@grdhd.org). This includes completed monthly mileage logs, inspections and service documentation such as receipts and invoices.

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**LEAN Thinking Updates**

**Daviess County Health Center**

On June 1 and 2, a small group gathered at Daviess County Health Center to launch a new lean project to address clinic flow issues. The group included staff employed at our organization for 1-30 years in various positions and locations throughout the district. Wes Page was also present, acting as lead facilitator for the event.

The first day began with some "classroom" instruction on Lean. After a quick review of basic concepts, specialized methods of observation and reporting were introduced. The group then divided into pairs and ventured into the Daviess County Health Center to view patient flow and the processes involved. Although the presence of someone watching every move made many nervous, clinic staff and patients were cooperative and took it all in stride—making the best of an unusual situation.

After watching the step by step process, gaining insight from staff, and openly discussing what was observed, the group developed a couple trial solutions to eliminate some wait time issues and other snags in the process. These were tested on the second day. Some ideas went well, while others did not. Although this doesn’t mean the solutions are right or wrong, it does mean it needs more work to “tweak” the process for improvement and will require additional trials before any changes are implemented.

During the last hour of the two day event, team members conducted a brainstorming session to list items that could make a difference in eliminating waste and reducing wait time in the clinic setting while streamlining processes and tasks for staff. These “action items” were presented to Daviess County Health Center management and staff.

Many items on the list have already been completed. Others will be realized in the next few weeks. Some things will require much more time, staff input and additional consideration and practice before any changes can occur.

The next few months will be an exciting time for staff at Daviess County Health Center...
In the News

Fox 7-AM Evansville

On Fox 7 a.m. Thursdays, 7:20 a.m.

♦ Nancy Walker (MNT Nutritionist II) - Monitoring Diabetes 6/23/11
♦ Don Crask (Health Educator III) - Fun for Kentucky/Longest Day of Play 6/16/11
♦ Rebecca Horn (Health Educator II) - No Tobacco Day & Smoking Hazards 5/26/2011

HANDS Building Blocks

On Fox 7 a.m. Tuesdays, 7:40 a.m.

Sara Murphy, Family Support Worker/Home Visitor, Daviess County HANDS
♦ 4th of July for Kids 6/28/11
♦ Risks of Leaving your Children Unattended 6/21/11
♦ Fathers as Positive Role Models 6/7/11
♦ Keeping Kids Entertained at Home 5/31/11
♦ Importance of Hydration in Infants and Toddlers 5/24/11
♦ Temperament of Babies Part 2 5/17/11
♦ Temperament of Babies Part 1 5/10/11

Shelly Austin, Public Health HANDS Supervisor, Daviess County HANDS
♦ Creative Time with your Children 6/14/11

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

July 2011

4 Independence Day
13 Managers Meeting, District Office 8:30 a.m. - 11:30 a.m.
21 Sr. Management Meeting, District Office 8:30 a.m. - 12 noon

Have a safe and happy Fourth of July!

August 2011

National Immunization Awareness Month

1-7 World Breastfeeding Week
5 Supervisor’s Meeting, District Office 8 am - 2 pm
6 ARNP Meeting, District Office 8 am - 11 am
10 Managers Meeting, District Office 8:30 - 11:30
18 Sr. Management Meeting, District Office, 8:30 - 12:30

You could win a Subway Gift Card!

CONTEST question:
What does MITOC stand for?
(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.

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

Denise Brinkley  •  Carrie Conia  •  Don Crask  •  Angela Woosley
Shanni Jones  •  Angel Thompson  •  Linda Wahl