Kudos to You!

I would like to give a BIG thank you to Toni Pierson and Meredith Griggs for helping me complete my first home birth. I don’t know what I would have done without them. -Tina Flener, Ohio County

Thank you to all our nurses and administrative assistants at GRDHD! Administrative Assistant day was April 27th and Nurses Week was May 6th-9th. We appreciate all you do. -Anita Owens and Abby Young

Thanks to Daniel Eaton and Suzanne Craig for saving coolers for Mary Sinnett’s vacation Bible school project! - Mary Sinnett

Perseverance and Insistence Saves a Life!

Janice Haile, an excellent nurse known for her talents with Diabetes Education, routinely did self breast exams and never missed a mammogram. However, on the day that Haile found a suspicious lump, several months before her routine screening mammogram was due, she made an appointment with her Gynecologist.

Her doctor confirmed that there was a lump, but did not think it was cancerous or needed more immediate treatment. Haile, uncomfortable with waiting, sought a second opinion. After additional testing—mammogram, ultrasound and then biopsies, cancer was diagnosed.

The battle had just begun for Haile. “It was like I was having to dig for my own information in order to make the best informed decision” comments Haile when asked about support for her course of treatment. Faced with having to make decisions about a lumpectomy or a mastectomy, and the possibilities of reconstruction surgery, the options were confusing and overwhelming. “The 1-800-4 Cancer (National Cancer Institute) was extremely helpful and offered very specific information and education as I tried to figure out what I was going to do.”

“Learn all you can” suggests Haile. Breast cancer is the most common form of cancer for women. Routine monthly Self Breast Exams (SBE) allows a person to familiarize themselves with their own anatomy. This is a useful tool to help detect lumps, skin changes, discharges, dents or puckering that may be abnormal.

“Be your own advocate” recommends Haile. Seek out assistance from the National Cancer Institute, ask your doctor, search the internet, check out the Komen Foundation (www.komen.org) but get the facts and be prepared.

The PINK County grant awarded to the district will have a team of nurses and interpreters providing outreach in all seven counties. This team will be working collaboratively with other community partners to educate, offer screening and treatment if necessary, to our citizenry in breast and cervical cancers. -Angela Woosley
COUNTRY NEWS

DAVIESS COUNTY: Jan Bratcher and Jenny Hagan helped out in Daviess County while Ashley was out on leave. Thanks to both of them for their time and effort! A coding audit was completed in March. There were a couple of issues identified that will be reviewed and corrected. WIC only follow ups are going well. There are over 100 enrolled on the site now. A new CA, Brittany Chappell was hired. Evon Shocklee has taken the Home Health Program Nurse Manager positions in Daviess County. The Daviess County board met in April.

DISTRICT OFFICE: Clay Horton, Jessica Austin and Abby Beerman presented the local health department’s role in National Security Strategies during a NACCHO Webinar. Other presenters included the Office of the Assistant Secretary for Preparedness and Response (ASPR) and the National Association of County and City Health Officials (NACCHO). Carrie Conia and Jeff Rascoe helped put the presentation together.

Clay, Jessica, Abby and Jeff Rascoe also presented a poster titled “Building Community Resilience through MAPP” at the NACCHO Preparedness Summit in April.

On April 27, 2016 Angela Woosley presented at the annual Kentucky Youth Health Network conference in Lexington, Kentucky. Engaging Youth was presented with the GRDHD’s Teen Outreach Program® being recognized for their outstanding community service.

HANCOCK COUNTY: Hancock County welcomes newly hired janitor, Donna Estes. The Hancock County board met in April. The clinic had cancer screening and WIC audits and both went well. There will be a rabies clinic announced for Hancock County soon.

HENDERSON COUNTY: Henderson celebrated Administrative Professionals week and April birthdays with lunch on 4/25/16 provided by clinical staff. Fun was had by all. The Henderson Board of Health met recently and everything went well. The internal WIC audit went well.

MCLEAN COUNTY: McLean is getting ready for the Blitz. Kelly Hodges was introduced as the new billing clerk. Betheny Woodard is now working two days in McLean and 3 days in HANDS.

OHIO COUNTY: A WIC audit is scheduled for May 24th. A local election was held on April 12th. The Ohio Board of Health met in May and approved to have the parking lot stripped and sealed.

UNION COUNTY: Union County had a Women’s Health and WIC audit and both went well. Donna Matheny will be working two days a week in CAP in Webster County and three days a week as a CA in Union County.

WEBSTER COUNTY: Webster County is doing well. The Webster County Board of Health met in May and has approved for the parking lot to be stripped and resealed. They also approved new landscaping including replacing mulch with rock. WIC and cancer screening audits will be coming soon. A rabies clinic will be announced soon.

NEW WORKPLACE PROCEDURE IMPLEMENTED

GRDHD implemented the Drugfree workplace procedure April 27, 2016. Staff are prohibited from unlawful manufacture, distribution, dispensation, possession or use of any controlled substance in the workplace. To comply with the Drug-Free Workplace Act of 1988, this procedure outlines drug testing guidelines for employees and potential employees. Drug testing may be requested pre-employment, post-accident or for reasonable suspicion. Post-accident testing must be completed within 24 hours after an accident occurs. The Director or designee may request reasonable suspicion testing and the employee is placed on leave with pay until test results are known. Employees can be disciplined up to and including dismissal for Drug Free Workplace Violations. An employee has 5 days, and the Agency has 10 days, to report a conviction of a criminal drug violation in the workplace.

You can find the full procedure (01.04.07) in the Policies and Procedures section of the Employee Resources webpage and on the Official Documents Drive.
WORKPLACE EMAIL ETIQUETTE

When sending an email… DO YOU TYPE IN ALL CAPS? Does your message look like a rainbow? Then you may be guilty of violating email etiquette. Email etiquette is important; especially in the workplace. Why? Because without the benefit of non-verbal communication like facial expressions, body language and voice cues, what you have written and intend to say may not be the message that is received. Email is commonly considered to be the riskiest form of business communication – in part because it encourages a “conversational atmosphere.”

Each GRDHD employee receives an agency email account. To keep your grdhd.org messages professional, please remember to use common courtesy and write in a positive tone. Keep messages brief without leaving out important information and be sure to explain your purpose – you may know the background but your recipient may not.

Email messages are public records (KRS 171.410) – GRDHD Emails are NOT private. Email messages can be subject to open records requests (KRS 61.870-61.884). And email messages are discoverable in a lawsuit. Avoid discussing private concerns and personal issues through email. There are times you may need to have a discussion rather than an email exchange.

Tips for Professional Email:
• Subject lines should be descriptive and relevant. Avoid leaving subject lines blank.
• Fonts should have a professional or neutral look – not ALL CAPS and not a rainbow of colors.
• Use punctuation and proper sentence structure.
• Avoid abbreviations (text messaging, online chat acronyms) and emojis

ACCREDITATION UPDATE

GRDHD has completed the Annual Report process for our first year as a PHAB accredited agency. The report consisted of two sections; Section I was submitted to PHAB in December 2015. It addressed the priority measures listed in our final site visit report including policy change efforts and Board of Health activity review. PHAB accepted the report in January and granted us access to Section II.

Section II of the Annual Report focused on GRDHD's activities in Performance Management, Quality Improvement, the Strategic Plan, Community Health Assessment & Community Health Improvement. In addition, there was an opportunity to discuss how GRDHD is pursuing innovation and engaging in emerging areas of Public Health. Section II was accepted by PHAB on March 23, 2016.

ATTENTION STAFF — IMPORTANT DEADLINES NOTED

The end of this fiscal year purchase deadlines are as follows:
June 1, 2016: Last day to enter purchase orders in the CDP system.
June 20, 2016: Last day to receive products and submit invoices to the Finance department for payment this fiscal year.

Invoices submitted and/or products received after the deadline above may not be paid from this fiscal year.
On March 10, supervisors from around the district gathered in the Bedford Walker Room for a NSC Certified course in Defensive Driving. The Kentucky Association of Counties (KaCo) provided the training to our supervisors. Those that completed the training received a certificate they can present to their auto insurance carrier for a possible discount.

Defensive Driving is “driving to save lives, time and money, in spite of the conditions around you and the actions of others.” The class covered four main categories - driving defensively, distracted and impaired driving, road/environmental driving conditions and the fatal four driving behaviors.

Distracted or impaired driving is one hazard of driving. There are three types of driving distractions; manual distractions cause drivers to take their hands off the wheel, visual distractions lead drivers to take their eyes off the road and cognitive distractions cause drivers to take their mind off driving. Cell phone use combines all three of these distractions. Studies suggest that drivers using a mobile phone are approximately four times more likely to be involved in a crash than when a driver does not use a phone. (World Health Organization- Mobile Phone Use: A Growing Problem of Driver Distraction)

Road conditions, light and weather, other vehicles and pedestrians can also be a hazard; all of which may contribute to aggressive driving and/or road rage. To reduce stress behind the wheel, realize that driving is not a competition-maintain self-control, show courtesy to others and give yourself plenty of time to reach your destination.

Thirty two percent of motor vehicle fatalities involve speeding, making it one of the Fatal Four –speeding, right of way violations, left of center and tailgating. Furthermore, speeding and driving too fast for conditions often contribute to the other three. Next time you get behind the wheel, monitor your speed and stay alert to rules of the road.

R-U-A Safe Driver?
Recognize the hazard – stay alert
Understand the defense – know what to do
Act correctly, in time – choose the safest driving maneuver
For more information, please visit: www.nsc.org

National Health Observances

**Month of May**
- Arthritis Awareness Month
- Health Vision Month
- National Teen Pregnancy Prevention month
- 8-14 National Women’s Health Week
- 23-29 Healthy and Safe Swimming Week
- 31st World No Tobacco Day

**Month of June**
- 1st—July 4th Fireworks Safety Month
- 5th National Cancer Survivors Day®
- Men’s Health Month
- National Safety Month
- 13-19 Men’s Health Week
Zika virus is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika virus disease are fever, rash, joint pain, and conjunctivitis. The illness is usually mild with symptoms lasting several days to a week. There is no vaccine to prevent or medicine to treat Zika. Severe disease requiring hospitalization is uncommon and deaths are rare. Although the most common way Zika virus is transmitted is through the bite of an infected mosquito; there are other ways for the virus to be passed to people. Zika infection can be passed from an infected male to his sexual partner through sexual intercourse, and can also be passed from a mother to her baby during pregnancy. Zika infection during pregnancy is a cause of microcephaly, a severe birth defect that is a sign of a problem with brain development, and other severe brain defects. In addition to microcephaly, other problems have been detected among fetuses and infants infected with Zika virus before birth, such as hearing deficits and impaired growth.

If you or your family plan to vacation in any area or country with active Zika transmission, please remember to protect yourself from mosquito bites.

It is important to protect yourself from mosquito-bites locally as well, because mosquitos are able to transmit other disease such as West Nile Virus here at home.

Steps you can take to prevent mosquito bites and control mosquitoes

- Wear EPA approved mosquito repellant
- Wear long-sleeved shirt and long pants.
- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home

◊ Weekly empty and scrub any bird baths or standing water features
◊ Turnover, cover, or throw out any items that hold water
◊ Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.

The Current situation of Zika in the U.S. (as of April 27, 2016)

- Number of travel-associated Zika virus disease cases reported: 426
  ◊ Total 426 cases
  ◊ Pregnant 36 cases
  ◊ Sexually transmitted 8 cases
- Number of locally acquired Zika cases reported: 0

For more information about Zika virus and protecting your family and community from disease spread, visit the [www.cdc.gov](http://www.cdc.gov)

Information submitted by
Jessica Austin
As the weather warms and everything returns to green it is prime time to begin planting that summer garden. We all know that home grown tastes better but did you know there are many other benefits to eating locally grown fruits and vegetables?

- Higher nutrient content when consumed fresh from the garden because they haven’t traveled thousands of miles
- Saves you money at the grocery store and reduces the amount of money wasted when you throw out spoiled fruits and vegetables
- Growing your own garden can allow the family to try new fruits and vegetables they may have otherwise not tried
- You will have a greater exposure to antioxidants and a wider variety of nutrients
- If you choose not to plant a garden, visit a farmers’ market for a wide variety of seasonal produce

Below you will find a quick and simple recipe using fresh garden tomatoes!

Information retrieved from:

Spicy Tomato Salsa

Total Time: 10 min
Yield: 2 cups


Ingredients:

- 4 medium tomatoes, halved
- 1/2 cup fresh cilantro leaves
- 1 garlic clove, crushed
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh orange juice
- 1/2 teaspoon red pepper flakes
- Kosher salt and freshly ground black pepper
- Serving Suggestion: Tortilla chips

Directions:

Put the tomatoes, cilantro, garlic, olive oil, orange juice, and red pepper flakes in a food processor. Pulse until the ingredients are combined but still chunky. Season with salt and pepper, to taste. Transfer to a small bowl and serve with tortilla chips.
ATTENTION GREEN RIVER DISTRICT TRAVELERS!

The Request to Travel process has changed slightly to streamline the process. Please follow these steps to

1. Discuss (and obtain approval) for any work related travel plans with your direct supervisor.

2. TRAVELER: complete the Request to Travel form two weeks prior to traveling. The Request to Travel is a fill-in enabled Excel form available in the Policies and Procedures section of the Employee Resources webpage and on the Official Documents Drive. Emails the completed Request to Travel form to your supervisor.

3. SUPERVISOR: review form and approves it by electronically signing the document using the “Supervisor Signature” button. This electronic signature works the same as your timesheets – macros must be enabled to sign the form. Create a Ticket using the receptionist category in the ticket system, be sure to attach the approved request to travel from.

4. DISTRICT RECEPTIONIST: The district receptionist will obtain the Director’s approval and complete your travel arrangements. You will receive confirmation of your arrangements through the ticket system.

Other tips:

• You may submit more than 1 Request to Travel on a ticket.

• If multiple travelers are attending the same function, you may put 2 travelers on 1 form.

For more information about work related travel, please review the Travel Policy and Travel Reimbursement Procedure available in the Policies and Procedures section of the Employee Resources webpage and on the Official Documents Drive.

KPHA PRESENTS...

The following staff presented at KPHA this year.

• Janice Haile, RN, BSN, CDE, MLDE presented on The National Diabetes Prevention Program: Influencing Availability in Kentucky Communities along with other diabetes staff from around the state

• Clayton Horton, RS, MPH, Jessica Austin MPH, and Jeff Rascoe presented: Using Mobilizing for Action through Planning and Partnerships (MAPP) to Build Community Resilience

• Merritt Bates-Thomas, RDN, LD, along with Jacy Wooley and Matt Robbins presented: School Boards & Public Health: Partners in Student Achievement

GRDHD was a gold sponsor this year which included a GRDHD ad (pictured on right) within the program booklet at this years KPHA. KPHA plans to meet in Owensboro again in 2017.
Thank you to everyone who came out to support the March for Babies event. The Right On Time team was able to raise $395.40 to help moms have full-term pregnancies and healthy babies. With your support The Right On Time team looks forward to doing bigger and better things this year.

Pictured from left: Alyrica Hughes, Nika Hughes, Jaci Butler, Alexander Austin, Shelly Austin and Gabriella Austin.

**PINK DAY PICS**

Daviess County Health Center staff

*Pictured above (left to right) are Linda Hughes, Sarah Rice, Cathy Kirby, Mary Sinnett, Leanna Smith, Cindy Fulkerson, Susan Sommerfeldt, Jeanette Curtis, Evon Shocklee, and Alana Taylor.*

*Pictured below (left to right) are Linda Hughes, Jennifer Agner, Mary Sinnett, Sarah Rice, Cathy Kirby, Cindy Fulkerson, Angie, Bindert, Evon Shocklee, Leanna Smith, Susan Sommerfeldt, and Brittany Chappell. Kneeling at front are Misty Roberts and Alana Taylor.*

Webster County staff—Andrea Abell, Jill Nall, Ethan Martin, Terra Beck, Kezrianna Guante, and Heather Bouvy.
Attention all Humana Vitality Members!

The May 1st deadline has come and gone. Many people throughout the Commonwealth have completed their Living Well promise and Humana Vitality screens. By doing these steps, this assures good insurance coverage.

With the heavy demand, many of the results are not showing up for those individuals who have complete their HV screen. It is a problem sited by Humana Vitality’s technology staff, who are all working diligently to get this resolved. It is a system issue on their end and not with GRDHD.

The HV Team (Andrea Abell, Melissa Barnett, Robilee Bell, Nancy Wilson and Angela Woosley) will try to assist if there is a problem. Thanks!

News from the “TOP®”

The Burns Middle School TOP® club spent an afternoon with nursing students from University of Louisville working on suicide prevention and self esteem. Educational skits, games and interactive activities were part of the project. Everyone had fun! Sherri Fulkerson’s (Daviess County Health Center) daughter is in the back row, 5th from the left.

College View Middle School TOP® (left) had a pizza party celebrating their community service and end of the year on May 21, 2016.
The Sebree Elementary 6th grade TOP club completed their CSL project on April 26, 2016. They first went to Colonial Terrace Nursing Home to help with their landscaping needs. These needs included pulling weeds from flower beds, planting flowers, and helping to tidy up the courtyard area. When this CSL project first started 4 years ago with the first Sebree TOP club, the courtyard area had no flowers or plants to speak of, and was a very bare area that was not utilized often by the patients or staff for activities or even simple visits with family members.

Since then, each year the Sebree TOP club has chosen to carry on the tradition of the first CSL project, and return to the nursing home to add to the beauty of this area. Over the past four years, there have been several flower beds added and maintained, along with a small vegetable garden. Now that area that was so bare, comes alive each spring because of the time and effort each TOP club has contributed over the years. The Activities Director, Marcia Jackson, stated that not only is this area now used frequently by individual residents and their families for small gatherings, it has also become the main area where larger events are held by the facility. This particular statement brought me so much joy and pride, because I know that each current and past TOP club member has played a pivotal role in making this area what it is today. Each year when we complete that portion of the CSL project and leave the nursing home, I see that not only has the nursing home benefited from the project, but the kids actually walk away with so much pride that they are the ones that benefit the most.

Then the second portion of the CSL project is picking up trash at our local community park. This just adds to kids self respect, which solidifies the fact that this CSL projects continue to be a HUGE success today. I would like to thank Robilee Bell, Angela Woosley, and Sheri Clark for helping to make this project possible once again, because I truly couldn't have done it without them.

-Andrea Abell
Most people try and communicate every day, but is your communication saying what you really mean? There are many forms of communication, but it is essential to understand the Communication Circle for whatever is being said, written or gestured to be completely understood – correctly!

First, it is imperative to have a sender and a receiver. Simply put, the person who wishes to convey a message and someone who knows that they are to receive the intended message. Often there are communication breakdowns and communication breakthroughs that can hamper or enhance the message.

Numerous tips can be found on reputable websites to assist with communication whether talking to your teen, parent, co-worker, friend or acquaintance. All of these tips can be summed up in 4 words: respect, consideration, awareness and clarity.

This is a summary of helpful tips that include these essential elements of respect, consideration, awareness and clarity.

Try having only one conversation at a time. Often people multi-task, but the sender and receiver need to be on the same page to assure proper understanding. Texting while driving is dangerous and illegal. Why? It is impossible to drive while concentrating on sending or reading a text. Visual, manual and cognitive skills are required for texting which is an obvious distraction from these same skills required for driving. In 2013 a reported 3,154 deaths and over 424,000 injuries occurred to drivers who were texting while driving.

Look people in the eye to connect during the communication. Find something in common that you both share. If you don’t know the person well enough, ask questions. This lets the receiver recognize interest. In attempting to find common ground, this again shows respect, but also adds another important element, consideration.

Watch your body language. Fidgeting and looking around during a conversation could be misconstrued as not interested. Listen. Use your ears to assure that you are paying attention. If you don’t understand what is being said, by all means, speak up and seek awareness and clarity; two essential elements of successful communication.

Take notes. Pen and paper do still exist, but send yourself an e-mail, text or use the numerous forms of technology available to electronically keep a note. This helps ease the burden of trying to remember names, phone numbers, and important facts or needed follow up.

Make sure you are correct about the purpose of the conversation. Are you in the communication circle to offer help, resolve a conflict, provide an opinion or is this a collaboration? Again seek to clarify the intent if unsure. There is a big difference in being aggressive and assertive. It is perfectly acceptable to continue to ask relevant and engaging questions to deepen your awareness.

Always remember that the communication circle must seek closure. Just as a regular circle is round with no open endings, successful communication requires follow up, feedback, compliments or simply a matter of thanking someone for their time. Remember, all time is valuable and communication is a major part of our daily lives. Be considerate, which again shows respect.

Lastly, stay positive. Nobody likes to receive nasty grams or heated voice mails. Sure, we all get angry, but it is far wiser to wait, especially if you want the communication circle to be successful.

It has been cited that the number one problem in any event is communication. With all the modes that can be used to send messages; communication often looks different than just mere words being spoken. To keep from becoming dizzy, stop and remember the simple circle that represents respectful, considerate, aware and clear communication.

-Angela Woosley RN, BSN, MEP
Public Health Service Supervisor
I have worked at GRDHD for close to 10 years! I work as clerical staff at the Daviess County Health Center. In the past, I worked as a National Directory Assistance (411) operator. As you can imagine, it was quite an interesting job. Even though I was once an operator and work on the phone quite a bit here at GRDHD, I can’t stand to stay on the phone for very long outside of work! I’m a texter, not a talker!

I have 1 daughter, Savannah, who is 11 years old...my miracle baby. Being a mom is my greatest accomplishment in my life! The person I admire most is my Auntie Linda because she is a true lover of family and has been my second mother since my own Mom passed away 4 years ago. My family heritage is German and Italian, my great-grandmothers of each of my dad’s side of the family were transplants from these countries and spoke with heavy accents.

My favorite childhood memory is from traveling to all of the lower 48 states with my parents and siblings! It was our family mission and I am glad to saw we achieved our goals!

In my free time I enjoy watching TV. I consider myself a Big Brother super fan! I have watched all seasons of the show! I love listening to music and my favorite band is The Red Hot Chili Peppers. Oh, and I can’t leave out mentioning my favorite team, the Louisville Cardinals! Go Cards!

I would love to live abroad with my husband when we retire. We often dream/debate/study up on other cultures and location in which we would like to live. At the top of our wish list is Germany, Spain and Italy!! I want a cooler climate while my husband craves warm temperatures at the sea!

I would like to be remembered for my heart. I am very family orientated and strive to do what I can for them. Who Am I?  

-See answer on Page 14

Thank you to our Environmentalists for their work keeping the food safe at the BBQ Festival and throughout the Green River District.

Check out this video to learn a little about what our environmentalist do to keep things safe:

https://www.youtube.com/watch?v=Qx1wx1a8xkE

You can also find this video by searching youtube for “Green River District Festival Health Inspections”
Welcome to the GRDHD Team!

Britany Chappell
Clinical Assistant
Daviess County Health Center

Donna Estes
Janitor
Hancock County Health Center

Disability Insurance – Short Term and Long Term

Have you ever had a moment where you wondered how the bills would continue to be paid if you were unable to work due to a medical issue? Have you heard of Disability Insurance but maybe weren’t sure of what that means? If so, keep reading for some valuable information.

GRDHD offers both Long and Short Term Disability Insurance to benefit status employees. Staff have the option to sign up for Disability Insurance each year during open enrollment, upon hire or when there is a change in family status. Disability Insurance pays you a portion of your earnings if you miss time at work because of a disabling illness or injury.

Disability typically means that you are unable to perform the essential functions of your position due to accidental injury, illness, pregnancy or other medical conditions covered by insurance. In general, you can purchase coverage that will pay you a benefit of 60% of your weekly earnings.

Once your coverage is approved and in force, you are eligible to begin collecting your disability:
• Short Term – begins the 15th day after injury or illness, up to 11 weeks
• Long Term – begins 90 days after becoming disabled

As with most insurance policies, there are some limitations and exclusions that do apply. Please contact HR with any questions that you may have about Disability Insurance. We are happy to help!

Gazette Contest Follow-Up

In the last issue of the Gazette a link was provided to watch the new 2016 CHIP video. If you have not taken a moment to view the video to see what it’s all about, take a few minutes to do so now at the following link:

https://youtu.be/k2FUniWA8IA

We asked you to count the number of times you saw Rich Nading in the video—well the answers varied greatly. Our winner Sarah Dant guessed 9—which was correct. Although, since all entries varied so greatly, even between Gazette committee members, we entered everyone that sent a response into the drawing. Thank you for taking the time to view the video and again, congratulations to our winner Sarah Dant!
If you have cancer-related questions, whether you are a patient, family member, friend, health care provider or a researcher you can call the National Cancer Institute.

What is the phone number for the National Cancer Institute?

*You can also visit them on the web at www.cancer.gov

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 a correct answer.

*Prize courtesy of the Gazette Committee. Deadline to submit is close of business on Tuesday, May 31st.

Cancer Facts

Every year in the United States about 4,000 women die from cervical cancer. In comparison, over 40,000 women die from breast cancer each year.

www.focusforhealth.org

Saying Goodbye . . .

Pamula Miller, Hancock County Health Center
Laura Butterworth, Daviess County Health Center
Jessica Fleischmann, Daviess County Home Health

Best Wishes

I am Sarah Rice from Daviess County Health Center!