Kudos to You!

Thanks so much to Libby Hancock and De Troutman for assisting Home Health in updating a database for tracking information necessary for care. We appreciate all your help. -Angel Thompson

I want to thank Shanni Jones and De Troutman for their prompt response in preparing the Medicaid Dis-enrollment posters for the clinics. They look fantastic and are proving to be a very useful tool. -Laura Lindsey

Thanks to ALL the Daviess County staff for all their hard work and dedication. We sincerely appreciate all you do!! -Linda Hughes and Ashley Holderby

Kudos to Laura Lindsey for drafting ICD 10 mapping for clinical staff. This is a huge help to the clinics and we appreciate her time and effort. -Abby Young

NEWS RELEASE – JULY 31, 2015

GRDHD EMPLOYEES RECEIVE FDA HONOR

At its 2015 national awards ceremony, the federal Food and Drug Administration (FDA) awarded the Leveraging Collaboration Award to the LCMV Investigations Group that included ten employees from the Green River District Health Department.

This honor award is presented annually for a partnership or collaborative effort between FDA and other organizations maximizing the effectiveness and efficiency of the Agency’s available resources, accomplishing the mission of FDA and encouraging a climate where leveraging and collaborations are routinely considered and organizationally supported. The group received the honor “For the rapid and effective response by health officials to prevent the spread of Lymphocytic choriomeningitis virus among workers at pet food firms.” This work was related to an infectious disease investigation that took place in 2014.

The Green River District Health Department employees that were recognized are:

- Clayton Horton, MPH, RS; Environmental Health Director
- Jessica Austin, MPH; Epidemiologist
- Taylor Preda, MPH; Epidemiologist
- Suli Nunez-Riera; Sr. Support Services Associate II – Clinic
- Tim Young, RS; Health Environmentalists II
- Whitney Smith, RS; Health Environmentalists II
- Rebecca Logan, MPH, RS; Environmental Health Program Manager
- Jan Bratcher, RN; Nurse Supervisor I
- Teresa Conrad, RN; Local Health Nurse II
- Donna Demar, RN; Local Health Nurse II

Story continued on page 2....
Information about the investigation and response:

In the beginning of May 2014, health officials received information that an employee of a mouse breeding facility had tested positive for Lymphocytic Choriomeningitis Virus (LCMV). LCMV is a rodent borne viral infectious disease that is spread through contact with the saliva, urine and feces of infected mice. The worker, a Kentucky resident, was tested for the virus in a medical clinic located in Indiana.

Collaboration between multiple agencies led to a quick response to help eradicate the health hazard. The medical clinic that tested the worker reported the positive test to the Indiana State Health authorities, who in turn reported it to the Centers for Disease Control and Prevention (CDC). A team of public health officials was formed to strategize a course of action, and implement a plan to identify the source of the infection and ensure that it was contained. The team consisted of FDA’s Cincinnati and Detroit Districts and Center for Veterinarian Medicine, Centers for Disease Control and Prevention, Kentucky Department for Public Health, Green River District Health Department, Vanderburgh County Health Department, and the Indiana State Public Health Veterinarian.

The individuals who participated are commended for their professionalism in handling the investigation/inspection and coordinating an action plan among numerous agencies. This was far from routine work for many of the agencies involved and this award recognizes their detail oriented handling and quick response to assure their mission of protecting the public’s health.

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**PHAB Annual Report Due this Fall**

Green River District Health Department achieved national accreditation through the Public Health Accreditation Board (PHAB) in December 2015. While the award is effective for five years; we are required to submit annual reports to PHAB to verify our continued compliance with the PHAB standards and measures. The deadline for our first Annual Report is quickly approaching!

The Annual Report is divided into two sections. Section One addresses GRDHD’s activity to address priority measures, expand on our strengths and improve on the challenges listed in our final site visit report. Examples of strengths include community engagement and a culture of quality improvement. Many of PHAB’s recommended opportunities for improvement were incorporated into our 2015-2017 Strategic Plan. These include increased outreach to influence policy, stronger documentation and integrated engagement with the Board. Section One also addresses any factors which may impact the agency’s ability to provide services (such as program/service changes, reorganization and budget cuts). The second section of the Annual Report is focused primarily on Performance Management and Quality Improvement activities.

The first section of the Annual Report must be submitted to PHAB between September 1 and December 31, 2015. Section two will be due within 30 days of PHAB's approval of Section one.

-Carrie Conia
COUNTY NEWS

DAVIESS COUNTY: Owensboro Pediatrics lost their vaccine and asked patients that were VFC eligible to go to the Health Department for their shots. Daviess County has also been referring patients to the new FQHC whenever there is an opportunity. Daviess County would also like to thank all those that have filled in and helped out while they had new staff training.

DISTRICT OFFICE: Congratulations to Taylor Preda on the birth of her daughter, Vera Lynn. We would like to send a big welcome to Rosie McMichael and our new janitor Shane Sample. Congratulations to Deandra (Troutman) on her marriage to Tim Bethel. We would like to wish Jerry Emberton well as he begins his retirement (effective at the end of September).

HANCOCK COUNTY: Hancock has been really busy with back to school exams and shots. They are currently out of a few vaccines and had to issue Provisional certificates for those that are still waiting to receive vaccine. We are doing well here. The WIC Audit went GREAT and no deficiencies were reported. Would like to give a shout out to Stephanie 1 and Stephanie 2 for doing a great job keeping us all in order.

HENDERSON COUNTY: Henderson County has been really busy with back to school well-child’s and shots. Henderson’s reported adding 102 new WIC patient’s during the recent outreach to pick up patient’s that were eligible and not receiving benefits. The WIC Audit was reported with no deficiencies. Henderson would like to congratulate Deanna Adams for being accepting into the 2016 Henderson Community College Nursing class. Congratulations to Jamie Baker for passing her exam. Also, Melissa Shutlazabarger is back to work and everyone is happy!

MCLEAN COUNTY: Joanie Patterson has been selected as the new nursing supervisor for McLean County. The back to school blitz took place in July. Twenty three children were seen in collaboration with McLean County and Dr. Crump and the University of Louisville College of Medicine students.

OHIO COUNTY: Ohio County saw more patient’s due to Owensboro Pediatrics losing their vaccine. Irma has been working with HANDS and in the clinic as a CA and an interpreter and has been doing well learning. HANDS currently has a bilingual positon posted and hopes to use this person more in Ohio County to help with the Hispanic population. Kathy Maddox and Joella Edge have retired. Tina Flener has taken the Clerical Supervisor position and her position was listed and filled by Beth Farris.

UNION COUNTY: A WIC audit was held on 8/28. Union County has been working several Hepatitis C cases and have had a couple of Lyme Disease cases this year. They are currently finishing up their Patient Satisfaction Surveys.

WEBSTER COUNTY: Webster County held a back to school bash in collaboration with Dr. Crump and the University of Louisville College of Medicine students and saw around 45-50 children. A WIC audit was help on 8/24. It was noted that changes to the WIC Proxy included asking at every visit who is listed as a proxy and documenting that information in the chart.
Product Comparison: Greek Yogurt vs. Original Yogurt
By Stephanie Johnson, RD, LD

Is all Yogurt Created Equal?

When choosing yogurt at the grocery store, it might seem like a daunting task due to all of the options that are available. Yogurt has several health benefits including it is a good source of protein, calcium, and potassium, contains several vitamins and minerals, has probiotics, which may help digestive health, and is relatively low in calories. Yogurt is a great grab-and-go snack that is packed with protein.

Below is a product comparison of Greek yogurt and original yogurt. Greek yogurt contains more protein, less total carbohydrates, total fat, and calories per serving than original yogurt.

<table>
<thead>
<tr>
<th>Yoplait Greek Vanilla Yogurt</th>
<th>Yoplait French Vanilla Original Yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrient Information:</td>
<td></td>
</tr>
<tr>
<td>Serving Size: 1 container</td>
<td>Serving Size: 1 container</td>
</tr>
<tr>
<td>Calories: 140</td>
<td>Calories: 150</td>
</tr>
<tr>
<td>Total Carbohydrates: 22 grams</td>
<td>Total Carbohydrates: 25 grams</td>
</tr>
<tr>
<td>Total Fat: 0 grams</td>
<td>Total Fat: 2 grams</td>
</tr>
<tr>
<td>Protein: 11 grams</td>
<td>Protein: 6 grams</td>
</tr>
</tbody>
</table>

Keep in mind that when choosing yogurt, not all are created (made) equal. Check out the yogurt inspired recipes below!

**Ghostly Yogurt-Dipped Bananas:**
1 container (5.3 oz.) Greek yogurt (any flavor)
2 firm ripe bananas
4 chocolate chips
8 mini chocolate chips

2. Peel bananas; cut each banana crosswise in half. Roll each banana half in yogurt. Refrigerate remaining yogurt until needed in next step.
3. Place bananas on cookie sheet. Freeze about 1 hour or until firm. Dip in yogurt again for a thicker coating. Garnish with chocolate chips for the mouth and mini chips for the eyes. Freeze about 1 hour or until firm.
4. Wrap each banana in plastic wrap or foil. Store in freezer.

**Southwest Taco Dip:**
2 cups fat-free plain yogurt
¼ cup reduced-fat mayonnaise or salad dressing
2 tablespoons taco seasoning mix
¼ cup chopped cilantro
2 tablespoons chopped green onions
2 tablespoons chopped tomato
Serve with: Pita chips, tortilla chips, or fresh vegetables

1. Mix first 5 ingredients. Top with chopped tomato. Serve with chips or vegetables for dipping.

The mission of the Green River District Medical Reserve Corps is to provide medical and non-medical support during emergencies, disasters, and public health initiatives throughout the year. Our purpose is to promote the health safety, wellness and preparedness of Green River District and its citizens.

For the second year in a row, GRDMRC was invited to participate and assist the ROMP music festival. The 12th annual ROMP Festival, (4 day event) is the Bluegrass and Americana music fest known for its stellar line-ups, friendly camping atmosphere, and easy access to artists. The event was June 24-27, 2015 in Owensboro, Kentucky. This initiative takes volunteers dedicated to working and helping our community. GRDMRC had 23 hardworking members give of themselves and put their skills to use.

GRDMRC had 76 patient contacts that kept our volunteers busy throughout the days. We worked each day from 12 pm until 8 pm in the evening. A new addition to our resources was the “Cool-Misting Fan”. This was a very popular item due to the summer heat. Crowd members were able to cool themselves and, we were also able to help a few pets/birds. ROMP event organizers were thrilled to have us on sight and assisting.

Overall, The GRDMRC worked as an effective unit during this music festival and contributed to our community needs with the utmost professionalism and skill!

-Jeff Rascoe
Did you know that SIDS is the leading cause of death in babies 1 month to 1 year of age and that an unsafe sleep environment is the number one most common risk factor for SIDS?

Although SIDS is not preventable, there are several things parents and caregivers can do to reduce the risk and make baby’s sleep environment the safest it can possibly be. Babies need to be placed on their backs at naptime, bedtime, every time!

Since the “Back to Sleep” campaign started in 1994, SIDS deaths decreased by 50%. Babies need to be alone in a crib at every sleep time. Share a room….not a bed, couch, recliner or other hazardous sleep surface; there is no such thing as “safe” co-sleeping!

The crib needs to be free of blankets, pillows, stuffed animals and bumper pads….anything that could pose a suffocation risk for the infant. The mattress needs to be firm and fit snugly with a tight, fitted sheet. The room temperature does not need to be too warm, if the temperature is comfortable for an adult, it will also be for a baby.

Women who receive regular prenatal care, do not smoke, drink or do drugs, dramatically reduce their baby’s risk of SIDS. Also, though not known why, infants who are exclusively breastfed for the first 6 months of life have a significantly lower risk of SIDS.

For those who have experienced the loss of a child, there are grief resources available; First Candle is for those who have lost a child to SIDS, stillbirths or miscarriages. Compassionate Friends is a support group for parents who have lost a child at any age.

Remember, safe sleep is as easy as ABC:

- Alone
- On their Backs
- In a safe Crib

For more information visit:
- www.sids.org
- www.firstcandle.org
- www.compassionatefriends.org

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**October is SIDS, Pregnancy and Infant Loss Awareness Month**

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**Oh Baby! Celebration**

*New Parents with children 0-6 months in age*

**Educational Exhibits * Prenatal & Newborn Care Tips**
**Door Prizes * Refreshments * Guest Speakers**

*This fun and educational event for new and expectant parents is sponsored and hosted by*
Daviess County Cooperative Extension Service
Green River District Health Department
Passport Health Plan
Owensboro Health
Humana—CareSource
Junior League of Owensboro

**September 24, 2015**
@ 5:00 p.m.
Healthpark
1006 Ford Avenue
Owensboro, KY
Call 270-685-8480 to register
October is Domestic Violence Awareness Month

Owensboro Area Spouse Abuse and Information Shelter - OASIS is the shelter and support services for our region. In 2013, they provided 3,702 individual counseling contacts and over 10,000 group counseling contacts.

Many people will ask why we should bother, the women return to the abuser or will not leave the abuser. (Since statistically this is an overwhelmingly woman victim crime the word woman is used, but men are also victims). There are many reasons women don’t leave including financial issues including not having access to a check or credit card or have a bank account. There is also fear of leaving – the most dangerous time for the woman is when she is trying to leave or has just left. Some victims are hopeful for change, some have been told it was their fault the person is abusive, some have were raised in homes where domestic violence occurred and think it’s normal. Some have lost their sense of self-worth due to the negative comments from the abuser. Some are threatened that the abuser will take the children from them because they are “crazy”. It often takes a woman five times before she can successfully leave the relationship.

In Building Stronger Families we have helped women who grew up going in and out of OASIS. They have grown up with moms who were victims and dads who hurt their moms. Their sense of trust has been demolished. They distrust the world and the people in it because they know that a person can show one side to the outside world and another side when in the intimacy of the home. We have to build a trusting relationship with them in order to teach them and this takes time.

If you checked any of the boxes above, you might be a victim of domestic violence.

For More information visit www.thehotline.org or call the National Domestic Abuse Hotline at 1-800-799-SAFE

If you are in immediate danger leave and Call 911!
I’ve been with GRDHD so many years that, if I told you the number, it would make it fairly easy to guess who I am! For most of my career here, I’ve been in the social worker field.

In my free time, I enjoy cooking for family and friends, a skill my Grandmother taught me years ago. If I grab a book to read, it is probably a John Grisham novel. My love for reading began as a child when my Granddaddy would read nursery rhymes, Little Golden Books, and Bible stories to me. What sweet memories I have of sitting on his lap!

My kitty cats are my children, of which I am the proud caregiver of three. However, I also claim my brother’s children as my own and went on a trip to Disney with all of them this past December. People would be surprised to know that I’m a big NASCAR fan! I follow Jeff Gordon, Jimmy Johnson and any of the Hendrix team.

Traveling is also one of my favorite pastimes. My goal is to visit all 50 states in the U.S. I’m over half way there! Who am I?

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

**This months featured program is First Steps.**

If you can donate, they are in need of gently used children’s books for ages 0-3 years and up. We like to give older siblings books too, when possible.

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.*

**New Documentation Available**

The 2015-2018 Community Health Improvement Plan is now available. Each county selected strategic initiatives addressing 2-4 of the following issues: obesity, substance abuse, access to care and teen issues.

Some counties opted to integrate a mental health aspect into their initiatives. With support from the Regional Health Council, the Green River District Health Department and other community partners, county health coalitions will develop specific goals, objectives and actions to implement over the next few years.

The 2015-2018 CHIP is available on the official documents drive and on our Website www.healthdepartment.org

If you have any questions please contact Carrie Conia.

We would like to welcome **Rosie McMichael (District Office)** to the Gazette Committee! We look forward to working with you.

If you are interested in joining the Gazette team please contact Shanni Jones for more information.

shanni.jones@grdhd.org
School days are back! We have all felt the pull of the local school systems as they begin a new school year. And for some of us that makes us remember our school days fondly and maybe even has us considering taking some classes. With the new Tuition Assistance Policies in place, GRDHD hopes to make that a reality for more staff who are interested in continuing their education.

The Board of Health approved Tuition Assistance policies and procedures in June, which allow staff who are currently furthering their education to apply for up to $1,000 per semester in assistance. See below for some of the highlights of Tuition Assistance:

- Regular full-time and Part-time 100 staff are eligible to apply, and that status must be maintained while taking courses
- Courses that can be considered are provided by an accredited college or university, correspondence school, vocational school or other training institution
- Courses that can be considered are related to the work of the agency and the employee’s current position or an agency position to which the employee can reasonably aspire
- Assistance is only granted for tuition, routine registration fees, laboratory and examination fees and required textbooks
- Assistance is paid back at the rate of one month of employment for one semester hour of tuition paid by the agency
- Evidence of satisfactory completion of the course (“C” for undergraduate and “B” for graduate) must be provided within 30 days following completion of the course

Anyone currently taking courses or considering going back to school should contact HR to get more information or just ask questions. We are happy to help!

Public Service Loan Forgiveness

For staff who have federal student loans, it may be worth your time to check into the Public Service Loan Forgiveness Program. This program is for employees in public service and offers various kinds of loan forgiveness including some limited parent loans.

For more information visit one of the following websites:


Employee Flu Shots

It’s almost time for flu shots! Vaccine will be available in September and you can get yours at any of the local health centers. All staff must either take the vaccination or sign a declination form and HR must have documentation.

Be sure to send your Influenza Vaccination form, or declination, in to HR. Thanks!
Congratulations to Mason Pennington from the District Office for winning the contest featured in the last issue of the Green River Gazette. Mason’s name was chosen from a random drawing of all entries. He was the lucky winner of a $5 Subway gift card.

See page 13 of this issue for your chance to win!

A few staff members decided to provide a few extra details for your enjoyment —

*My preference is A but I currently settle for B because I have a cat who will pull it off the roll if I leave it over! So count me as an over who is a current under.

*A: it’s the only way to go. Of course now at my house I have to put it under the sink to keep my mini human from unrolling the whole thing on the floor!

*A wise man once said—go over the bridge, not under it, if you want to stay dry!

The Great Toilet Paper Debate: The Results are in...

Drum roll please… Of the survey respondents 85% prefer their toilet paper to be OVER. While many staff members didn’t respond it seems that all surveys point in the same direction. In a 2010 survey titled “The Cottonelle Roll Poll” results showed that 72% of voters prefer the “over” method.

Wishing Molly Barnett a speedy recovery from intensive surgery. Molly is a 7th grade student at CVMS and the beautiful daughter of Season Barnett in the HANDS Programs.

Congratulations to Alysha Isbill (Daviess County Health Center) on her marriage to Robert Winkler on September 5, 2015!

THANK YOU! THANK YOU! THANK YOU!

My name is Melissa Shultzabarger. I have been working for Green River District/ Henderson County Health Dept. since 2006. When I was hired, almost 9 yrs. ago, I was going through radiation for breast cancer. My employer and coworker made it possible for me to learn a new job while doing treatments multiple days a week. On 1/11/15 I was in a serious car accident that left me without the use of my legs and now limited use (but getting better every day). On 7/21/15, the District not only welcomed me back to work but allowed room for accommodations I didn’t even realize I would need but have greatly appreciated. My coworkers have made my job easier which has made it possible for me to take the time I needed to heal and have helped me adjust to this hopefully temporary disability.

So, thank you all who donated time, sent cards and prayers. They were all greatly appreciated. From my start as a cancer patient and my current situation; my coworkers and the District have helped me so much and I am very grateful. The people I work for and with are GREAT!

Thank you, Melissa Shultzabarger
New Employees

Welcome to the GRDHD Team!

Sabrina Kirk
Local Health Nurse II-Float
Daviess County Health Center

Morgan Vandergriff
Family Support Worker I—Home Visitor
Daviess County HANDS

Nancy Wilson
Local Health Nurse II
District Office

Ethan Martin
Sr. Support Services Associate I—Clinic
Union County CAP

Shane Sample
Janitor
District Office

Get to know the other New Hires—Rosie McMichael, Brooke Reed and Susan Sommerfeldt and Jennifer Agner starting below.

Employees saying goodbye are featured on page 13.

Meet Brooke Reed!

Hello! My name is Brooke and I have recently joined Daviess County Home Health as a Senior Support Services Associate. After my internship at District Office I knew the Health Department was the place for me! I love it!

I grew up here in Owensboro and am an Apollo High School grad. I recently graduated from Western Kentucky University with a degree in Interdisciplinary Studies with an emphasis in Health. I plan to pursue my Master’s Degree in the Fall. I am engaged to be married in February 2016 and have a 2-year old son named Easton.

Meet Jennifer Agner

I’m very happy to be on board at Daviess, Henderson, and Hancock County working as a Family Nurse Practitioner. I chose nursing to help those in need and to improve the quality of life of individuals. Going off to college at Georgia, I briefly became a bulldog and earned my bachelor’s from the Medical College of Georgia. Missing family and friends, I came back to KY and started working in Lexington while studying for my master’s at Frontier Nursing University. As a proud Owensboro native, I was fortunate to move back to help improve the health of our community. I am most excited to share that I am engaged and will be getting married next September! In my down time, I enjoy staying active, traveling, and reading. I am pleased to be working with such a devoted group of individuals here at GRDHD.
Meet Rosie McMichael!

Hello everyone! My name is Rosie McMichael and I am the new Regional Health Council Coordinator here at Green River District Health Department.

I graduated from USI in 2014 with a degree in Health Services and a minor in Communication Studies. The decision to minor in a liberal arts concentration seemed odd to others, but I have always been a talker and love writing. During my senior year I was the Social Executive Chair for the student organization Communication Studies Connection where I planned social events to recruit new members and give existing members a place to socialize and get to know one another. It was a lot of hard work, but I enjoyed watching the group grow and improve. We were recognized as the Student Group of the Year by the National Communication Association last fall where our executive team traveled to the annual conference in Chicago to present and accept our award.

During my education, I also interned at the Southwestern Indiana Regional Council on Aging where I got my first taste of using health and communication to provide services to the community. I primarily worked with the Activity Center who provides free exercise classes, social events, and discounted lunches to senior and disabled adults in six counties in Indiana. It was an amazing experience that lead me to seek something similar for my career. I feel that GRDHD will be the perfect fit.

I was born and raised in Evansville, Indiana and currently live in Mount Vernon, Indiana with my husband Kenny and our two dogs Sebastian and Blair. It’s a bit of a commute, but I am excited to join a team making real change in the community. Kenny and I are expecting our first child on Christmas Day this year which we are very excited for! In my free time, I enjoy spending time with family (including my seven brothers and sisters) and my goddaughter Brooklyn. I also enjoy baking, watching cooking competition shows and doing anything crafty.

I’m happy to be a part of the GRDHD staff and look forward to getting to know everyone!

Meet Susan Sommerfeldt

Greetings to all at the GRDHD.

I joined the nursing crew at the Health Clinic on May 26.

I moved here from Kalamazoo (yes there really is a Kalamazoo!) Michigan in December 1993. A native Michiganian, I’m still getting used to the gosh awful humidity here. Of course, wearing parkas for July 4th isn’t a treat either in my home state.

I’ve had a variety of nursing and health education experiences since I graduated from Western Michigan University with a bachelors degree in public health education and 3 years later earning my RN degree. I’ve taught health education to elementary children as a school nurse, worked critical care float including burn units in Michigan, taught nursing students for seven years and most recently worked in hospice and home health.

Between those activities I had a daughter, Alissa, in 1994 and was a grateful stay at home mom for almost 10 years. Now that she’s a junior at Murray State, I’m an empty nester. Thankfully she has a GPS that occasionally directs her back to the ‘boro.

I enjoy taking my dog Reggie for walks in the moonlight, laughing hysterically with friends about anything and nothing, writing and “playing” in my yard. Fall is approaching and I’m totally pumped for my Green Bay Packers to start the football season. I’ve been to Lambeau Field in Green Bay but actually watching my team play there is pretty high on my bucket list.

Thanks so much for the warm welcome everyone!
For this issue of the Gazette we are going to do another poll...

Do you drink from the water fountains at your office?
A. Often
B. Sometimes
C. I drink bottled water
D. I don’t drink water

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 September 30th.

Saying Goodbye . . .
Jennifer Chappell, Daviess County HANDS
Kathy Cockrum, Daviess County Health Center
Mary Edge, Ohio County Health Center
Connie Nalley, District Office

WHO AM I?
I am Laura Bronn from Daviess County Health Center

Coming Soon…
9/23 First Day of Autumn
11/3 Election Day
11/11 Veterans Day
11/26 Thanksgiving
12/22 First Day of Winter
12/25 Christmas Day