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Kudos to You

A Big Kudos to Compassionate Care on receiving 2 nutrition service awards! (See page 5 for story)

Many thanks to Shannon Bartimus for helping with the Back to School Bash for Hancock County. - Carole Roberts

Kudos to Shanni Jones for getting thousands of consent copies ready for school health. We appreciate your hard work every year to get these done for us. - Anita Owens

A special thanks to Shanni Jones for her remarkable talent and creativity in developing posters for educational purposes throughout our region. They are simply awesome! - Angela Woosley

Kudos to Judy Payne for two weeks of numerous daily trips between the district building and Daviess County to maintain refrigerated vaccine while the Daviess County generator was being repaired. Thanks also to Mary Lee Ferrell and Gail Wigginton for their part in helping with vaccine transportation and inventory during that time. - Carrie Conia

Public Health Accreditation

Public Health Accreditation is currently a national voluntary program focused on improving and protecting the health of communities by advancing the quality and performance of public health departments. This is done through following a set of standards and benchmarks developed by the Public Health Accreditation Board (PHAB) by which performance is measured. An important step toward the accreditation process is that of Quality Improvement. The Green River District Health Department has taken on a number of Quality Improvement projects as we move toward Public Health Accreditation. There are a variety of QI Tools and Programs that are available to help agencies achieve QI and many of you have been involved in these projects. Some examples include:

LEAN Thinking—This actually evolved from “Lean Six Sigma”. All GRDHD staff were trained by the Owensboro Community Technical College during 2010 and we’ve had multiple departments utilize this process to look at improved efficiency. Two projects that are near completion include placing scanners in each health center and an evaluation of the school supplies. Other LEAN Projects in either the Initiation or Implementation Phase include a Daviess County Health Center Project and Human Resources Project.

An additional QI Tool is the use of PDSA (Plan, Do, Study/Check, Act). This process looks (Plan) at what you want to accomplish over a period of time and what you might do to get there, Doing what you planned, Checking the Results and Acting on the information. Both the Nursing staff and Environmental staff have conducted QI Article continued on page 2...
Is Eating Healthy Expensive?

You hear it all the time – I would eat better, but it costs too much. Maybe you have thought that yourself from time to time. Our health is too important to give into the idea that healthy eating is too costly. Here are some thoughts to help you not spend too much at the grocery but also to fill your cart with options that are beneficial for your health.

Fresh produce cost much less in season and is likely to be extra delicious. If you choose to purchase produce that is already cut or sliced the cost of that produce will be more than if you cut or slice the produce yourself. Buy local produce – not only for the cost savings but also to support a fellow community member. If we fill our plate with mostly fruits and vegetables you will see a drop in your grocery bill and it will benefit your health.

Many generic whole grain options can be purchased with the same nutrient benefits as a name brand. Cost savings can be found by purchasing the generics of whole wheat breads and pastas, brown rice and oatmeal.

Sodas add up not only in calories but also in cost – drinking water is easy on the wallet. Squeezing some lemon or lime into your water can boost the flavor.

We need protein, but Americans in general have a tendency to consume too much protein, especially from meat sources. Don’t forget that beans, eggs, nuts and peanut butter have protein also. Keep portion sizes of meat at 3 ounces and consume no more than 5-6 ounces of meat or meat alternatives a day. Canned tuna or salmon is a great staple to add to your pantry that can easily be added to a salad or pasta.

Ultimately our health and well being is an investment – we should aim to spend our money with our health in mind.

- Haley Fulkerson, RD, LD

…..Public Health Accreditation continued from page 1

Projects using the PDSA Cycle. One of the first QI projects that used PDSA looked at media use/involvement at GRDHD.

Another acronym you will hear as we move toward accreditation is Mobilizing for Action through Planning and Partnerships (MAPP). MAPP is a community wide strategic planning process for improving community health and strengthening the local public health system. This will give us a framework to help us prioritize public health issues, identify resources for addressing the public health issues and implement a health improvement plan.

You will be hearing more about Accreditation, Quality Improvement and the MAPP Process throughout the next several months. In addition, you may be asked to participate in one or more projects as we strive to strengthen GRDHD’s ability to anticipate and manage change in the upcoming years, strengthen partnerships and improve the public health infrastructure of our communities.

- Debbie
5-2-1 Almost None

I have been known to say that I operate best when I can keep things simple. Simple does not always translate into easy and in public health the language and use of acronyms sometimes get in the way of a simple message. Ah ha! I have found a simple public health message that is useful and can fit almost any age group. The message is: 5-2-1 Almost None, 5-2-1 Almost None. Yes, if you work at it, there is a rhythm in the message and a simple powerful reasoning to back up the numbers. Check out the message and its details, but remember to simplify 5-2-1 Almost None.

- Don Crask

Nemours Health and Prevention Services is committed to helping people understand the causes and implications of being at an unhealthy weight. 5-2-1 Almost None is our way to promote a healthier lifestyle for children and families. It’s as simple as following these suggestions and tips for healthier eating and physical activity:

**FRUITS AND VEGETABLES**

Five stands for five or more servings of fruits and vegetables per day. Fruits and vegetables are packed with disease-fighting nutrients and give you energy, naturally.

- Serve at least one fruit or vegetable at every meal and snack.
- Try all the different colors.
- Dip veggies in low-fat dressing. Tack them in whole wheat pita.
- Toss some on your pizza.
- Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.

**HOURS OF SCREEN TIME**

Two stands for no more than two hours per day in front of a screen (TV, video games, and recreational computer time). A number of studies show a correlation between watching television and obesity.

- Be a role model — limit your own screen time. Play, take a walk, or cook with your kids instead.
- Keep the TV in a central location and out of your child’s bedroom.
- Turn off the TV during dinner and take time to talk about your day.

**HOUR OF PHYSICAL ACTIVITY**

One means at least one hour of physical activity per day. Physical activity, especially when it gets the heart pumping faster, is vital to maintaining a healthy weight and overall good health. Kids who are raised in active families tend to stay active as adults.

- Plan one physical activity for the family each weekend. Let each child take turns choosing the activity.
- There are lots of ways to be active — walking, dancing, gardening, and raking leaves can all get your heart pumping.
- 10 minutes here, 10 minutes there — and before you know it, you’ve been moving your body for an hour.

**SUGAR DRINKS**

Almost None refers to almost no sugary beverages—no more than two servings per week of soft drinks, sports drinks, and fruit drinks that are not 100% fruit juice. Over the last few decades, soda consumption has doubled for girls, tripled for boys.

- Choose water. Add a lemon or lime wedge or a splash of juice for flavor.
- Drink water, milk, and juices yourself. Your children learn by watching you.
- Avoid bringing sodas and sports drinks home. If it’s there, the kids will drink it.
Changes within American Red Cross

As with many organizations, money and budgetary issues are causing some difficult decisions to be made and American Red Cross is one of those organizations. With the recent resignation of Evelyn McCarty (Director of Emergency Services for the Big Rivers and Cardinal Chapters), national level ARC decided to make some significant changes.

Six of our counties: Daviess, Hancock, Henderson, McLean, Union and Webster counties will now be merging into Western Kentucky Territory and will now include counties in Indiana such as Perry and Spencer. All of the emergency response supplies will be coming out of Evansville. The Evansville chapter is growing from 16 counties to coverage of 33 counties. Margaret Hibbs and I were able to meet with several leaders within ARC and were introduced to Mindy Morrow who is now ultimately over this newly formed Western Kentucky Territory. This regional concept is new and “bugs” are still being worked out. Margaret and I really rallied to have Ohio County come under this new territory – currently Ohio County is served by the Louisville based chapter of ARC. ARC offices in Owensboro and Henderson will still be in existence.

Susan Sauls has given her notice and will be completing her term with ARC as the Director in mid-September. Susan will be accepting work in the AmeriCorps program.

Evelyn McCarty is moving to work for Daviess County Emergency Management under the auspices of AmeriCorps. We wish both of them well in their new endeavors, but they will be sorely missed from ARC.

- Angela Woosley

Signs are coming to the Health Centers!

What??? I’m not talking about the Mel Gibson movie, but portable display signage. With money garnered from the regional healthcare partnership, GRDHD will be able to place signage throughout the health centers. These signs will be displayed where the public may see them and will include brochures – up to four types, and then a poster. Thanks to the amazing talents of Shanni Jones, several posters have already been created so that the health centers have many to choose from for a variety of health messages.

Keep in mind if you are planning an event, want to convey a health message, share a health tip, this may be an easy and effective way to assist you in your efforts. Each health center is also being provided a storage folder for the safe keeping of posters created.

Thanks to everyone for their assistance in making this project happen!

Keep Smiling! - Angela Woosley
COMPASSIONATE CARE RECEIVES NUTRITION PROGRAM AWARDS

Compassionate Care Adult Day Health Center has been in operation since 1990. It was originally located in a small building across from the old Daviess County Health Department but is now in the south end of the new Health Department building. Compassionate Care provides services for adults age 21 and older who are physically impaired, socially isolated, mentally confused and/or unable to be left alone and unsupervised during the day. Services include group and individual activities, exercise, socialization, recreation, nutritious meals and health care monitoring. Compassionate Care currently has clients ranging in age from 22 to 95 years old. Staff members are Sandy Barbour, Pam Brasher, Theresa Wilson, and Terri Myatt.

Compassionate Care Adult Day Health Center was recently presented awards for “Excellent Administrative Review” and “Excellent Application” by the Child and Adult Care Food Program (CACFP). The CACFP is a nutrition education and meal reimbursement program that provides nutritious and safely prepared meals to children and adults in daycare settings.

On April 29, 2011 Compassionate Care received an administrative review of all aspects of CACFP operations, including training, approval documentation, monitor reviews, income applications and verification, civil rights, financial management, sanitation, menus and proper maintenance of production records. At the exit interview the staff was commended for excellent administration of all areas reviewed.

Department News - Daviess County

DAVIESS COUNTY employees Caught In the Act AGAIN!

Lisa Lyons was the winner of a $5.00 Subway gift card in July for being caught in the act of positivity. Lisa was nominated for being friendly and taking the time to explain services to a patient.

Others caught in the act of positivity in July were as follows:
1. Mary Lee Ferrell
2. Alana Taylor
3. Cynthia Fulkerson
4. Angie Bindert

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

Question: What does MITOC stand for?

Answer: Mobile Information Telecom Operations Center

See Page 16 of this issue for your chance to win a Subway gift card!!
September is Preparedness Month, How Prepared are YOU?

The Preparedness team in GRDHD constantly teaches the need to plan for yourself and your loved ones during all-hazards that could happen in our communities. Unfortunately, many people still do not heed the message and plan accordingly. Every year, at this same time, the Preparedness team tries to address this topic with each employee while attempting to make this learning experience fun! Be on the look-out for games and PRIZES!

This year, we thought that perhaps addressing a hazard that happens frequently: Home Fires would grab your attention. Statistics show that in the U.S. property losses from all natural disasters combined (floods, hurricanes, tornadoes, earthquakes, etc.) average a fraction of the losses from fire.

There are considered FIVE Impacts of FIRE:

♦ **Economic Impact**—where the fire can be seen in loss of homes or places of employment.

♦ **Organizational Impact**—when an incident occurs resulting in a substantial structural loss, serious injury, or death, emergency service can be affected (morale, recruitment, cost).

♦ **Legal Impact**—any type of incident can generate civil litigation. Regardless of the underlying reason, litigation results in substantial financial costs and time lost by both parties.

♦ **Psychological Impact**—nearly every fire has psychological effect on the burned, family and friends of those touched, injured or killed, property owners, tenants, department members and the community-at-large.

♦ **Political Impact**—where loss of jobs, reduction in the tax base, increase in insurance costs and deterioration of areas and neighborhoods.

As I’ve said before, “it takes time to respond”. Firemen do their best, but fire spreads with amazing speed. You only have 2 to 3 minutes to extinguish a fire before it grows out of control! It takes time to reach 911 and dispatch the fire department. Distance, traffic, rain, snow and ice are all factors which can slow the arrival of help. Also, 80% of all firemen are volunteers, each of whom must first be contacted and then travel from their locations (home, work, etc.) to the scene of the fire. All of this takes time, which adds up quickly.

**FACTS:**

♦ A home fire doubles in size every minute.

♦ In 3-4 minutes an entire home may be engulfed with fire.

♦ Within 5-10 minutes a mobile home can burn to the ground.

♦ 4-20 minutes is the average range of response times.

♦ Every 18 seconds, a fire department responds to a fire somewhere in the United States.

♦ Fire is the third leading cause of accidental death in the home; at least 80% of all fire deaths occur in residences.

♦ Direct property loss due to fires is estimated at $8.6 billion annually.

♦ Cooking is the leading cause of home fires in the U.S. It is also the leading cause of home fire injuries.

♦ Careless smoking is the leading cause of fire deaths.

♦ Heating is the second leading cause of residential fires and the second leading cause of fire deaths.

♦ Arson is both the third leading cause of residential fires and residential fire deaths.

Only one-fifth to one-fourth of households (23%) have actually developed and practiced a home fire escape plan to ensure they could escape quickly and safely.

*Preparedness article continued on next page….*
Who is at risk?
♦ Senior citizens 70 and over and children under the age of 5 have the greatest risk of fire death.
♦ The fire death risk among seniors is more than double the average population.
♦ The fire death risk for children under 5 is nearly double the risk of the average population.

Statistically only 8% of people polled said their first thought on hearing a smoke alarm would be to get out! Smoke detectors are a proven way to dramatically increase a person's chance of surviving a fire. Approximately 88% of U.S. homes have at least one smoke alarm. However, these alarms are not always properly maintained and as a result might not work in an emergency. It is estimated that over 40% of residential fires and three-fifths of residential fatalities occur in homes with no smoke alarms.

SMOKE ALARMS AND CARBON MONOXIDE DETECTORS
- Install smoke alarms. Properly working smoke alarms decrease your chances of dying in a fire by half.
- Place smoke alarms on every level of your residence, including the basement.
- Install a working carbon monoxide detector in the common area of the bedrooms.
- Test and clean smoke alarms once a month and replace batteries at least once a year. Replace smoke alarms once every 10 years.

In order to protect yourself, it is important to understand the basic characteristics of fire.
♦ Fire is FAST. In just two minutes, a fire can become life-threatening.
♦ Fire is DARK. Fire produces gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.
♦ Fire is HOT. Heat and smoke from fire can be more dangerous than the flames. Inhaling the superhot air can sear your lungs.

Steps to Survival:
♦ Have a home fire escape plan and practice it!
♦ Have working smoke alarms and carbon monoxide alarms.
♦ Have a safe meeting place outside the home - a spot that everyone in the household knows to go to in event of a fire. This lets you know that everyone got out safely.
♦ Be aware of home fire hazards; including cooking and candle use.

If You Have Children!
The best way to ensure that your children will wake and know what to do in case of a fire after they are asleep is to practice a fire drill at home. Children practice fire drills at school all the time – but statistics show that school is not where they are at risk. At home, where they feel safest, is where children are at risk. After the children are used to practicing a fire drill during the day, start practicing a fire drill at night. Over time, this can “train their brain” to recognize the sound of a smoke alarm even in a deeper stage of sleep.

If your clothes catch on fire, you should:
♦ Stop, drop, and roll until the fire is extinguished.
♦ DO NOT PANIC!

FIRE SAFETY IS YOUR PERSONAL RESPONSIBILITY, ACT ACCORDINGLY!
For more information, visit: www.usfa.dhs.gov or contact a member of the Preparedness team.
- Angela Woosley
**“Operation Shoebox”**

**September 11th Day of Service and Remembrance**

Green River District Health Department Medical Reserve Corps
Giving U.S. Soldiers a Taste of Home – Donate Today!!!!!

Beginning in 2002, family members who lost loved ones in the September 11, 2001 terrorist attacks began to seek a forward-looking tribute to honor the sacrifice of those who were lost and pay tribute to those who rose in service in response to the tragedy. Family members wanted to provide a productive and respectful way to honor those who perished and rekindle the spirit of unity and compassion that swept our nation after 9/11 and to help meet the challenges we face today.

As a way of paying tribute to the victims and heroes of 9/11 and remembering the remarkable way that so many rose up in unity and service following the attacks, The Green River District Health Department Medical Reserve Corps encourages you to help us support those efforts by donating to **“Operation Shoebox”**.

Operation Shoebox is a drive to raise donated items that will be used to put together “U.S. TROOP CARE PACKAGES” that will be sent to U.S Troops in September 2011. As you can see from our list on page 9, these packages will include toiletry articles, food items and fun objects for entertainment. We hope this operation will provide some comforts, show our love and support and give our soldiers a small taste of home.

If you are interested in making a donation you may purchase the listed items or complete an entire package and drop your “Shoebox” off. If you prefer, you can make a $15 donation which will cover the cost of postage to mail the package. If you have any questions please contact Margaret Hibbs, Preparedness Planner and MRC Coordinator at 686-7747 ext 3005. All donated items need to be at the Green River District Health Department by September 8, 2011.

The next stop for your donation(s) will be into the hands of a soldier longing for home.

*Please see a list of requested items on page 9. Any/All Cash donations will be used for postage only. Thank you for your generosity!*

The Green River District Health Department Medical Reserve Corps is a group of trained volunteers who assist Public Health with various duties to assist victims in the event of disasters but also to assist with the public health initiative and ongoing community health outreach and education efforts. We will provide all training needed to individuals who want to make a difference. All types of volunteers are needed:

- Practicing, retired, or otherwise employed medical professionals:
  - Doctors
  - Nurses
  - Dentists
  - Emergency Medical Technicians
  - Pharmacists
  - Nurses Assistants
  - Public Health Professional
  - Veterinarians
  - Mental Health Professional

- Community Members/Professionals retired or otherwise employed
  - Emergency Professionals
  - Special Need Assistants
  - Office and Clerical
  - Food Staff
  - Data Entry
  - Supply Clerk
  - Clergymen
Troops have little storage and must carry 50 lb + in gear. The smaller the items the better. THINK CAMPING! We will be using the U.S. Post Office Flat Rate Priority Boxes to send Care Packages. The box is approximately 8 ½” x 11” x 5” deep.

### MISCELLANEOUS ITEMS
- MAG Lite (Flashlight), Bulbs and Batteries
- Insect Repellent (Deet) (Pump Action or Towelettes)
- Hand Warmers
- Ball Caps/Hats
- Writing Paper, Envelopes, Pens
- Games and Puzzles (Hand Held)
  - (No Pornographic Materials)
- DVD’s and CD’s (Movies and Music)
- Hand/Foot Warmers

### PERSONAL CARE ITEMS
- Baby Wipes
  - (Used for bathing in lieu of showers)
- Laundry Soap
  - (Small Single-Load Packs, Trial Sizes, or 'Tablets')
- Liquid, Bar, or Waterless Soap
- Shampoo, Conditioner
- Lotion (Tube Only) (For rough, dry skin)
- Sunblock, Aloe Vera Hand Sanitizer
- Liquid Body Wash (Used also for shaving)
- Deodorant (Roll-On or Gel Only)
- Shaving Cream (Non-Aerosol Only)
- Eye Drops (Relieves irritation from sand)
- Saline Spray/Drops
  - (Sensitive nasal passages)
- Kleenex (Individual Packs)
- Toilet Paper (1” x 4”)
- Q-Tips (Travel Packs)
- (Used to clean ears and guns)
- Feminine Hygiene Products, Tampax
- Disposable Razors (2-5 Pack)
- Baby Powder, Foot Powder
  - (Used on body and in boots to keep dry)
- Dr. Scholls Moleskin (Pads for sore feet)
- Blistex, Vaseline, Carmex (Squeeze Tube)
- Toothpaste, Toothbrush
- Mouthwash
- Dental Floss/Picks

### FOOD ITEMS
- Travel Sizes Only, No Aerosols, No Pork, and Nothing That Will Melt
- PLEASE WATCH FOR FOOD EXPIRATION DATES AS WE CAN NOT SEND FOOD ITEMS THAT HAVE EXPIRED DATES
- Chips - Doritos, Pringles, Corn and Potato Snacks
  - (2-3 oz. Plastic Containers or Individual Snack Packs)
- Dips (9 oz. Plastic Containers or Cans)
- Trail Mix, Poppycock, Butter Toffee (Popcorn)
  - (7-8 oz. Snack Packs)
- Crackers, Cookies, Power Bars
  - (12 oz. or Individual Snack Packs)
- (Cheese and Crackers, Peanut Butter & Crackers)
- Cereal (Individual Boxes or Plastic Cups)
- Cheese (Plastic Squeeze Container)
- Fruit and Nuts
  - (6-8 oz. Dried or Canned Snack Packs)
  - (Apricots, Bananas, Cherries, Mixed Fruit, Peaches, Pineapple, Raisins)
- Pudding, Jell-O
  - (Squeeze Tube or Snack Packs)
- Soups (15 oz. Plastic Containers)
  - (Campbell’s Soup at Hand)
- Lasagna, Ravioli, Spaghetti, Mac & Cheese, Chili, Beef Stew, Chicken n’ Dumplings, Noodles & Chicken
  - (7-15 oz. Plastic Containers)
  - (Chef Boyardee/Nalleys)
- Chicken, Turkey, Salmon, Tuna
  - (7 oz. Easy Open Packs)
  - (Chicken of the Sea/Bumble Bee)
- Tea, Coffee, Hot Chocolate, Apple Cider, Powdered Drinks
  - (Individual Servings)
  - (Chrystal Light, Kool Aid, Country Time, Smuckers, Capri Sun)
- Spices (Sweet, Sour, Spicy, etc. - Tabasco, Season Salt, Sugar (Packs) & Creamers)
  - (MRE’s – (Meals Ready to Eat) become bland (boring) over time and need flavoring)
- Beef Jerky
- Gum, Lifesavers, Hard Candy
September is a month for training and travel. Staff will be attending 5 days worth of training. We learn some new information, refresh what we know…but it is hard to sit when you want to be out making visits to families.

We recently closed another case….and it was a huge success story. This is a family with three children living at home, but only one under 18. The teenager was having behavior problems in school and during a Department of Protection and Permanency investigation, environmental concerns were also found. In layman’s terms, this means a dirty house. The garage was packed with garbage so full no car could be put in it. The home had dirty surfaces of food, plates and cups that had been sitting for days, dirty floors…you get the picture. By the time we arrived to enroll the family, the interior of the home was much cleaner. Mom described their family life as staying home in the house. They were ashamed to go places. Mom told us that dad drank 12 beers every night. She said he didn’t drink and drive any more or go to bars, so this was an improvement. She said once he got to the 9th beer, he could get sarcastic, so they would go to their rooms and avoid dad. The home visitor worked tirelessly with the family. Dad began going to AA and earned a 30 day chip. He “fell off the wagon” once on day 53, but began abstaining again. The family began to interact in more positive ways. They began to do family outings in the community and the interior of the home stayed much cleaner. The family completed the Active Parenting curriculum and was closed. Mom was much happier with her life and family, and the family functioning scores improved dramatically during their 5 months in the program.

One reason home visitors make such a positive improvement in lives is they help the families see that there is hope. Giving a person hope of a better future allows the individual to see that change is possible. Home visitors help families see that there is another way. Having a personal coach that encourages the individual also helps the person change and maintain the changes. We give families the tools to make their lives a little easier.

- Linda Wahl

KY Suspicious Activity Reporting System Goes Live

The Kentucky Office of Homeland Security’s (KOHS) Fusion Center has announced that a new Suspicious Activity Reporting System (SARS) is now operational. It can be accessed at the KY Office of Homeland Security’s website, http://homelandsecurity.ky.gov/sar or via the reporting “button” on the HSIN-KY home page.

Suspicious activity is human action logically indicating the possibility of an immediate or a near-future unsafe event. Suspicious item is any article or "thing" that reasonably could become harmful to others, therefore meriting professional inspection and disposition. Of course, emergency situations and criminal activity that requires immediate attention should be reported to law enforcement first by dialing 911.

KOHS encourages partner agencies to spread the word to the citizens, public and private sector organizations and operations to be aware of their surroundings and report suspicious activity to the Kentucky Fusion Center.

This program compliments the "Eyes and Ears on Kentucky" anonymous telephone tipline (1-866-EY-ON-KY), and the iPhone App that will allow you to capture your location information, and send a report quickly from your iPhone device.

SARS link: https://secure.kentucky.gov/homelandsecurity/sar/
Eyes and Ears: http://homelandsecurity.ky.gov/eyeonky.htm
Eyes and Ears iPhone App: http://itunes.apple.com/app/eyes-and-ears-on-kentucky/id422703420?mt=8
Lean Thinking Updates

At GRDHD, Lean is broken into three basic phases: Initiation, Implementation and Evaluation. This differs slightly from the traditional five phases of Lean Six Sigma—Define, Measure, Analyze, Improve and Control (DMAIC)—by encompassing multiple Six Sigma phases or portions of each into all aspects of the Lean process. Keep in mind that Lean is a cycle of moving between and through each of the phases as needed. All staff has an active role in each of the three phases. For a detailed list of phase tasks and roles, please see “Lean Thinking Phases” on the common drive in the Lean Thinking Folder.

1) **Initiation (includes Six Sigma phases: define, measure, analyze)**
   a. Identify and select the process area
   b. Assess current state
   c. Establish goals

2) **Implementation (includes Six Sigma phases: measure, analyze, improve, control)**
   a. Launch modifications
   b. Document adjustments
   c. Institute standards

3) **Evaluation (includes Six Sigma phases: define, measure, analyze, improve, control)**
   a. Review successes
   b. Amend processes
   c. Target additional objectives

**Examples of current status of GRDHD Lean Projects:**
Daviess County Clinic- Phase II (Implementation)
Health Center Scanners – Phase III (Evaluation)
Human Resources – Phase I (Initiation)
School Health Supply – Phase II (Implementation)

**Examples of current status of Program Specific “Lean” Projects:**
BSF Forms and BSF Home Visiting – Phases III (Evaluation) and I (Initiation)
Daviess County Office and Form Supplies – Phase I (Initiation)
HANDS electronic charting and communication – Phases II (Implementation) and III (Evaluation)
Preparedness MRC Administration – Phase III (Evaluation)

**TECH TIPS**

The I.S. Dept. will be rolling out a new Helpdesk application soon. This new software will allow staff to click on a link on the GRDHD website and submit a “trouble ticket” for any technical problems they need assistance with. Staff will receive an automated email letting them know the ticket has been received. Staff will also be able to follow the progress of the repair and track tickets submitted in the past by creating their own account on the system.
When I’m an Old Lady

When I'm an old lady, I'll live with each kid,  
And bring so much happiness... just as they did.  
I want to pay back all the joy they've provided.  
Returning each deed! Oh, they'll be so excited!  
When I'm an old lady and live with my kids.

I'll write on the walls with reds, whites and blues,  
And I'll bounce on the furniture wearing my shoes. I'll drink  
from the carton and then leave it out. I'll stuff all the  
toilets and oh, how they'll shout! When I'm an  
old lady and live with my kids.

When they're on the phone and just out of  
reach, I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then shake  
their head, When I'm an old lady and live with  
my kids.

When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat,  
I'll gag on my okra, spill milk on the table,  
And when they get angry... I'll run if I'm able!  
When I'm an old lady and live with my kids.

I'll sit close to the TV, through channels I'll click,  
I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,  
I'll thank God in prayer and then close my  
eyes. My kids will look down with a smile  
slowly creeping, And say with a groan,  
"She's so sweet when she's sleeping!"

- Author Unknown

A Message from Denise Brinkley

I would like to take this time to thank everyone who helped me celebrate my retirement. Thank you for all the cards, emails, FB postings, gifts, and phone calls. Retirement is great! I really don't know how I found the time to work... Thank you also for the Crystal Bowl I received from the District Office. It is beautiful and I have just place for it. It has been privilege to work with such a great group of people. I am truly Blessed with great friends. As Angela Woosley always says, "Keep Smiling"         - Denise Brinkley

When I'm an Old Lady

Dear Staff:
The United Way 2012 campaign is quickly coming to an end. So far, we have received 42 pledges for a total of $5,626. There is still time to get your form in before the drawings.

Drawings are for:

- $100 for all who pledge $2 or more
- $75 whole group drawing
- $50 for all new members
- $15- have a nice lunch drawing
- $10- have a nice breakfast drawing

Your dollars can be pledged to any county, agency; however you want the money to be used. All pledges are valuable. When added together, they make a positive impact on our community.

-Linda Wahl
New Employees
Welcome to the GRDHD Team!

Catherine Kellen
Local Health Nurse II
Henderson County Schools 7/11

Elcie Meteus
Home Health Aide
Daviess County Home Health 7/11

Brittany Stone
Family Support Worker/Home Visitor
Union County HANDS 7/11

Vickie Bush
Advanced Practice Registered Nurse (FP)
Daviess County Health Center 7/25

Tonya Castlen
Sr. Support Services Associate II - Clinic
Daviess County Health Center 7/25

Lora Ray
Local Health Nurse II
School Health 7/25

Jessica Austin
Epidemiologist
District Office 8/8

Angela Bumpus
Local Health Nurse II
McLean County Schools 8/8

Doris Pruitt
Sr. Support Services Associate I - Clinic
Henderson County Health Center 8/8

Focusing on Employees

Our condolences to Mary Crowe (Hancock County) on the loss of her mother.

Our sympathy to Tim Young on the loss of his mother in June 2011.

Condolences to Mary Boyer on the loss of her father in February 2011.

Deborah Turner, Webster County Schools
Tara Ashby, Daviess County Home Health
Denise Brinkley, Union County Health Center
Jennifer Rickard, Daviess County HANDS
TeAra Albin, Ohio County Schools
Cristin Whitaker, Daviess County HANDS

Our condolences to Mary Crowe (Hancock County) on the loss of her mother.
Policies & Procedures

Finance - Cell phone or travel expenses incurred prior to June 30, 2011 must be submitted to Finance for payment by September 15, 2011. No expenses incurred prior to 6-30-11 will be paid after the September deadline.

Vehicles: Please submit all fleet vehicle documentation to the district receptionist. Completed mileage logs are to be submitted at the end of each month. Vehicle service documentation, receipts, invoices and inspections are to be promptly submitted when services are performed. You can scan and email these items to the district receptionist (receptionist@grdh.org).

Shredding: Effective mid-August, health center shredding services are provided by Cintas according to the following schedule. If you need a toter picked up prior to your scheduled time, please contact Laurie Heddleson (laurie.heddleson@grdh.org).

<table>
<thead>
<tr>
<th>County</th>
<th>Totes Per Month/Quarter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daviess County</td>
<td>4 totes picked up monthly</td>
</tr>
<tr>
<td>Webster County</td>
<td>2 totes picked up quarterly</td>
</tr>
<tr>
<td>Hancock County</td>
<td>2 totes picked up quarterly</td>
</tr>
<tr>
<td>Ohio County</td>
<td>2 totes picked up monthly</td>
</tr>
<tr>
<td>District Office</td>
<td>2 totes picked up monthly</td>
</tr>
<tr>
<td>Henderson County</td>
<td>2 totes picked up monthly</td>
</tr>
<tr>
<td>McLean County</td>
<td>2 totes picked up quarterly</td>
</tr>
<tr>
<td>Union County</td>
<td>2 totes picked up quarterly</td>
</tr>
</tbody>
</table>

HR - Several Policies, Procedures and Protocols have been revised recently. Please be sure to review these at your earliest convenience.


Series 400 Safety and Health Manual: Office Documents drive in the Safety and Health Manual Folder

Insurance: Open Enrollment for health insurance will begin on Monday, October 10th and end at midnight on Friday, October 28th, 2011.

This year, Open Enrollment will be a PASSIVE ENROLLMENT. This means members need to re-enroll only if they wish to make changes to their existing health insurance plan or Health Reimbursement Account (HRA). If an election is not received during Open Enrollment, all 2011 health insurance plans, including Waiver HRAs, will rollover to 2012. Although this is a passive enrollment, all members must continue to enroll each year in their healthcare and/or dependent care Flexible Spending Accounts (FSA). Existing FSA elections will not rollover to 2012. More information on any possible plan & rate changes and other benefit plans will become available after September 20th. Please contact Human Resources if you have any questions.
Policies & Procedures

Program Booklets: A new version of the GRDHD Program Booklet is available on the common drive & through our website. If you need printed copies for events, contact Janet Daniel at janet.daniel@grdhd.org.

I.S. - Starting September 1, 2011 the I.S. Department will again offer in-house training on several subjects. They are as follows:

- Basic Computer Operations • MS Word • MS Access • MS Excel • Using Social Media

Jim Mattingly will be conducting the majority of the classes. The classes will average 3-4 hours in length including a break and will start at 8:30 a.m. You must have supervisory approval to take a class; i.e., your supervisor must email approval to the “support” email account.

The Social Media class will be open to Program Managers and Supervisors only. Supervisors, if you have new staff please know the Basic Computer Class covers the basics plus an overview of the GRDHD Network, using email, the various logins, accessing drive shares and other Agency resources and using encrypted flash drives. You may want to send new staff to this class within the first few weeks of hire. A schedule of classes is posted on the Employee Services page of the GRDHD website. Please submit requests and questions to: support@grdhd.org

**Owensboro / Daviess County Animal Rabies Clinic**

| DATE: | September 28, 2011 |
| TIME: | 8:00 AM to 5:00 PM |
| PLACE: | Wills Animal Hospital |
| | 3030 New Hartford Rd |
| | Owensboro, KY 42303 |

Rabies vaccinations will cost $5.00 per animal (cats, dogs, and ferrets only)

Please have your pet on a leash and/or in a carrier. All animals will be expected to be under control.

Questions please contact: Green River District Health Dept. 1600 Breckenridge St. Owensboro, KY 42303

Contact person: Melissa Schoaff 270-852-5571

Registration Deadline is 9/14
Please contact Melissa Schoaff for a registration form or for more information 686-7744 x2084

5K Walk/Run Race Event
September 17, 2011
7:00 am

Tail Waggin’ for World Rabies Day
In the News

Fox 7-AM Evansville

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

- **Amy Brown** - Head Lice 8/25/2011
- **Mary Fuqua** - First Steps 8/18/2011
- **Nancy Walker** - Charity Golf Scramble 8/11/2011
- **Don Crask** - Childhood Obesity 8/4/2011
- **Merritt Bates Thomas** - World Breastfeeding Week/Prenatal Health 7/28/2011
- **Tiffany Nalley** - New Vaccination Requirements 7/21/2011
- **Don Crask** - Health & Fitness Classic 7/7/2011
- **Merritt Bates Thomas** - Farmer’s Markets 6/30/211

HANDS Building Blocks

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

**Sara Murphy**, Family Support Worker/Home Visitor, Daviess County HANDS

- Literacy and Children 8/16/11
- Preparing for the First Day of School 8/9/2011
- Verbal and Non-Verbal Communication 8/2/2011
- Creative Arts Project 7/26/2011
- Building your Child’s Self Esteem 7/19/2011
- Sibling Rivalry 7/12/2011
- Child Stimulation 7/5/2011

To view these messages and more visit our media archive link at [www.healthdepartment.org](http://www.healthdepartment.org)

Announcements

Don’t forget the deadline for donations for Operation Shoebox” is Thursday, September 8th.

Registration deadline for the World Rabies Day Walk/Run is 9/14. Contact Melissa Schoaff for details.

Attitude is a little thing that makes a big difference.

~Winston Churchill

You could win a Subway Gift Card!

CONTEST question:
What percent of all fire deaths occur in homes?
(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.

September 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>Supervisors Meeting 8-12, Henderson</td>
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<tr>
<td>5</td>
<td>Labor Day Holiday</td>
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<tr>
<td>4-10</td>
<td>Suicide Prevention Week</td>
</tr>
<tr>
<td>14</td>
<td>Managers Meeting 8:30-11:30, District Office</td>
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<tr>
<td>22</td>
<td>Senior Mgmt Meeting 8:30-12 District Office</td>
</tr>
<tr>
<td>28</td>
<td>World Rabies Day</td>
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October 2011

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>7</td>
<td>Supervisors Meeting 8-2, District Office</td>
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<tr>
<td>7</td>
<td>ARNP Meeting 8-11, District Office</td>
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<tr>
<td>12</td>
<td>Managers Meeting 8:30-11:30, District Office</td>
</tr>
<tr>
<td>20</td>
<td>Senior Mgmt Meeting 8:30-12, District Office</td>
</tr>
<tr>
<td>25</td>
<td>S. Health Nurses Mtg 8:30-12:30, District Office</td>
</tr>
<tr>
<td>26</td>
<td>S. Health Clinical Assistants 8:30-12:30, District Office</td>
</tr>
<tr>
<td>26</td>
<td>ARNP Meeting 8-11; District Office</td>
</tr>
</tbody>
</table>

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

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