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KUDOS TO YOU!

Many thanks to Laurie Heddleson for compiling monthly reports for a special Grant project over the past year. I appreciate your help and expertise. Thank you, Laurie!

- Suzanne Craig

From all of us here in Henderson County we would like to say thank you to our HR department for remembering our birthdays! Little things like this mean a lot!

- Laurie Wilson

A huge thank you to Sheri Clark for going above and beyond in working to find us the best possible price for dental books to be used in collaboration between HANDS & the Oral Health Innovations Project grant. Not only did we receive the ordered books, some free books were sent as well!

- Suzanne Craig & Lisa Stanley

UPDATE: CHIP FORUM

Key health leaders and individuals from across the district gathered on Monday, March 6 for the Annual Community Health Improvement Plan Update. The event was held at Owensboro Health Regional Hospital to celebrate progress toward the strategic initiatives selected in each of the seven counties. Ben Chandler, President and CEO of the Foundation for a Healthy Kentucky, spoke about state level efforts to improve health which align directly with the four issues (obesity, access to care, teen issues and tobacco/substance abuse) selected in the Green River District. Presentations were provided on the Health Status and Impact of Climate Change on the Health Status of the Region. The Green River Regional Health Council (GRRHC), with the input of the local health coalitions, chose Tobacco as the Regional Health Initiative focus for 2017. This initiative strives for local policy changes in workplaces, schools and the community; promotion of tobacco cessation programs, provision of resources and education to the citizens in the region. Work toward this initiative and plans for the 2017 Regional Health Initiative and Next Steps for the 2018 Community Health Assessment and Community Health Improvement Plan were also shared. More information about the CHA/CHIP is available on the official documents drive and the Community Health Plans section of the website.

To view the forum presentations, please visit https://www.facebook.com/greenriver.district/videos/1258555264198986/ (Or find the facebook link on our website healthdepartment.org)

- Submitted by Carrie Conia
## COUNTY NEWS

**Daviess County:** Immunization audit went well. Daviess is currently in the process of moving a refrigerator and vaccines due to some possible issues. We have a new nurse, Jaclyn Palmer. She will be doing some training with Jenny Hagan. Jacinta Powers is a new nurse that will be working with refugees at Daviess County and will be taking over the TB program case management. There has been a hold on new refugees entering the country due to the Presidential order.

**District Office:** No News to Report

**Hancock County:** Immunization audit went well with a 100%. Office is doing well.

**Henderson County:** No News to Report

**McLean County:** WIC Audit went well. Back to School Blitz planning will soon be in the works.

**Ohio County:** Clinic is working on patient satisfaction surveys. OCTC students will be observing in the clinic.

**Union County:** WIC follow through audit went well with no problems. Patient satisfaction surveys have been completed. WIC online began February 1st in Union. Toni, Ethan and Jamie are working on a QI project for eWIC.

**Webster County:** Clinic family planning days have been going smoothly. The Webster County Back to School bash is being planned with official dates being set soon.

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**Did You Know?**

You can watch several health department program videos via YouTube. Currently there are videos for Festival Health Inspections (environmental department), First Steps, Building Stronger Families, HANDS, Flu immunizations, Cancer screening, Immunization program, Adult Day Care, Home Health, GO365 and the Tobacco Control program. Check out our website or our facebook page for a link to the videos and share with your friends! [www.healthdepartment.org](http://www.healthdepartment.org)

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Vanessa Smiley shared this old Valentine card that was given to her by Don Green (Maintenance) in 1967. “We were in second grade”, she said. What a great memory!

Dakota Matheny, son of Donna Matheny (Webster County CAP) recently graduated Madisonville Community College with two associates degrees, one in criminal law and one in science! If all goes as planned, he plans to attend the Kentucky Game Warden School after turning 21.
Emotional Intelligence

We received a grant from the hospital and are teaching parents about emotional intelligence. The four part series includes: feelings, accountability, optimism and empathy.

The first session explains the importance of emotional intelligence and helps parents understand their own feelings and teach their children the same. One interesting fact for our workforce is: social and emotional abilities were four times more important than IQ in determining professional success and prestige (Fiest and Barron, 1996 cited in Cherniss, 2000).

Accountability and choices helps parents sidestep power struggles and still get the result they want. Accountability is important in all aspects of a person’s work and personal life.

Optimism and resilience is an eye-opener. Optimism can be learned. Optimistic people are also realists; but they realize that failure is temporary, isolated, and with effort can be changed.

Empathy is a trait all parents want their children to have. Children begin to exhibit empathy early in life. Encouraging empathy helps create kind, cooperative children.

Resilience is the ability to bounce back from adversity. When children and adults are in touch with all the emotions of a situation, are able to assess choices, feel optimistic that they will persevere and have empathy for others, their adult life will be more productive and successful. Teaching resilience can mitigate some of the effects of child abuse and neglect.

-Submitted by Linda Wahl

Chili for Children

Building Stronger Families hosted its tenth Chili for Children fundraiser. Each year the fundraiser continues to grow and this year we netted $3,300.

Thanks to all who supported this event including: Angela Woosley, Lisa Paul, Debbie Fillman, Shelly Austin, Candi Kamuf, Season Barnett, Laura Bronn and Anita Owens. The funds raised are important for the success of our program.

We had 6 competitors for the “unofficial best tasting chili” competition. They were: Big Dipper, Jay Dee’s, Even Steven, Old Hickory, Maloney’s and Ritzy’s. Our judges enjoyed sampling the variety of chili and choosing a winner – Even Steven.

PHAB Accreditation Update

On February 14, 2017, GRDHD received notification we have successfully completed our second Annual Report, a PHAB requirement to maintain accredited status. The two step process began in December 2016. The Annual Report provides an update of GRDHD activities to address areas of improvement noted in the original Site Visit Report as well as performance management, quality improvement, Community Health Assessment, Community Health Improvement Plan and the strategic plan. The report is available to all staff on the official documents drive in the PHAB Accreditation folder.

PHAB also released the Reaccreditation Standards in January. Although GRDHD will not submit application for reaccreditation until fall 2019, planning and preparation is already underway. The reaccreditation process is very similar to the initial accreditation process. Differences include a shortened time frame, virtual (instead of in-person) site visit and revised forms of documentation. While initial accreditation focused on proving GRDHD’s capacity to do the work of public health, reaccreditation will emphasize outcomes and how the work you do each day benefits those we serve in the Green River District.

-Submitted by Carrie Conia
On January 27, the Ohio County Together We Care Coalition brought together youth and adults in Ohio and surrounding counties to participate in a Kaleidoscope Academy: Integrative Youth Development Framework training facilitated by Derek Peterson. Peterson is an international child/youth advocate who supports youth and adults in creating and sustaining developmentally rich communities for kids by incorporating the best youth/human development research into the lives of youth, families, schools and communities. The training centered on measuring, building, and sustaining support for all children and teens, inside and outside of the school, to ensure success now and into the future. Participants learned about the power of the full-spectrum, seven-color approach to youth development called the Integrative Youth Development (IYD) framework. Groups of both adults and teens worked together to solve problems, using their heads, hands and hearts, while keeping each other safe, focused, respected and involved.

Agencies and schools work to engage the parents and community in the education and preparation of their children. While each student’s academic Report Card is important, it only provides half of the story about that student’s success. There are measurable metrics that provide data on what we call, “the other side of the report card.” Kaleidoscope Connect’s Student Support Card™ correlates each student’s academic performance with the developmental environment that surrounds them. It breaks down barriers, shows the strengths of families, and where they can make a difference.

Training centered on the aspect that young people need a web of support to succeed. In the Rule of 5, each child needs at least 5 trusted adults in their lives to provide anchors. These anchors help the child build their web, so when the trials and tribulations of adolescence try to bring them down, the web built by the anchors/adults will be there to catch them before they hit the ground. These adults also contribute to the tangible strings of fulfilling a child’s needs such as food, shelter, education and intangible needs such as shaping their belief and value systems. It also focused on helping youth “grow their balloon” in such ways as boosting confidence and self-esteem.

Through this Kaleidoscope framework, communities and agencies can give support and hope to the future of our young adults. By building these webs of support, we can build resilience in children that have experienced childhood trauma, or who may not have a web to catch them when they fall.

Youth and family engagement for cultivating caring and connected schools and communities.

RED — The Rule of Five (Anchors for the “Web of Support”): The foundation for each youth’s own personal village is having five caring adults (or more) in their lives, who have high expectations and provide opportunities, teach skills, and celebrate relative best in appropriate ways.

ORANGE — Tangible Strings (Adding strings to the “Web of Support”): Measurable supports provided through the youth’s Anchors that shape their home, school, and community environment.

YELLOW — Intangible Strings (Adding strings of virtues to the “Web of Support”): Important, yet difficult to measure, beliefs, values, and behaviors that are being taught to and caught by the youth.

GREEN — Growing the Balloon: A person’s innate characteristics, natural abilities, and talents that increase the likelihood they will remain connected to their Web of Support.

BLUE — Scissor Cuts: Reducing or eliminating the conditions, actions, and attitudes that erode the strings being created by the Anchors.

INDIGO — Caring for the Careers (The web beneath your Anchors): Supporting those who anchor your web so they do not drop out of your life, even when circumstances in their own lives change.

VIOLET — Social Norms (The storm that affects the entire web): The climate and culture of the social environment (home, school, or community) that have been accepted or agreed upon by a critical number of adults.

-Submitted by Rebecca Horn
MARCH IS NATIONAL NUTRITION MONTH!
Jamie Baker, RD, LD, CLS

As a Public Health Organization the health and well-being of the community at large is our responsibility and what better way to improve health than by promoting good nutrition.

Each March the Academy of Nutrition and Dietetics spotlights the importance of nutrition education through a National Nutrition Month Campaign. This year the theme is, “Put Your Best Fork Forward,” with the goal being to encourage all to make wise food choices. It is important to inspire adults and children alike to start making small changes to their eating habits one forkful at a time. Whether it be at home with your family or at work with coworkers, mindful eating can improve your overall health so start making every bite count.

The Academy also opts to recognize Registered Dietitian Nutritionists each March. Take the time on March 8th, 2017 to celebrate the Dietitians you work with and show your appreciation for everything they do.

• Find activities that you enjoy and be physically active most days of the week.
• Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences, and health-related needs.

Information retrieved from http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit
According to the “Kentucky Youth Advocates”, tooth decay is the number one most common chronic illness in children, more common than asthma, early-childhood obesity, and diabetes. More than 51 million school hours are lost each year due to dental-related illness. 43% of Kentucky’s children have severe early childhood dental decay before reaching the age of five and approximately 39% of these children have never visited a dentist. Once we read these statistics about the dental health concerns in our area, we discovered how important it is to implement good oral habits within our communities.

Suzanne Craig and Lisa Stanley received their third oral health grant to address this issue in our communities. We are excited to be able to partner with HANDS and TOP to help educate families and students in our district about the negative impact sugar can have on teeth and how important good oral health habits are.

HANDS staff are delivering this important messaging to their families by teaching a lesson on oral hygiene, showing visual examples of common snacks and the amount of sugar in each item. TOP® will be delivering this message in the Webster County Schools to the 4th & 5th graders. Included in the dental lesson kits is a visual of the number of teaspoons of sugar that were in each snack or drink. For example, in a 12 oz. can of a popular soda, there are 46 grams of sugar, which converts to 11.5 teaspoons (4 grams=1 teaspoon of sugar). The lesson plan includes how to read nutrition labels in order to better understand the amount of sugar in common drinks and snacks. It also includes an explanation of the 2-2-2 rule: brush your teeth at least 2 times a day for 2 minutes and visit your dentist at least 2 times a year. Each child will also receive an age appropriate dental kit that includes a toothbrush, toothpaste, floss and a 2 minute timer. In addition, each HANDS family will receive a children’s book about brushing once they have completed the dental lesson. We are very appreciative for Candi’s and Angela’s support of this endeavor!


-April is Child Abuse Prevention Month

-April 7th Wear Blue Day

#WearBlue4KYKids

Wear BLUE to show your commitment to giving all of Kentucky’s children the opportunity for a great childhood!


-Submitted by Kristen Bell, Student Intern WKU
Climate Change in the Community

Climate change poses a real and looming threat to public health. In order to better understand and mitigate future risks, GRDHD staff applied for a grant from the Kentucky EnvironHealthLink that would allow for an examination of possible climate impacts and region specific vulnerabilities.

Clay Horton, Environmental Director, Jessica Austin, Epidemiologist, Abby Beerman, Epidemiologist, worked with Adele Houghton of Biositu, LLC to complete this project. Ms. Houghton is a Texas based consultant that specializes in evidence-based, data driven methodologies to develop policy recommendations to support health. She is an expert in the areas of climate change, public health, and green building. Their work recognized that most existing research on climate change and public health focused on urban settings, where infrastructure and impact differ greatly when compared with rural settings. By examining the existing literature, as well as region specific trends in climates and natural disasters, they were able to identify recommendations for policies and procedures. These recommendations would allow for the mitigation of future health risks among vulnerable populations, as well as give us the opportunity to study and track negative health outcomes influenced by climate.

The outcomes of this project were not limited to a single report. An addendum to the Community Health Assessment was created that integrated environmental health factors and policy recommendations into the annual review process. Additionally, our staff was able to submit an article on their approach for publication. Their article, *An Approach to Developing Local Climate Change Environmental Public Health Indicators in a Rural District*, was published in the *Journal of Environmental and Public Health*, and is available online at [http://bit.ly/JEPH17](http://bit.ly/JEPH17).

Clay, Jessica, and Abby will be presenting their project at the Kentucky Public Health Association (KPHA) conference, as well as the 2017 NACCHO Preparedness Summit. Our staff plans to continue their work on the impact of climate change locally through a second grant awarded by EnviroHealthLink for this year. They hope you will take the time to either attend one of their presentations or to read their published article.

-Submitted by Abby Beerman

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**Quality Improvement**

In early 2016, the QI Committee held a contest to generate QI Project ideas. A total of 44 suggestions were received. Any staff member who submitted a project idea was entered into a drawing for a $25 Wal-Mart/Sam’s Club gift card. Congratulations to Angela Woosley, who won the gift card prize.

The QI Committee met in late February to review the contest submissions. There were lots of good ideas and several new QI projects will be implemented in the coming year thanks to your input! However, not all of the suggestions received can become QI projects. Why? Because some submissions are “quick fixes” - a QI Team and a long process to assess the problem and find solutions is not required - these will be shared with departmental supervisors and program managers to discuss and implement at their discretion. Other projects may not be completed due to regulations or other policies that restrict change; these will be addressed on a case-by-case basis. In the coming weeks, all staff who submitted a suggestion can expect an email response notifying them of the status of their project idea.  

-Submitted by Carrie Conia

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**Subway Contest**

Question: Humana Vitality, a wellness and rewards program, has a new name: What is it? Please submit your answer to any member of the Gazette Committee. Winner will be chosen from a random drawing of all correct entries. *Deadline to enter is close of business on March 24th.*
Region 3 Healthcare Preparedness Coalition
Twisted Winter Functional Exercise

Preparedness involves a continuous process of planning, equipping, training and exercising. The Green River District Healthcare Preparedness Coalition (Region 3) recently fulfilled a grant requirement and participated in a Functional Exercise on January 25, 2017.

The exercise was built upon a tornado scenario that affected all seven counties in the Region Three Healthcare Coalition. All four acute care hospitals and other healthcare/ESF-8 partners collaborated to provide emergency operations coordination, information sharing, medical surge operations, and continuity of care during the event. Due to multiple structural damages and injuries, facilities activated their emergency operations/continuity of operations plans to support operations and sustain essential healthcare services. The exercise scenario prompted discussions, information sharing, and coordination among participating agencies regarding initial actions and follow on requirements for at least 96 hours of sustainability.

An After Action Report will be developed identifying our strengths and weaknesses. Based upon these findings, we can begin processes to make improvement plans and strengthen our capabilities to respond and recover from all disaster related events, including a tornado.

Submitted by Jeff Rascoe, District Office

What’s Your Wellness Story?

Have you recently set a wellness goal and achieved it? Have you started the journey of a healthier life and want to share your story? Do you have a meaningful experience that you wish to share? We want to hear your stories!

Submit any of your wellness stories to anyone on the Go365 Team: Andrea Abell, Christine Curry, Sheri Hagan, Nancy Wilson and Angela Woosley. Stories will be reviewed and a selection will be published in the GRDHD’s Gazette newsletter, and shared with the state Wellness Champs.
The PINK Grant Team received the Kentucky Breast Cancer Research and Education Trust Fund grant to continue their outreach efforts to improve women across our district with obtaining more health screens.

Congratulations to Andrea Abell, RN, Nancy Wilson, RN and Angela Woosley, RN as they work in collaboration with our county health centers throughout the Green River District.

Staff in action

Teudis Perez, Green River District Home Health, Public Health Services Supervisor held the program annual Advisory Council Meeting on January 24, 2017 at Green River District Health Department. In attendance were local medical professionals such Donna Kaelin, Physical therapist, John Thompson, Speech Pathologist, Doctor Gary Wahl and Jessica Hatfield, Occupational therapist. Patient representative was Jacklyn Gooddal. And representing the community were Christie Stumpf, Advisory Council Chairperson and Pastor Dr. Allen Shouse. Other in attendance were Angel Thompson, Nurse Program manager, Jessica West, RN, Nurse Specialist, Anita Owens, RN, Nursing Director, Deborah Fillman, MS, RD, Public Health Director and Vicki Oldham, Sr. Support Services.

Submitted by Teudis Perez

Do you like writing? Do you have great story ideas? Are you good at document proofing? We could use you!

If you are interested in joining the Gazette Committee please contact any member of the committee (listed at the bottom of the last page) for more information. It only takes a minimal amount of your time.

GAZETTE CONTEST FOLLOW –UP

Congratulations to Abby Beerman (District Office) for winning the Subway gift card! She was randomly picked from a drawing of all entries. Resolutions submitted included paying off debts, getting healthier by walking or biking to work, getting organized and canning 2 new recipes this summer! We wish you much luck in your endeavors this year!

Prizes are compliments of the Gazette Committee.
Check out page 7 for your chance to win!

Please Welcome

Jessica Austin

To the Gazette Committee!

Do you like writing? Do you have great story ideas? Are you good at document proofing? We could use you!

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The Green River Gazette is published bimonthly by the Green River District Health Department.

For questions, comments, suggestions or submissions, please contact a member of the committee. 
Angel Thompson • Angela Woosley • Carrie Conia 
Heather Blair • Jessica Austin • Linda Wahl • Shanni Jones

**Disclaimer:** The articles contained in the Gazette have been verified through trusted sources. Readers should check with their physician or other health care provider if you have questions or concerns.