Thanks to all who supported the **Building Stronger Families** fundraiser. We raised almost $4,000.00. We appreciate your support.

~ Linda Wahl ~

Daviess County clinic would like to thank **Alisa Stanley** and the **MCH** program for always helping provide materials and support for clinic outreach. On June 23, Daviess County attended the World Refugee Day and the MCH program contributed dental supplies and coloring books and crayons to pass out to the participants. Thanks so much! We appreciate you!

~ Ashley Holderby ~

Congratulations to Dylan and Hayley Onstott (children of **Shanni Onstott**, District Purchasing) on their graduation from Daviess County High School on May 31, 2018

“You learn something out of everything, and you come to realize more than ever that we’re all here for a certain space of time, and then it’s going to be over, and you better make this count.” — **Nancy Reagan**
TOP CLUBS DONATE ART

Students participating in TOP clubs at Daviess County Middle School and Burns Middle School donated seven original pieces of art to the new WIC Express office at Daviess County Community Health Center. These talented teens constructed canvases from recycled silk screen frames and upcycled table cloths from a local thrift shop. Acrylic paints were donated.

The designs are simple allowing participation by all students but some also have elements to provide a challenge to those more artistically inclined. The paintings are colorful and each has a 3-D component. The “leaves” on the tree are caps from immunization vials. The “bubbles” with the fish are googly eyes with the eye removed. We all had a great time creating these paintings and they are being enjoyed by staff and clients alike. We hope you enjoy them too!

Congratulations Christine Curry on a job well done!
Get Moving!

Caloric Burn
Physical activity is very important to maintaining good health and also helps to burn calories. Many people don’t realize how easy it is to burn calories by adding physical activity to their daily routine.

Aim for 30 minutes of aerobic activity most days of the week, with a goal of 60 minutes a day. These guidelines are intended to promote health and cardiovascular fitness but may not yield much weight loss if you choose a slower calorie-burning activity.

Consider the following facts for a 170-pound person:
- An hour of jogging burns 540 calories
- An hour of aerobic dance burns 460 calories
- An hour of brisk walking, gardening or washing a car burns 310 calories
- An hour of weight training burns 230 calories
- An hour of reading burns 100 calories.

Remember that 3,500 calories equals one pound. You can make small, maintainable dietary changes paired with physical activity and improve your health.

Fitting in Fitness
Daily exercise is essential to weight loss and maintaining health. You can easily fit 30-60 minutes of aerobic activity into your daily routine with some planning. Decide which activities you enjoy (or want to try!) and look at your daily schedule to see where you can fit these activities in. (Walking, biking, skating and dancing are all popular choices!)

If you’re starting from little or no daily physical activity, plan for 5-10 minutes per day. Once you achieve that level, increase it every week by 10 minute increments until you’re up to 30-60 minutes most days of the week.

For maximum benefit, try to complete all your aerobic activity at once. Otherwise, you can break it up into 2-3 mini-sessions per day.

100 Tiny Calories = Big Difference!
Excessive overeating or failing to exercise are probably the two things that come to mind when thinking about gaining weight. Actually, 100 calories a day can make the difference in weight gain or loss.

The average American gains about two pounds a year*. Every pound of weight=3500 calories, so two pounds roughly equals 19 calories per day. That is quite easy to surpass! Try making a change that equals 100 calories:
- Tuna packed in water instead of oil
- One cup of whole grain cereal instead of two
- Tomato, lettuce and pepper strips on a sandwich instead of mayo
- Low fat, sugar free yogurt instead of a doughnut
- Water with lemon instead of soda

Along with these changes, increase activity by walking fifteen minutes a day or taking the stairs instead of the elevator.

WellnessProposals.com
To continue receiving valuable articles, email subscribe@wellnessproposals.com
Community access project at Longest Day of Play in Ohio County was on June 26. Thank you Annette Johnson and JoBeth French for your help.

~ Suzanne Craig ~
# Summer Foods

<table>
<thead>
<tr>
<th>Blueberry</th>
<th>Cucumber</th>
<th>Tomato</th>
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<tbody>
<tr>
<td>Cantaloupe</td>
<td>Lime</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Cherry</td>
<td>Peach</td>
<td>Zucchini</td>
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</tbody>
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Submitted by Melissa Dorsey
Employee Wellness:

*Market with Merritt*

We continue to have a lively, weekly employee group walk to the market. If you have not done so already and you would like to be included in the *Market with Merritt* email group let Brooke Fogle know! We hope you will join us to not only get some local, healthy treats but also get your steps in (two birds one stone!). All vendors accept cash, most will accept personal checks, and some will accept credit/debit cards.

Some items that are NOW in season: Apples, Cucumbers, Eggplant, Tomatoes, Peppers, Peaches, etc. There is something at the market for everyone!

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**Season:**
Late June to October

**Nutrition Facts:**
Eggplant is very low in sodium and calories, with only 15 calories in a ½ cup serving.

**Preparation:**
Eggplant can be baked, broiled, grilled, fried, stuffed, or used in a variety of casseroles in combination with other vegetables. Eggplant compliments tomatoes, garlic, onions, and cheese. Eggplant should be peeled before preparation, unless it is very young and tender.

**Broil OR Grill:** Cut into ⅜ inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.
Moroccan Grilled Salmon

Total: 52 min  
Prep: 10 min  
Inactive: 30 min  
Cook: 12 min  
Yield: 4 servings  
Level: Easy

Nutrition Info
Nutritional Analysis per Serving:
- Calories 395 calorie
- Total Fat 26 grams
- Saturated Fat 5.5 grams
- Cholesterol 94 milligrams
- Sodium 205 milligrams
- Carbohydrates 3 grams
- Dietary Fiber 1 grams
- Protein 36 grams
- Sugar 1 grams

Ingredients
- 1/2 cup plain yogurt
- Juice of 1 lemon, plus lemon wedges for garnish
- 1 tablespoon extra-virgin olive oil, plus more for the grill
- 2 to 3 cloves garlic, smashed
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons ground cumin
- Kosher salt and freshly ground pepper
- 4 6-ounce skinless center-cut salmon fillets
- 1/4 cup chopped fresh cilantro or parsley, for garnish

Directions
Stir together the yogurt, lemon juice, olive oil, garlic, coriander, cumin, 1/4 teaspoon salt, and pepper to taste in a small bowl. Pour half of the sauce into a large resealable plastic bag; cover and refrigerate the remaining sauce. Add the salmon to the bag and turn to coat with the marinade. Refrigerate for 20 to 30 minutes, turning the bag over once.

Preheat a grill to medium-high. Remove the salmon from the marinade and blot off excess yogurt with paper towels. Lightly oil the grill and add the salmon; cook, turning once, until browned on the outside and opaque in the center, 4 to 6 minutes per side, depending on the thickness. Serve with the reserved yogurt sauce and garnish with the herbs and lemon wedges.
Recommended Safety Tips for Fireworks

- Obey all local laws regarding the use of fireworks.
- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.
- Never relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water.
- Always have a bucket of water and charged water hose nearby.
- Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.
- Do not experiment with homemade fireworks.
- Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.
- FAA regulations PROHIBIT the possession and transportation of fireworks in your checked baggage or carry-on luggage.
- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.

And let’s not forget the safety of our pets!

- Don’t bring your pets to a fireworks display, even a small one.
- If fireworks are being used near your home, put your pet in a safe, interior room to avoid exposure to the sound.
- Make sure your pet has an identification tag, in case it runs off during a fireworks display.
- Never shoot fireworks of any kind (consumer fireworks, sparklers, fountains, etc.) near pets.

An Inspired America

American’s truly embrace their freedom, liberty and independence. Check out some of the facts below to learn more about how patriotic certain places and people in America can be. These details will make a great addition to your Independence Day celebration.

- Thirty places nationwide with “liberty” in their name. Liberty, Missouri boasts the highest population of the 30 at 26,232. Iowa has more of these places than any other state at four: Libertyville, New Liberty, North Liberty and West Liberty.
- Eleven places have “independence” in their name. The most populous of these is Independence, Missouri, with 113,288 residents.
- Five places adopted the name “freedom.” Freedom, California, with 6,000 residents has the largest population among these. There is one place named “patriot.” Patriot, Indiana has a population of 202.
- And what could be more fitting than spending the day in a place called “America”? There are five such places in the country, with the most populous being American Fork, Utah, with 21,941 residents.
Welcome New Hires!

Alina Gilmore  
Sr. Support Services Associate I-Home Health  
Daviess County Home Health

Cindy Wiseman  
Sr. Support Services Associate I-Clinic  
Daviess County WIC Express

Lisa Lambert  
Sr. Support Services Associate I-Home Health  
Daviess County Home Health

Annie Phan  
Interpreter  
Daviess County Health Center

Denise Clark  
Sr. Support Services Associate I-Clinic  
Daviess County Health Center

Saying Goodbye...

Deanna Adams-Shepherd, Henderson Co Health Center  
Misty Roberts, Daviess Co Health Center  
Mireya Rivera, Henderson Co HANDS  
Sheri Clark, District Office  
Jane Roberson, Union Co Health Center  
Patrice Gregory, Daviess Co Home Health  
Ashley Burnette, DC-CAP  
Allison Geary, Daviess Co WIC Express  
Paula Evans, Daviess Co Health Center  
Andrea Abell, Webster Co Health Center  
Carman Allison, District Office  
Cynthia Fulkerson, Daviess Co Health Center  
Gina Payne, Daviess Co Home Health

Strategic Plan Progress Report

In January, GRDHD initiated the 2018-2021 Strategic Plan. It has 9 goals (60 tactics) the Agency is striving to achieve before December 31, 2021 and we are off to a good start! Early successes include:

- 2018 GRDHD CHA published May 4
- Selected a “short list” of health outcomes and Community Health Improvement Plan initiatives to address in the coming year
- Created a list of research projects
- Established a committee to assess technology needs
- Approved and implemented year 1 of the four year Technology Plan

The Strategic Plan and progress reports are available on the Official Documents drive.
**Hepatitis A**

You may have heard about an outbreak of hepatitis A in Kentucky. The majority of these cases have been diagnosed in Louisville, in particular, those who are homeless or drug users. Keep reading for more information about hepatitis A.

**What is Hepatitis A?**

Hepatitis refers to inflammation of the liver caused by exposure to toxins, alcohol misuse, immune diseases or infection. Viruses cause the majority of cases of hepatitis. Hepatitis A is a type of hepatitis that results from infection by the hepatitis A virus (HAV). This is an acute (short-term) type of hepatitis, which usually requires no treatment.

**What are the symptoms of Hepatitis A?**

Children under the age of 6 typically show no symptoms when they contract the virus. Older children, teens and adults usually develop mild symptoms which can include:

- flu-like symptoms (fever, fatigue, body aches)
- abdominal pain (especially in the right upper quadrant)
- light-colored stool
- dark urine
- loss of appetite
- unexplained weight loss
- jaundice (yellowing of skin or eyes)

Symptoms usually appear 15 to 50 days after you contract the virus.

**What causes Hepatitis A and how is it contracted?**

People develop the infection after contracting HAV. This virus is typically transmitted by ingesting food or liquid contaminated with fecal matter that contains the virus. Once transmitted, the virus spreads through the bloodstream to the liver, where it causes inflammation and swelling.

In addition to transmission from eating food or drinking eater containing HAV, the virus can also be spread by close personal contact with an infected person. HAV is contagious, and a person who has hepatitis A can easily pass the disease to others living in the same household. You can contract hepatitis A by:

- Food prepared by someone with hepatitis A virus
- Eating food handled by preparers who don’t follow strict hand-washing routines before touching food that you eat
- Eating sewage-contaminated raw shellfish
- Not using condoms when having sex with someone who has hepatitis A virus
- Drinking polluted water
- Coming in contact with hepatitis A-infected fecal matter

If you contract the virus, you will be contagious two weeks before symptoms even appear. The contagious period will end about one week after symptoms appear.