HANDS recently held a Cooking with Cupid event with some of our families in the program. Aetna insurance partnered with us and the families enjoyed snacks, decorating sugar cookies, an informational program on cooking with crock pots and each family also received a free crock pot at the end of the night! It is great to have events where the families can socialize, spend quality family time together, and participate in activities. Thank you to Aetna, our staff, and everyone who helped make this event such a success!

Compassionate Adult Day Care had the pleasure of listening to Leland Isbill and Nick on March 13th. There were visitors from HR and other groups of the Health Department.

MRC/Home Health and Adult Day Care
GRDHD was well represented at the Veterans Resource Fair at the Ohio County Senior Citizen Center.
Pictured are Anna Winkler with ADC and Danielle Cecil (Brescia student working as an Epi/Preparedness Intern with Jessica Austin and Leslie Ford) doing blood pressure while Teudis Perez, Home Health Administrator was available for information.

Check us out on the web: www.healthdepartment.org
Follow us on Twitter: @GRDHD
Like us on facebook: https://www.facebook.com/GreenRiverDistrictHealthDepartment/
A Message from Your QI Committee:

Life’s Simple 7.
American Heart Association has come up with the easy to follow, by ensuring these 7 steps, you can improve your health and well-being.

- Step 1 - Manage your blood pressure
  An increase in blood pressure is a risk for heart disease and stroke. If you can keep your blood pressure in normal limits there is less train on your heart.

- Step 2 - Control your cholesterol
  An increase in cholesterol causes an increase in plaque which clogs arteries that carry blood throughout the body. A normal cholesterol level of less that 200 helps keep arteries clear.

- Step 3 - Decrease your blood sugar
  Glucose is used by the body for energy and is found in abundances of foods and drinks. Some glucose is helpful, but having too much causes a high blood sugar level which can damage your heart, kidneys, eyes and nerves.

- Step 4 - Get active!
  Daily physical activity increases your length and quality of life. Start moving today! Drink water while you move.

- Step 5 - Eat better
  Keeping to a healthy diet is a weapon against cardi-o-vascular disease. Watch out for “hidden” sugars and consuming sugary-drinks. Drink water!

- Step 6 - Lose weight
  Shedding extra fat decreases the burden on your heart and body: lungs, blood vessels and skeletal system. Drink water!

- Step 7 - Stop smoking
  Cigarette smokers have a higher risk of developing cardio-vascular disease. Quitting smoking (or tobacco usage) is the best thing you can do for your health.

~ Angela Woosley ~

Accreditation Update

GRDHD has successfully completed our final annual report requirement for the Public Health Accreditation Board (PHAB) under initial five year accredited health department status. The feedback from PHAB was very positive and encouraging - congratulations to all staff for another great year. Thank you for your continued efforts to improve performance and pursue a Quality Improvement culture. The full report is available on the official documents drive in the PHAB Accreditation folder.

By this time next year, GRDHD will have applied for reaccreditation. While initial accreditation asked us to demonstrate our capacity to be a high functioning health department, Reaccreditation focuses more on how we are using our resources to promote and protect the health of the public and continuously improve upon our work. There is a strong emphasis on collaboration and partnerships, community involvement, health equity, leadership and system-wide change. The process for pursuing reaccreditation is similar to initial accreditation but at a much faster pace. The Reaccreditation Team has already begun compiling documentation. You can expect more information as we move forward in this endeavor. If you are interested in learning more about PHAB Reaccreditation, please visit https://www.phaboard.org/reaccreditation/ or contact Carrie Conia.

Q: How many nurses must be present at the Health Centers to administer vaccinations?
A: There is no policy stating that there has to be two nurses present to administer an immunization. In fact, a couple of our clinics only have one nurse present at most times and administer immunizations regularly.

Answer provided by Anita Owens and Human Resources
Celery Juice
The Latest Trend

Drinking celery juice early in the morning is a trend that has swept social media sites lately, Instagram in particular. It is thought that celery juice can help with high blood pressure, inflammation and gut health. However little research is available about the science behind the actual benefits of celery juice. So what is the science behind the newest trend?

Why Celery Juice?
In a world where there are many juices to choose from, why choose celery juice in particular? In the latest research, some pros to drinking celery juice are properties from a flavonoid called apigenin, and vitamins and minerals such as vitamin K, vitamin A, potassium and vitamin C.

In a 2014 study, apigenin, found in celery, was found to decrease chances of stomach cancer. Vitamin K is a big factor in bone health and normal blood clotting. Vitamin A aids healthy vision, immune function and healthy growth of babies. Potassium is known to help fluid balance, improve health and aid blood pressure. Vitamin C serves as an antioxidant, fights heart disease and helps our body absorb iron.

A con to drinking celery juice is that the naturally occurring fiber in celery is taken out through the juicing process. Other cons outside of nutrition are both the investment of money and time to take part in the challenge.

What Started the Trend?
With a 454% increase in celery juice sales from October 2018 to January 2013, who or what could have caused so many people to get on board with the juice? The celery juice trend was brought to light by a man named Anthony William, also known as the “Medicine Medium”.

William freely admits he holds no formal training or a certification of any kind. William shared that his knowledge of health comes from the Spirit of Compassion in comparison to science.

Should I Try Celery Juice?
If you like what you have heard of the celery juice challenge so far, then go for it! However, even though there are some nutritional pros to drinking the juice, it doesn’t necessarily mean that we should all jump on board and start cleaning out the celery stalks at the grocery store. It may be best to consider other health habits to try before investing your time and energy into such a challenge. There may be even more health benefits from adopting a different habit that has stronger research background behind it. In summary, the celery juice challenge might not be a good practice to start, but could there be something else where you could get more bang for your buck?

Celery Ginger Juice Recipe

Ingredients:
1 small bunch of celery,
1/2 an English cucumber
1 large green apple
1/2 lemon
1 inch knob of ginger

Instructions: First, run the celery and cucumber through the juicer on the low setting. Next switch the setting to high and add the apple, lemon, and ginger. Lastly, drink the juice right away or seal the juice in an airtight mason jar for up to 24 hours in the refrigerator.