Big Thanks!

Thanks to Environmental, Don Green, Joshua Onstott and the public information office for their work during the loss of water recently, you are greatly appreciated!

I want to thank Heather Bouvy for helping Union County while they were short-handed and Michele Rushing for working Webster alone while Heather was gone. Thank you to Toni Pierson for doing such a great job of keeping Union running smoothly during this time. I also want to thank all the staff from Henderson County who helped during this time as well. I truly appreciate all your hard work and dedication.

~ Laura Lindsey ~

Thank you to everyone for your expressions of sympathy during the loss of my son, Jeff. I appreciate all the cards, prayers, calls and visits. Your kindness has given me strength during this difficult time.

~ Tara Clem ~

Condolences to Beth Farris, Ohio County clerical, for the loss of her mother.

Adult Day Care commemorated National Emoji Day by making their own emojis, bringing out their creativity!

~ Anna Winkler ~
BACK TO SCHOOL NUTRITION TIPS

BY: MELISSA DORSEY, NUTRITIONIST II

It’s that time of year already! With kids going back to school and after school activities starting back up, it can sometimes be hard to balance the family schedule. Don’t let time be a barrier to making healthy choices this fall! Making a plan for breakfast, lunch, and dinner before the week starts makes it easy to ensure that every member of your family is getting the nutrition they need to fuel their day.

MAKE A PLAN FOR BREAKFAST

According to the Food Research & Action Center, children who eat breakfast perform better on standardized tests.

It doesn’t have to be elaborate to be nutritious, and school breakfast counts, too!

Just make sure to leave time in the morning for breakfast to happen.

PREPARE A SNACK DRAWER

After a long day at work or school, it’s normal to need a little fuel to keep you going until dinner. Prepare a drawer or bin with healthy snacks that are easy to grab and go to make the healthy choice an easy one.

Snack time is another great opportunity to introduce fruits and veggies into your family’s diet!

MAKE LUNCHES EASY

Take a little time to transfer foods to a container that is easier to open, or peel fruit like oranges ahead of time. This makes it more likely that it will get eaten during lunch period!

Have children help pack their lunch the night before. This helps them feel included and more likely to eat the foods in their lunchbox.

Back to School Dates...

Daviess County—August 8th
Owensboro City—August 8th
Hancock County—August 15th
Henderson County—August 8th
McLean County—August 8th
Ohio County—August 8th
Union County—August 9th
Webster County—August 14th
As most of you know, on the morning of Monday July 9, 2018 Owensboro Municipal Utilities had a major water line break. It caused a large number of the residents and businesses in Daviess County to lose their water pressure. Many customers had no water at all, especially in Owensboro. Most of the rest of Daviess County had very little water pressure. All Daviess County municipal water customers were under a Boil Water Notice as a result of the water line break. The reason the entire county was included in the BWN (and not just OMU customers), is because the various different water districts throughout the county all purchase at least some of their water from OMU. Hence, it effected every resident and every business in the county that uses a Daviess County public water supply. That included the restaurants and grocery stores and day care centers, retirement homes and hotels and motels, schools and pools and tattoo parlors that the Environmental section of the health department permits and inspects.

It’s moments like these that it’s especially good to be a part of the Green River District Health Department. The environmentalist were called in from all seven counties to help with our response. They came to our aid immediately, and worked long and late for the next few days to assist Daviess County with this huge task. Our highest priority for inspections was the numerous establishments in Daviess County that prepare food for the public. This is where we needed the most help.

Environmental Program managers Rebecca Logan and David Miller and Environmental Clerk Tara Clem (and as needed, the Daviess County environmental staff) worked on organizing the deployment of Environmentalist that were conducting inspections of food establishments all over Daviess County. In order to work most efficiently we went through the entire list of food establishments and made cards that grouped several establishments that were in close proximity to one another. Then we assigned a card to each inspector. When the inspector completed the inspections on their card, he or she would call or text whoever was manning the office. The office staff would send the environmentalist back a text message photo of another group of establishments to inspect that were close to their current location. As inspections were completed we crossed the establishments off our master list.

Meanwhile across the street at the district office, the public was being kept informed of the situation through use of social media such as the GR District’s website, our Facebook account, and mass emails that went out to food service establishments with the water emergency operating guidelines. Information was also posted for the general public on how to treat water for drinking during a boil water notice. Most food establishments already had the health department Water Emergency Operational Procedures for food establishments through these same media before the environmentalist arrived.

After each establishment was inspected and approved to be open, the environmentalist posted a bright green sign on the door authorizing them to operate under a Water Emergency Contingency Plan. The signs also let our inspectors in the field see who should be open, and who should not be open as they drove by food establishments. Operating in this way, we were able to inspect the most establishments in the least amount of time. In three days the Environmental staff inspected 244 food establishments.

For your information: According to Owensboro Municipal Utilities...

A **Boil Water Advisory** is issued to let people know that they have worked on water lines and that users may want to boil the water. Especially if they are elderly or have very young children or are immunocompromised. Actual contamination isn’t considered to be likely, but is remotely possible.

A **Boil Water Notice** is issued when the water system pressure drops below 20 psi, and/or when the water is off for more than 4 hours, or when contamination is suspected or known to have occurred.
Meet Your QI Committee

- Brooke Fogle - Chair
- Carrie Conia - Co-Chair

A Message from Your QI Committee:

- Please feel free to submit any additional QI project ideas you have throughout the year to any of the above mentioned folks.

You can also send ideas to the QI email, QI@grdhd.org
National Immunization Awareness Month

Immunizations (also called shots or vaccines) help prevent dangerous and sometimes deadly diseases. **Immunization isn’t just for kids** – to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated, too.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

**How can National Immunization Awareness Month make a difference?**

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates in our community.

Here are just a few ideas:
- Talk to friends and family members about how vaccines aren’t just for kids. Shots can protect people of all ages from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it’s important for all kids to get vaccinated.

*You can find more information about immunizations, at [healthfinder.gov](http://healthfinder.gov)*

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**Welcome New Employees**

- **Linda Baker**, Sr. Support Services Associate I-Clinic
  Union County Health Center

- **Helen Cline**, Sr. Support Services Associate I-Home
  Daviess County Home Health

- **Lessley Lacy**, Local Health Nurse II-Home Health
  Daviess County Home Health

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**Saying Goodbye...**

- **LaDonna Lisenbee**, Sr. Support Services Associate I-Clinic
  Daviess County Health Center

- **Lauren Napier**, Henderson County Health Center

- **Patricia Allen**, Henderson County HANDS

- **Amy Hall**, Daviess County Health Center

- **Regina Jones**, District Office
Go365 Updates for 2018

There is a *slight* change for members who participate in Teams/Challenges. Members will get 50 points for participating in a challenge—up to 100 Points per month. Members will NO LONGER get points for creating or Joining a team of challenge. **Members will have to upload data with a Go365 compatible device at least once per challenge to verify participation.**

**Did you know?**

Go365 has a 24/7 NurseLine that is available to answer health questions all hours of the day or night. Not sure what to do, perhaps these registered nurses can help get the best possible care for you and your family.

Go365 also assists with Behavioral Health challenges due to the often overwhelming feelings when dealing with medical conditions.

Chronic health conditions plague many individuals and Go365 now offers Personal Health Consultants. With the Personal Health Consultant, you will get the information you need to feel your very best day after day.

**Case Management** services are provided to people preparing for (or recuperating from) surgery, or even experiencing a serious health condition, to assist with assuring that you understand your care and treatment. Case Managers may assist in answering questions or helping coordinate benefits.

Any one of these four services are provided FREE through Go365. Participants will earn 400 points by engaging in one of these services.

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**Changes to Billing of Commercial Claims**

**Green River District Health Department** will begin billing all Commercial Claims electronically beginning September 1st. A training will be held for each county and should include all clerical staff. Please mark your calendars to attend! Questions can be directed to Laura Lindsey at the District Office.

- **Daviess**—August 17, 2018
- **Hancock**—August 6, 2018
- **Henderson**—August 24, 2018
- **McLean**—August 7, 2018
- **Ohio**—August 31, 2018
- **Union**—August 22, 2018
- **Webster**—August 21, 2018

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**Did You Know...**

...we have an Employee Directory at our fingertips? Yes we do! If you know a first name and need a last name, you can find it here! If you don't know what department they are in, you can find that here also! This is a handy little tool, give it a try!
National Left Hander’s Day—August 13th

If you are a Leftie, then Left Hander’s Day is just for you!
Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. How do I know? Yup, you guessed it! It ain’t easy being a leftie. But those of us who are, would have it no other way. Lefties are proud of it.
The world is built for right handers, examples are everywhere. For example:

- In school, have you ever seen a left handed desk? They do not exist.
- Many left handed items cost more.
- Novelty coffee mugs are made with the picture or text for a right handed pick-up.
- Scissors for right handers, (left handed scissors are hard to find) only a lefty would understand.
- The computer mouse you are using as you read this is designed for right handers.

Did you know? Right handed people operate in the left side of the brain. Left handed people use the right side.

Therefore, only left handed people are in their right mind. Remember today and every day: “Lefties have rights!”

Left Handed Facts and Trivia:

- Sinistrophobia is the fear of left-handedness or things on the left side.
- While many people are left handed, very few are 100% left handed. For example, many left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right handed.
- Lefties are also called “southpaws”. The term was coined in baseball to describe a left handed pitcher.
- Tuesdays are Lefties luck day.
- Only about 10% of the population is left handed.
- During the 1600’s people thought left handers were witches and warlocks.
- International Left Hander’s Day was first celebrated on August 13, 1976. It was started by left Hander’s International.
- It is believed that all Polar Bears are left handed. Also see Polar Bear Day.
- There is a rumor that octopuses have but one right hand. Scientists are diligently studying this issue.

Think about it: Everyone is a Left Hander in Left Hand, West Virginia.

Lefthander’s Slogan: “Everyone is born right-handed. Only the greatest overcome it”...Brilliant Author unknown

Kentucky State Fair

The 2018 Kentucky State Fair is Aug. 16-26 at the Kentucky Exposition Center. It is a great time for family, lots to do, lots to see and who doesn’t love fair food! For more information, visit www.kystatefair.org or find the Fair on Facebook, Twitter, Instagram or its blog.
As a HANDS worker, my purpose is to make families smile weekly when sharing an ATP (Accentuate The Positive) with them about how they are interacting with their child. We know the more a parent smiles and shares that emotion with their baby, the more empathy and joy is grown in them and how bonding and attachment are strengthened. Smiling is contagious!

The second week of August is National Smile Week. In a given day, do you ever pay attention to how often you smile?

I remember years ago a supervisor of mine shared how smiling can be heard on the phone and it has stuck with me ever since. It is easy to get bogged down in our day to day busyness but taking a moment to smile when answering the phone could make a difference to the person on the other end. Especially if you are dealing with the public, think of how that smile could make an impression of our organization and services.

Some fun facts about smiling...

- Smiling is good for your health – smiling releases endorphins, reduces blood pressure and boosts your immune system.
- Smiling reduces stress and increases happiness. You can actually trick your brain into improving your mood by simply choosing to smile.
- Smiling is the universal sign of happiness. Even animals smile! Share your smiles this month!

~ Heather Blair ~

Reminder from IS...

There are scripts that will automatically install printers for you, located on the common drive.

Common\information systems\printer scripts\direct installs\county\printer

The printers are each named by its specific location and type, such as: WIC checkout Laser or Ohio Copier.

If there are any printers that are not located in this section, contact Kyle in IS and he’ll create one for you.

Coming soon...

The Gazette Board would like to know your thoughts on the monthly newsletter. There will be a survey sent to you for your thoughts and ideas for publishing.

Also starting will be a quarterly drawing for a prize, to qualify, submit an article through November, if it is featured, your name will be entered in the drawing held in December. There is no limit to how many articles you may send to a committee member.