A HUGE THANK YOU to JAN BRATCHER and LAURA BROWN for assisting in the Daviess County clinic while looking for a new supervisor. Thanks for all you have done to assist there during this transition. ~ Anita Owens ~

I would like to thank everyone who donated to United Way for the 2019 year. Our total increased over $500 this year and we reached our goal with a total of $7,506 from 42 donors. **GRDHD** is in the top 25 of givers in the Ohio Valley to United Way. We should be so proud of what we do daily keeping the public healthy and safe and helping our community access insurance, teach parents and educate adults and children. We are a generous group. Winners in the drawing are:

- **James Hale**—$75
- **Vicky Oldam**—$50
- **Merritt Bates-Thomas**—$50
- **Laura Lindsey**—$25

~ Linda Wahl ~

Congrats to the **WIC EXPRESS Staff** in their success in getting WIC participation rates at or above 95% the state requirement. This team has worked diligently since opening in April and the results are outstanding!! ~ Anita Owens ~

A big shout out goes to **Joshua Onstott** and **Don Green** for rescuing a cat from the ceiling of the District Office building.

At right, **LaToya Sibley** and **Suzanne Craig** are pictured at a Latino Health Fair in Webster County on November 3rd.

Visit us on the web: www.healthdepartment.org

Follow us on Twitter: @GRDHD

Like us on facebook: https://www.facebook.com/GreenRiverDistrictHealthDepartment/
Which best portrays your Holidays?
The holiday season, we are told, is supposed to be bright and full of cheer. As fun as they can be, however, the holidays sometimes can be hard to handle. Even though school is out, the lack of a normal routine and the increase in social obligations can be overwhelming. And sometimes, we feel like we have to be bright and cheerful, even when we feel down. You might even feel “wrong” if you’re not itching to decorate gingerbread houses or throw confetti as the 2018 ball drops. The truth is, many adults—and teens—experience boredom, loneliness, or the holiday blues.

Here are some ideas to help you ward off stress and enjoy the holidays:
https://bit.ly/2h9g4B5

DC-CAP was represented by Dan Eaton, Suzanne Craig, LaToya Sibley and Courtney Crowthers at the Mentor Kids Health Fair held on November 26th. Great Job DC-CAP!
Mindful Meditation

Because sometimes Holidays are stressful... there’s a FREE app for that!

Did You Know?

You can access these guided meditation apps on your phone? They offer plenty of opportunities for you to take a brain break! If you would be interested in a weekly guided group meditation break contact Brooke Fogle.

Happy Holidays!

A Message from Your QI Committee:

Immunizations play a key role in public health to protect the community from vaccine-preventable disease.

Q: If an adult comes to the health department and is unable to receive a particular vaccine due to private insurance covering vaccine, to where can I refer them?

A: Most pharmacies (CVS, Walgreens, Fred’s, Rite Aid) carry all vaccines without the need for a prescription and are administered by the pharmacist.

~ Jennifer Booth ~
Welcome New Employees

Brooklyn Hagan
Public Health Services Coordinator
First Steps-District Office

La’Quinya Mosley
Sr. Support Services Associate I
Clinic-Union County CAP

Amber Acton
Sr. Support Services Associate I
Daviess County Home Health

Christine Edwards
Local Health Nurse II
Henderson County Health Center

Ritchie Edwards
Janitor
Henderson County Health Center

Jane Will
Local Health Nurse II
Daviess County Health Center

Cynthia Fulkerson
Sr. Support Services Associate III/Clinic Team
Lead-Daviess County Health Center

Julie Hart
Clinical Assistant
Henderson County Health Center

Julie Melton
Local Health Nurse II-Float
Daviess County Health Center

Kimberly Powell
Family Nurse Practitioner
Daviess County Health Center

Saying Goodbye...

Ladonna Lisenbee, Daviess County Health Center
Hayley Hall, Daviess County Health Center
Abby Paul, District Office
Emily Cowin, Henderson County Health Center
Ashley Holderby, Daviess County Health Center
Heather Pirtle, Ohio County Health Center
Heather Blair, Ohio County HANDS

Feeling gratitude and not expressing it is like a present and not giving it.
~ William Arthur Ward ~

Merry Christmas