CVMS TOP Club members served as volunteers at the Daniel Pitino Shelter. They also presented the shelter with a $250 donation. This was a great community service project for students led by GRDHD, Amy Brown.

Jamie Baker, MNT Nutritionist III, has successfully completed the exam necessary to become an International Board Certified Lactation Consultant (IBCLC). This allows her to provide more in-depth counseling and support to our breastfeeding patients and shows that our agency is committed to breastfeeding promotion and support through evidenced-based practice. Congratulations Jamie!

~ Merritt Bates-Thomas ~

Upcoming Holiday
Monday, January 21—MLK, Jr. Day

“Every person is a book, each year a chapter.”
Mark Twain
Important Reminders for Go365 Members and 2019

All members who elect a plan through the Kentucky Employees Health Plan (KEHP) will need to complete their LivingWell Promise between January 1st and July 1st, 2019 in order to receive the lower premium rate in 2020.

New in 2019—all 4 plans of insurance now have the LivingWell Promise component. There are no more standard plans. It is anticipated that over 25,000 people in the Commonwealth will now want biometric screens. The team at GRDHD who performs the biometric screens will be scheduling times at each health center to accommodate staff wanting the assessment. More to come on schedules early in 2019.

There are two ways to complete the LivingWell Promise:

- Complete all six sections of the Go365 Health Assessment OR
- Get a biometric screening and submit results to Go365. This assessment is quick and easy; providing valuable information on your health. GRDHD will submit your assessment data into the Go365 system.

Have questions? Contact any member of the Go365 team for more information: Christine Curry, Christi Edwards, Nancy Wilson or Angela Woosley.

It looks like ADC had a great time at their Christmas party on December 21st. To see what ADC has been up to, you can find pictures in the ADC-HH folder under GRDHD pictures on the common drive.

DCCAP was caught bringing on the holiday cheer for the 12 days of Christmas pictured left to right: LaToya Sibley, Dan Eaton and Courtney Crowthers.

This bulletin board located in the Daviess County building shows ADC staff and clients as Santa, Santa’s reindeer and Santa’s elves wishing everybody a Merry Christmas!

‘Exercise Hormone’ Tied to Bone-Strengthening Benefits

There’s no doubt that exercise is good for us, strengthening our muscles, helping us maintain a healthy weight, maybe even boosting our moods and memories. There’s also been intriguing evidence that exercise may help build strong bones.

For more information go to: https://bit.ly/2S7VlvT

DCCAP through the Learn to Work program.

Lindsey Bickett and Suzanne Craig are pictured above with Whitney Hopkins at Whitney’s Bachelors of Nursing pinning ceremony. Whitney volunteered for 4 years with DCCAP. Congratulations Whitney!
Building Stronger Families (BSF) is celebrating 20th Anniversary!

Twenty years ago, Building Stronger Families began as a small one county program. Today, 20 years later, BSF serves all 7 counties of the GRADD region. There have been many ups and downs over the last 20 years, trying to keep sustainable funding coming in, but we have persevered. This January marks the 20 year mark. In celebration we have several fundraising events.

One you may have seen in break rooms, this is the #$20for20 fundraiser and as I am writing we have raised over $1,000 of the $20,000 goal.

On Friday, February 1, 2019 we are hosting our 12th annual Chili for Children. We hope you will join us at Our Lady of Lourdes Parish Hall for chili, sandwich, dessert and drink. Linda Wahl will talk about the past 20 years and judges will select “the unofficial best tasting chili”. You can sample each of the chili competitors and select the one you think is best.

On Wednesday, February 20, 2019 Old South Bar-b-que is the site of another fundraising and eating opportunity. Ten percent of sales for that day will be given to BSF. Join us for lunch or call and have it delivered – 270-929-7429.

Sometime in March/April Wonder Whip will be the next host and dining site. We will have a tent set up and will also deliver lunch for hungry staff.

It seems like a lot of fundraising and it is, but we must raise $24,000 every year to maintain current staff. So let that be a motivator....dining at one or all of these events helps a person keep their job. That’s tongue-in-cheek, but wanted to give everyone a motivator. Hope to see all of you many times next year. Thank you in advance for your support.

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GROUND TURKEY STUFFED PEPPERS

YIELD: 6 LARGE STUFFED PEPPERS

INGREDIENTS:

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil

INSTRUCTIONS:

Preheat oven to 350 degrees. Prepare your rice and set aside. You will need two cups of cooked rice.

Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly.

In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.

In a large skillet add the olive oil, garlic and onion, saute until tender. Add the turkey and brown until thoroughly cooked.

Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.

Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice.

Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional
Folic Acid Awareness Week—January 7-13
CDC urges all women of reproductive age to take 400 micrograms (mcg) of folic acid each day, in addition to consuming food with folate from varied diet, to help prevent some major birth defects of the baby’s brain and spine. For more information on the importance of Folic Acid, go to: https://www.cdc.gov/ncbddd/folicacid/about.html

Did You Know?
There are designated areas in each County Health Center and District Office to shred important papers you no longer need.

Now you do!
Although, the agency does not have Recycle bins (for plastic, cans, etc.) the QI Committee encourages you to reduce, reuse and recycle at your homes.

Welcome New Employees!

Patty Allen
Family Support Worker/Home Visitor
Daviess County Health Center

Leslie Ford
Epidemiologist
District Office

Saying Goodbye...
Nella Dockery, Daviess County Health Center
Mary Danhauer, Daviess County Health Center
Donald Green, District Office
Patsy Scott, Ohio County Health Center

The Green River Gazette is published monthly by the Green River District Health Department. For questions, comments, suggestions or submissions, please contact a member of the committee.
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**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.**