Happy 20th Birthday Cassi Fleming. As you kiss goodbye to 19, turning 20 will be an awesome life changing milestone. Enjoy the 20’s while you can, they will be gone before you know it.

Love Always,
~ Serena Thomas & Mark ~

Jaclyn Palmer has completed her Bachelor of Science in Nursing. We are so proud of her for continuing her education. She completed this degree while working full-time and taking care of her two children. That is no easy task! Congratulations Jaclyn, and thank you for being a part of our team.

~ Lyndsey Hagan ~

Thanks to all the staff at Union County Health Department for helping test a customer satisfaction survey as part of an ongoing quality improvement project. We really appreciate your help! Survey respondents complimented Union County staff on their friendly professionalism. One participant noted: “The entire staff in this health department is well-informed, educated, and very helpful. We are very fortunate to have this facility and these people here in Union County.”

Well done, Union County!
~ Carrie Conia and Angel Thompson ~

** More information on Quality Improvement on bottom of pg. 3

I would like to give a shout out to all the First Steps staff, Angela Onstott, Becky Treon, Brooklyn Hagan, Cathy Bland, Mary Fuqua and Stephanie Clark for working so diligently and doing a great job in meeting requirements for our annual District Determination.

You guys are AWESOME!
~ Mitzi Helton ~

Congratulations to Jennifer Booth on the completion of her Doctorate Degree.

Well Done!
~ Anita Owens ~

A shout out goes to Juli Hart and Laurie Wilson for making these boards for outreach in Henderson’s lobby for Our WIC program, dental varnish and HANDS program.

~ Jan Bratcher ~

Check us out on the web: www.healthdepartment.org
Follow us on Twitter: @GRDHD
Like us on facebook: https://www.facebook.com/GreenRiverDistrictHealthDepartment/
Yes, Coffee Is Pretty Healthy!

Coffee lovers, rejoice! A new study found you can drink up to 25 cups of coffee a day without increasing the stiffness of your arteries—a risk factor for heart attack and stroke.

For more about drinking coffee:

For more on Coffee and Liver Health, information provided by the National Institute of Health: https://bit.ly/2IdjKWw

Shingles—Very Painful

Shingles is a painful rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7 to 10 days. The rash usually clears up within 2 to 4 weeks.

Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears.

Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. In rare cases (usually among people with weakened immune systems), the rash may be more widespread and look similar to a chickenpox rash. Shingles can affect the eye and cause loss of vision.

Other symptoms of shingles can include
- Fever
- Headache
- Chills
- Upset stomach

https://www.cdc.gov/shingles/about/symptoms.html

Keep Your July 4th Celebration Safe

While you are enjoying your grilling, family time, and fireworks, take time to remind your kids what this holiday is about. The lighting and display of fireworks came with a price to many men and women sacrificing for their kids and future generations. Use the fireworks display as a teaching tool; share with them the lyrics of the star spangled banner and, most of all, remain safe if your family tradition includes lighting fireworks. Below are 10 fireworks safety tips you should use and teach to your kids:

- Fireworks packaged in brown paper are made for professional displays—avoid buying.
- Always have an adult supervise fireworks activities, especially with sparklers.
- Back up to a safe distance immediately after lighting fireworks.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire and to douse used fireworks before discarding in trash.
- Never allow young children to play or ignite fireworks.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- Never try to re-light or pickup fireworks that have not ignited fully.
- Never place a part of your body directly over a firework device when lighting.
- Make sure fireworks are legal in your area before buying or using them.

For additional information on fireworks safety:

Mosquito prevention starts with you.

Wear long-sleeved shirts and pants and treat clothing with permethrin.
Use screens on the exterior of your home to keep mosquitoes outside.
Repair and seal your septic system.
Use EPA-registered insect repellent. www.epa.gov/pesticides

Protect yourself, your family, and your community, which will protect her pregnancy.

SOURCE www.cdc.gov/dhfs/prevention/index.html
Employee Wellness: Farmer’s Market

The Owensboro Regional Farmer’s Market located on the corner of Triplett Street and Parish Avenue, 1205 Triplett St. is now open. This location is open on Tuesdays and Thursdays from 6:30 am-12 pm. A satellite market is also located at the Owensboro Health Regional Hospital, 1201 Pleasant Valley rd. on Wednesdays from 1:30pm - 5:00pm.

NEW to the market this year are evening market hours. The Triplett Street location will be open July 11th and August 8th from 4-7 pm.

There is something at the market for everyone! This is why we are continuing our employee group walk to the market twice a month during the market season. We hope you will join us to not only get some local, healthy treats but also get your steps in (two birds with one stone!) All vendors accept cash, most will accept personal checks, and some will accept credit/debit cards.

Please contact Brooke Fogle if you would like to walk with us. We do not want to leave anyone behind.

Quality Improvement at GRDHD

GRDHD has been using quality improvement to revise the process for collecting and using customer feedback. Multiple QI Teams have worked on the project to devise a standardized form and easy method for administering the survey. Recently, Union County Health Department (UCHD) Staff were asked to help us test the process.

For a two week period, UCHD staff offered clients, community partners and other customers an opportunity to complete a brief online survey. Survey questions ask participants to use a 5-star rating scale to indicate their satisfaction with the level of service received. During the testing phase, responses were received regarding clinical and WIC appointments, medical records, environmental services and administrative assistance. The responses were overwhelmingly positive with all ratings being 4 stars or more.

Next steps for this project include finalizing the survey, analysis and reporting methods. In the coming months, you can expect more information and a customer satisfaction survey that is available to all programs throughout GRDHD.

What Do You Know About Hepatitis?

Hepatitis is an inflammatory condition of the liver that currently affects more than three million people living in the United States. There are multiple types of hepatitis but the most common forms are Hepatitis A, B, and C.

- Hepatitis A is the least common of the three well known types of hepatitis, however it is of major concern in Kentucky where we are in the midst of an outbreak. As of June 8th there were 4,715 total cases associated with the outbreak and 2,274 hospitalizations. Based on the most recent data from the CDC, Kentucky has the highest number of cases associated with an outbreak in the United States. There is an effective vaccine to prevent hepatitis A and it is covered by most major insurance providers.

- Hepatitis B is also vaccine preventable and is spread through body fluids including blood and semen. Transmission is common through sexual contact, injection-drug use, and from mother to baby during birth. Hepatitis B can be either acute and short term or chronic and long term. Chronic hepatitis B is a leading cause of liver cancer.

- Hepatitis C is typically spread through direct contact with an infected person’s blood, which there is no vaccine for, but treatment is available that can cure the condition. This can be through needle stick injuries, sharing needles, and from mother to baby during birth. You cannot get hepatitis C through sharing utensils, food, or water. Hepatitis C is a leading cause of liver transplants and liver cancer.

Hepatitis A, B, C Overview: https://www.cdc.gov/hepatitis/abc/index.htm

Did You Know?

The QI Plan has been updated and is available on the Official Documents Drive, Quality Improvement Folder.

Please, send your QI project ideas to qi@grdh.org or anyone on the QI Committee.

Committee members include:

Stephanie Bivins, Jennifer Booth, Carrie Conia, Dan Eaton, Brooke Fogle, Leah Jacobs, Rebecca Lattus, Becca Logan, Joshua Onstott, Marcela Rivera, Evon Shocklee and Gail Wigginton
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.

Angel Thompson • Angela Woosley • Brooke Fogle • Carrie Conia • Janet Cook
Jessica Austin • Linda Wahl • Melissa Dorsey • Shanni Onstott

**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.**

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**Upcoming County Fair Dates**

Here are the dates for this summer’s County Fairs. Get out and have some fun and good food!

- Daviess County: July 10 - 13
- Hancock County: July 31 - August 3
- Henderson County: July 5 - August 3 (Various events, check website for details and dates)
- McLean County: July 10 - 13
- Ohio County: September 20 - 22
- Union County: August 1 - 4
- Webster County: July 10 - 14

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**Saying Goodbye…**

Barbara McDowell, Providence Elementary
Lindsey Bickett, DC-CAP
Kimberly Jones, First Steps-District Office
Jeffery Rascoe, District Office

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At left, Becca Logan, Stormy Sowders and Taylor Fasig, Environmentalists, were seen inspecting temporary food booths for the Henderson Tri Fest held in April.

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