Upcoming Holidays
Mother’s Day - May 12th
Memorial Day - May 27th

Check us out on the web: www.healthdepartment.org
Follow us on Twitter: @GRDHD
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Green River Gazette
May 2019

Shout Out!

A shout out goes to Mary Dowdy in Home Health for always being so helpful, one can hear the smile on her face! ~ De Bethel ~

Kudos to Lisa Stanley for her success in implementing the March of Dimes grant, meeting all the objectives in the grant. Lisa is an excellent employee, willing to assist any staff and she displays a pleasant, cheerful disposition. Good job Lisa!!! ~ Gail Wigginton ~

I would like to give a shout out to Kim Major and La’Quinya Mosley for working with and training me. ~ LaToya Sibley ~

Thank you to Margaret Hibbs for donating Easter baskets for the Ohio County TOP club service project. The club made 26 Easter baskets for the children at Oasis Shelter. ~ Becky Horn ~

Shout out to my fellow peeps, Theresa Wilson, Pam Brasher and Anna Winkler for always being there. And when I need them for anything. :) ~ Cindy Sowders ~

Giving a shout out to the HANDS program (Shelly) for providing a ‘Pack n Play’ to a First Steps family with a need! I love how our programs work together helping families throughout our District when there is a need and we can assist. ~ Mary Fuqua ~

ADC will be having an outdoor concert on the front lawn of 1600 Breckenridge Street on May 23rd at 10:00. Everyone is welcome!

Thank you Lisa Lyons for all you do! You tackle a hundred things a day and still always go above and beyond to help me and others in any way you can. I know that I can ALWAYS count on you! You are a true blessing to GRDHD! You are appreciated and do a phenomenal job! ~ Jaclyn Palmer ~

Thank you Jamie Baker for being a great supervisor! You are amazing and assist me when I need it. ~ Patrika Hudson ~

A Big Shout Out for Anna Winkler and Cindy Sowders for all the extra activities they come up with for our ADC Program. We really appreciate all you do! ~ Theresa Wilson ~

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Thank you Jamie Baker for being a great supervisor! You are amazing and assist me when I need it. ~ Patrika Hudson ~

Is Becky Horn’s Ohio County TOP club hard at work or hardly working? They helped out at OASIS by cleaning, sorting donations, and pulling expired stock and dented cans off the shelves.

The Easter Bunny came to watch ADC dye eggs on April 18th. And on April 23rd, Andy Shoemaker (The Junk Man) showed some things he makes out of junk and sells.

Amy Brown’s College View Middle School TOP club from is pictured above doing their Kindness Kampaign where they promote being kind and respectful and encourage no bullying.

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Q & A: What is the KWSCP (Kentucky Women’s Cancer Screening Program)?

The Kentucky Women’s Cancer Screening Program offers low or no cost breast and cervical screenings.

Who is eligible for this program?
Low-income or uninsured female Kentucky residents ages 21-65 years of age.

Do you know of someone that may be eligible?
Please refer them to the family planning or cancer screening program at GRDHD. Our nurse practitioners travel to all seven counties in our district (Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster) to provide these services to detect and prevent cervical and breast cancer.

~ Jennifer Booth ~

CARE Direct is a program that has been introduced to improve health outcomes of those with an elevated blood pressure in the Green River District Health Department community. Participants will receive an automatic blood pressure monitor at no cost to them and 6 monthly educational encounters that can be completed in person or telephonically with an option to participate in 6 additional enhanced maintenance educational encounters. All GRDHD employees who participate in the Go365 screenings will be given the opportunity to participate in the program. All information obtained during the educational sessions will be confidential. Employees who wish not to participate in the Go365 screenings, may self-refer to leah.jacobs@grdhd.org. For more information about CARE Direct please contact Leah Jacobs or Brad Conrad.

May is Melanoma/Skin Cancer Detection & Prevention Month

Melanoma is the most serious type of skin cancer. Often the first sign of melanoma is a change in the size, shape, color, or feel of a mole. Most melanomas have a black or black-blue area. Melanoma may also appear as a new mole. It may be black, abnormal, or “ugly looking.”

Thinking of “ABCDE” can help you remember what to watch for:

- Asymmetry - the shape of one half does not match the other
- Border - the edges are ragged, blurred or irregular
- Color - the color is uneven and may include shades of black, brown and tan
- Diameter - there is a change in size, usually an increase
- Evolving - the mole has changed over the past few weeks or months

For more information: https://bit.ly/2ypWR3k

The Henderson Farmers Market, Cates-Porter Pavilion, 381 Sam Ball Way, Henderson, KY 42420

The Henderson Farmers Market is located at the Cates-Porter Pavilion in Freedom Park at the Fairgrounds just off Airline Road in Henderson, Kentucky.

The Market is open from May 1st thru October 31st each calendar year (on scheduled market days).

NEW FOR 2019!
Thursday evening Markets from 4pm - 7pm at the market location.
June 13, July 11, August 8

Farmer’s Markets
The 2019 Market Season is here!

**GENERAL MARKET INFORMATION**

April 20 thru November 2
1205 Triplett St.at the corner of Triplett Street & Parish Avenue,
Hours: Saturdays 8:00 am - 12:00 pm.
Beginning in June, the market is also open Tuesday and Thursday 6:30 am - 12 pm.
Starting May 15 thru August 28, a satellite market is also located at 1201 Pleasant Valley RD, the Owensboro Health Regional Hospital
Day & Time: Wednesday from 1:30pm - 5:00pm.

Please see Calendar of Events for more information.

**Ohio County, Beaver Dam Community Park**
217 South Main Street
Beaver Dam, KY 42320
270-274-7106

**Market hours are:**
Tuesdays, 3-6 pm (May 30 - Aug 8)
Saturdays, 8 am - noon (May 27 - Oct 28)
A variety of baked goods, fresh fruits & vegetables, meat, eggs, greenhouse plants and much more is available at the market!!

Ohio County Homemakers have a booth reserved at the Beaver Dam Community Farmers’ Market!

**Webster County Farmer’s Market at Multiple Locations**

**Dixon Location** — 71 US Hwy 41A
Opens May 15th — 12:00—4:00 pm

**Providence Location - 211 US Hwy 41A,**
Independence Bank
Opens June 7th - 2:00-5:00 pm

**Sebree Location—308 US Hwy 41,**
Independence Bank
Opens June 8th - 9:00 am— 12:00 pm

For more information: Webster County Farmer’s Market #1WC

**In Calhoun**
315 Main Street
270-273-3690
Open June to August
Thursdays 3:00 pm — 7:00 pm

**McLean County Farmer’s Markets**

In Sacramento
675 Main Street
270-273-3690
Open June 3 to October 28
Mondays 3:00 pm — 7:00 pm
Welcome New Employees

Pepper Farris
Clinical Assistant
Ohio County Health Center

Taylor Fasig
Health Environmentalist I
Daviess County Health Center

Cassi Fleming
Sr. Support Services
Associate I-Clinic
Daviess County Health Center

Patrika Hudson
Community Outreach Worker
Henderson County Health

Jane Isbill
Local Health Nurse II
Daviess County Health Center

Gay Lile
Local Health Nurse II
WIC Express

Mary Mills
Family Support Worker I
Home Visitor
Daviess County HANDS

Jessica Morgan
Sr. Support Services
Associate I-Clinic
Ohio County Health Center

Saying Goodbye . . .

Tina Flener, Ohio County Health Center
Shawna Gant, Daviess County Health Center

New to Go365—Multifactor Authentication Sign In

- On March 15th Go365 Launched Multifactor Authentication.
- This was introduced as a way to keep your account and information secure.
- The first time you login, you will need to verify an email address and then choose email or text as the option to verify it’s when logging on from any new device.
- Please help your peers navigate this process and contact your regional rep if you need help.

May 5th is WORLD Hand Hygiene Day

Who should Wash?
- Doctors
- Nurses
- Care providers
- Family
- Visitors
- Patients

Hand Hygiene Is Important to us, to protect the health and safety of everyone!

Make every day World No Tobacco Day.

www.who.int/tobacco

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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 • Shannn 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.**

SIX WAYS TO LOWER YOUR RISK FOR STROKE

WHAT IS A STROKE?
A brain, or cerebrovascular, is a stroke when blood flow to the brain is interrupted.

MANAGE YOUR CHRONIC HEALTH CONDITIONS TO LOWER YOUR RISK FOR STROKE

- Treating High Blood Pressure
- Managing Diabetes
- Treating High Cholesterol

MAKE LIFESTYLE CHANGES TO LOWER YOUR RISK FOR STROKE

- Quit Smoking
- Eating Right
- Exercise Regularly
- Get Physical Activity