Thanks to staff involved with the Union County Open House held to increase awareness and involvement in Community Health activities: Jessica Austin, Abby Beerman, Brooke Fogle, Jenny Hagan, Clay Horton, Rich Nading, Becca Logan and Toni Pierson. Also thanks to Janet Cook, Don Green, Joshua Onstott, Shanni Onstott, Valerie Roby and Melissa Polite, Union County Senior Center for their assistance “behind the scenes” to make this event a success.

Shout Out to ALL of the TOP Facilitators for their hard work in starting clubs with the beginning of the school year! You all simply ROCK! ~Angela Woosley ~

Thanks to Leah Lewis, WIC navigator and Jaclyn Palmer, Daviess County clinic nurse for attending Mt. Calvary Baptist Church’s 5th annual back to school bash that was held on Saturday, August 4th. Nearly 700 youth were reached at this event and provided nutrition information as well as brochures and fliers about our services. Per Rev. Andre’ Bradley, Pastor, “Your participation in this event, spending time with our young people demonstrates your strong commitment to and investment in the community.” ~ Ashley Holderby ~

Thanks to Courtney Crowthers (DC-CAP) completed her first prescription order from start to finish, $5,600 worth of value for this patient for the year. Proud of you Courtney!

Thanks to the Daviess County Clinic team for participating in World Refugee Day that the International Center hosted on Saturday, June 23, 2018 at Bellevue Baptist Church. (Picture at right) The event helps to draw public awareness to the millions of refugees and internally displaced persons worldwide who have been forced to flee their homes due to conflicts in their countries. ~ Ashley Holderby ~

Thank you to all First Steps POE staff for working so hard with very high caseloads, and for being so caring and dedicated to our families. Angela, Becky, Cathy, Kim, Mary and Stephanie, you guys are the best! I would also like to thank Libby for graciously helping out while Angela was on vacation! ~ Mitzi Helton ~

Thanks to the four women from US Bank who were here for the United Way Day of Caring and helped put enrollment folders and packets together for the Building Stronger Families program. We appreciate all their help. ~ Linda Wahl ~

Shout Out to the Union County Open House staff.

Visit us on the web: www.healthdepartment.org
Follow us on Twitter: @ GRDHD
Like us on facebook: https://www.facebook.com/GreenRiverDistrictHealthDepartment/
The Union County Health Coalition held a kick-off on Wednesday, September 12, 2018 as they try to rejuvenate interest in the county health program. Representatives from Green River District Health Department welcomed community members to sign up to be part of the coalition and work to make Union County a healthier place for all its citizens.

~ Submitted by Toni Pierson ~

At right, GRDHD employees, Abby Beerman, Suzanne Craig and Courtney Crowthers, working together to promote public health messages at the Oh Baby Celebration.

DEAL—Diversification Through Entrepreneurship in Agribusiness Loan Program

Lifelong farmer, Brandon Shocklee and his wife Evon Shocklee from McLean County received financing through the Kentucky Agricultural Finance Corporation’s (KAFC) DEAL program in participation with Independence Bank to purchase an existing local poultry house cleanout business.

The diversification through entrepreneurship in Agribusiness Loan program uses one agribusiness or individual to impact many producers. This program finances limited resource individuals wishing to start or purchase an agribusiness with the intent of diversifying their operation through non-traditional production or services.

According to Dan Harkins, former Independence Bank loan officer, Shocklee’s work ethic and financial management have been key components in the success of the business.

Shocklee commented, “I would not have been able to do this without KAFC and Dan. It has changed my livelihood, built my asset value and increased my income.”

*Article from Governor’s Office of Agriculture Policy Annual Report

It’s Open Enrollment Time!

Keep an eye on your email for information from HR for all things related to Open Enrollment. For a brief list of changes to the plans, please go to: https://personnel.ky.gov/KEHP/2019%20Benefit%

Pass on Your Wisdom

As public health changes keep coming down the pipes. To keep up with changes, we invite you to share tips you have found that has helped you to adapt to change more easily. We want to work smarter, not harder! Send in your tips to janet.cook@grdhd.org and we will feature them in the Gazette.

It looks like Adult Day Care has lots of fun times with Luau's and Clowns!
Folic Acid to Reduce the Risk of Neural Tube Defects, Including Spina Bifida.

October is Spina Bifida Awareness Month. Spina Bifida is the most common permanently disabling birth defect in the United States. Spina Bifida occurs when a baby is in the womb and the spinal column does not close all the way. Every day in the United States there are approximately 8 babies born with Spina Bifida or a similar birth defect of the brain and spine.

There are different types of spina bifida. Some more severe than others and no two children with spina bifida are exactly alike. It is not known for sure the cause of spina bifida, but Folic Acid has been proven to reduce the risk of neural tube defects (including spina bifida) in babies. Women of childbearing years should get 400 mcg of folic acid each day to reduce their risk.

Spina bifida was once thought to be a pediatric illness because patients often did not live into adulthood. Medical advances and increased knowledge and awareness of spina bifida has brought about many advances in the care of spina bifida patients. Majority of babies born with spina bifida can now live full and active lives. To learn more about spina bifida visit www.spinabifidaassociation.org

Workout at the Workplace

Here are some ideas to incorporate exercises into your work day:

Walk the perimeter of the building you work in during your breaks.
Walk in the conference rooms inside your building.
Walk up and down the stairs (if your building has stairs).
Walk in place for 10-15 minutes twice a day.
Simple stretches to begin your morning or to end your day.
Have FUN with it!

Example: If you walk around the Daviess County Health Department 4 laps on your lunch break you will have walked 1 mile; if you walk 2 laps, you will have walked .5 miles.

The QI Committee received A LOT of Employee Wellness requests on the QI Survey. We hear you! Please, Stay Tuned.

Quit Now Kentucky provides free telephone counseling delivered by trained tobacco cessation coaches offering encouragement for quit attempts, materials to assist tobacco users who are ready to quit, and referrals to local cessation services. To enroll, Kentucky residents may call 1-800-QUIT NOW (1-800-784-8669). The quit line offers services in both English and Spanish 7 days a week. Help is just a phone call away so Quit Now Kentucky. QuitNowKentucky.org offers a comprehensive web-based program with the latest information and research-based tools to help tobacco users quit. QuitNowKentucky.org is available 24 hours a day/7 days a week and provides access to tailored motivational messages, step-by-step guides to cutting down and quitting tobacco, as well as online support from other quitters, and quit coaches. Enroll online and Quit Now Kentucky.

Folks know how much each day, To Quit is a must. With Quit Now Kentucky's help, If you want to stop, you can stay. It's never too late to start, And QI can help you be the start. So quit now, Kentucky, Stay quit, Quit is the way, To live a healthy life, And Quit Now Kentucky can help you try.
Rabies Clinic at Union County

Union County had a great day on September 1, 2018 with a recap of the event.
Final count for the rabies clinic:
- **150 rabies vaccinations** by Dr. Kristian Jenkin, Stone Vet Clinic.
- **50 microchips** by Michelle Cave-vet tech and Dr. Jeremy Shirel of Union County Animal Clinic.
- **48 dog license and tags** issued by Union County Animal Control.

There were pork burgers, hamburgers and hotdogs, chips and drinks donated by various business, activities for the kids and dog grooming, raffles and prizes. A rough tally showed over $2,000.00 donated for animal care.

A huge thanks goes to Becca Logan and GRDHD for the immunization clinic and keeping our community safer!

Kathy Baird, Union County Animal Service Coordinator

Calhoun Chiropractic Centers First Annual Kids Fest

**When:** November 3, 2018 12:00-3:00

**Where:** McLean County High School Gym

- Currently looking for vendors for kids Fest
- Vendors will need to set up carnival themed games for kids to play
- We are asking each vendor to donate a door prize
- Each vendor will be responsible for prizes to be given away for “winning” their game

This event will be FREE for everyone so we are looking for financial sponsors that would like to partner with us for this event. Sponsor money will be used to rent the gym, purchase hotdogs, chips and drinks, additional door prizes and rent inflatables.

To reserve your spot contact:
Calhoun Chiropractic Center (270) 273-5122 or
Samantha Dunn (270) 302-3785

It’s that time of year again…United Way Campaign!!

Beginning in the month of October, we will be kicking off the GRDHD United Way Campaign. Be on the lookout for signs and pledge forms.

United Way campaign raise funds in all our counties and even around the world. The best part is, your money stays local, helping local people. You can select what county or which UW agency you want your money to go towards or you can leave it up to the volunteers in each county to decide where the money will go.

Last year GRDHD gave almost $7,000.00 and most pledges were $2.00 a paycheck. Every dollar helps someone. Statistics show that 1 of 3 people are impacted by United Way.

Within the health department, UW of the Ohio Valley supports our Building Stronger Families program, helping parents learn new parenting skills. Please consider giving to United Way again this year, and thank you for your support. We are one of the top 25 givers for United Way, that’s something to be proud of!

~ Linda Wahl ~

TOP clubs would like you to save can tabs and plastic bottle tops as part of their service learning projects. TOP club teens are trying to help the Shriner’s Hospital who provides free medical care to children in need. Collections will be posted in Break rooms. Please help!

~ Angela Woosley ~

Thank you to all staff who participated in the recent Gazette survey – 43% of employees took the time to provide input. Overall, the Gazette received high marks for format, content satisfaction and relevancy. In general, participants requested a shorter, concise publication with more content variety specific to GRDHD programs, departments and activities. In response to this feedback, content submissions may be edited to focus on key themes and meet space requirements.

~ Gazette Committee ~

Welcome New Hire

Katherine Hatfield
Home Health Aide
Daviess County Home Health

Saying Goodbye...

Sherri Fulkerson, DC HANDS

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

Angel Thompson • Angela Woosley • Brooke Fogle • Carrie Conia • Heather Blair
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.