We have been working closely with OHRH and the International Center to provide outreach to our Burmese and Karen speaking families regarding COVID-19. Dawt Cuai, Annie Phan and Gennie Zaw have been instrumental in our efforts to educate and assist with interpretation to navigate this difficult situation. We appreciate their hard work and passion to serve our community!

~ Lyndsey Hagan ~

I want to give a big shout out to all of our Green River District Home Health staff, to our visiting nurses for never giving up, not even COVID-19 was able to stop them from their calling to put patients first.

To our Home Health’s office staff, who were able to adapt to this new normal, we keep accepting and processing Home Health and EPSDT special service referrals and incontinence supply orders to keep providing a medically needed service to our community. They were even able to continue answering phones to redirect any incoming questions from the public.

To our Home Health’s billing staff, who keep working in the office and from home, adapting to all new changes that have come with this pandemic to ensure we were able to bill.

To our Adult Day Care staff, even though our center is temporarily closed due to COVID-19, are able to provide home delivered lunches to all of our ADC clients that request a meal.

No matter what this pandemic has done to our way of life, our values, accountability, compassion, innovation, integrity and respect has not changed.

We are living in unprecedented times. We are all in this together. Thank you for all you do! ~ Teudis Perez ~

Check out our website: www.healthdepartment.org
@GRDHD
https://www.facebook.com/GreenRiverDistrictHealthDepartment/
Home of the Free Because of the Brave

Green River District Health Department’s Board of Health passed a budget on June 16th that includes a 50-cent-per-hour raise beginning July 1 and a 3% raise for employees on their anniversary date. The health department ranks 55th out of 58 in the state for average pay, or fourth lowest, said Clay Horton, public health director. GRDHD’s wages are tied to the state merit system. Excluding Louisville, Lexington and Northern Kentucky, which have their own merit systems and higher compensation schedules, the state’s average pay for health department employees is more than $22 per hour, a wage comparison study shows. By comparison, GRDHD’s average wage is $19.24 per hour. Although the health department has given raises between 1% and 3% the past few years, its pay still hovers near the bottom. “My goal is to keep us competitive,” Horton said.

For more information from the June 16th board meeting:
https://bit.ly/313k3os

When Gov. Andy Beshear announced Monday his plans to “create a better world and create a better Kentucky,” Suzanne Craig was listening. And she was elated. Craig, who leads the DC-CAP (Daviess County Community Access Project) at Green River District Health Department, works as part of a team that secures free prescription drugs for local residents who can’t afford their medications. She’s also a local expert on health insurance coverage. She was pleased to hear a health care initiative sits at the top of Beshear’s three-pronged plan to curb racial inequality. He has called for every black Kentuckian to be covered by some form of health insurance. For the full article: https://bit.ly/2YFXfs7

Childhood Drowning Facts

Due to the COVID-19 pandemic and more people staying home, the sale of in-ground and above ground pools has increased dramatically as families look for ways to keep their kids entertained during the summer. While swimming can be lots of fun, it can also pose a huge safety risk for children. According to the Children’s Safety Network, nearly 950 child deaths occur from drowning each year. Nearly half of those are infants and toddlers. Most children ages 1-4, drown in homes which have a backyard pool. While most people think they would hear a child splashing if they were to fall in a pool, this is not always the case; drowning can happen very quickly and very quietly. Pool fences are not only required by law, they are the single most important way to decrease the likelihood of childhood drownings. Most homes have three-sided fencing that includes the home; however, four-sided fences that isolates the pool from the home reduces the risk of drowning by 83% according to the CDC. All children should wear an approved flotation device while in and around the water. This flotation device is not meant to replace adult supervision. Keep all toys out of pool when not in use as this can be a huge enticement for children to lean over to get them.

Formal swimming lessons can reduce the risk of drowning in children ages 1-4 by 88% (Brenner, 2009). Check with your local YMCA to see if they provide swimming lessons. Swimming should not only be a fun way to enjoy summer but also safe way to enjoy summer!

For more information:

Comfort Zone = Healthy Community

Why Do I Need to Quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

You have been in close contact with someone who has or is suspected to have COVID-19 so what do you do? It is important for you to stay home, separate yourself from others and monitor your health.

Restrictions During Quarantine

To prevent unintentionally spreading COVID-19 to infected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period:

• Stay home. Do not go to work, school or public areas. You may only leave your quarantine or enter another public or private place to go necessary medical care.
• Do not allow visitors.
• Separate yourself from others in your home unless they are also in quarantine.
  • Stay in a specific room and away from other people in your home. It is important to stay away from people who are at higher risk of serious illness, including people who are 65 years or older or have a health problem such as a chronic disease or weak immune system.
  • Use a separate bathroom if available.
  • Stay at least 6 feet away from others and when it is possible, wear a cloth face covering.
• Do not prepare or serve food to others.
• Do not handle pets.

Getting Help With Food and Other Necessities

If you do not have someone to help you, you can arrange for food and other necessities to be left at your door.
Tomato & Cucumber Salad
A NO-HEAT SIDE DISH FOR SUMMER
BY: MELISSA DORSEY, RD,LD

You will need:
4 tomatoes, cut into wedges
1 large cucumber, sliced
1 yellow or orange bell pepper, diced
1 jalapeno, minced (optional)
2 Tbsp fresh lemon or lime juice
2 Tbsp chopped fresh basil leaves
Salt and Pepper to taste

Combine all ingredients and chill for 1 hour before serving.

NUTRITION FACTS (PER 1 3/4 CUP): 36 CAL, 7G PRO, 6G CARB, 0G FIBER, 247MG SODIUM

Fireworks Safety Tips

★ Never allow children to play with or ignite fireworks.
★ Never try to re-light or pick up fireworks that have not ignited fully.
★ Keep a bucket of water or a garden hose handy in case of fire or other mishap.
★ Make sure fireworks are legal in your area before buying or using them.
★ Light fireworks one at a time, then move back quickly.
★ More Fireworks Safety Tips—www.cpsc.gov/fireworks

What parents learn when trained in behavior therapy

Positive Communication
Positive Reinforcement
Structure and Discipline

Behavior therapy, given by parents, teaches children to better control their own behavior, leading to improved functioning at school, home and in relationships. Learning and practicing behavior therapy requires time and effort, but it has lasting benefits for the child.

#VitalSigns

www.cdc.gov/vitalsigns/adhd

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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.