

Informative Information

- ▶ Family **Halloween** celebration on Thursday October 27th from 6-7 at the Shelby County Public Library, call for more information.
- ▶ Home Health has welcomed Lynn Snider as our Home Health Coordinator and Kristi Tingle as a full time nurse. We are happy to have them both. We are continuing to increase our services in all counties. Home Health participated in New Castle Fall Fling with a booth to take B/P's and blood sugars.
- ▶ North Central District Health Department has a new floating nurse for the counties of Spencer, Shelby and Herry. Her name is Joyce Snyder and we are glad that she is here.
- ▶ Make a difference Health Day on October 22nd between 9:00 and 1:00. We will be having breast cancer screening, blood pressure checks and cholesterol. By appointment only.
- ▶ Tobacco Cessation classes available in October. Shelby (Tuesday 2-4), Henry (Tuesday 2-4), Spencer (Thursday 2-4) & Trimble (Thursday 2-4). Walk-in or by apponitment.
- ▶ Have a safe and healthy holiday season from all of us at the North Central District Health Department.



The District Informer

Serving our Communities in Shelby - Henry - Spencer - Trimble



Herman Stanley holds his wife Elizabeth's hand while Joyce Abrams gives a flu shot

Flu shot season

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| <p>District Office 1020 Henry Clay Street Shelbyville, KY 40065 (502) 633-1243 (502) 633-7358 f</p> | | <p>Spencer Co. Health Dept P.O. Box 175 88 Spears Drive Taylorsville, KY 40071 (502) 477-8146 (502) 477-5624 f</p> |
| <p>Henry County Health Dept P.O. Box 449 125 N. Property Street New Castle, KY 40050 (502) 845-2882 (502) 845-7997 f</p> | | <p>Shelby County Health Dept P.O. Box 254 615 11th Street Shelbyville, KY 40065 (502) 633-1231 (502) 633-7814 f</p> |
| <p>Trimble County Health Dept P.O. Box 250 138 Miller Lane Bedford, KY 40006 (502) 255-7701 (502) 255-3760 f</p> | <p>Clinical Services - WIC Immunizations - Home Health - Environmental Services - Family Planning Nutrition Education Tobacco Prevention</p> | <p>Home Health Agency P.O. Box 358 New Castle, KY 40050 (502) 845-2761 (502) 845-7998 f</p> |

Director's Address

Welcome to our second issue of the District Informer. I commend all the staff responsible for making our quarterly newsletter a great success. A multitude of events have occurred since our last newsletter.

We started moving onto our newly constructed District Office July 20th, 2005 and were officially opened for business beginning the week of July 25th, 2005. Although the contractors are still with us finalizing some of the small details around the building, we are finally approaching completion. I want to express my sincere appreciation to each and every employee at North Central District Health Department for making the new district building a reality. Without your loyalty, dedication and hard work it would not have been possible. It is an honor to be your director. We are planning an open house in the very near future that everyone will be notified about upon finalization of details.

As you know, several weeks ago, Hurricane Katrina devastated the coast taking homes, businesses and lives. When the state disaster services contacted Public Health Directors asking for public health employees to volunteer for deployment to assist in the areas of Alabama, Louisiana and Mississippi, once again, North Central District employees stepped up to the plate. Our district had more employees volunteer than any other health department or district in the state. Thank you. Lloyd Peniston was among the first environmental team deployed. His team left on September 14th, 2005 traveling to Gulfport, Mississippi. They spent two (2) weeks there working twelve (12) hour days assisting FEMA and the Mississippi Public Health officials sort through the devastation and initiate the clean up process. Lloyd, it is good to have you home. We missed you. The 2nd team is currently in Mississippi and the 3rd administrative team is scheduled to deploy October 5th, 2005. I ask that everyone continue to keep the victims of Katrina, as well as the volunteers in your thoughts and prayers.

Well, it is time to start giving the flu vaccine again. It seems as if we may face somewhat of a shortage again this year. However, following the guidelines for vaccination will assure protection of those communities and citizens most at risk.

Plans are currently in process for an on-site health fair in each of our four health departments, October 22nd, 2005. We will be offering Cancer screening services for women, blood pressure checks, cholesterol services and a variety of other services.

Our Home Health services are beginning to grow again and our outreach programs continue to grow. The Environmental department has had a busy summer as the growth in our counties continues.

Keep up the great work everyone and thank you for everything you do. Again, I am extremely proud to be your director. To the best Public Health Employees in the state- North Central District Health Department.

Best Regards,

Renee Blair

Renee Blair, Public Health Director



Skillet Sweet Potatoes

Makes 4 servings

Provided by Better Homes and Gardens



Ingredients

- 1 lb sweet potatoes, peeled and sliced,
- 1/2 tsp finely shredded orange peel
- 1/2 c orange juice
- 1 tbsp molasses or brown sugar
- 1/4 tsp salt
- 1/4 tsp ground cinnamon
- 1/8 tsp ground allspice

Directions: In a large skillet bring 1 inch of water to boiling. Add fresh sweet potatoes; reduce heat. Cover and simmer for 20 minutes or until tender. Drain well. Or, drain canned sweet potatoes and cut into 2-inch pieces; set aside. For sauce, in a small bowl combine orange peel, orange juice, molasses or brown sugar, salt, cinnamon, and allspice. Pour over potatoes in skillet. Cook and stir gently until bubbly. Simmer, uncovered, for 5 minutes or until potatoes are glazed, spooning sauce over potatoes occasionally.

Nutritional facts per serving:

Calories: 98, Total fat: 0g, Saturated fat: 0g, Cholesterol: 0mg, Sodium: 156mg, Carbohydrate: 23g, Fiber: 2g, Protein: 1g, Vitamin C: 43%, Calcium: 3%, Iron: 4%, Starch: 2 diabetic exchange, Fat: .5 diabetic exchange

Ginger Cranberry Relish

Makes 10-12 servings

Provided by Better Homes and Gardens



Ingredients

- 1 8-1/4-oz can crushed pineapple (in syrup)
- 1 12-ounce package cranberries (3 cups)
- 2/3 cup sugar
- 3/4 teaspoon ground ginger
- 1/2 cup water
- 1/2 cup chopped walnuts

Directions: Combine undrained pineapple, sugar, ginger, and water in a medium saucepan. Cook and stir over medium heat until sugar is dissolved. Add cranberries; bring to boiling. Reduce heat; cook and stir 3 to 4 minutes more or until cranberries pop. Transfer to an airtight container. Chill for up to 3 days. To serve, stir in chopped walnuts. If desired, garnish with additional fresh cranberries.

Nutrition facts per serving:

Calories: 120, Total fat: 4g, Saturated fat: 0g, Cholesterol: 0mg, Sodium: 2mg, Carbohydrate: 22g, Fiber: 2g, Protein: 1g, Vitamin C: 11%

4. Don't drink too much.

There are a lot of calories in many holiday beverages. Not only do we have the normal "spirits" to contend with during the holidays which have many calories, but we are also faced with eggnog, spiced cider, hot chocolate, a merry wonderment of punches and the ever present colas. Just remember, while you are chatting with family and friends and catching up on days gone by, to be mindful of the amount of beverages you are consuming. Not only to keep you safe and sober, but calorie conscious as well. Water is always a great choice, but, when you just need a steamy mug of cocoa, or a rich and creamy eggnog, seek lower calorie options to serve and be served.

Safe Food Temperatures

To ensure that you don't give all of your family and friends food poisoning for the holidays instead of those gifts you spent a small fortune on, follow the guidelines below for safe cooking temperatures.

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|---------------|---|
| 145° F | Beef, lamb & veal steaks & roasts, Medium rare (medium, 160°) |
| 160° F | Ground beef, pork, veal & lamb Pork chops, ribs & roasts Egg dishes |
| 165° F | Ground turkey & chicken Stuffing & casseroles Leftovers |
| 170° F | Chicken & turkey breasts |
| 180° F | Chicken & turkey Whole bird, legs, thighs & wings |

Also be sure that you don't leave foods out of temperature for too long (140° for hot foods and 40° for cold foods) bacteria that can cause food illnesses grow rapidly outside of these temperatures. Since there will likely be more food than usual taking up every nook and cranny, be sure that your refrigerator is cold enough to keep your foods at or below 40° and your freezer should be at 0° with frozen foods frozen hard. You can use a stem thermometer to check all these temperatures and if you don't already have one they are generally sold in the kitchen supplies areas of most department stores.

North Central District Flu Shots

The North Central District Health Department is beginning to schedule the flu shot clinics. Our district will follow the tier system for administering the shots. The following is the tier system:

- Tier 1A
 - Persons aged ≥ 65 years with comorbid conditions, residents of long term facilities.
- Tier 1B
 - Persons aged 2-62 years with comorbid conditions
 - Persons aged ≥ 65 years without comorbid conditions
 - Children aged 6-23 months
 - Pregnant women
- Tier 1C
 - Health Care personnel
 - Household contacts of children and out of home caregivers of children aged < 6 months
- Tier 2
 - Household contacts of children and adults at increased risk for influenza-related complications
 - Healthy persons aged 50-64
- Tier 3
 - Persons aged 2-49 years without high risk conditions



Flu shots cost \$20.00 payment is due at the time of injection. Medicare will cover the cost of the shot for those eligible. Flu shot clinics will be held in the four county health departments please use the following numbers to contact and set up an appointment:

Shelby (502) 633-1231
Henry (502) 845-2882

Spencer (502) 477-8146
Trimble (502) 255-7701



visit us on the web



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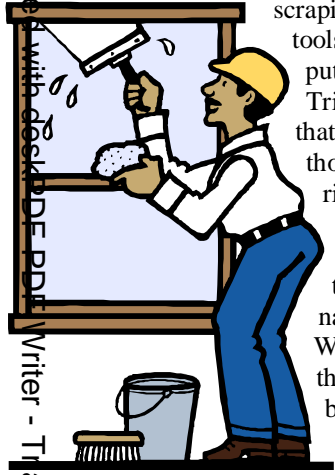
Physical Activity

Fall is an excellent time to get busy. The weather is cooling down, the autumn breeze is just starting to whip around the beautiful foliage that has begun to fall and best of all, fewer bugs! Fall is also right before the holidays and we all know that can add on pesky pounds. So now is the time to get started on boosting that metabolism. Many of us will have lots of leaves on the lawn to be cleaned up, lingering weeds to be pulled and a host of other "winterizing" projects. Fall is a great time for cleaning out the garage, in preparation for not

scraping windshields and putting away summer gardening tools. Inside there is all of that "Spring Cleaning" that got put off in lieu of a trip to the pool or summer vacation. Trick or Treating is just around the corner and you know that means a lot of walking! What it all boils down to though is physical activity. You can burn a lot of calories and get in a lot of physical activity just doing those basic "chores" that autumn brings along with it. If you're not really into the "chores" of fall and leave those up to your spouse or maybe you have a maintenance free lifestyle, there are still plenty of options. Walking, biking, hiking, golf and even taking a trip to the zoo all can still be done once the weather begins to cool. They may be even more fun in the fall when the crowds are smaller. Fall also means football, get together a team for a game of flag or touch in

the backyard. Most of all don't forget to have fun. Physical activity is as fun as you make it and keep in mind as long as you are on your feet and moving you are getting it! One last trick, when you begin the marathon of shopping that goes on for the next few months, park way out in the parking lot. If you are afraid, ask for an escort, most stores will gladly offer one, or go with a group (its more that way anyway). You'll be getting a few extra steps and fewer dings on your car doors!

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Make a Health Difference Day

On October 22 between 9:00-1:00, North Central District Health Department will be holding 'Make a Health Difference Day'. We will be checking blood pressures, cholesterol and Breast Cancer screening. Call to make an Appointment only:

Shelby (502) 633-1231
Henry (502) 845-2882

Spencer (502) 477-8146
Trimble (502) 255-7701

DiETING Tips and Traps for the Holidays

With the holidays on the horizon most of us are beginning to daydream a little about all the wonderful dishes that will be served. Whether it's your mom's candied yams or your candied candy (ha ha) the holidays are chocked full of tempting and delectable morsels to sabotage the diet you've been so dedicated to all year. But don't be afraid, there is always something you can do to prevent the nearly inevitable pounds, inches and bloating that seem to "spring forward" as soon as we "fall back." I have compiled a few do's and don'ts to help us all better manage the holiday smorgasbord.

1. Don't skip meals to save room for big feasts.
This doesn't really make any extra room, what it does do is slow down your metabolism as well as cause you to overeat. This skipping and bingeing cycle, so many of us do during this time of year, can also really wreak havoc with your blood sugar.
2. Do eat a normal breakfast, lunch and dinner with sensible snacks between.
This "normal" pattern of eating helps to keep your body regulated. You are less likely to overeat and will also be more likely to choose better-for-you foods if you aren't starving by the time you eat. Your body needs fuel (food) to operate, so don't starve it and don't flood it, and things should continue to work properly.
3. You don't have to eat at everyone's house.
Just because you have always eaten at this one's house and then that one's house and then the unexpected dinner later in the evening, doesn't mean you have to *keep* eating at all the houses. If you've already had a whole meal at the first house you don't really need to eat another whole meal at the next house. If you know that you will be stopping at several places, eat appetizers at the first house, dinner at the second and save dessert for the third. Or, eat the favorite dish of the house where you are. Whatever method you choose, don't eat too much (you'll know by that I can't eat another bite sensation). And by all means explain to the cook that even though you're sure their turkey, potatoes and green bean casserole are to die for, you just don't want to be too full.



(Continued next page)

The Heart of the Storm

After hurricane Katrina had devastated the coastal region the state disaster services contacted surrounding states for help. Many people from North Central District Health Department volunteered to assist those in need. On September 14th, 2005 Lloyd Pensiton was the first from our district to heed the call. He traveled to the coast



"It was unbelievable and unimaginable."

region with other environmentalist from around the state to Gulfport, Mississippi. The accommodations for the first five days were in a warehouse with no air conditioner and over 200 other people. After sleeping on cots, and waiting in line for the portable showers, sinks and restrooms, he would work a 12 ½ hour day. The day's duties ranged from inspecting food establishments, collecting water samples, locating and assessing shelter and feeding sites to working in Emergency Operations Center (EOC) by tracking team members' time, expenses and creating reports for the EOC. Other duties he performed were to find "Docs in a Box" (help certify the doctors to assist in the disaster relief area), deliver vaccine and supplies to clinic sites and general sanitation issues. After the five days in the warehouse they were moved to an EOC camp with a little better accommodations for the rest of the 10 days. Working in six counties of the coastal region (mainly the three lower counties) he said, "it was unbeliev-

able and unimaginable to see homes just removed from their foundations and just gone."

Lloyd returned on September 28th after fifteen days in the disaster area, he has returned to work for North Central District, happy that he went, but happier to be back.



HOW TO HAVE A SAFE AND HEALTHY HALLOWEEN

Whether you're a homeowner or a young trick-or-treater, Halloween can be one of the best holidays. It doesn't require a huge gathering of people, or days spent baking and cooking in the kitchen like Thanksgiving and Christmas so often do. Instead, you get to dress up as someone completely different, and you get candy for doing so. Halloween does have its pitfalls -- most notably the stomachache you get from eating too much candy corn or the smashed pumpkins on your doorstep. Indeed, millions of kids running around in the dark and eating tons of chocolate are recipes for mischief and more. We have compiled a list of tips and ideas for a safe and healthy Halloween.



Tips for safe trick-or-treating

- ▶ The single most important safety step is to make sure that children have adult supervision while trick-or-treating. If teenagers want to go on their own, make sure they go in groups, have a cell phone with them, and know where they are going.
- ▶ Advise children to only go to the homes of people you know and stay in neighborhoods you know are safe.
- ▶ Instruct children not to eat anything until it is brought home and you can inspect it. Look for signs of tampering, unsealed packages or puncture holes. Dispose of fruit, loose candy and anything that isn't in its original wrapping. Follow the National Safety Council's advice: "When in doubt, throw it out."
- ▶ Bring a pocketful of treats from home for impatient trick-or-treaters who want to nibble a sweet on the way.

Costume Safety Tips

- ▶ **Use face paint or makeup.** Look for nontoxic and hypoallergenic makeup instead of masks, especially for very young children. Masks can make it hard for youngsters to see and breathe.
- ▶ **Wigs and beards shouldn't cover the eyes or mouth.** Be sure headgear won't slide over the child's face.

- ▶ **Add reflective tape to costumes.** Choose light colors. (Continued next page)

Be sure the costume is not too heavy for the child. Accessories such as wands should be soft and flexible.

► **Costumes should be short enough so the child won't trip.** Sleeves should fit properly, as well. Avoid footwear that makes it hard to walk.

► Use **flame-resistant fabric** for homemade costumes.

Tips for Homeowners

► **Replace burned-out bulbs in exterior lights.** Leave your exterior lights on later than usual -- perhaps even all night.

► **Clear the pathway.** Make sure the path to your door is well lit and your lawn is clear of things that could be tripped over, such as jack-o'-lanterns with lit candles, ladders, garden hoses, flowerpots, bikes, and animal leashes.

► **Sweep wet leaves from sidewalks and stairs.**

► **Keep excitable pets away from the door.** You'll have a safer and calmer house if you keep Fido away from where you are dispensing the treats.

► **Keep all outside pet indoors or in the garage.**

► **Put your car in the garage.** Lock your garage doors.

Alternatives to trick-or-treating

► Host a Halloween party in your home complete with costume contests, face-painting, craft projects, music, food and a scavenger hunt for treats. Give everyone a goodie bag on the way out. Better yet, make it a block party and get everyone on your street to participate.

► Suggest a traveling Halloween festival. Start at your home for one activity and then visit nearby friends or relatives who have different holiday-themed fun pre-arranged at their homes. Children can also trick-or-treat at each scheduled stop.

► Turn your home into a haunted house with scary decorations and music and invite the neighborhood kids over for thrills and chills.

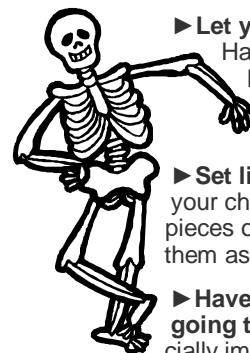
► Rent some scary movies, pop some popcorn and stay in for the evening. You can even get into the mood by dressing up and setting up bowls of candy for munching.

► Stay home and have fun welcoming visiting trick-or-treaters. Offer something other than candy that might just get thrown out. Give inexpensive party favors, colorful pencils, stickers, erasers, comic books, or even promotional key chains and magnets with your company logo. (If you do give candy, some parents have suggested sticking an address label on each piece so parents know where their children got it and that it's safe.)



After a while, all those Sweet Tarts, Snickers bars, and lollipops are enough to make a person swear off Halloween forever. Certainly your heart and arteries will thank you, not to mention your dentist and your scale. Imagine sitting down to eat a five-pound bag of sugar. That's what your child will do on Halloween if you let her. When it comes to nutrition, candy scores a big zero. It's an "empty calorie" food -- full of calories but void of nutrients like vitamins and minerals. While it's unrealistic to tell your child not to eat sweets on Halloween, there are things you can do to minimize his sugar intake. Here are some helpful tips on having a healthier Halloween:

► **Give your child a nutritious meal before he goes trick-or-treating.** This will fill him up and make it less likely that he'll be eating the candy before he even gets home.



► **Let your child indulge a bit.** Not allowing your child to eat her Halloween candy will just drive her to want it more. Although a low-fat diet is important for children, allowing the occasional indulgence, especially on a fun-oriented holiday like Halloween, is also important.

► **Set limits on how much candy can be eaten at once.** When your child returns home from trick-or-treating, ask her to pick the 10 pieces of candy that she wants to keep. Take the rest away and use them as substitutes for lunch treats or desserts.

► **Have your child brush and floss his teeth thoroughly before going to bed.** Although this should be done every night, it's especially important that your child's teeth be free of the Halloween sugar.

► **Donate your leftover candy to charity.** Not only will this prevent your child from continuing to eat candy for months to come, it will help teach her the value of helping others.

Have a safe and health Halloween. Please contact us if you have questions or need more information.

