

## North Central District Welcomes... New Employees to the Home Health Staff

New Home Health in Trimble Co. serving Trimble Co and Oldham Co. out of the Trimble County office.

Office clerical staff includes:

Bonnie Scholey– 8 years of home health experience.  
Kim Ogburn– 2 years of home health.

Registered Nurse:

Robin Andari– 10 years working in the home health field.

Home Health Aides

Ruby Richmond– 15 years of home health.  
Nancy Acree– 18 years of home health.

Social Worker and Community Relations

Jeanee Crutcher– 6 years of healthcare experience and master degree in social work.

Home Health Coordinator

Lynn Snyder– worked in healthcare field for 10+ years.

Please give us a call if you are need of some support for  
your home healthcare needs.

Trimble County Office: (502) 255-3110 Fax (502) 255-3760  
Henry County Office: (502) 845-2761 Fax (502) 845-7998

District Office  
1020 Henry Clay Street  
Shelbyville, KY 40065  
(502) 633-1243  
(502) 633-7358 f

Henry County Health Dept  
P.O. Box 449  
125 N. Property Street  
New Castle, KY 40050  
(502) 845-2882  
(502) 845-7997 f

Trimble County Health Dept  
P.O. Box 250  
138 Miller Lane  
Bedford, KY 40006  
(502) 255-7701  
(502) 255-3760 f



Clinical Services - WIC  
Immunizations - Home  
Health - Environmental  
Services - Family Planning  
Nutrition Education  
Tobacco Prevention

Spencer Co. Health Dept  
P.O. Box 175  
88 Spears Drive  
Taylorsville, KY 40071  
(502) 477-8146  
(502) 477-5624 f

Shelby County Health Dept  
P.O. Box 254  
615 11<sup>th</sup> Street  
Shelbyville, KY 40065  
(502) 633-1231  
(502) 633-7814 f

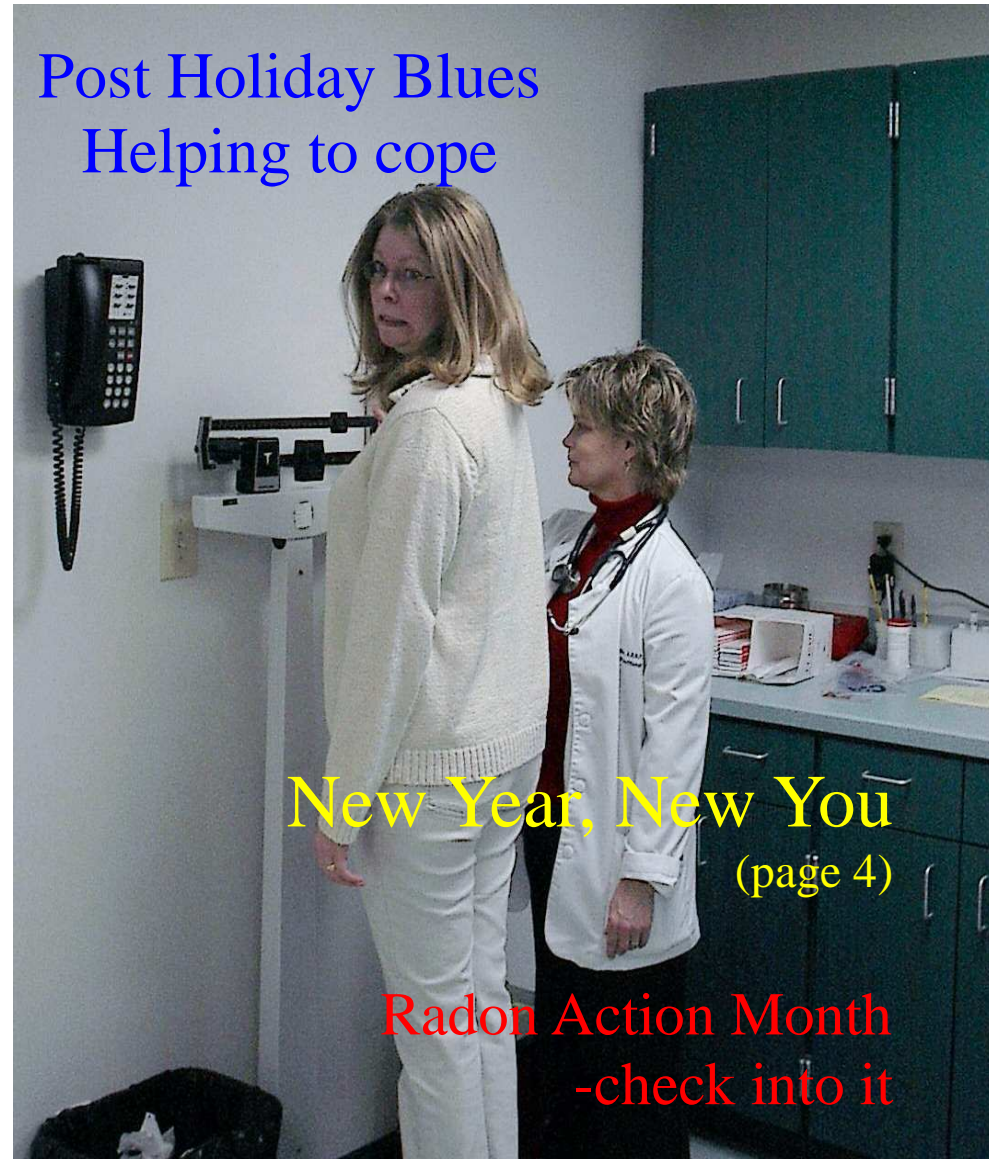
Home Health Agency  
P.O. Box 358  
New Castle, KY 40050  
(502) 845-2761  
(502) 845-7998 f



# The District Informer

Serving our Communities in Shelby - Henry - Spencer - Trimble

## Post Holiday Blues Helping to cope



New Year, New You  
(page 4)

Radon Action Month  
-check into it

# Director's Address

Well a lot has happened since our last quarterly newsletter.

We have successfully branched out our home health agency. We now have new staff and a new home health office in our Trimble County Health Center. We are very excited to have the additional staff, and together with the existing home health staff, they are growing our home health patient census daily. I sincerely appreciate the Trimble County Staff for the courteous manner in which you welcomed the

new staff and assisted them in settling in and making them a part of the district team and family.

We are also once again preparing the documentation in hopes of getting an expansion license for Spencer County home health services. Let's keep our fingers crossed as I anticipate good things ahead for home health.

I want to take this opportunity to express my sincere appreciation to those that kept me in your thoughts and prayers during my deployment to Mississippi. It was truly a life changing experience that I feel sure Lloyd nor I will ever forget. No truer words have ever been spoken than when Lloyd returned and said "neither words nor pictures can describe the devastation". I have asked several of the Mississippi State Department of Public Health folks to come to our annual Kentucky Public Health Association Conference and speak this year. To date, five have confirmed attendance. Those staff planning to attend should enjoy the sessions this year. We have planned for some outstanding speakers with a variety of Public Health topics.

I hope the holidays were wonderful for everyone, full of happiness and good health. As most of you know, I spent mine in the mountains with my family. I took the opportunity to greatly enjoy some quality time with my parents and my 94 year old grandmother. It was a real blessing, just as the Christmas holidays are meant to be.

Once again we survived the flu vaccination crisis. The vaccine shortage and continued threat of shortages created some difficult situations in each of the centers. However, your perseverance and determination led you through it. I want to commend all the staff for a job well done during this stressful time.

As this newsletter reaches you, the General Assembly will be in full session once again. As legislative chair person for our KHDA membership, with the diligent assistance of Tyisha, I will keep each of you informed of bills surfacing that may affect Public Health. Let's just hope this long session is not too painful.

Hang in there and keep up the great work. I sincerely appreciate each of you and all that you do.



Printer: http://www.docudesk.com

# Can you Sudoku?

The rules of **Sudoku** are simple.

Enter digits from 1 to 9 into the blank spaces.

Every row must contain one of each digit. So must every column, as must every 3x3 square.

Each **Sudoku** has a unique solution that can be reached logically without guessing.

		8		2			7
4	2			5			8 3
				9 4 2			
		7	2		4		8
1	4			6			7 9
8		5	1		6		
		6 9 4					
2	1			7			9 5
9			2			7	



Visit us on the web at:

**Www.NCDHD.COM**

## Chicken and Salsa Soup Serves 4



**Ingredients** <http://www.bhg.com>

- 1-3/4 cups water
- 1 14-ounce can reduced-sodium chicken broth
- 1/2 pound skinless, boneless chicken breast halves, cut into bite-size pieces
- 1 to 2 teaspoons chili powder
- 1 11-ounce can whole kernel corn with sweet peppers, drained
- 1 cup bottled chunky salsa
- 3 cups broken baked or fried corn tortilla chips
- 2 ounces Monterey Jack cheese with jalapeno peppers, shredded

### Directions

1. In large saucepan combine water, chicken broth, chicken, and chili powder. Bring to a boil; reduce heat. Cover and simmer 8 minutes. Add corn. Simmer, uncovered 5 minutes more. Stir in salsa; heat through. 2. To serve, ladle soup into bowls. Top with chips and sprinkle with cheese.

**Serving Suggestion:** Fix up a 15-ounce package corn bread mix by stirring in a drained 4-ounce can diced green chili peppers before spreading in the pan. Sprinkle with paprika; bake as directed. Serve with honey butter. Makes 4 servings.

**Nutrition facts per serving:** Calories: 319; Total Fat: 9g; Saturated Fat: 3g; Cholesterol: 42mg; Sodium: 989mg; Carbohydrate: 32g; Fiber: 3g; Protein: 20g; Vitamin C: 43%

## Pineapple Orange Sunshine

**Ingredients** Low fat, Low Calorie Prepared Dessert



- CAKE**
- 1 box Sweet Rewards yellow cake mix
  - 1/3 cup applesauce
  - 4 eggs
  - 1 can (11 oz.) mandarin oranges in light syrup
- FROSTING**

- 1 container (8 oz.) light or fat free whipped topping, thawed
- 1 pkg. (3.4 oz.) fat free/sugar free instant vanilla or banana pudding mix
- 1 can (15-1/2 oz.) crushed pineapple in juice

### Directions

1. For the cake: Preheat the oven to 350 deg. In a large bowl, stir together all the cake ingredients until moist. Beat by hand for 2 minutes.
2. Coat a 13"x9" cake pan with cooking spray. Pour the batter into the pan. Bake for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean. Cool completely.
3. For the frosting: In a large bowl, mix together all the frosting ingredients until well blended. Spread over the cake. Store in the refrigerator.

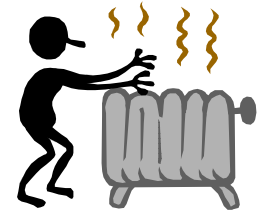
**Serving Suggestion:** Save back a few mandarin oranges to garnish or other fresh fruits. Bananas are good if you choose the banana pudding mix. May also be made as a layer cake or punch bowl cake if desired.

## Energy Saving Tips

This winter, you can control your energy costs. Follow the low-cost and good investment tips below to save energy.

### Heating

Home heating can account for more than half of your energy bill. In fact, every hour your furnace runs may cost more than \$1.00 this winter.



- Replace old, inefficient furnaces with ENERGY STAR®-qualified model and save up to 20% on your heating costs.
- Install a programmable thermostat. On cold days, set the thermostat to 68°F when you are home (health permitting) and turn it off when you are away. Lowering the temperature 3-5°F can save you 10-20% on your heating costs.
- Change or clean your furnace filter monthly to help it run more efficiently. A simple filter clean/change can save up to 2% on your heating costs.
- Test air ducts for leaks. Seal any leaks and save 5-20% on your heating costs.
- Install or upgrade wall and attic insulation and save up to 25% on your heating costs.
- Caulk and weather-strip windows and doors and save up to 5% on heating costs.
- Open drapes and shades during the day, allowing the sun to warm and light your house. Close them at night to limit the amount of heat that escapes.
- Avoid wasting heat in unoccupied rooms by closing doors and air vents.

### Water Heating

Natural gas water heaters typically account for about one third of the average gas bill. And, in winter your water heater works harder because water requires more energy to heat.

- Turn your water heater thermostat down and save 10-15% on water heating costs. Water should not measure more than 120°F.
- Replace inefficient clothes washers with an ENERGY STAR –qualified model, which use 35-50% less water and up to 50% less energy per load.
- Wash full loads in cold water and save up to 10% on hot water costs.
- Install low-flow showerheads to conserve water and save 5-10% on water heating costs. Showers can account for up to 50% of your hot water usage.
- Purchase and ENERGY STAR-qualified dishwasher and run only when full. Use the air dry option instead of the heat-dry feature.

### Lighting

As days shorten, residents use more energy to light their homes.

- Replace the 4 lights you use most often with compact fluorescent lights (CFLs) and save up to \$35 a year in energy costs.
- Purchase energy-efficient light-emitting diode (LED) strands for holiday lighting. LED strands are 90% more efficient, last longer and are safer than light strands, since they are shatterproof and produce almost no heat.



# New Year, New You

Got a New Year's Resolution?

I'm sure many of us have thought of a thing or two to resolve in '06, but are they the same old resolutions you always give up on by month's end? Some of the most common are to lose weight (aka: go on a diet), exercise more, quit using tobacco and the list goes on. Why do we keep making the same resolutions when we know what the results will be? This year let's all try something a little different. I know I am, this year I resolve to get healthy! It may sound a little general, but I am combining those above into one resolution, except the tobacco, as I am not a user, but anyone could since it is not a healthy choice.

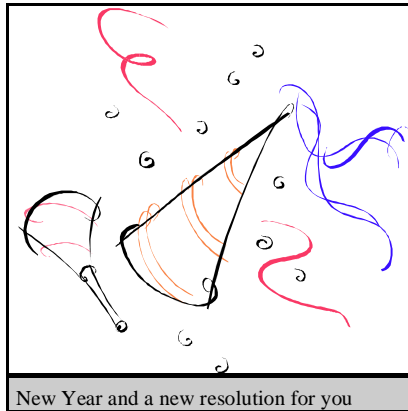
For starters I plan to eat three healthy meals a day and throw in some good for me snacks. This doesn't mean I am going to start baking tofu casserole, but I will be making conscious decisions to eat breakfast that's not Pop Tarts, lunch that's not fast food and supper that requires a little more effort than throwing a frozen pizza in the oven and calling it a meal. This will likely mean opening up the untouched Dr. Phil cookbook I bought two years ago, but from the pictures it looked like it had some great meals.

While I am eating better, I also plan get more physical activity. I'll start by storing away all those Christmas decorations. Plenty of running up and down the stairs for that! Then when that's over with I think I'll use part of my lunch hour to take a walk or stretch to get my muscles energized! Who needs an hour to eat anyway?

I also plan to get more rest. Many of us nowadays are running on auto pilot because we aren't getting enough sleep. I want to get out of that rut. I will start by setting a bedtime for myself. Midnight will no longer be an appropriate bedtime for a 6:30 am wake-up call!

Another unhealthy part of my life that started with an ill attempt to fix the bedtime dilemma is an addiction to caffeine (which I'll have to admit probably interferes with the sleep I have been getting). It generally takes a jolt of caffeine to get me going, as it does a lot of us. Caffeine is a diuretic which makes me "go" too much and I am not getting hydrated no matter how much I drink.

So, as yet another part of my resolution, I'll drink more water (and other un-caffeinated drinks) to get myself hydrated. Our bodies are made up of about 70% water, but how



New Year and a new resolution for you

each year from exposure to indoor radon gas. The Surgeon General issued a health advisory in 1988 emphasizing the need to test for indoor radon and correct the problem when elevated levels are found.

"Fortunately, most homes with elevated levels of radon gas can be easily fixed for about the same cost as other common home repairs," said Clay Hardwick, the state's radon coordinator. "If you are having a new home built, you should discuss with the builder about incorporating radon-resistant construction methods recommended by the EPA."

During January, the state, participating local health departments, WKU, UK and the EPA will be conducting educational activities for the general public. For more information on testing your home for indoor radon gas, contact the Kentucky Radon Program at (502) 564-4856.

## Smoking News

With the stressful holidays over and a new year at hand, many people have chosen to quit smoking for their New Year's Resolution. As time goes by it is becoming increasingly harder for smokers to do so in public. The prices have also gone way up in recent years and folks have come to the realization that it just isn't worth it anymore. Not only are they worried about their health; they are also worried about their wallet and public perceptions too. To help those smokers who want to quit, North Central District Health Department offers free smoking cessation counseling. There is a tobacco cessation counselor at both the Henry and Spencer County offices between 2 and 4 on Tuesdays and at Shelby and Trimble County offices on Thursdays from 2 to 4. No appointment is necessary to talk to a counselor and you may come as often as you like. In addition to that weekly service, there is currently a Cooper Clayton Smoking Cessation Class being held at the Shelby County Health Department on Tuesday evenings from 5:30 to 6:30. This class is also free of charge. The class started January 3<sup>rd</sup>, but it is not too late to still join. The class runs for 13 weeks and is a combination of nicotine replacement (purchased by attendees) and group counseling. Many people have reaped the benefits of the Cooper Clayton classes in the past and you can too. There will also be a Cooper Clayton Smoking Cessation Class in Henry in the upcoming months. Watch for ads in the Henry County Local to find out when you can sign up for that course. For more information about quitting smoking (or spit tobacco), tobacco prevention presentations or other general information about tobacco products, contact Gina Jesse, RN at 845-2882 or Amy Tingle at 845-7995.

# January Is Radon Action Month

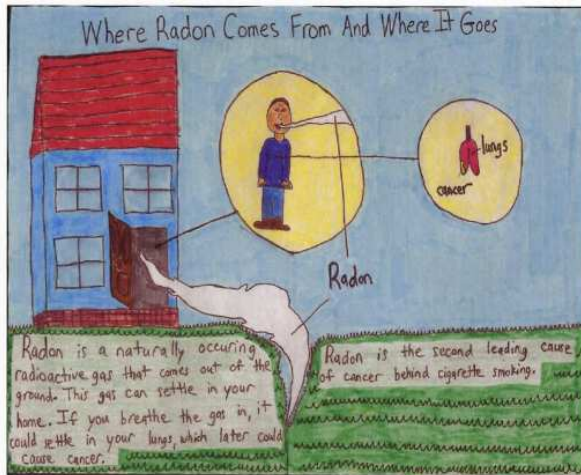
The Department for Public Health's Radon Program, in cooperation with participating local health departments, Western Kentucky University, the University of Kentucky and the U.S. Environmental Protection Agency, are participating in the observance of Radon Action Month in the state. Governor Ernie Fletcher has signed a proclamation naming January as Radon Action Month in Kentucky.

These groups are committed to heightening awareness of the hazards associated with indoor radon. The month-long observance focuses attention on the importance of testing homes and schools for this deadly gas. This year's focus is to raise awareness about radon-resistant construction methods that can be built into new homes, testing existing homes and mitigating homes with elevated levels of radon gas.

The Kentucky State Radon Coalition also encourages the public to participate in the 2007 Kentucky Radon Calendar Contest. The winning posters will be unveiled at an awards ceremony in September and distributed statewide. The calendar contest winner will receive a new computer and will be entered in the national calendar contest. Details for the contest can be provided by calling (502) 564-4856.

Radon is an invisible, odorless, radioactive gas that occurs naturally in our rocks and soils. It enters our homes through cracks and other openings in their foundations. Any

home can have elevated levels of radon. The only way to know about your home is to test. All residents whose homes test above the EPA action level of 4.0 pCi/l, are recommended to have their homes "mitigated." Mitigation involves the installation of a pipe system that will reduce radon concentration in the indoor air of a building. According to the National Academy of Sciences, exposure to indoor radon gas is the second leading cause of lung cancer in the United States after smoking. About 400 Kentuckians develop lung cancer



Brent Allen Harris, Muhlenberg County, First Place Winner of the Kentucky Radon Calendar Contest



much do we actually drink? There are times I go for days without drinking much more water than what I accidentally swallow while brushing my teeth!

As a final part to my get healthy resolution, I am going to attempt to avoid stress. Most of my stress is self inflicted and I would have to think that I'm not that much different than the rest of the world in that aspect. I plan to chill out about things that really don't matter. I will leave work related stress at work and any things that are out of my control are just that, out of my control. Why give myself mental anguish over things I can't change. I'll also remember to take time for myself. If I'm not happy, how can I keep those around me happy?

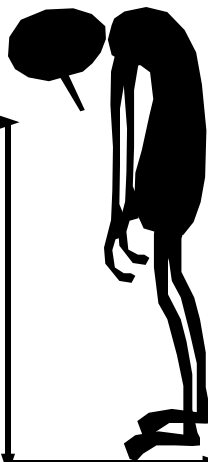
I realize that all of this sounds monumental, but when you break it down, its not that much and should be attainable and sustainable with a little bit of effort, faith that it will all work out and determination to form new, better habits. Hopefully by December of '06 I will have lost a few pounds, lowered my cholesterol and blood pressure, feel brighter and fresher and be more pleasant to be around. I hope you will join me as I try to get healthy. And if its all too much I will go to my stress resolution and edit this resolution. Good luck with your resolutions and have a happy and safe new year! Oh, by the way, if you should need help with any of your healthy resolutions you can turn to us at the Health Department. We have a nutritionist, tobacco cessation counselors and clinic services for general health related issues such as blood pressure and cholesterol checks. -Amy Tingle

## Recommended Childhood and Adolescent Immunization Schedule

Vaccine	Age	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis B <sup>1</sup>	HepB		HepB	HepB <sup>1</sup>		HepB						HepB Series			
Diphtheria, Tetanus, Pertussis <sup>1</sup>			DTaP	DTaP	DTaP		DTaP			DTaP	Tdap			Tdap	
Haemophilus influenzae type b <sup>1</sup>			Hib	Hib	Hib <sup>1</sup>	Hib									
Inactivated Poliovirus			IPV	IPV		IPV				IPV					
Measles, Mumps, Rubella <sup>1</sup>						MMR				MMR				MMR	
Varicella <sup>1</sup>						Varicella							Varicella		
Meningococcal <sup>1</sup>												MPSV4	MCV4	MCV4	MCV4
Pneumococcal <sup>1</sup>			PCV	PCV	PCV	PCV				PCV			PPV		
Influenza <sup>1</sup>						Influenza (Yearly)							Influenza (Yearly)		
Hepatitis A <sup>1</sup>													HepA Series		



# Post-holiday blues



The party season is over, you're back at work and it seems like there's nothing to look forward to for months and months. On top of all of this the cold weather and short winter days continue. Together it's a recipe for the post holiday blues. Of course, it's quite normal to feel a little down or frustrated when you return to work. Back-to-work blues tend to be temporary, unlike depression, which usually means a set of symptoms such as not finding pleasure in things you normally enjoy. Still, being back at work can be difficult for many people: problems of having limited freedom and fitting in again with work relationships can lead to frustration.

Factors that commonly contribute to the blues tend to fall into three major categories:

**Psychological** - Perhaps you promised yourself you'd keep a better perspective on work problems or not let work run your life, and you're already struggling to stick to them. You may have unrealistic expectations of your job and colleagues and are feeling disappointed when those expectations fall short

**Financial** - You may be worrying about paying for those Christmas presents you couldn't really afford

**Physical** - Strains of journeying to work by car or standing on a packed train, combined with a lack of exercise at work can leave you feeling fatigued. It's possible that you gained weight on holiday from too much food and alcohol and it isn't going to disappear over night.

**All this can add a great deal of pressure to being back at work. So what can you do to keep some of the holiday spirit alive? Try these important strategies:**

**Acknowledge your feelings-** If your work is routine it's normal to feel a bit down after a holiday. What is important is finding expression for your feelings. Turning frustration inwards will mean the blues will last longer and could have a significant effect on your own emotional and physical health and on those around you.

**Seek support-** If you spent the holiday with family or friends use them for social support. They can help you remember the good times you've had, reduce any feelings of isolation at work and share responsibilities at home.

**Be realistic-** Resolutions, although made in good faith, are often unrealistic and difficult to achieve. Don't try to do everything at once -tackle one action at a time. It's much better to be able to measure and reward your successes than trying to bounce back from disappointment.

**Budget-** Financial pressures at home can seriously affect how you feel at work. If you are worried about money and paying off credit cards, don't pretend the pressures aren't there. Instead, make a plan of how much money you can afford to pay off and the period you need to balance your accounts. Planning ahead will help you avoid tempting extravagances and help you feel more in charge of your life.

**Plan ahead-** It doesn't work for everyone, but many people find that planning their next holiday gives them something to look forward to. Perhaps a photograph of the resort or villa you're planning to visit stuck up in your work area will help. Even if it isn't another holiday, having an event or a treat planned can help give your work fresh purpose. Of course you shouldn't plan all the spontaneity out of your life, just enough to help you gain control of your circumstances.

**Quiet please!-** With the work that tends to pile up whilst you're away to deal with it is even more important that you plan in some time to think and relax. If you don't block the time out, it will get used up with other tasks and interruptions. Plenty of research shows that thinking-time increases your effectiveness and creativity at work. Taking a lunch break regularly and getting outside can help you maintain a sense of perspective of work hassles.

**Don't abandon healthy habits-** Don't let work pressures lead to you eating too many processed foods and ready-made meals. They often contain added sugar and salt, which aren't good for your health when taken in excess. Work pressures can also lead you to skip meals and snack on sugary foods. If you must snack during the day try a piece of fruit. Many people feel fatigued at work because they get dehydrated, so try to drink eight glasses of water a day.

**If the pressures are seriously too much-** Sometimes a break from your work can help you realize that you really are overburdened and cannot succeed with work as it is. In this case, you need to identify the source of the problem. If it's your failure to delegate, you must begin to involve others in making decisions and sharing responsibility. If it is the work itself, then you need to talk to your immediate boss, but have some of your own ideas for resolving the issues ready to contribute.



You will feel much better about work if you make sure you get plenty of sleep and some regular physical activity, such as walking for 30 minutes each day. Not only will exercise help get rid of any extra pounds you may have gained, it will give you extra stamina and energy to get through the day.

**Article found at:** [http://www.bupa.co.uk/health\\_information/asp/healthy\\_living/lifestyle/under\\_pressure/work](http://www.bupa.co.uk/health_information/asp/healthy_living/lifestyle/under_pressure/work)