

# NE Regional News

February & March 2011 Issue



## Inside this issue:

Women's Heart Month	2
New Faces at ADHD	3
County Nurse Retires Poinsett Co. Health Event	4
Women Who Lead White Co. WIC Foods	5
New Cross Co. LHU "O My Stars & Garters"	6
Pangburn CSH Independence Co. AR SAVES	7
HHI Staff NE Region Activities	8



### Pictured at left:

Fidel A. Samour, ACH Project Coordinator Analyst; Aaron Black, ATSC Executive Director; Dr. Joe Thompson, AR Surgeon General; Mark Hinsley, Newport Jr. High P.E./Health Teacher; Dr. Susan Hanrahan, ATSC Commission Chair; Kevin Pearce, Newport School District Health Coordinator; Dr. Tom Kimbrell, ATSC Commissioner, Dr. Paul Halverson, ATSC Commissioner and AR Health Department Director and State Health Officer

**Jackson County**—The 2011 Child Wellness Intervention Project (CWIP) grant for \$13,894.51 was awarded to Newport Junior High in a ceremony on the Second Floor Rotunda of the AR State Capitol by Dr. Joe Thompson, AR Surgeon General & Commissioners of the AR Tobacco Settlement Commission.

The Commission's CWIP initiative focuses on reducing childhood obesity by increasing physical activity through quality physical education programs and providing critical health education.

The Commission awarded \$656,792.01 in grants to 44 individual schools in 28 districts around the state. In the 2011-2012 school year, over 8,500 students

will participate in the CWIP program.

"Educators understand the connection between student achievement and physical well-being," Dr. Kimbrell said. "We are excited about the opportunities these grant funds will provide in helping our students achieve healthier lifestyles."

Funding for this grant came from the AR Tobacco Settlement Proceeds Act—an Act passed by 64% of AR voters in 2000. This Act specified that tobacco settlement funds received by AR should be used exclusively to improve the health of Arkansans through smoking prevention and cessation, increased access to health care and health education, and investment in important medical research.



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**Independence County**—Guests of the Independence County HHI Coalition February meeting were CDC (Centers for Disease Control and Prevention) and CPPW (Communities Putting Prevention to Work) Grant representatives and Andrea Ridgway, HHI Branch Chief. Susi Epperson and Andi Ridgway gave background and update on CPPW Grant. Stephanie Schindler, Independence Co. Extension Agent will partner with two local schools to host a school garden. The program will have the kids planting and harvesting the food they grow as well as enjoy it.



# When RED is everywhere you know it must be February



**February is Women's Heart Health Month**

Photo at left: Craighead County—LHU colleagues observing Wear Red Day

Photos below: Crittenden County—LHU Wear Red Day on Women's Health Education and celebration was St. Valentine Day, Feb. 14th



Photos below, White County Wear RED Day—Employees wore RED and shared the importance of heart health with all clients.



## Women's Heart Health Month



Cross County—Photo at left: "Wear Red Day Brunch" at the Wynne Senior Center. The Cross County HHI Coalition partnered with the CrossRidge Community Hospital to hold this event for approximately 25 ladies for screenings and to highlight and educate on Women's Heart Health in Feb.

## New LHUAs for Woodruff and Mississippi Counties



**Left pictured:** Debra Neal, Woodruff County LHUA.

**Right photo:** Walter Holloway, Mississippi County LHUA.



Ms. Neal said, "It sometimes helps to see a familiar face when someone needs help." Debra loves to make a difference and being able to help people in need. She states, "I am proud to say that I chose ADH for my career." And the NE Region is happy she chose our region!

**Woodruff County**—Our new Local Health Unit Administrator for Woodruff County began on Feb. 7th. Debra Neal is married with two daughters. "My most happiest moment was when I obtained my nursing degree" she says. For the last 10 years Debra worked in Labor and Delivery at the White County Medical Center. She has lived in Augusta all her life and has established a rapport with the people from her community and feels it lacks public health available services and that's why she chose Public Health.

**Mississippi County**—On March 14th the NE Region was happy to welcome back, Walter Holloway. Walter has a history of service with ADH as Public Health Investigator, Health District Manager and past Mississippi Co. LHUA. In total he worked for the Health Department for 14 years prior to leaving in 2005. He has a Bachelor Degree in Criminology and Masters Degree in Public Administration. During the six year absence he worked as a Health Services Administrator in the prison system and was deployed to Iraq for a year. His unit's primary responsibility was to clear the roads of roadside bombs. He has served 25 years in the National Guard and Reserves. Walter has two daughters, Diamond, who attends ASU-Jonesboro and who wants to be a nurse and six years old, Lauryn.

## Welcoming New Faces to the NE Region



**White County**—Welcome to Drew Pannell, NE Regional Public Health Preparedness Coordinate, who is housed at the Beebe Unit. Drew has nine years of Emergency Management experience: local, state and private.

For the past three years he has been with the Arkansas Department of Emergency Management as the State Citizen Corp. Coordinate. His background is in Community Preparedness, Volunteer recruitment and retention of volunteers.



**Poinsett County**—Jennifer Lynch has been named NE Region Community Health Promotion Specialist. Jennifer has a Bachelor's Degree in Family & Consumer Science/Child Nutrition/Health Education from the University of Central AR. She is a resident of Wynne and will be stayed at the Crowley's Ridge Education Service Coop in Harrisburg. She has over four years experience as a Home Economist and Family Consumer Science Specialist with ADH. She is married to Chad Lynch and the couple have two children, Connor 8 and Katlyn 3.

## County Health Nurse Retires

The IZARD County Health Department will miss the southern belle from the Delta. Sharon Black, "Shaaron Gene" as her co-workers affectionately call her, will be retiring from the ADH after 36 years of service. Sharon started March 30, 1974 in Drew County as a Public Health Nurse in the same building where she was born. Back in those days the County Health Nurse was responsible for general clinic duties, immunizations, family planning, school physicals and home health visits, just to name a few. Mileage was 10 cents a mile and many places didn't have land phones, and no one had cell phones.

Throughout her years of service Sharon has had many memorable experiences including being stuck in the mud several times, dog bites, and having a gun pointed at her twice.

The first time, accompanied by another registered nurse, Sharon went to an elderly gentleman's home to investigate a report of adult abuse. While knocking on the door, the man was visible from the window and they thought he acknowledged them. The nurses proceeded to enter the home and were welcomed by the man pulling a 38 under the bedcover. Turns out he was hearing impaired and didn't know they were there. The girls backed out with their hands in the air as if being robbed.

The second time a gun was pulled it involved an 80 plus-year-old woman



who lived near the Mississippi River and "out in the middle of nowhere." A local doctor asked Sharon to go out and either convince the lady to go into a nursing home or allow home care services to visit her. "I have not forgiven that doctor to this day I really thought I was going to get shot. That was the only visit I made to that place."

ADH employees could carry guns back then if the county sheriff approved it. "The only time I laid my hand on mine (gun) was when I got stuck and was walking a little over two miles to get to the highway. A dog came running at me, which I at first thought was a coyote. I kept walking with my hand on my gun and the dog kept growling. He finally stopped and left me alone."

Other stories Sharon can tell involve

different animals. During one home visit to a terminally ill lady, what was thought to be bedding wadded up at the foot of the bed, turned out to be a chicken. The chicken came out of the covers and started clucking proudly about the egg it had just laid. Another home that was located 35 miles down a dirt road had a live full-grown goat sitting on the sofa in the living room.

Sharon's career not only spans many years, but also many counties. She began in IZARD County in June 2004, but has worked in Drew, Ashley, Chicot, Dermott, Desha, Arkansas, Lincoln and Cleburne Counties. She has worked in the clinics and In Home Health. In 1987 she supervised Home Health during the time when they started two new programs, Personal Care and Home Care.

Sharon says she will miss the people she works with and hopes she has made a positive impact on someone's life for the better. "Hopefully I will be remembered for the role I played as the "Good Witch" on our Wizard of Oz Relay for Life Team, not the "Shot Lady."

Sharon's husband Elmer will retire in January 2012 and if all goes as planned they will spend a year traveling in their RV. They will go across the northern part of the USA in the warm summer months and the south during the colder months. "Travel from sea to shining sea" with her sewing machine along to keep her busy.

## Poinsett County-Trumann site for Community Health Fair



Poinsett County—Trumann High School was the site, Feb. 22nd of the Community Health Fair. A large booth with multiple educational materials and LHU services brochures were shared with the community of Trumann as well as SOS water bottles, dental floss, memo pads, SOS nail files, BreastCare pens & pencils, tote bags, door prizes and exercise mat with a large carry all bag.

Left to Right: Rachel Chrestman, Medicine Assistant Program Coordinator; Tammy Sammons, RN; Kelly Boyles, RN & MIP Program; and Jan Mitchusson, RN and Poinsett County LHUA.

## Amy Howell, Craighead County, LHUA, is featured in newspaper article

**JONESBORO SUN** "Women Who Lead", feature article on Amy Howell

**Craighead County**—Jonesboro, Amy Howell, LHUA, said she went to work at the Craighead County Health Unit in 1996 because she was looking for a more family-friendly work schedule, but got that and much more. She said, "I quickly found a passion for public health. And it was just a real blessing to find this position because it's not like anything else I've ever done before."

Previously a hospital nurse, Howell began working for the Health Department as a clinic nurse after her son reached school age. She was looking for a position to allow her to work while Christopher was in school and spend more time with him after school.

She rose to clinic coordinator and for the past nine years has held the administrator's position.

Howell supervises 35 employees in an office that provides numerous health services for people of all ages and income groups, including infant care, testing for disease, home health service, food safety inspections in public eating establishments, safeguarding the water supply, providing immunizations and many more services, including advising residents on healthier lifestyles.

The passion she found for public health is shared by the entire staff, as evidenced by a low employee turnover at her office, Howell said.

"It is such a pleasure and honor to work with people who are so dedicated and passionate for public health," she said.

Howell said she believes her greatest accomplishment as administrator has been the 2006 relocation of the unit from a 4,000-square-foot space near the Craighead County Courthouse to a new 20,000-square-foot building at 611 East Washington Ave.

Besides providing workers with more space and modern technology, Howell said the unit is more convenient to the people it serves.

"Our move and our wonderful new facility have seen a significant increase in our ability to serve our community," she said.

They've certainly been busier in the new location. In 2004 the unit recorded 22,024 patient visits at the older facility. By 2009, the latest year for which statistics are available, patient visits climbed to 35,125, a 59.5 percent increase.

Howell said the local health unit improved its services to the community, not just because of the new facility in Jonesboro, but because of improvements in Little Rock.

For example, the Arkansas Department of Health opened its own testing laboratory two years ago. It used to take weeks to obtain results of specimen testing from a private lab for such things as whooping



cough, or other disease. Now, results are available as quickly as the next day, Howell said. The Health Department has also become better respected in the community because of the current heavy emphasis on training and keeping up with the latest information from the National Centers for Disease Control, Howell said. People seeking information on most any health issue can depend on the state Health Department, she said.

Howell, a native of Pine Bluff, has been married to Jim Howell 21 years. They met while attending the University of Arkansas at Fayetteville. They came to Jonesboro because of her husband's job with AirDraulics, an industrial distributor specializing in fluid power and related products.

Now 19, son Christopher is a biology major at Arkansas State University.

## New Ideas for WIC Foods in White County LHUs



Photo above Display at White County Searcy Health Unit

**White County**—White County LHUs are promoting good nutrition and getting for March and National Nutrition Month. Both the Searcy and Beebe units have prepared bulletin boards in anticipation of the annual nutrition promotion campaign. These bulletin boards were designed to catch the eye of the waiting room clients with bright colors, easy points to read and great new recipes. There is also a bulletin board designed to educate the consumer about the fat content in different milks and encouraging everyone who takes a look to "think your Drink." These boards were designed and prepared by the clerks and nutritionists in White County.

Photo above at White County Health Department-Beebe Unit lobby



# New Local Health Unit for Cross County



**Cross County**—Monday, March 14th was the first day Cross County Local Health Unit was in their new location. The new building was built with state and county funds. Construction began last summer on the \$1.5 million project, although plans had been in the works since 2007. The land the new building sits on was donated by Cross Ridge Community Hospital. Congratulations to all who worked so tirelessly to make this a reality!

Cross County Local Health Unit's new building's address is 704 Canal Street in Wynne. Kitty Bingham is the Cross County LHUA and Karen Sagaskey is the Health District Manager

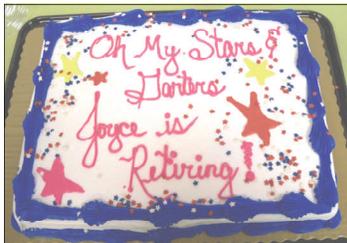


**Northeast Region**—Joyce Watkins, Hometown Health Program Information Specialist, retired March 4th. Joyce completed 27 years with the Health Department working in various programs throughout the years: clinic nurse, WIC nurse, CBCM, Hospice Volunteer Coordinator before joining the HHI Team. She was honored with a retirement party at the Regional Office in Batesville with many co-workers, family and friends in attendance.

Good luck Joyce—we will miss you!



"O my stars and garters"



Joyce's family pictured at left join in on the fun: Wendy; Dwight, Joyce, Nikki & Billy



## Congratulations Pangburn Schools

**White County**—Pangburn Schools are now a Coordinated School Health Program. Margaret McNabb, RN, school nurse for Pangburn Schools and a member of the White County HHI Coalition is proud to report some of the activities and events occurring in the **first** school in White County to become a Coordinated School Health (CSH) site and Wellness Coalition for both students and adults has been instituted as part of this CSH process. There are only 42 CSH schools in Arkansas.

Pangburn schools have partnered with the WISE Coalition (White county Investing in Substance abuse Eradication), another member of the White County Hometown Health Coalition, for the All Stars Core program for 6<sup>th</sup> graders, which is providing video equipment and teaching materials to the school. WISE also provided funds for all the training necessary to implement the All Stars Core curriculum.

PE Instructor Jenny Reaper has passed her National Board of Certified Teachers exam (YAHOO) and has now incorporated archery into the curriculum at Pangburn.

Delta Dental has partnered with the Pangburn schools for the N-STA-SMILE program, which provides a free, pre-pasted toothbrush to every student in the Pre-K and Kindergarten classes. The kids think it's great to brush their teeth after lunch every day! We do too!!!



This is the 2<sup>nd</sup> year that Pangburn schools have been awarded the Fresh Fruits & Vegetables grant, which provides all sorts of fruits and vegetables to the students in grades K-6 at the school. YUM!

Weight Watchers is now on campus for the adults and the school is looking for new ideas to incorporate a free, student's program at the school. Any ideas out there? Contact Margaret at [mmcnabb@pangburnschools.org](mailto:mmcnabb@pangburnschools.org) and give her your suggestions.

Other programs include: cystic fibrosis walk, staff wellness surveys, grant writing for future programs, and partnerships with Harding's PA & nursing students, the local hospital's Healthworks nurses, medical providers to come to the school and the White County Health Unit and White County Hometown Health Coalition.



**Independence County**—Educational presentations on nutrition were completed at the Newark Elementary School, with 334 attendees for the K through 6th graders and 146 at the Cord-Charlotte Elementary School. This was a collaboration between Marilyn Cone, CHNS and Stephanie Schindler, Independence County Extension Agent. "Organ Wise Guys-In Search of My Pyramid" was presented with every student receiving a nutrition pamphlet to take home to parents; an activity sheet for the classroom and each participant received a nutritional snack example to enjoy, an apple.

## AR SAVES Program (Stroke Assistance through Virtual Emergency Support)



**NE Region HHI LHUA Meeting**—St. Patrick's Day was celebrated, Thurs., March 17<sup>th</sup> during our regional meeting. The special guest speakers were Rick Washam and Delbert McCutlennnn, UAMS, who spoke on the program, AR SAVES (Stroke Assistance through Virtual Emergency Support). The two explained a brief explanation and types of strokes; the impact of strokes; the myths and reality; women & stroke; cost; Arkansas Acute Stroke Care Task Force; and the partnership between rural and underserved hospitals and the University of AR Medical Services. This includes telemedicine, the use of technology for medical diagnosis and patient care when the provider and client are separated by distance. They are available to come to your coalition meetings and at various community gatherings to share this very important information. Contact 501-686-8512.

## Hometown Health Improvement



### NE Region Hometown Health Support Staff:

Sherry Chamblee, HHI Clerical, 870-886-3201  
 Marilyn Cone, Community Health Nurse Specialist, 501-837-8627  
 Laura Cook, Community Health Nurse Specialist, 870-219-4978  
 Karen Davis, Community Health Nurse Specialist, 501-454-2871  
 Kelli Dunegan, HHI Coordinator, 870-612-7085  
 Ray Edwards, Grant Administrator, 501-288-2601  
 Nancy Green, NE & NW CHNS/CHPS Supervisor, 501-253-7298  
 Becky Lamb, Community Health Nurse Specialist, 501-454-2869  
 Joy Laney, NE Region HHI Manager, 501-882-9455  
 Jennifer Lynch, Community Health Promotion Specialist, 870-271-9557  
 Kim McCray, Public Health Educator, 870-273-9576  
 Linda Robinson, Public Information Specialist, 870-362-9423  
 Kathy Smith, HHI Coordinator, 870-219-2960

## Activities happening all over NE Region:

—Clay County: Provided Act 13, First Aid, injury prevention & blood borne pathogens to 60 county workers. A diabetes meeting is being planned for Corning. Tobacco presentation at Piggott Schools are being scheduled.

—Cleburne County: “Emerging Tobacco Products” was presented to the Rotary Club. Tobacco trainings for the coalition & youth participants from all county schools planned for March & April.

—Craighead County: March Madness; Corporate Olympics; Young at Heart Expo; Women’s Conference and Diabetes Conference in the planning stages. Wear Red Day and Wear Red Gala Weekend brought focus to Women’s Heart issues.

—Crittenden County: St. Valentine’s Day was the perfect day for celebrating Women’s Heart Healthy Wear Red Day. Efforts to reopen Earle Unit are underway.

—Cross County: Hand Washing presentations given to preschools. Teen pregnancy and family planning information was delivered to all schools. Cost of tobacco bookmarks given to LHU nurses to share with clients.

—Fulton County: Diabetic support group continues to meet. Literacy Council & AHEC submitting proposal to provide health literacy classes in Independence, Sharp & Fulton Cos.

—Greene County: The LHU met its \$1,000 goal for Relay 4 Life Team and continues to raise funds. Paragould schools are participating in the dental sealant program. Coalition waiting for 501(c)3 status.

—Independence County: The new

brochure on walking trails & bicycle lanes is available for Batesville.

Cedar Ridge School District received funding for fresh fruit and vegetable grant. Minority Health Event planned at First Community Bank with free health screenings targeting Hispanic population.

—Izard County: Tobacco Prevention Coalition has received funding from the TPCP Community grant for the coming year. Presentation on STDs, anti-tobacco, teen pregnancy & abstinence at Calico Rock High School. Lawmaker’s Appreciation Dinner is being organized. Lunch & Learn will be held for police dept. with Social Host Law & Act 13 as topics.

—Jackson County: The Hometown Wellness Coalition recently held their 5 year celebration! Youth Tobacco Summit at Newport Schools rescheduled for March due to weather. Free Tobacco Merchant Education Training scheduled in March at ASU-Newport Campus

—Lawrence County: Training to 14 Lawrence County School District Para professionals. Presentation to Walnut Ridge students on STD/Teen Pregnancy Program. LHU staffed a booth at the Williams Baptist College Health Fair, distributing materials on programs offered by ADH.

—Mississippi County: The MCTFA Coalition was awarded Tobacco Prevention and Cessation Program Community funding. Women & Heart Conference is being planned for area churches. I Surrender programs being implemented to combat alcohol, tobacco & other drug rehab programs.

—Poinsett County: Trumann High

and Community Youth Health Fair Event. Coalition will collaborate with the sheriff’s department to participate in the National Prescription Take Back Day in April.

—Randolph County: Testicular cancer outreach will be distributed in schools next month due to a student’s diagnosis. Tobacco prevention programs given to 120 7<sup>th</sup> & 8<sup>th</sup> graders at Maynard School District. Preparedness Training held for Rotary Club.

—Sharp County: Highland School was the site of a joint presentation on STD/Teen Pregnancy; education on tobacco; Act 13; Back to Sleep; Second-hand Smoke; & SIDS, with 132 attendees. Resource books developed by coalition were distributed around the county. The coalition reviewed the 2008 Health County Survey.

—Stone County: Nutritious cooking classes are being offered to youth groups by the Univ. of AR Extension. Plans underway for a Senior High Health Fair at all county schools. SOS materials and flyers were distributed around the county.

—White County: celebrated Heart Month by wearing RED & sharing the importance of heart health with all their clients, both in Searcy & Beebe with all staff included: nursing, clerical, in-home services, environmental and emergency preparedness. Pangburn Schools partnered with Delta Dental for N-STA-SMILE Program

—Woodruff County: age appropriate presentations to various graders completed in McCrory Elementary: “Donnie the Dinosaur: Tobacco Trouble”, hand washing, “Smoking: Truth or Dare” and “ATV Safety”.