



NE Regional News

June-July 2011 Issue



A Time to Remember. A Time to Prepare. “This September we will observe the 10th anniversary of one of the most significant events ever to occur on American soil. Many will remember where they were that morning on September 11, a decade ago. The response this country has made over the years stands as a living memorial to those who lost their lives that day. The actions that have been taken make everyone better prepared for disasters in the future, both natural and man-caused. Since 2004, September has been recognized as National Preparedness month. This year’s theme is, “A Time to Remember. A Time to Prepare.” This serves as a call to action that urges communities to remember the disasters of our past while preparing for the disasters in our future. It is important to stress that preparedness is for ALL hazards, both natural and man-caused. For more information please go to: www.Ready.Arkansas.gov.

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PERSONNEL CARE AIDS PRESENTATION



Izard County—May 26, 2011, Izard County Personal Care Aids received presentations from Marilyn Cone, Community Health Nurse Specialist and Amanda Harvey, Health Educator, AHEC North Central on Oral



Health and Tobacco, including harmful effects of tobacco; second-hand smoke; SOS Quit-line and ACT 811. The DVD entitled, “Smoking: Truth or Dare” was also viewed.

The educational information shared included local health unit services; breast care; WIC and family planning. Attendees included 42 personal care aides and two supervisors.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW



1-800-784-8669

SECONDHAND SMOKE—Arkansas was the first state to implement a law protecting children from secondhand smoke in vehicles.

Act 811 Campaign, became effective July 27th. It is now **ILLEGAL** to smoke in a vehicle with children under 14.

Arkansas Protection from Secondhand Smoke for Children Act—Act 811 of 2011

There is no safe level of exposure to secondhand smoke; even brief exposure can be harmful to children.

For more information and resources on this Act visit:
<http://www.stampoutsmoking.com>



CRITTENDEN COUNTY-EARLE UNIT

Crittenden County—A tornado struck Northeast Arkansas May 2, 2008. The city of Earle including the Crittenden County Health Department-Earle Clinic was hit badly with much destruction. The building had major damage, including collapsed walls, roof damage and water damage to much of the structure. Nearby buildings were completely destroyed, with church members from Earle being active in the initial clean-up.

The Earle Unit was built in 1996 while Stephanie Williams was LHUA for Crittenden County, West Memphis & Earle. Ramona Taylor had been the LHUA in the early 1990s and was instrumental in the building of a unit in Earle and the facility is named in her honor.



Right: photos some of the tornado damage and during reconstruction

Picture at left taken at Open House, June 21st .

The road to reopening the clinic has been a long one. The City of Earle, with the assistance of Mayor Sherman Smith, Representative Otis Davis and Karen Sagaskey, ADH-Health District Manager, wrote and received two grants from the Arkansas Department of Economic Development. The building was slowly rebuilt, with assistance provided from the Crittenden County Judge Melton Holt and the Quorum Court.

Now-Mayor Otis Davis was active in finishing touches for the building. It has a new coat of paint in every room, stained and broken ceiling tiles and floor tiles have been replaced and the floors waxed. The staff of the West Memphis Unit, with the help of regional staff, spent days and a lot of sweat equity into working to put the finishing touches to the building. Sometimes it was hard-especially when the outside temperature was over 100 degrees and the one air-condition unit went out. Many days were spent with inside temperatures reaching 90 degrees. The Earle City Council graciously voted to purchase a 2nd unit and it is now comfortable inside the building. The City of Earle Workers spent hours cleaning glass from the yard and helping with the many tasks required for a successful reopening.



Above front row, L-R: Susan Brewington and Karen Sagaskey. Back row, L-R: Dr. Halverson and Bill Farris

The Open House was held June 21st. Guests were welcomed by Susan Brewington, Crittenden County Health Dept's Acting Administrator. The Earle Local Health Unit Staff were introduced: Maria Rowell-Luckett, Cathy Durham, Pat Sturghill, Susanne Sorrell, Beth Stevens, Amber Elliott and Erica Hall. Closing comments were made by Karen Sagaskey, Health District Manager; Rita Richmond, Clerical Supervisor, gave the invocation. Guests were then treated to a tour of the building, followed by refreshments. The community support of the clinic has been wonderful.

Many community members attended the event, representing City Council, Earle City Officials, Crittenden County Quorum Court and County Officials. We were honored by the presence of Dr. Paul Halverson, Director of State Health Officer, Katheryn Hargis, Governmental Affairs Policy Director and Bill Farris, Northeast Region Director and Ramona Taylor, the building's namesake.

Dr. Halverson graciously expressed Governor Mike Bee's congratulations for a successful reopening of the clinic.

Pictured left is Ramona Taylor, Director of Development for Crittenden Regional Hospital and Earle Unit's namesake.



TEENS MOCK APPOINTMENTS



White County—Susan Winkler, White County LHUA, shared at the last LHUA Meeting about a special “after-hours” outreach activity that occurred July 7th at the Searcy Unit. Six DHS Foster Teens, Independent Living Program (ILP), participants were invited to an after-hours “Mock Appointment” event. They were “walked-through” the various steps of a family planning appointment from scheduling to visiting with the RNP. Susan gave many thanks to her Searcy LHU staff who gave their time; purchased food and gifts for this event: Donnette Donnell, RN; Melinda Snider, RNP; Susan Roetzel, LPN; Beth Bullard, HSSII; Barbara Nespor, HSSI; Donna Scott, RN; Marquita Watson, RN; Becky Snodgrass, CDNS; Cory Godwin, PHN and Susan Winkler, LHUA. Information shared with the teens also included AIDS/HIV/STD; Immunizations; Reproductive Health/Family Planning.

INNOVATIVE READINESS TRAINING



Cross County—RT, Innovative Readiness Training, provides real world training opportunities for own service members and units to prepare them for their wartime missions while supporting the needs of America's underserved communities. It gives the military the ability to train its medical personnel by providing medical care in rural, underserved areas. On June 8th - 19th these medical units setup in five towns, Wynne was the only one in the NE Region, in AR providing dental, primary care, pharmacy, pediatrics, hearing, veterinary and diagnostics (blood glucose, cholesterol). Each site had some of these services depending on need of the county and services provided depended on the military's resources at the time of the mission. Everyone living in these counties were eligible.

Residents in Wynne were given a list of resources compiled of local health care providers for referrals at the time of their visit for follow-up care but any cost due to follow-up care were the patients' responsibility. The LHU Administrators were involved at different levels but the Local Health Units did have representation there to share LHU services and assist with providing resources. In Cross County, the first day 505 individuals were seen. After the first day, an average of 170 individuals were seen per day. The information center was manned 8:00am-4:30 pm even on Saturday and Sunday. Total patient count, 2,205.

One patient with vision and dental problems was so grateful she went home and made lunch for everyone. There also were several people who were so overcome with thankfulness from the medication they could not afford they began to cry.

The CrossRidge Community Hospital Auxiliary provided home-made cookies each day and several local organizations provided lunch several days.

The volunteers in Cross County included: Kitty Bingham, Cross Co. LHUA; Treva Engelhardt, IZard Co. LHUA; Rhonda White, Stone Co. LHUA; Debra Neal, Woodruff Co. LHUA; Karen Sagaskey, Health District Manager, District 2; Jennifer Lynch, CHPS; Laura Cook, CHNS; Donna O'Neal, Cross Co. HSSI; Sandra Futrell, Cross Co. PHN; Joy Shepherd, Director of Community Outreach, CrossRidge Community Hospital and Ruby Bolden, Senior Community Service Employment.

FAS AWARENESS DAY...Fetal Alcohol Syndrome

"Minute of Reflection": 9th minute of the 9th hour of the 9th day of the 9th month, September 9th, 9:09 am. This event is to remember those living with Fetal Alcohol Syndrome disorders and to remind women not to drink during the 9 months of pregnancy, while breastfeeding or planning to conceive. Ring a hand bell or get your church or other organization to ring bells at the precise time so that the message can be heard around the world during this international campaign.

- ⇒ FAS is the leading known cause of cognitive deficits.
- ⇒ FAS causes serious social and behavior problems.
- ⇒ Each year in the US 5,000 babies are born with FAS.
- ⇒ Ten times as many are born with alcohol related disorders (FASD).
- ⇒ No amount of alcohol is known to be safe during pregnancy.-
- ⇒ Alcohol causes more damage to the developing fetus than any other substance, including marijuana, heroin, and cocaine (institute of medicine, 1996).
- ⇒ More children are born with FAS than Down Syndrome or Spina Bifida (1991 Journal of American Medical Association).
- ⇒ **It is 100% preventable.**
- ⇒ It is not Curable – the effects are lifelong.



SENIOR CHALLENGE PICNIC



Cross County—East AR Senior Challenge picnic had 40 individuals from the Wynne Senior Center celebrating the completion of the Senior Challenge. They received t-shirts and certificates for their accomplishment. They enjoyed: line dancing, Zumba, Bean Bag Baseball, Balloon Bust Relay and a Talent Showcase. The emceed for the talent show was the former Ms. Senior AR, Judith Burgess of Paragould. They were also served a healthy lunch as well. A good time was had by all.

CRAIGHEAD COUNTY EVENTS

Craighead County—(At Left) "Guys for the girls 5 K," Men's only run/walk to benefit Komen for the Cure, Breast Cancer awareness will take place Sat., August 27th. Everyone is encouraged to come out and To register go to the link: www.racesonline.com

"Hearts of the Caribbean" Red Dress Gala 2011, Awareness of Women and Heart Disease, (right) is scheduled for Sat., Aug. 13th, 7 pm at St. Bernard's Auditorium. Tickets available at 870-931-4044 or www.ARKHEARTFOUNDATION.ORG

GREENE COUNTY RELAY for LIFE



Photo above the Greene Co. LHU site, below the spirit stick .

Greene County—participated in Relay for Life all year with Friday night, June 10th, being the big yearly fund raising event, at which time over \$2,000 was collected. Tessa Lancaster, Greene Co. HSS was in the talent show, winning 1st place; the Greene County LHU site won 2nd place and they also got 2nd place for their spirit stick. The theme was the "80's.



Tessa is pictured above and below the Greene Co. LHU sign, "Passionate Pink Providers."



Greene County LHU site at the Relay for Life at right

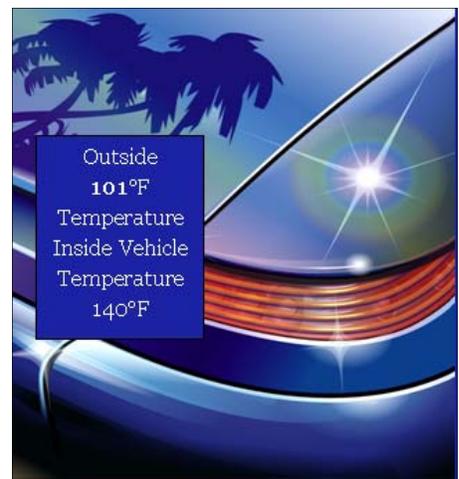


HOT as an OVEN! NEVER leave a child alone in a car—EVEN for a MINUTE!

PLEASE HELP IN GETTING THE WORD OUT TO THE PUBLIC—

- 49 children died from heat exposure last year in the US
 - Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.
 - Never leave a child unattended in a vehicle, even with the windows slightly open.
- Routines and distractions have caused people to mistakenly leave children behind in cars.
 - Place an item that is to be carried from the car, such as a cell phone, purse, briefcase, or gym bag, in the floor in front of the child in the backseat. This triggers adults to see children when they open the rear door & reach for their belongings.
 - Be especially careful if you change your routine for dropping little kids at daycare. Have a plan with your daycare if your child is late that you will be called within a few minutes.
 - Set your computer calendar program, such as Outlook, to ask, "Did you drop off your child at daycare today?"
- Prevent trunk entrapment
 - Teach children not to play in any vehicle
 - Lock all vehicle doors and trunk after everyone has exited the vehicle—especially at home.
 - Keep keys out of children's reach. Cars are not playgrounds or babysitters.
 - Check vehicles and trunks first if a child goes missing.

These flyers are available for distribution with handy tips please ask your Local Health Unit Administrator and the Hometown Health Support Staff for copies and record your outreach when sharing this information.



Several counties had a "blitz" of posting these flyers all over their county to get the word out about this very real preventable danger and injury. We thank you!!

COMMUNITY AWARENESS FAIR



Mississippi County—The focus of Walter Holloway, Mississippi County LHUA, presentation was Men’s Health Issues and education on all services provided at LHUs in Blytheville and Osceola. There were 40 individuals who attended the St. Mark African Methodist Episcopal Church as part of their Community Awareness Fair, June 11th.

TPCP TEACHER IN-SERVICE

Fulton County—Mammoth Spring School District, July 8th was the site for the staff in-service on harmful effects of tobacco and ACT 811 presentations. Many handouts were shared with the participants and for the parent-teacher center. Tobacco activity books will be used in the classrooms. Marilyn Cone, CHNS, provided two CPR/AED classes to 12 teachers and coaches. Wanda Koelling, Fulton Co. LHUA provided information on the local health unit services.



INJURY PREVENTION INFORMATION SHARED



Newport-ASU—Gary Ragen, Statewide Injury Prevention Coordinator from AR Children’s Hospital, graciously joined the HHI-LHUA meeting, July 21st to share a presentation on Injury Prevention. AR is #1 in motor vehicle accidents. The Statewide Injury Prevention Program (SIPP) focus is to reduce mortality rates in AR in motor vehicle safety; home safety; recreational safety; intentional injury prevention and professional education development. They have five staff members whose job is to get people trained. They are also identifying evidence-based programs: 1) vehicle crash, car seat (car’s owners manual) child safety seat (push in August); 2) home safety falls; 3) Recreation activity safety, ATV; 4) Intentional injury (for example: bullying). You can contact Gary at: GRagen@uams.edu.



BREASTFEEDING IS PROMOTED



White County—Searcy celebrated National Breast-feeding with the staff decorating their doors, while the Beebe Unit decorated their lobby bulletin board. This created mutual messages throughout the clinics. Patient’s interest was raised and this gave the staff an additional opportunity to discuss and educate on breastfeeding. A fun activity to celebrate an important awareness effort.



FULTON COUNTY FIT & FUN CAMP



Salem Fairgrounds—The partnership between the LHU, Co. Extension Office, the HHI Coalition, local businesses, Malinda Gray, Fulton Co. Extension agent; Marilyn Cone, CHNS; and Wanda Koelling, LHUA, to provide the Fulton County Fit & Fun Camp has been a most successful one for several years. Tobacco education was provided as well as nutrition education, “Fruits & Veggies” presented by Jennifer Lynch, CHPS, with games and discussion on diet and physical activity. The children learned the importance of staying physically active; drinking milk and water; washing hands; the role of the organs in the body; dangers of tobacco; healthy nutrition; water safety; sun safety and the use of sunscreen.



This event reached 90, 1st through the 6th graders, 20 high school students, parents and community volunteers.



STD/ABSTINENCE PRESENTATION AT LYON COLLEGE

Independence County—Mariesa Bolin, Independence Co. Public Health Nurse and Marilyn Cone, CHNS, presented the DVD, “Sex Still Has a Price Tag” with their STD Abstinence materials for high school students, grades 10th—

12th grader in the Math/Science, Upward Bound Project at Lyon College, July 7th. Statistics were provided, along with materials on Gardasil, T-dap and Minactra vaccines. Participants were also educated on the harmful effects of smoking, SOS Quit-line, second-hand smoke and spit tobacco. Ms. Davidson is to display brochures and handouts in the student centers. There were 55 students attending with 2 instructors.



CPR TRAINING



Izard County—Northcentral Educational Cooperative was the site, July 11th of a CPR Training by Marilyn Cone, CHNS and Becky Lamb, CHNS, who partnered for the training as well as educate school staff regarding the harmful effects of tobacco and ACT 811. The attendees received education on tobacco presentations, which could be presented in the schools for students. Heartsaver /AED training was provided to 12 coaches and teachers. Participants were from ICC, Cave City, Batesville JH, Mt. View, Cedar Ridge, Melbourne, Southside, and Timbo schools. These trainings will impact over 7000 students and staff.

BMI, VISION & HEARING TRAININGS

Independence County—July 18th at University of AR Community College-Batesville, a BMI, Vision and Hearing trainings for school nurses was presented by Marilyn Cone and Becky Lamb, both CHNS, for LPN to RN students. This will enable student nurses to assist school nurses in area schools with screenings. Participants were educated on the harmful effects of spit tobacco, second hand smoke, smoking, AR Tobacco Quit-line, ACT 811 and SIDS. Attendees included one school nurse, 20 nursing students and one nursing instructor. Many handouts were shared including: Tobacco pamphlets, ACT 811 and Tobacco Quit-line referral forms will be distributed in the student center. Sonia Nix, Independence LHUA, provided TA with Quit-line referral forms and pamphlets.



REACHING ADOLESCENTS WITH STD/HIV/TEEN PREGNANCY PREVENTION MESSAGE

University of Central AR—40 attendees of the Health Education Summer Academy for Health & PE teachers Conference enjoyed the presentations by Becky Snodgrass, NE Region CDNS, and Marilyn Cone, NE Region CHNS, July 21st at the University of Central AR in Conway. “Reaching Adolescents with STD/HIV/Teen Pregnancy Prevention Messages” also included school nurses and counselors in the audience. The participants were educated on the LHU resources, family planning, STD prevention, immunizations and presentations which could be presented to school staff and students. Family planning posters were also displayed.



2nd ANNUAL CORPORATE OLYMPICS



Craighead County—The 2nd Annual Corporate Olympics, sponsored by the Clopton Clinic Charitable Foundation, took place Friday, June 10th at the ASU Football Complex. This event included the following businesses as participants: Simmon’s First Bank, Liberty Bank, Clopton Clinic, St. Bernard, Ritter Communications, Cardiology Associates, Delta, Wal-Mart, and Jonesboro Occasions. The day included tournament style competitions between the teams in 3 on 3 Basketball; Flag Football; Punt Pass Kick; Obstacle Course; Canoe Races; Bag 0; Ping Pong & Pie Eating Contest. Clopton Clinic are the 2011 Corporate Olympic winners.

WHITE COUNTY KIWANIS CLUB



White County—Emerging Tobacco Products" display and power point presentation was used to increase awareness of new products and tactics used by tobacco companies at the Kiwanis Club, July 28th to 25 attendees. These products were developed to acquire new tobacco users and to provide products that enable current smokers to continue their nicotine addiction in smoke-free environments. Pamphlets regarding dangers of tobacco use and AR Quit-line information were provided. The presentation was presented by Linda Robinson, Rural Health Specialist and Jennifer Lynch, Community Health Promotion Specialist.



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, Rural Health Specialist, 870-362-9423
- Kathy Smith, HHI Coordinator, 870-219-2960