



SOUTHEAST REGION
FALL 2014 NEWSLETTER

Monroe & St. Francis County

November Hometown Health Improvement meeting for both Monroe and St. Francis County proved to be very educational for those in attendance. Both counties hosted Shannon Borchert, CHES, to present the “New Trends in Tobacco” series. The presentation highlights products that directly target those trying to hide their habit, the young, women, and the black community.

Borchert had sample products on hand to demonstrate how similar tobacco/nicotine products look to every day products. Borchert also explained the dangers to the users of these products but also the dangers associated with these products getting into the wrong hands. For example, one tin of snus or nicotine strips has enough nicotine to cause fatal harm to a toddler.

For more information on getting this presentation for a group (18+), contact Kimber Knight at kimber.knight@arkansas.gov.



Duck and Deer season are in full swing, do you and your loved ones have you hunting license?

Since implementing formal hunter’s education across the nation, there has been a tremendous decline in hunting-related incidents across the country.

Keep yourself and others safe by completing (and passing) the Arkansas approved online hunting license course.

Visit www.hunter-ed.com



Flu Season

Flu season is always an especially wild time at Arkansas Department of Health and this year was no exception. While some are still working through flu clinics, now is a great time to thank all staff and volunteers for working so hard to pull off another flu season-vaccine shipment be darned!



Robyn (Clark) Murray

Southeast Region has lost another administrator to the sweet excitement of retirement. Robyn (Clark) Murray worked for the state for 30 years and most recently served as Phillips County LHU administrator among many other things. Murray's career with the ADH was celebrated with a potluck and a few gifts at the October Administrator Meeting.

Murray will enjoy her retirement while also celebrating her newlywed bliss. Congratulations to Mrs. Murray and enjoy your retirement and married life.

Desha County

Clearwater Paper in Desha County held their annual worksite wellness employee health fair and invited the Desha County HHI/LHU to participate and used their marquee to demonstrate their enthusiasm.

The purpose of the health fair was to educate about Diabetes and administer glucose screenings. With about 190 people screened, there were few diabetics and only 7 that were uncontrolled. The team at the wellness fair did however find one person with a blood sugar of 469 that was sent immediately to the doctor.



Cassie Lewis, CHNS (Community Health Nurse Specialist) in St. Francis County collaborated with a local church to bring breast care awareness to a small congregation of about 70 women. A pink and white table was prepared in the foyer of the church and breast cancer health educational information was provided for the congregation. The women wore combinations of black and pink or pink and white and the men also wore pink ribbons on their lapels in support of the women. This was part of a month long campaign to bring about breast cancer awareness to the congregation and visitors from the surrounding area. The local congregation has an RN within the congregation who was very supportive in sharing a message centered on prevention and early detection. Members of the congregation (Two breast care survivors who posed with the nurse) were there to prove that there is life after breast cancer and they are a testimony to breast cancer survival.



Arkansas County HHI

Shannon Borchert, CHES, presented information on early detection and screening for Breast Cancer Awareness and Cervical Cancer to the Arkansas County Probation office staff and parolees.

Borchert fielded questions regarding the importance of leading the healthiest lifestyle possible, which included cessation of tobacco products and other harmful drugs, while also remaining vigilant about one's health.

Borchert partnered in Stuttgart Recovery and Help Center which provides rehabilitation and counseling services to the community.

Family Driver Education

Set the rules/Control the Privilege presented by Cassie Lewis, RN (CHNS) and Rosemary Withers (CHPS) in a local Forrest City church. There was a great turnout with 14 youth with 7 parents in the educational sessions.

There was great information presented on the GDL (Graduated Driver's License), latest data on teen driving, and developing a teen driving contract for the family.

The group was very engaged and asked a great deal of questions which Lewis and Withers were able to provide answers.

There were booklets provided for both parents and teens for developing a contract at home that would identify violations, the punishments and identify appropriate use of responsibility and the rewards for teens as they gradually progress to a safe driving level.

Information was also provided on Act 811. Cards also placed in each of the parents packets.

An Arkansas State Police staff member also reinforced training materials as he spoke to the group about the laws affecting teens and the parents of young teen drivers.





Be safe over the holiday season whether on the road, in the kitchen, or celebrating New Year's. For more information on remaining safe year round, visit: <http://www.cdc.gov/injury/>