

**Southwest  
Region  
Hometown  
Health**

# Southwest Regional News

**Vol. 13, Issue 12**

**December 2014**

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## THE HOLIDAY SEASON IS UPON US!!!!

The Local Health Units will be closed on December 24, 25 & 26, 2014 in observance of the Christmas holiday and will re-open on Monday,

December 29, 2014.



May the Joy of Christmas bring health, wealth and peace to your home  
And make your Christmas a fun filled celebration  
Merry Christmas and Happy new Year!!!

## LOViT TRAIL DEDICATION

On Tuesday, October 28th the Lake Ouachita Vista Trail held a trail dedication for the final leg of the LOViT trail system.

This forty-mile long trail system designed for mountain biking and hiking is the result of ten years of planning, design and construction by a coalition of a dozen local, state and federal organizations. The trail courses along the southern shores of Lake Ouachita over five mountains located in the Ouachita National Forest.



Jerry Shields (right) receives plaque from IMBA regional director, Steve Schneider, for Epic trail recognition.

The agenda for the ceremony included remarks by:

- Colonel John W. Cross, Colonel US Army Corps of Engineers
- Norman Wagner, Forest Supervisor Ouachita National Forest

- Joe David Rice, Arkansas Tourism Director
- Jeff Crow, Deputy Director, Arkansas Game & Fish Commission
- Steve Schneider, Regional Director, International Mountain Biking Association (IMBA)

The LOViT trail system was honored by the International Mountain Biking Association (IMBA) designating the trail as an Epic trail. To be designated as an Epic trail it must celebrate true back-country riding experiences that are technically and physically challenging, more than 80 percent singletrack and at least 20 miles in length. All Epics offer amazing opportunities to interact with the natural world. Steve Schneider, from IBMA, said "the LOViT trail offers 45 miles of singletrack along the

southern shore of Lake Ouachita in west-central Arkansas. When riding this trail prepare for a deep woods ex-



LOViT traildogs, Corp of Engineers, Montgomery County Judge, Arkansas Tourism Director, AR Game & Fish and IMBA Regional Director, cut the ribbon for the final leg of the LOViT trail.

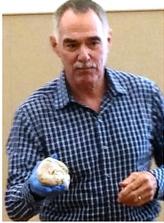
perience that includes panoramic views of the lake and its emerald islands." Arkansas had two trail systems designated as Epic trails this year.

Following the ribbon cutting, there was a two-mile hike and bike event on the Blakely Mountain section of the trail. Learn more by visiting them on Facebook at Lake Ouachita Vista Trail.

Below: Photo from top of Big Bear Mtn. on the LOViT Trail.



# Southwest CHNS & CHPS Corner



## Dr. DeNoble in Arkadelphia

On October 27th, Pam Hutchins, Tobacco Prevention Coordinator at Dawson Cooperative, hosted Dr. Victor DeNoble, a former scientist with a leading tobacco company. He spoke at Peake Elementary to grades 4 and 5 from 9:15-10:00. He then visited Arkadelphia High School, speaking to the 9th grade from 12:45-1:30. The last campus he visited was Goza Middle School, and spoke to the 8th grade, from 2:05-2:50.

Dr. DeNoble spoke about the effects of nicotine on the human brain. He showed a slide presentation to the students about his work for big tobacco and how he testified before Congress about the harms of tobacco use. Approximately 590 people heard this great presentation.

Tommie Rogers, CHNS was able to attend and assist at each of the schools for the presentations. Tommie invited the Assistant Principal at Arkadelphia High School to attend the presentation. Tommie spoke with her after the presentation and she stated, "I was very impressed with the presentation by Dr. Victor DeNoble." She also expressed an interest in having him return to the school, so all the students in grades 9-12, could hear him.

## Reason to Celebrate

On November 3, 2014, the SW CHNS/CHPS met for a meeting to plan for upcoming events in 2015. During lunch the group surprised Cheryl Byrd, CHNS with cupcakes and balloons to celebrate her 5 year anniversary. Cheryl was diagnosed with breast cancer 5 years ago and after surgery and treatment is now cancer free. YAH!!! The CHNS/CHPS wanted to celebrate this accomplishment with her. We are proud to have Cheryl as part of our group and thankful that she is doing well.



This article was submitted with permission from Cheryl Byrd

## Sheriff's Dept. Receives Training

Lafayette County Sheriff's Department asked Edie Greenwood, CHNS to complete First Aid/CPR/AED Training for all their staff. A total of 17 people were certified.



*The SW CHNS and CHPS  
wish you a Merry Christmas and  
a safe and happy Holiday Season!*

## Talking Breast Cancer

Cheryl Byrd, RN-SWR CHNS was invited to New Zion Baptist Church in De Queen on November 10th to present about breast cancer to 10 men and women. Cheryl said the participants were a welcoming group interested in learning more about the disease from a Breast Cancer survivor, discovering Breast Cancer is not just a woman's disease. Educational materials and promotional items were provided. The members plan to host future seminars on CPR and first aid, as well as Heart Disease in Women, inviting Cheryl back to speak.



## Distracted Driving and GDL

On November 25th, Students at Smackover School learned about the Graduated Driving License (GDL) law and distracted driving from Rhonda McDonald, CHNS and Melissa Kuhn, CHPS. The 1 1/2 hour presentation included information on distracted driving, such as texting, eating, and other sources of distraction and the GDL and how it effects teen drivers.

Rhonda also discussed the use of tobacco and how this can be a distraction. She used the presentation created by Arkansas Children's Hospital to speak to the 409 students and 5 teachers.



## Southwest Region CHPS/CHNS

Kim Hooks	Supervisor	870-325-6311
Cheryl Byrd	CHNS	870-836-2251
Edie Greenwood	CHNS	870-777-3076
Rhonda McDonald	CHNS	870-836-1619
Tommie Rogers	CHNS	870-246-3077
Melissa Kuhn	CHPS	870-807-2706

## Welcome Danna Taylor!!!

Danna Taylor started work the end of October as the new administrator of the Union County Health Unit. Since coming on board she has participated in the mass flu clinic and Hometown Health coalition meetings, been interviewed by the local television program to promote flu shots, and most recently dealt with an invasion of caterpillars on a mission to get inside the building. In her second week she was challenged with a water line that broke over the weekend and flooded two waiting rooms and the clerical area. That resulted in multiple phone calls and meetings to get bids, as well as attendance at the Quorum Court meeting and a few trips to the County Judge's office but hopefully will result in new paint and flooring for these areas.

After spending a day during her first week with the clerks to see what their day entails, she determined that headsets would make their jobs much easier. Money was found in the budget to purchase them and



Clerks wearing headsets. Standing from L-R: Yelena Nelson, Jaquita James, Kathy McCormick, Jasmine Harris & Yolanda Allen

in the process she was also able to arrange for future telephone upgrades for the unit.

"My priorities are to improve customer ser-

vice and the community's perception of the health unit, as well as improve clinic efficiency," she said. If her first month is any indication then it appears she is up to the challenge.

Danna came to the health department from UAMS where she was an instructor and physician recruiter for 3 years. She also taught practice management to the residents in the program and helped hospitals with strategic planning.



She has a bachelor's degree in Biology from Ouachita Baptist University and a master's in Health Care Administration from Trinity University. She achieved the latter after she was married with two children and still managed to graduate with a 4.0 grade point. Danna's husband is a fireman and they have two boys, aged 2 1/2 and 5 years.

**Danna Taylor,**  
Union County Local Health Administrator

## Saying Goodbye To One Of Our Own

Saying goodbye is never easy and our Southwest Region Hometown Health is sad to be losing one of our Support Staff members. ChyChy Smith joined us in January 2013 as a Public Health Information Specialist stationed in Texarkana. She has been a huge asset to our staff and to the coalitions, workgroups and communities that she has worked with. Although she is not leaving ADH, she has moved to Little Rock to work with the Office of Minority Health and Health Disparities. We know we will still get to see her and we wish her the best of luck in her new role!



## Youth Leadership Programs

The Southwest Arkansas Prevention Taskforce will be developing and implementing youth leadership programs in southwest Arkansas. It is estimated that \$134,000 will be the cost for the total project, over \$73,000 have been leveraged from community partners and \$61,500 has been awarded by the Blue & You Foundation for a Healthier Arkansas. The goal of this project is to reduce risky

behaviors to protect the health, safety, and quality of life for all, especially children. It is expected that if direct health education programs are provided for teens, children, and parents in the local communities, healthy behaviors and routines will be deep rooted at a younger age and translate in a higher quality of life and productivity as adults.



## TOUCH Coalition - Union County

Eldorado, AR - Dr. Angie Norman, a certified dementia practitioner with the South Arkansas Center on Aging, spoke to TOUCH members at their December meeting. She said that the Alzheimer's population is growing rapidly and is the 6<sup>th</sup> leading cause of death in the U.S. Every 67 seconds someone develops dementia but not all are diagnosed. Dementia is an umbrella term for several different types, including Alzheimer's, and early intervention is important for an improved quality of life.

Diagnosis is often difficult since there are several conditions that can make it look like someone has the disease. In particular, Benadryl, morphine, and Ambien, as well as any sedative, can affect memory and cause side effects that mimic dementia.

In normal aging, memory recall gets slower and the ability to learn something new takes longer each decade after the 20<sup>th</sup> birthday. However, when judgment, memory, language, orientation, performing daily activities, and learning new things are severely impaired, that is not normal aging.

Symptoms will be different depending on which part of the brain is affected. Damage to the frontal lobe will affect a person's filter, thereby impacting their personality, judgment, need for order, and ability to multi-task.

The temporal lobe deals with language. The left side stores learned words and deals with articulation. The right lobe is for rhythm, songs, and idle chitchat, which includes any bad words a person may have heard. When they want to communicate but are unable to pull a word from the left lobe, they might use a bad word because it comes to them easily, even if they have never used those words before.

The occipital lobe affects vision and determines a person's ability to see a word and know what to do with it. Many older people lack the capacity for peripheral vision, thus have to turn their body to look at anything that is not in front of them.

The hippocampus allows learning of new things. If the sensory center and motor systems are damaged it can affect the person's ability to feel their hands or feet or cause pain, thereby making them combative.

Dr. Norman explained that problem behavior in a patient with dementia is usually the result of the inability of a caregiver to understand the need or frustration that the patient is trying to communicate. "Everything they do, every behavior that you see, is the result of an unmet need. Whether they are saying something inappropriate or they appear angry, they have some need that is going unmet, and they are trying to tell you that," she said.

She added that dementia patients may not be able to hear or understand the words you are saying but they can hear melody so it is important that you make your voice match the smile on your face. This will help put them at ease and they will most likely go along with what you are trying to get them to do.

Dr. Norman is available to speak to groups and to train caregivers. She can be reached by email at [ADNorman@uams.edu](mailto:ADNorman@uams.edu) or by phone at the South Arkansas Center on Aging in El Dorado at 870-881-8969.



Dr. Angie Norman

## 2014 SW Region Flu Clinics

Every year, the southwest region organizes school flu clinics and mass flu clinics. Before the flu season kicks in, flu forms are sent from the health department to the school nurses who in turn send a form home with each student to be filled out and signed by their parents or legal guardians. Arrangements are made between the schools and the local health units to determine the best days or locations the school flu clinic will take place. On the agreed upon date, staff from the local health units and volunteers go to the school and administer the flu vaccines to each student that returned their flu consent forms,

This year 2014, ninety seven flu (97) clinics were held in 97 schools all over the SW region. There were a total of 24,574 students and teachers received the vaccination across the 17-county region.

The mass flu clinics in the Southwest Region were held in November 2014. There were a total of 18 mass flu clinics held. These clinics were either held at a Local Health Unit or at a location that can accommodate large numbers of people (such as the fairgrounds). 6,606 people were vaccinated region wide at the Mass flu clinics. Nurses, HHI staff, nursing students, and other volunteers worked together make the mass flu clinics move as fast and as smooth as possible. The clinics ran from 8am to 4pm at most of the locations.

Picture on right: Mass Flu clinic at Union County November 18, 2014. Patients in the waiting room filling out flu forms and waiting to be vaccinated.





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## SOUTHWEST REGION HOMETOWN HEALTH

Keeping your hometown Healthy!!!

[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)

## National Influenza Vaccination Week December 7-13, 2014

Did you know . . . Since September 28, 2014, over 550 positive influenza antigen tests have been reported to Arkansas Department of Health by healthcare providers? About 7.3% of patients visiting emergency rooms last week were there for flu symptoms.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Remember to stay at home when you have a fever of 100 degrees F or higher. Return to normal social and work activities after you've been fever-free without taking fever reducing medicine for 24 hours.
- Cover your mouth and nose with a tissue when coughing or sneezing or cough in your shirt sleeve. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Remember, certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions such as asthma, diabetes, or heart disease.

For more information related to flu and cold prevention contact your Local Health Unit.

Curled from ADH Weekly Report

## Around the Region...

**Little River County:** Nurses, Jo Reckemmer, RN & Cyndal Cisneros, LPN observed Breast Cancer Awareness Month in October by setting up an informational booth in the lobby area of the Local Health Unit to talk to patients and visitors about breast cancer awareness. Educational pamphlets and information on the BreastCare program were shared with participants.



**Ouachita County:** During Red Ribbon Week at Harmony Grove High School. Rhonda McDonald, RN and Edie Greenwood, RN gave a presentation on peer pressure to 9-12 graders. The focus was on helping students identify peer pressure and refusal skills. There were interactive sessions where the students were asked to describe challenges they face on peer pressure and what refusal skills have or have not worked for them. There were discussions on alcohol, drugs, tobacco, sex, bullying, fighting, stealing, cheating and many more topics. The students created poster boards to post in the halls and also signed pledge cards to say that they will make a difference by being leaders and not followers or bystanders. There were a total of 204 students and 2 teachers and the presentation was done over 7 periods. Rhonda returned to the school the next day to do the same presentation for 7-8 graders. A total of 120 students participated that day.

**Tobacco Free Signs:** Leesa Freasier, Physical Activities Section Chief (Chronic Disease Prevention and Control Branch), has tobacco-free signs that can be posted on trails, in parks, at worksites, recreational

and sports facilities, city buildings, farmers markets, etc. They are 12" x 18" and are for outside use. She also has window decals for inside use. They say "Tobacco Free Zone" and include e-cigarettes. These signs are free of charge upon enacting a smoke-free policy. For more information please contact your Local Health Unit Administrator or Leesa Freasier at [leesa.freasier@arkansas.gov](mailto:leesa.freasier@arkansas.gov)



**Merry Christmas  
& Happy New  
Year from the  
SWR Hometown  
Health Staff!**

