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Mayors know that healthy cities are economically secure cities

Since the beginning of ACOP's Growing Healthy Communities program, one thing has been clear: Cities with the most significant changes towards better health are cities where the mayor is involved. Because of that, ArCOP invited mayors all across Arkansas to join them at one of several (free) Mayors Mentoring Mayors lunch & learn events.

The host mayors shared no-cost, low-cost, and larger investment changes that have made their cities healthier and more economically secure. Just a few examples from Mayor Rick Elumbaugh of Batesville were:

- No Cost: water in city vending machines, anti-tobacco & e-cig policies
- Low Cost: farmers' market pavilions, community garden, bike lanes, paved greenway trail grants
- Investment Projects: tournament-grade baseball park, soccer fields, aquatics park, community center



HOW TO GROW A HEALTHY COMMUNITY

Learn more: arkansasobesity.org/ghc/3m

Partially supported by the University of Alabama at Birmingham's Mid-South Transdisciplinary Collaborative Center for Health Disparities

Arnell Washington, Rural Health Program Specialist, (pictured below left) has been promoted to Administrator of the Calhoun County Health Unit. As a Rural Health Program Specialist since 2005, Arnell has worked with Hometown Health Coalitions and communities in eight counties. He has served as the Rural Health Program Specialist for Calhoun County for the past two years. Arnell is excited about his new role as administrator and looks forward to his service to Calhoun County.

Billie Launius, RN has accepted the position of Clinic Coordinator for the health unit and looks forward to serving the residents of Calhoun County. Billie will also continue to serve as Clinic Coordinator for the Dallas County Health Unit. She will be at the Calhoun County Clinic on Monday, Wednesday and Friday; and at the Dallas County Unit on Tuesday and Thursday.

Arnell and Billie encourage you to schedule your Family Planning, Immunization and other health department service needs. Parents are reminded to schedule now for their children's school immunization requirements. We look forward to serving you.

Do you really know how deep and fast the water is?

Turn Around Don't Drown

FLOODING AHEAD
TURN AROUND
DON'T DROWN

For important, life-saving information please visit
<http://tadd.weather.gov>

National Weather Service | U.S. Department of Transportation Federal Highway Administration | AASVP American Association of Motor Vehicle Administrators | FLASH



Arnell Washington and Billie Launius, RN

UCRC Celebrates 12th Year Anniversary

Calhoun County HHI Coalition, United Community Resource Council (UCRC) celebrated their 12th Year Anniversary with a luncheon and a video presentation. Arnell Washington, secretary, gave an update of the past year's accomplishments which included Sudden Infant Death Syndrome (SIDS) Community Outreach, Cooking Matters for Youth and Adults education programs, received designation as an Emerging Community by ArCOP, sponsored a Town Hall Meeting on Underage Drinking, sponsored and participated in the Annual Hogskin Holidays



Members of the Calhoun County HHI Coalition

Health Fair, provided red ribbons to Hampton High School for Red Ribbon Week, sponsored Safety Baby Showers and other injury prevention outreach. Members heard from vari-

ous speakers during coalition meetings throughout the year to better focus on addressing the health needs of Calhoun County residents.

Kimberly Givens, Regional Prevention Representative for Calhoun County, from UAMS South, presented a video presentation on Fetal Alcohol Syndrome. The celebration was attended by sixteen members who enjoyed the luncheon, fellowship and were provided with a new coalition brochure and Safe Sleep and Injury Prevention outreach materials.

Sexual Health & Personal Hygiene Program

Mt. Ida School District hosted the Arkansas Department of Health on Thursday, May 7th to present Sexual Health & Personal Hygiene programs to 5th -12th grade students. Edie Greenwood, CHNS, Cheryl Byrd, CHNS, and Echo Donahou, RN, Montgomery County Health Unit Administrator, presented to 5th -7th grade girls while Victor Alexander, DIS, Alan Coleman, DIS, and Bonnie Carr, CHES, Hometown Health Coordinator presented to the 5-7th grade boys on hygiene, body changes, healthy choices, tobacco prevention and

social media concerns. Edie, Cheryl and Echo then presented to 8-12th grade girls and Victor, Alan and Bonnie to the boys in 8-12th grade on STD, STIs, teen pregnancy, sexting and internet safety. Echo Donahou discussed with the girls the services available at the LHU to children and teens and Bonnie provided the same information to the guys. A question and answer time was given at the end of each presentation to answer any

questions the students might have. Brochures on Secondhand smoke, Quitline, STDs, male self-exam, HIV/AIDS, and refusal skills were provided to the school nurse for



Victor Alexander, DIS and Alan Coleman, DIS

ATV Safety at AG Day in Montgomery County

The 6th annual Ag and Safety Day was held at the Montgomery County Fairgrounds on Friday, May 1st with 200 students and teachers from Mt. Ida, Caddo Hills and Oden School Districts attending. The event is held every spring for 3rd and 4th graders to bring awareness to safety issues. Montgomery County is a very rural community and many of the children live on farms or have families who have farms. The goal of Ag & Safety Day is to educate the students on safety issues. Bonnie Carr, CHES,

Hometown Health Coordinator, showed the video, "A Trip Unplanned", on ATV safety. She talked to the students about the importance of wearing the proper protective gear, reminding them to always plan your trip and to share with your family where you are going, knowing the area where you will ride and always taking safety precautions to prevent accidents. The Arkansas Cooperative Extension Service displayed ATV's and Bonnie talked to the students about which ATV was appropriate

for their age and size, what the stickers and signs mean on the ATV's and the most important lesson that 3-wheelers and 4-wheelers are made for only ONE person to ride.



News from DeQueen/Mena Education Cooperative

Sevier County hosted their annual Senior Health fair for 500+ senior citizens on the courthouse square lawn on May 22, 2015. Sevier Co LHU administrator Teresa Morris led the ADH activities, and PHNs Marcy McCullough, RN, Kelly Miller, LPN, and Deborah Gibson, RN offered Tdap to attendees over the age of 65. Cheryl Byrd, RN, CHNS offered tobacco education using the Pig Lung display, as well as screening participants for CO using a pico meter.



Edie Greenwood RN, CHNS, Cheryl Byrd, RN, CHNS, at Sexual Health and Person Hygiene presentations at Mt. Ida Middle/High School on May 7th. Changing bodies, personal hygiene, tobacco



Dawson Updates

Tommie Rogers, CHNS along with Janet McAdams, Administrator presented to the Superintendent's Monthly Board Meeting at Dawson on May 13th. Susie Reece, with the Garland County Suicide Prevention Coalition, shared a suicide policy that she had prepared for the school districts. This policy could serve as a guideline for those schools interested in adopting a suicide policy for their school. A electronic copy of the policy was emailed to all the superintendents. This electronic version could be easily tailored and implemented in each school district.

During the month, Tommie Rogers, CHNS, made numerous visits to schools in her area to meet with nurses about upcoming events. She also discussed the School Nurse Survey that is completed each year prior to the end of school

SWAEC Highlights

On May 20th, Edie Greenwood, CHNS presented Always Changing for Girls to 6th grade girls and Always Changing for boys to the 6th grade boys at Bradley School District. The Always Changing curriculum discusses, body changes associated with puberty, emotional changes, and hygiene. Along with these presentations, James Jackson with Smiles of Arkansas presented oral health to all 4-6th grade children. At the end of the presentations, the 4-6th received a toothbrush, toothpaste, and floss in a plastic zipper bag. The 6th grade girls and boys also received deodorant and soap.

On May 22nd, Edie Greenwood, CHNS and Tonya Clark, Administrator did the presentations at Lafayette Elementary. The 4-6th received oral health information and then the 6th graders also received the Always Changing presentations. The students also received the same hygiene products as bBradley students.

Funding for these projects provided through a Blue & You Foundation mini grant and donation from Smiles of Arkansas.

SOUTHWEST CHNS & CHPS CORNER

SUMMER BREAK IS HERE!!

School Is Out!

Watch for Kids!



Happenings from South Central Service Cooperative



ASIST

On May 28 & 29, Rhonda McDonald, CHNS and Liz Mercer, CHNS (SE Region) presented their first ASIST training at Jefferson Regional Medical Center, Pine Bluff. This 2 day training focuses on "First Aid for Suicide Intervention". ASIST training is an intensive, interactive and practice-dominated course designed to help caregivers learn how to intervene to prevent the immediate risk of suicide and provide safety-for-now. We had 7 to attend this first training. This training offers 12.5 CE's for nurses and 12 hours of Professional Development for school staff.

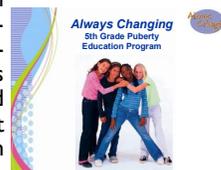


Family Fun Night At Harmony Grove

On Thursday, May 14, 2015, Melissa Kuhn, CHPS, worked the Harmony Grove Family Fun night in Ouachita County on the campus of Harmony Grove. After weeks of preparation with the school nurse, the event was an exciting success. Among the many vendors representing the county, ADH's Tobacco Prevention/Cessation booth placed literature in the hands of 100 people of all ages, including a teacher who was given enough information to send home with her class of 20 students the following day.

Pre-Teen Health at Camden Fairview

Rhonda McDonald presented Always Changing to the 5th grade girls at Camden Fairview on pre-teen health. Topics included: physical and emotional changes that occur during pre-teen years, oral health, hygiene, and tobacco information. There were 75 students who attended in two 45 minute classes.



Southwest Region CHNS/ CHPS

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Cheryl Byrd	CHNS	870-386-2251
Edie Greenwood	CHNS	870-777-3076
Rhonda McDonald	CHNS	870-836-1619
Tommie Rogers	CHNS	870-246-3077
Melissa Kuhn	CHPS	870-837-5112



