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HHI Strategic Planning Meeting

SW Region Hometown Health staff attended their annual statewide staff meeting in April to work on the Hometown Health Support Services 2015-2017 Strategic Plan.

Tobacco Control and Cessation Program staff members Matt Mitchell and Shelia Garrett were on hand to provide information on comprehensive tobacco policies. The regional tobacco grant administrators presented a slideshow on emerging tobacco products, including E-Cigarettes and vaping merchandise. They passed around items for attendees to check out and explained the dangers of each.



May 10-16 is National Women's Health Week.

The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health.

- Receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors such as smoking, texting while driving, and not wearing a seat belt or bicycle helmet.



On day two, Mandy Thomas and Katie Allison with the Injury and Violence Prevention program, were on hand to review the deliverables approved by the program and update the group on the Youth Suicide Prevention grant from SAMHSA.

Along with suicide, other focus areas for 2015 include Motor Vehicle Crashes, Unintentional Poisoning, Unintentional Falls, and Homicide.

Walking to Wellness

The Dawson Co-op Tobacco Prevention and Education Project partnered with the Arkadelphia School District, Foundation Fitness, and the BaHCC (Becoming a Healthy Clark County) Coalition to sponsor the Walk Into Wellness Community Health Fair at the Arkadelphia Parks and Recreation complex on March 19th.

The 72 community participants in attendance were offered screenings on Coronary Risk Ratio, colorectal, prostate, HDL, LDL, triglycerides, blood pressure, blood sugar, mammogram, vision and hearing, carbon monoxide, and dementia testing.

Two of the 15 women who got mammograms had suspicious screenings that required additional follow up, as did



Darla Kelsay (L), Region 5 Prevention Provider, and Tommie Rogers, CHNS, provided tobacco education.

one of the 15 men who participated in the prostate screenings.

Arkansas Heart Hospital, Baptist-Arkadelphia, Arkansas Prostate Cancer, Mercy Hospital, Women's Health Center Mobile Mammogram Unit, and Compass

Health Care were among the 20 plus vendors.

More than 40 volunteers worked the event including Kathy Loden, health unit administrator, who helped do blood draws, and Tommie Rogers, RN, Community Health Nurse Specialist, who conducted screenings for a tobacco prevention & cessation booth where two participants completed a Stamp Out Smoking fax-back referral to the tobacco Quitline.

Arkadelphia School District had a station for the participants and volunteers to build their own healthy snacks from a variety of healthy choices. The food was provided by Arkadelphia Schools.

Montgomery County Hike for the Cure

The 8th annual Hike for the Cure on the Lake Ouachita Vista Trail (LOViT), sponsored by Project Pink Awareness, was held on Saturday, April 18th.

Thirty-eight people dusted off their walking shoes and hit the trail on a rain threatening morning to help bring awareness to breast cancer. Sixty two people registered for the Hike but with the threat of rain and thunderstorms, many folks decided to sit this one out.

Many of the participants were hiking the trail for the first time and enjoyed the beautiful view of Lake Ouachita and the dogwood trees in full bloom. The weather turned out to be beautiful for a Saturday morning hike on the LOViT

and all 38 participants (and three dogs) finished the 3 mile or 5 mile leg of the trail.

Project Pink Awareness sponsors the event to help bring awareness to breast cancer and to also help promote the use of the LOViT Trail. Over \$500 was raised and will be used to promote breast cancer education and help pay for mammograms for those who do not have the ability to pay.

Hike for the Cure was sponsored by Project Pink, Montgomery County Health Education Advisory Board, Shangri-La Resort,

Montgomery County Health Unit, S & P Insurance LLC, Wake Zone Houseboat Rentals, Mountain Harbor Resort, St. Vincent CHI, and Bates Sales & Services.



Hike for the Cure participants

Public Health Week observed in Miller County

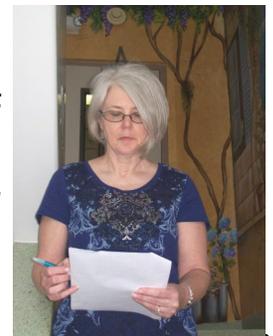
Miller County Health Unit employees celebrated Public Health Week in April with a scavenger hunt.

Julie Huntley, administrator, posted health facts throughout the building. Each employee was given a scavenger hunt sheet with about 50 questions. Participants had to write in their answers and the location of where the fact was hidden.

Everyone who turned in their sheet received a cup, pencil, and hand sanitizer. Sonya Lummus, Health Services Specialist II/Lead Clerk, won the overall grand prize, a WIC bag filled with goodies and a \$5.00 Sonic gift card.

Huntley also put water bottles and a handout on the benefits of water in each employee's mail box, as well as a thank you note for participating in the event.

Barbara Claybrook, (R), SWR WIC Coordinator, searching for clues in the health related scavenger hunt.



April Happenings for Dawson

Cooperative CHNS

On April 11th, Tommie Rogers, CHNS, and 13 other volunteers participated in the Arkansas Department of Health Minority Health Barber & Beauty Shop Health Initiative, at the ABC Beauty College/Cutting Edge Salon in Arkadelphia. There were 26 participants at this event with 8 referrals to the SOS Quitline.

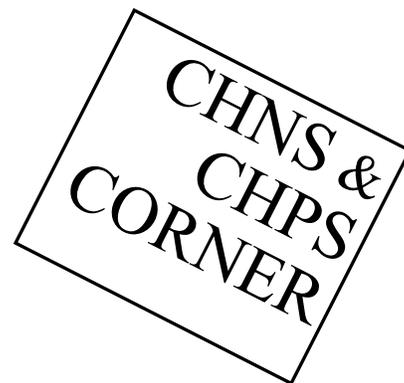


Cheryl Byrd and DMEC

Tobacco Talk with Foster Grandparents

Cheryl presented "Emerging Tobacco Products" to 56 foster grandparents associated with DMEC at three locations during the month of April. In addition, fall prevention in the elderly was discussed.

"Emerging Tobacco Products" presentation gives an overview of new tobacco products along with a display of these products.



Tommie and Anna Haver, CHPS, met with the Bauxite Mayor and Debbie Harrington, Bauxite School District Counselor, on April 27th to discuss ideas the Mayor had after attending the Mayor's Mentoring Mayors meeting in Batesville. Topics discussed included Joint Use Agreements, Safe Routes to School, and Kaboom. The group also explored the possibility of letting the community use one gym for walking and the school having a community garden and greenhouse at the Community Park.

SW Regional Advisory Council

Cheryl Byrd and Teresa Morris attended the SW Regional Advisory Council meeting on April 24th in Ashdown. This initial meeting hosted by DMEC brought together area business leaders from SW Arkansas to assess the educational and training needs for potential employees and the role of public education.

For more info on the CHNS go to <http://swchns.weebly.com/>

News from South Central Service Cooperative

"Know Your Numbers to become Heart Healthy" was presented by Rhonda McDonald on April 14th to the classified staff at SAU Tech in Camden. She emphasized that knowing your numbers and taking charge of your health is each person's responsibility. The medical community stresses the five top numbers each person needs to know: cholesterol, HBG A1C, BMI, waist circumference, and blood pressure. Rhonda stressed the importance of refraining from tobacco use. Tobacco use is the leading cause of preventable death. According to the CDC, for every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.

Highlights from SWAEC

Edie Greenwood spoke at the Regional Tobacco Forum on April 17th about what SW Region support staff are doing to address tobacco use, both in schools and communities. She also discussed some strategies for use when working in the schools.



During the month of April, Edie presented information on tobacco harms and cessation at two health fairs. One event was held at Bodcaw Bank in Stamps and the other was the Mind, Body & Soul Health Fair at Prescott. She distributed pamphlets at both events and had both Mr. Goss Mouth and Jar of Tar on the table to show the effects of tobacco.

Before the Mind, Body & Soul Health Fair, Edie Greenwood, RN, and Susan Smith, RN, were asked to present "What Do These Numbers Mean?" to those people who would receive screenings. Susan presented information on the new Hypertension and Diabetes Program as well as why it is important to know your blood pressure numbers. Edie presented information on cholesterol values. She also discussed how tobacco use effects cholesterol in the body.

On April 16th at the request of Lafayette County Schools, Edie presented information on Respect to over 500 K-12 students in three assemblies.

Southwest Region CHNS/ CHPS

Kim Hooks	Supervisor	870-325-6311
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

SW CHNS help Blevins School District

Blevins School District school nurse Nina Thompson, RN, APN, recently lost her four month battle with cancer leaving the district without a nurse. Fortunately the school was able to hire a new school nurse, Christian Miller, RN, BSN, to care for the Blevins student body and staff.

The SW CHNS were able to help Christian learn her role as a school nurse. In this endeavor, the CHNS assisted her in providing hearing and vision screenings with some students. The marathon screenings were held on April 20th and 22nd.

During this time, Christian was excited to learn many new aspects of her role as the school nurse. She was very grateful for all the assistance the SW CHNS were able to provide. The CHNS welcome her to the team of school nurses in SW Arkansas.



Rhonda McDonald provided CPR and AED skills to seniors at several schools in her area at the school's request. The instruction included CPR psychomotor skills and the use of an AED. Rhonda is a certified instructor with American Heart Association. First aid skills are covered in the schools under Health frameworks, which all students must take as a graduation requirement. Rhonda presented to approximately 250 seniors at Camden Fairview School District and 200 juniors and seniors at Harmony Grove and Sparkman school District.



HHI Support Staff:

Joni McGaha, HHI Manager, Editor
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SW REGION HOMETOWN HEALTH

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It's tornado season. Are you prepared?

According to www.ready.gov, before a tornado hits, the wind may die down and the air may become very still. The average tornado moves SW to NE and occurs between 3 and 9pm but can strike at any time and move in any direction. Always be alert to changing weather conditions and look for the following danger signs: dark, often greenish sky, large hail, a large, dark, low-lying cloud (particularly if rotating), and/or a loud roar, similar to the sound of a freight train.

If you are under a tornado threat and are in a manufactured home, get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Most injuries associated with high winds are from flying debris, so protect your head.

If you are in a structure:

- Go to a basement, storm cellar, or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

If you are not in a sturdy building, possible actions include:

- Buckle your seat belt and try to drive to the closest sturdy shelter.
- Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat or other cushion if possible.
- Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and a blanket, coat or other cushion if possible.

In all situations:

- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.

Around the Region...

Miller County Health Unit displays a sign at the front entrance to let WIC clients know it's Farmers' Market season. That means WIC participants will receive checks to purchase locally grown fresh fruits and vegetables sold by authorized farmers at authorized farmers' markets.

The WIC Farmers' Market Nutrition Program is funded by the USDA through a grant to the Arkansas Department of Health.



Sevier County Department of Human Services Child Abuse Awareness sponsored a display in front of the Sevier County Courthouse.

The Division of Children and Family Services and Arkansas State Police- Crimes Against Children Division took part in placing the blue ribbons in front of the courthouse on April 8, 2015. The purpose of the event was to help raise the community's awareness of child abuse in Sevier County.

Pictured from left to right are Laurie Alexander (CADC), Jennifer Clark and Sherry McGowan (DCFS). Not pictured is Mary Runnels, DHS County Administrator.

The **Calhoun County** Hogskin Health Fair was held on April 10th on the town square in Hampton.

Arnell Washington and Joni McGaha surveyed attendees on their knowledge of safe sleeping practices for infants and provided a variety of Injury Prevention educational materials.

Rhonda McDonald, and Melissa Kuhn conducted carbon monoxide monitoring for smokers and made Quitline referrals. Mr. Gross Mouth was used to demonstrate the hazards and consequences of tobacco use.

