

Graham County Health Department

Newsletter #54

November 2017



Brian Douglas, Health Officer

Melissa Lunt, Director of Nurses

Matt Bolinger, Epidemiologist

Susan Soltis, WIC



Public Health
Prevent. Promote. Protect.

The Graham County Health Department has developed a Facebook Page. The address for this page is: <https://www.facebook.com/Graham-County-Health-Department-1611121092508959/?rf=687449928053591>

The page will provide:

- Clinic schedules
- Services offered
- Health and Safety Tips
- Upcoming events and activities
- Links to services on the Graham County Website

And much more.....

HAPPY BIRTHDAY

November	Cheralee	11 th
	Gavin	20 th
January	Luggie	4 th
	Renae	5 th
	Matt	10 th
	Brenda	19 th
	Jessica	22 nd
February	Roxana	23 rd
March	Esther	20 th
	Susan S	27 th

ALZHEIMER'S ASSOCIATION AND GRAHAM COUNTY HEALTH DEPARTMENT

Join Us FREE 3 Education Presentations

THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE

This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more.

Tuesday, October 10, 2017

12:00 pm - 1:00 pm

HEALTHY LIVING FOR YOUR BRAIN AND BODY:

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Tuesday, November 14, 2017

12:00 pm – 1:00 pm

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts.

Tuesday, December 12, 2017

12:00 pm – 1:00 pm

Location:

Graham County Health Department

Health Annex Building, Upstairs Meeting Room

Safford, AZ 85546

For more information call:

1 800-272-3900 o 520-322-6601

alzheimer's  association

Desert Southwest Chapter

Southern Arizona Region
1159 N Craycroft Road
Tucson, AZ 85712
520.322.6601
aiz.org/dsw

September was National Child Safety Month



NIMS COURSES ONLINE

IS 100 Basic Incident Command System

IS 700 National Incident Management System

IS 200 ICS for Single Resources and Initial Action Incidents

IS 800 A National Response Plan (NRP), an Introduction

<http://training.fema.gov/is/nims.asp>

Grand Re-Opening of Glenn Meadows Park



Veteran's Day

November 11th

State Training Offering

PER220: Emergency Response to Domestic Biological Incidents

Event ID Number 1006639

Date: January 11-12, 2018
Time: 8:00 am—5:00 pm each day
Location: Sierra Vista Fire & Medical Services
675 Giulio Cesare Avenue
Sierra Vista, AZ 85635
Cost: Free

Visit www.erma.az.gov for online registration

Welcome Brenda Rogers



Brenda Rogers has accepted the position of Family Planning Nurse at the Health Department.. Brenda grew up in Safford known as Brenda Goodwin then and after high school attended NAU. She moved to Mesa and raised her family of 3 children while working as a school nurse for 19 years. She is now back in the Gila Valley living in Pima and serving our community as a Public Health Nurse.

EDUCATION/TRAINING

State Training Offering

MGT 348: Medical Preparedness and Response to Bombing Incidents

Event ID Number 1006663

Date: December 13-14, 2017

Time: 8:00 am—5:00 pm each day

Location: Sierra Vista Fire & Medical Services

675 Giulio Cesare Avenue

Sierra Vista, AZ 85635

Cost: Free

Visit www.erma.az.gov for online registration

Target Safety & Training

MSHA-OSHA-CPR-First Aid-Emergency Medicine

Call Pam Peterson at 928-485-9203

E-mail Wmwoman_2000@yahoo.com

THE PRIVATE WELL CLASS

A free online course that helps homeowners understand about and care for their well.

Sign up for ten weekly email lessons and monthly webinar events to learn the basics of protecting your source of drinking water

This Training is a free service funded by the U.S. Environmental Protection Agency.

www.privatewellclass.org

Training

FOOD SAFETY TRAINING

ONLINE COURSES NOW AVAILABLE

Graham County now offers web based training to provide "anytime, anywhere" access to high quality, cost-effective Food Safety training.

Courses Include:

- *Food Safety for Food Handlers
- *Food Manager Certification
- *HACCP Plan Development and Implementation

Log on to: <http://grahamcounty.vls01.com/>

Contact: Graham County Health Department

At 928-428-0110

TB SKIN TESTS

The Graham County Health Department is now offering TB Skin Test every Monday afternoon from 1:30 pm to 3:30 pm

Mt. Graham Regional Medical Center Public CPR/First Aid Classes

For information about time, dates, cost, and type of class contact:

Tanya Miller at 348-4006 or email: tanya.miller@mtgraham.org

Salsa Fest 2017



MERRY CHRISTMAS

Harvest Festival 2017



Southern Region Hospital Exercise

'Just Another Day at the Mall' was a Full-Scale Exercise that took place in Cochise County on October 18th. It included hospitals in Cochise, Graham, and Santa Cruz counties. The scenario in Cochise County was a 'White Powder' incident at the Theater in the Mall in Sierra Vista determined to be Ricin. Patients from this exercise were sent to hospitals in all Southern Arizona counties.

Mt. Graham Regional Medical Center received some of these patients to test medical surge operations.

At the same time in Pima County an explosion occurred at the University of Arizona Football Stadium where mass casualties there tested Tucson area hospital surge operations and capabilities.



Decontamination



Emergency Operations Center



EAARS Ham Radio Club helping with Communications



Having an Emergency Supply is the Key to Being Prepared

Gather food to last at least 1 to 2 weeks (A few suggestions)

Store nonperishable items that are ready to eat. Include items such as:

- Peanut butter and jelly
- Energy bars, cereal bars and crackers
- Canned meat and seafood (such as chicken, ham, tuna and salmon)
- Canned vegetables and fruits
- Canned soups and stews
- Freeze-dried foods
- Nuts, seeds and dried fruit
- Dry cereal
- Baby food and formula, as needed
- Canned and dry pet food, as needed

Make sure you purchase what you would normally eat and rotate items regularly watching expiration dates. Do not break your budget to get prepared. Take items from your cupboards and shelves first. Then, buy a few cans or staples each time you shop until you've collected what you need.

Store plenty of clean water, too.

Store enough for at least 3 days. It's best to have enough for 2 weeks, if possible.

- Plan on one gallon per person per day. (Some is for drinking, some for cooking and washing) Buying sealed water is best
- Store extra water for pets

Have basic medical and hygiene supplies

- Medications (including antibiotic cream, antacids, pain relievers and cold medicine)
- Copies of prescriptions
- Soap and hand sanitizer
- Household chlorine bleach
- Toothpaste and toothbrushes
- Face masks
- Feminine hygiene supplies, if needed
- First Aid Kit
- Toilet paper and paper towels
- Sunscreen and insect repellent
- Shampoo and deodorant
- Diapers and baby wipes, if needed
- Litter supplies for pets, if needed

2017 LEPC MEETING DATE

November 16th 4 to 5 pm

All meetings in the General Services
Assembly Room



Happy
New Year!