

Quarterly Newsletter

To inform you about the Health Department that serves you!

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Vision:

Keeping Hardin County healthy by improving the lives of those we serve and strengthen our communities through collaborative partnerships.

Mission Statement:

We, the Kenton-Hardin Health Department believe that it is our mission to develop and maintain an efficient system which will provide for the highest quality of public health service practible, and to promote and protect, in varying degrees, the community's physical, mental, social, and environmental well-being.

The Board of health administration will work to promote an organization within which all are encouraged to work cooperatively to fulfill this mission.

By working towards fulfillment of its mission, the heath department is striving to enable every citizen the opportunity to realize health and longevity.

Values:

The Kenton-Hardin Health Department is a citizen-driven organization that serves the community based upon its core values: Integrity, quality and excellence in service provisions through collaboration, preparedness, communication and accountability.

“To Be The Best, Perform The Best”



Public Health
Prevent. Promote. Protect.

Nursing Department Updates

Family Planning

Family Planning is here to offer health checks for both men and women. Women's annual health exams are offered monthly and include a pap smear and a breast exam as well as talking about your health. We offer general health information for men as well as offer STD testing for both men and women. We see all ages, and are always accepting new patients, call and make your appointment at 419-673-6230.

STD/HIV/Hepatitis C Testing

We are available throughout the month to test for STD's Gonorrhea, Chlamydia, and many others, It is a simple urine test. Once a month we offer a confidential HIV/Hepatitis C testing, this is done by a mouth swab. We will contact you and explain your results and council you on how to recieve treatment if needed. Call our offices for more information or to make your appointment at 419-673-6230.

Emergency Preparedness

Helping you stay prepared when disaster strikes

Spring storms bring with it unpredictable weather. The best time to prepare is before the storm. Some things to include are: an emergency kit with flashlights, weather radio, and extra batteries, have a list of important information such as phone numbers, insurance and medical information, and a first aid kit. Make an emergency plan and discuss it with your family members. Show everyone where the emergency supplies are stored, and how to shut off utilities. Spring is unpredictable, but your plans don't have to be. For more information on preparing a kit, visit <https://www.ready.gov/>



Sanitation Corner

Nuisance Complaints

Complaints filed with the health department must be done in writing or e-mail and contain all pertinent information in order for the investigator to

accurately investigate. Complaint information that must be included are the address of the complaint, an accurate description of the conditions, and a signed or written name of complainant along with address and phone number. No complaints will be

investigated by phone unless it is referred by another governmental entity. If you have any questions about the process please contact our office at 419-673-6230 or email at khhd@co.hardin.oh.us.



Employee Spotlight

Polly Downing, RN

Polly Downing joined the Kenton Hardin Health Department in 2017. She received her Associates Degree from Lima Technical College, and is currently working on her Bachelor's of Nursing from Bluffton University. She brings with her 20+ years of experience in the nursing field. Polly currently helps with Immunizations, BCMH, Help me Grow, Communicable Disease and other programs as needed.

Quality Improvement Report

Health Departments are required to have a Quality Improvement (QI) Plan and continuous projects. Quality improvement in public health is the use of an improvement process, which focus on community needs and improving population health. It refers to a continuous and ongoing

effort to improve services or processes which improve the health of the community (derived from PHF, 2018). KHHD currently has three QI projects: Substance & Data Collection, Epidemiological Investigations, and Environmental Health Nuisance Project.

Save the Date

The Kenton Hardin Health Department will be hosting a second Project DAWN event on April 16th from 5:30-7:00. Our event in August of 2017 was successful with 15 Naloxone kits being distributed to the community. If you would be interested in more information or to register please call our offices at 419-673-6230.

Accreditation Update

KHHD continues to move forward with Accreditation initiatives. The Health Department is currently in the process of applying for Accreditation. The application is to be complete in February 2018. The Department has recently held a quarterly Community Health Improvement Plan (CHIP) meeting; at this meeting

partners and stakeholders discuss action steps taken in priority sections of the Plan. The annual review of the CHIP is set for May 2018. Any community member who would like to become a part of the CHIP committee may contact the Health Department for more information. The Health Department is in the process of creating public dashboards with information surrounding substance overdose and death in Hardin

County, project to be complete in May 2018. This year marks the need for the next Community Health Assessment (CHA) process. All Local Health Departments are required to collaborate with local hospitals, and move from a 5-year CHA plan to a 3-year plan. If you would like more information visit our Health Department website under accreditation for our plans and projects, or <http://www.phaboard.org>.

February Events

February: American Heart Month

February 1st: Immunizations at the Kenton Hardin Health Department

February 5th: Confidential HIV Testing 2:00-4:00

February 8th: Immunizations at the Kenton Hardin Health Department

February 14th: Immunizations at Forest Fire Department 9am-12pm

Immunizations at Dunkirk EMS building 1:30-4:00pm

February 15th: Immunizations at the Kenton Hardin Health Department

February 19th: Offices Closed for President's Day

February 20th: Immunizations at Ada Presbyterian Church 9:00am-4:00pm

February 22nd: Immunizations at the Kenton Hardin Health Department

March Events

March 1st: Immunizations at the Kenton Hardin Health Department

March 8th: Immunizations at the Kenton Hardin Health Department

March 12th: Confidential HIV Testing 2:00-4:00

March 14th: Immunizations at Forest Fire Department 9am-12pm

Immunizations at Dunkirk EMS building 1:30-4:00pm

March 15th: Immunizations at the Kenton Hardin Health Department

March 18th-24th: Spring Severe Weather Awareness Week

Flood Safety Awareness Week

March 20th: Immunizations at Ada Presbyterian Church 9:00am-4:00pm

March 21st: Statewide Tornado Drill @ 9:50 AM

March 22nd: Immunizations at the Kenton Hardin Health Department

March 29th: Immunizations at the Kenton Hardin Health Department

March 31st: National Stop the Bleed campaign

April Events

April 3rd-9th: National Public Health Week

April 5th: Immunizations at the Kenton Hardin Health Department

April 9th: Confidential HIV Testing 2:00-4:00

Project DAWN training McGuffey Community Room 5:30-7:30 PM

April 11th: Immunizations at Forest Fire Department 9am-12pm

Immunizations at Dunkirk EMS building 1:30-4:00pm

April 12th: Immunizations at the Kenton Hardin Health Department

April 17th: Immunizations at Ada Presbyterian Church 9:00am-4:00pm

April 19th: Immunizations at the Kenton Hardin Health Department



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Drug addiction affects all Hardin County Residents. In 2017 there were 5 Overdoses that resulted in death, and 76 overdoses in Hardin County.

The More You Know. The More You Grow. Know the signs of drug addiction.

Addiction

I woke this morning with a Pill on my Mind
I don't understand why I ignored the Warning Sign(s)
I acted as if everything was Fine
Why didn't I see this Pill had become an Addiction?
Ignoring the facts, instead living life based on Fiction
I suddenly had a dramatic Weight Loss
But I kept taking this Pill at all Cost
There were changes in my Expected Emotional Response and Rapid Mood Swings
But I thought, "No Big Deal", people are crazy, it's just a fleeting Thing
My family, relationships, and my life was in tatters, I felt like an alien living on Saturn
Only the Pill was important, I even ignored the Dramatic Changes in my Sleep Pattern(s)
I even notice I had Constipation without reasonable Explanation
But, I kept ignoring the warning signs, Reality Train, had left the Station
I have always tried to live my Life with all my Scruples
But I lied to my family when asked ,why I had Small and Pinpoint Pupils
Grandpa gave me Grandma's wedding ring, who was his childhood sweet heart and Beloved Honey
He noticed Unexplained Personal Items went missing, and he didn't know I pawned Grandma's ring for Money
I woke up this Morning able to live another day in spite of an Overdose
The Pill wasn't on my mind, but because of Naloxone, on my mind was Hope

Diana Carroll-Aghdam, Prescription Drug Overdose Coordinator

Warning Signs of Overdose

- Sudden dramatic weight loss.
- Rapid mood swings, changes in behavior.
- Sleep pattern changes.
- Unexplained constipation
- Small or pinpoint pupils.
- Unexplained missing personal items and money.