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*From BBQ to Holidays*



*Jennifer Newland reads a story at the Roll & Read event held in August.*

The health department has had a successful summer of bringing positive and encouraging events to the community.

In July the health department reintroduced their Family Bike Program from 2018. We had many wonderful local contributors and were able to provide the program to 20 individuals, both adults and children. The program was about 3 hours and includes things such as bike history, maintenance, safety, and how to change a bike tire.

In August we continued our

theme of family programs and launched our Roll & Read event at Veteran's Memorial Park. The event offered booths from different organizations in the community that offer services to children, as well as we had community members available reading books for families as they traveled the walking path. The event was able to reach approximately 22 families and offered free gifts as well as a raffle of donations received from the community.

The health department hopes to continue these wonderful events.

### *Tips for the Season*

The Summer Crisis Program provides eligible assistance for households must have a gross annual income that is at or below 175 percent of the federal income guidelines. In addition to the income guidelines, households must meet at least one of the following additional eligibility requirements:

- A household member is 60 years of age or older;
- A household member has a medical necessity documented by a qualified medical professional;
- A household's electric utility has a disconnection notice issued, has been shut off, or new electric service is being established for the household.

Contact the Ohio Department of Development (ODOD) at 1-800-282-0880 to find your nearest community action agency.



### **Peek Inside our Social Media**

Our social media is a great way to stay informed and up to date on our department and what we are doing. We share information that is helpful to all citizens in our community as well as keep you up to date on what is happening in the area.

## **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 practicable, 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 health department is striving to enable every citizen the opportunity to realize health and longevity.

**“To Be The Best, Perform The Best”**



**Public Health**  
Prevent. Promote. Protect.

## **Vision:**

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

## **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.



# Emergency Preparedness

HELPING YOU STAY  
PREPARED

## Not Your Typical Exercise

When you hear the word exercise we usually think of the gym, or going for a walk, something you do for yourself that gets your muscles and blood pumping.

When the health department has an exercise it looks a little different, but the outcome is still the same, we want to test out those plans we have and find out if everything works the way we want or think it should.

So what does an exercise include?

## Lots of Planning

Well step one is to know what kind of exercise we are doing. Many times these exercises are determined for us. We have a Public Health Emergency Planning grant that every year has different deliverables, or assignments, that we must complete to receive our funding. These exercises can range from a simple table top exercise, where we plan out the emergency and the different groups come together to discuss how the situation will be handled; up to a full scale exercise that requires we role play the incident with volunteers and the groups on site

to determine how the incident is handled. Step 1 is to determine who should be involved in the planning process to ensure the exercise goes as planned and is a successful test of the organizations involved. Step 2 is to invite those who would be responding to the event if it happened in real life. Limited information is shared with the individuals participating because the purpose of the exercise is to see how the organization or individual does in response when this event would happen in a real world scenario. If the individual knows too many details they can plan ahead or change how they may respond given the situation.

## And Then... The Doing

After all the planning takes place it's time to actually do it. This is why planning is so important so the individuals running the exercise can insert the different parts of the scenario in an appropriate manner. Even if the exercise is a table top or "talk-it-out" type exercise the individuals response should be as though they were actually responding to the situation. No need to actually go out and fire up the fire truck or make the radio announcement, but the individual

should tell you that is the steps they would take.

Depending on the event and the extent of the exercise it can take only a few hours, or days of planning and role playing.

## Evaluating

The final step in an exercise is to spend some time as a

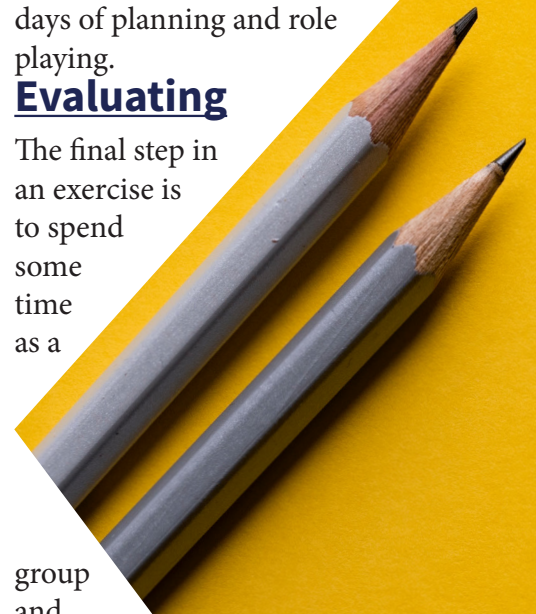
group and discuss what went well and what needs to be improved. Possibly the most important part of the exercise, is making sure that in a real world situation the plans and steps we take will save the most lives and keep as many safe in the community as possible.

## Plan Ahead

How Community  
Organizations work  
together

The purpose of regular exercises is to continue to develop new ways to protect our community. By testing our plans and responses to different situations it allows for the development of better more effective ways to handle potential situations that could affect the

community. Not every exercise might happen in our community but these scenarios allow us to develop new measures that can help the community navigate through unsuspecting situations.





**Katy Flinn**  
*Accreditation  
Coordinator*

Katy Flinn started working at Kenton-Hardin Health Department in February 2022, as the new Accreditation Coordinator. The Accreditation Coordinator is responsible

## *Employee Spotlight*

for leading the dept.'s Quality Improvement projects, reviewing and updating agency plans, assisting the department with maintaining Public Health Accreditation through The Public Health Accreditation Board, and assisting our dept., The Hospital Council of Northwest Ohio, and our community partners with creating our new Community Health Assessment and

upcoming Community Health Improvement Plan every few years. Katy graduated from Kenton Senior High School, The University of Findlay with a Masters in Business Administration with emphasis in Health Care Administration and Human Resources, as well as a Bachelor of Arts in History, and Apollo Career Center with a certificate in Licensed Practical Nursing.



**Tia Hamilton**  
*Hardin County MRC  
Unit Coordinator/  
Front Office Clerk*

Tia Hamilton was hired in 2021 as a contract worker for Volunteer Manager and to get the MRC unit back up and going again for the county. At the end of 2021 she was hired on as a full-time health department employee and she continues to work with

the MRC as the MRC unit Coordinator for Hardin County and she also works in environmental, vital statistics and nursing programs as a clerk in the front office.

## *Employee Spotlight*



# Nursing Updates

## Flu Clinics

We are offering our regular flu vaccine clinics again this year. The first clinic will be at the Hardin County Fair on Friday, September 9th from 9AM-1PM. We will be located on the west side of the Community Building. We will have high dose available. Please bring your drivers license and medicare/ insurance card. Our friendly nurses and volunteers will get you taken care of while you are at the fairgrounds enjoying the events. Our next clinic will be our annual drive thru flu clinic on Saturday, October 15th from 9:30AM-12:30PM. Get your vaccine from the comfort of your vehicle. We still need your drivers license and insurance information, however we can give you a flu shot without you leaving your car. this clinic has been a success in past years and in light of that we have changed the flow of the clinic in past years. You will now enter the drive thru clinic from the West Ohio Street

**Get your flu shot without leaving your car!**



**Saturday, October 15th  
9:30 AM-12:30 PM**

Pediatric and High Dose available.  
Bring your insurance card & Driver's license.  
We bill your insurance.



alleyway and come to the north behind the building and go under the covered parking garage to receive your vaccine. This allows for our police department to have adequate ability to respond to emergencies if needed during the clinic. Please look for additional signage the day of the clinic and follow volunteers directions on entering and exiting the clinic safely. If you would like more information please call and speak with our friendly nurses at 419-673-6230.



Drive thru clinic entrance will be from either direction on West Ohio Street, continue up the alleyway to the entrance to the covered parking garage with an exit onto South Detroit Street.

## **Immunization Clinics**

### Regular Immunizations

**Thursdays** by appointment only in the office.

### COVID Clinics

Offering regular vaccines and booster doses on **Tuesdays** walk in and by appointment.

### Outreach Clinics Return!

**Ada** - 3rd Tuesday of the month 9:30AM-2:30PM

**Forest/Dunkirk** 2nd Wednesday of each month.

**Forest** - 9:30-12PM

**Dunkirk** - 1-3PM

**Please call our offices to schedule your immunization appointments.**



## Accreditation

## TIMELINE

- Annual Report December 2022.
- Begin tracking and determining documents for re-accreditation.
- Continue to improve the areas developed while achieving accreditation.

Accreditation was achieved by the health department in November of 2021.

With this accomplishment this is a continuing process after achievement.

The next step at this time is we will be sending Community Health Assessment surveys out to the community utilizing the Hospital Council of Northwest Ohio (HCNO) for collection and analysis of the survey results. When those results have been collected and the information has been put together in a report, we will receive a draft report that we share with the partners involved with the Community Health Assessment.

The group looks over this report and ensures we have a report we

are pleased with and this report is shared with the community in a meeting with HCNO, we look for community input during this meeting and that information is included in the report as well. We look forward to the results of the survey and sharing with the community.

The next step will be to bring those partners together again to work on a Community Health Improvement Plan or CHIP. By utilizing the information from the Community Health Assessment the different organizations involved can work together to find ways to help improve the health of the community. This has ranged from offering new programs or learning opportunities, to bringing new things to the community

such as making more fresh fruits and vegetables available to the community. These two documents work directly with each other for the health department and the group to improve the outlook of our community as a whole and allow the individuals who live here to have a more positive and healthy lifestyle.



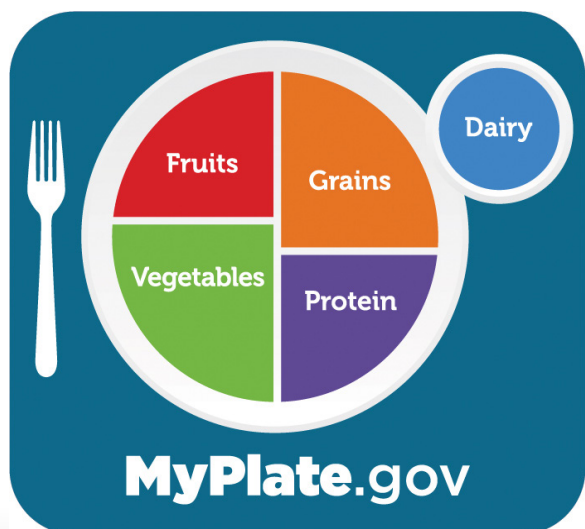
## Quality Improvement Projects

We are currently in the process of working to get our computer systems cleaned up and organized. The health department will be focusing on each department as well as individual employees job duties and program areas, in an effort to make our shared computer server more easily accessed to what we need, as well as more secured. The team is currently working on

what documents can be archived as we are migrating to a new server in early 2023. Staff has divided the duties to different department areas to help make it more manageable by staff. This will make searching for needed documents and security of those documents improved for the future of the department.







#### Adults need a mix of activity to be healthy:

##### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



##### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



**Take a Minute  
and Catch Up  
on Tips for  
Yourself!**

**Blood Pressure Clinics Monthly**  
Council on Aging- 1st Monday 10:30AM  
Ada Library- 1st Friday  
Plaza Inn- 2nd Friday 12PM  
Dunkirk Library- 4th Friday 1PM

**Offices Closed**  
September 5th - Labor Day  
October 10th- Columbus Day  
November 11th, 24th & 25th- Veteran's Day & Thanksgiving

## Upcoming Events

**COVID Vaccine Clinics**  
Tuesdays  
Call for an appointment or Walk-in

**Regular Clinic Appointments**  
Thursdays  
Call for an appointment

## Sanitation Station

From BBQ'ing in the summer to meals at the holidays there are some important things to keep in mind when it comes to your food. Making sure your food is cooked to the appropriate temperature and that it stays at that temperature until it's consumed.

Some things to consider are both your hot and cold items. When outside it is difficult to regulate temperatures, but try to keep cold things on ice and warm things in a crock pot or roasting pan.

Keeping a lid on available foods will limit contamination and sudden temperature changes.

For your holidays, having a meat thermometer available to ensure food is cooked to the proper temperature is essential. Again keeping food at the proper temperature is important so keeping food in the refrigerator until ready to serve. Keeping lids or covers on all the food when not serving is important. When you have served all cold food if possible return to the refrigerator until someone needs the dish again. And hot food make sure to cover/ wrap so it contains as much heat as possible, again using a crockpot or roasting pan is ideal if possible.

Most importantly enjoy the time with family and friends and the sharing of good food among them. It is important information to remember so everyone has an enjoyable day!  
Happy Eating!





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