

CITRUS PARTNERSHIP IN HEALTH MINUTES

Lecanto Government Building, Room 166

June 26, 2008

WELCOME & INTRODUCTIONS

(Teresa Goodman, Administrator, Citrus CHD)

Teresa Goodman welcomed everyone. Teresa presented Dr. Habtu Adera, the new Medical Director for the Citrus County Health Department (CCHD).

SCHOOL BOARD HEALTH SERVICES

(Cathy Reckenwald, LPN, School Health Liaison)

Citrus County is in the forefront of health activities in the schools. The ultimate goal is that each child's education be minimally interrupted by health concerns. Both the Citrus County School Board and Citrus County Health Department have RN's and LPN's in the school settings who work very closely with school staff. Health Room Attendants (HRA's), who are on-site throughout every school day, receive annual training that includes CPR, medication administration, infection control, confidentiality, epi-pen administration, glucagon administration, diabetes, asthma inhalers, seizures, vital signs, and disaster preparedness.

- Health Care Plans: The Citrus County School District has 16,000 students. Over 1,400 students need specialized health care.
- Screenings for vision, hearing, height, weight, scoliosis, and blood pressure are performed on a yearly basis based on a student's grade level. Citrus County has a retrofitted school bus used for screenings. Last year, 35,000 individuals were seen for screenings and dental sealant applications.
 - Discussion Issue: Body Mass Index (BMI) is checked in grades 1, 3, 6, and 9. The Health Department holds nutrition classes for grade-schoolers. BMI went down this year at the middle school level. Parents are notified when BMI is at risk for overweight, obesity, and underweight children.
- Surveillance: Every week during the school year, the School Health staff and the CHD Epidemiology staff monitor trends in absenteeism to identify early signs of contagious illnesses. A pilot program at CREST school is being conducted: CREST students were tracked for six weeks while using Germpro twice a day. There was a 41% decrease in absenteeism from past 2 years!
- A weekly Health Tip is sent via e-mail to all staff. The response has been tremendous and has covered topics on nutrition, health conditions, bereavement, stress, and hygiene – just to name a few.
- Immunizations: 98.8% of our students have received their immunizations. Clinics are held at the middle schools with Health Department assistance, vaccinating 100 kids in 55 minutes. A pilot immunization program was offered at all three high schools for Menectra, the Meningitis vaccine. Four hundred (400) students took advantage of that vaccine, which would cost \$102 if administered after age 18.
- Educational courses, such as CPR, first aid, and choking classes, are held. Bus drivers, food staff, HRAs, nurses, back-ups, and substitutes must receive training in emergency procedures. There are over 900 trained staff in this database.
 - A schedule of the 2008/09 CPR/First Aid Trainings was handed out. To register, e-mail bergstrom@citrus.k12.fl.us or call 527-0090 X221.
- Open Airways teaches kids about medications and how to manage their own asthma. A 52% decrease in absenteeism was found in children who go through the *Open Airways* program.
- Dental Sealants: These are conducted by the CCHD, using the retrofitted school bus. Second grade students receive sealants on their erupted molars, regardless of their financial situation. The sealants are re-checked in the 3rd grade. This service is being expanded to eleven (11) schools next year.
- Epi pens are in all clinics for treatment of adult and child allergies like bee stings.

- Nurses are available to provide Health Education for a long list of school staff and student needs. A few of the topics covered are abstinence, cancer, HIV/AIDS, STDs, puberty, hygiene, head lice, infection control, MRSA, flu shot clinics, health fair, nutrition, and fitness.

COMMUNITY SUPPORT SERVICES

(Cathy Pearson, Director)

Cathy handed out the *Citrus County Senior Club Magazine* and the *Citrus County Community Support Services* brochure. Over 40% of our citizens are over age 60, and Community Support Services focus on the elderly. One or two referrals from Adult Protective Services (APS) are received every week, and many unreported seniors need help. Community Support Services are partially grant funded.

- Citrus County Resource Center, located at 2804 W. Marc Knighton Court, Lecanto, is a one-stop facility for programs including a Community Center, Nature Coast Volunteer Center, Senior Care Services, Senior Meals Program, Social Services, Veterans Services, SHINE (Serving Health Insurance Needs of Elders), Shared Services Alliance, the Health Department, and the Veterans' Administration Clinic. The Social Security Administration comes on Thursdays and sees about 100 clients on a first come-first serve basis. Dave Gilmer will put in a mental health clinic, and a Community Health pharmacy should be running in about a year.
- Citrus County Transit (CCT), managed by Lon Frye, provides safe, courteous, clean, and reliable door-to-door transportation services to all Citrus County Residents. CCT hopes to implement a fixed route along the US 19/Highway 44 corridor; a population of 200,000 is needed to obtain funding. Come to Transportation meetings and improve county transportation by joining as a community partner. Talk to Cathy (527-5907) or Lon (527-7630).
- Veterans Services (527-5915) help widows and widowers get benefits they may not know are available, including pension, compensation, death and burial benefits, VA healthcare and home loans, and more.
- Senior Care Services (527-5930) provides grant-funded senior care. In-home services provide homemaking, personal care, companionship, transportation, and respite for people who want to remain in their homes.
 - The Emergency Alert Response (EAR) System (“I’ve fallen and I can’t get up”) provides free installation with a very reputable company, at a cost of \$27.95.
- Meals Program (527-5975) provides 425 nutritional, home-delivered meals per day, all with volunteer drivers. For some clients, these are the only people they see, and it serves as a wellness check. With the new fiscal year, this may have to be cut back to frozen meals delivered once per week.
 - By partnering with Humanitarians, home-delivered Pet Meals are now available, also.
- Nature Coast Volunteer Center (NCVC) (527-5950) supervises many programs, including Retired & Senior Volunteer Program (RSVP), Senior Companion Program, and Disability Outreach. They support over 100 community organizations that utilize volunteers. A \$50,000 grant pays seniors a stipend and mileage to help other seniors. There are seventeen volunteers in this win-win program, now serving 100 clients – taking them shopping, to the doctor, and providing companionship.
- Community Centers are where the seniors meet friends at different locations in Citrus County. Noontime hot meals are served. Each center has its niche -- crafts, poker, dancing, painting, exercise classes - so there are activities in each center to suit everybody. Community Centers are available for private rentals.
- The very successful Court Alternatives includes Mental Health support (341-7035); Drug Court for non-violent alcohol and drug abuse cases (341-6721); and Teen Court (341-6722). Volunteers are needed for these programs!

- Senior Foundation (527-5907) provides funds to support the unmet needs of seniors. Fundraising activities and a magazine paid for by advertisers have brought in \$9,500. Activities have included bus trips to Rays games, which fill 3-4 busses at \$35 per person.
 - The main issue for our older generation is companionship and socialization. They want to do things, but they may not be able to get out and do not want to be alone. *Seniors On The Move* Program selects a senior who needs money to take groups of our elderly to different places. Groups of 3-4 seniors become buddies as they are *On The Move* with someone who takes them out to participate in different activities.
 - The *Senior Foundation* has sponsored educational services on lung health and diabetes; upcoming sessions will be on injury prevention, stress management, and Alzheimer's.
- Senior Club TV Show (senior_club@yahoo.com) is live every Friday morning from 9-10 on local cable channel 16, providing resource information, entertainment, games, and prizes for seniors.

Issues:

- Our county needs Adult Day Care. The Community Center does not have the "next step" for seniors at that stage, but one agency will try providing adult day care two (2) days a week to see what response they get.

UPDATE: SEXUALLY TRANSMITTED DISEASES (STDs) (Virginia Crandall, RN, MPH, CCHD)

At our April *Partnership* meeting, we discussed the increase in STDs. Actions based on *Partnership* input include:

- My Space. Citrus County Health Department is developing a My Space site where kids can go for information. They will have a chance to ask questions anonymously. Names will be removed prior to posting on the My Space site. The site will focus on HIV and STD. We hope to have music and use local high school colors. Our own children will assist with planning of the My Space site. Two nurses will monitor the site from home seven days a week. If you have suggestions, contact Mike (527-0068 X237) or Ginni (527-0068 X240). The CCHD will try to do some marketing, including promotion at our teen clinics and schools.
- Billboards. Florida has us at the top of their list for money for billboards.
- School Curriculum. Statutes regarding sex education change this year, allowing more comprehensive education as opposed to abstinence only. The CCHD will work with schools to develop the curriculum.
- A Partnership has been forged with the youth group at St. Margaret's Episcopal Church to raise awareness about STDs. Mike has partnered with various community and faith-based groups.

HURRICANE RECOVERY

(Teresa Goodman, Virginia Crandall)

Hurricane season has begun. Ginni encouraged everyone to visit the *Florida Disaster* website, www.floridadisaster.org. Make sure your agency and staff are ready to respond and recover as soon as a storm leaves the area.

OPEN FORUM

- John Marmish. United Way will be focusing on three new areas to make a change in our community. One element is education, raising our graduation rate above the State and national norms. The second focus is to

help families have the income they need to retire and to provide education for their children so they get a head start in life. The last issue will be improving the health of Citrus County citizens. People with good health can do the other things in life. United Way wants to make a difference here in Citrus County, as part of the *Citrus Partnership in Health*, helping to bring about positive changes. **John will come back in the fall to discuss these issues.**

- *Volunteer Center Day of Caring*: John Marmish noted that 5,000 local seniors are low income and draw benefits they never had to pay taxes on. They may be eligible for the *Income Tax Stimulus Rebate Check*, but they need to “pay” their income tax by October 15. In Citrus County, \$300,000 could be lost by people who did not submit an income tax return this year! Volunteers are needed to work with this program, helping these individuals file by October 15.

MEETINGS

Our next meeting is in the Lecanto Government Building, Room 166 on:

Thursday **September 25, 2008**
8:30 – 10:00 a.m.