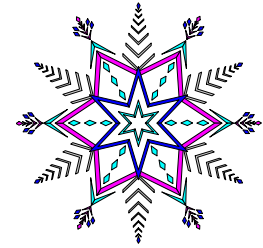


Southwest Regional News



Dallas County Receives Christmas Present

Dallas County Health Unit employees received the ultimate Christmas present this year by being selected by the Board of Health to receive a new health unit. Dallas County received the Local Trust Fund award of \$400,000. The local community backed the health unit's proposal for a new unit by writing letters of support, and the Quorum Court voted to offer whatever support that was needed to secure the funding. HHI Cheryl Denison has met with the County Judge and Chairman of DCMC board to discuss property for the new health unit and has met with the architect to finalize

plans for the new building. The Dallas County staff is really excited about the future plans for their new unit.

The QuadCo. Network has hired Pam Turner as the new Medication Assistance Program coordinator to run their program. Pam will assist clients in the completion of paperwork necessary for various drug companies to provide the needed free medications to patients.

Cheryl also designed the bulletin board for use at the DASH meeting to note the accomplishments of the DASH coalition during their first year.



Employees of the Dallas County Health Unit proudly display plans for the new health unit.



Pam Turner Medication Assistance Program Coordinator

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Healthy Arkansas Work Plans Completed

December turned into a very busy month for Hometown Health Team Leaders, Support Staff and coalitions. All 17 counties were required to have their Healthy Arkansas plan written, approved and turned into the HHI Support Staff by December 22nd. What seemed to be a lofty goal

was accomplished by all 17 counties and we are so proud of all your hard work and dedication. Four of our counties did not have Hometown Health Coalitions and they were able to form Leadership Planning Groups to get this task completed.

The HHI Support Staff appreciates your cooperation in getting the Healthy Arkansas plans complete and to us in a timely manner.

We look forward to working with you in making Southwest Region the healthiest region in the state.

Healthy Weight Week

January 18-24

- Don't buy "junk food."
- Don't grocery shop when hungry.
- Avoid eating from vending machines, fast food, and convenience stores.
- Park farther away in the parking lot.

Hometown Health Welcomes New HHI Leaders and Support Staff

The fall of 2004 brought about many changes in Hometown Health Team Leaders in Southwest Region. We would like to take this time to welcome aboard the new HHI's and Support Staff members.

Teresa Morris- HHI Sevier County. Teresa was the former Distance Learning Coordinator for Southwest Region.

Kathy Loden- HHI Clark County. Kathy was a Home Health Registered Nurse in the Clark



Welcome aboard HHI's and Support Staff.

County Health Unit.

Suellen Simpson- HHI Hot Spring County. Suellen was the Bioterrorism Coordinator for Southwest Region.

Sarah Sutton- Rural Health Specialist is stationed in Miller County. Sarah covers Miller, Howard, Little River, Hempstead, Lafayette & Nevada Counties.

The new HHI's and Support Staff hit the ground running. Immediately

after being hired they had to get their county Healthy Arkansas plans pulled together for their counties. They all passed with flying colors.

We are excited about our new HHI's and look forward to working with them.

The Support Staff is excited to have Sarah on board and Janet has already broken her in.

Welcome all! Get ready for a very busy year in Hometown Health!!!

"Health Attack" Named As Winning Entry

Howard County Health Improvement has been working on a project with Howard county schools to come up with a name for their monthly newsletter for the schools. Mineral Springs elementary student Brady McLaughlin, submitted the winning entry. McLaughlin's suggestion of "Health Attack" was selected from some 200 entries. McLaughlin received a bicycle that was donated by Western Auto and

Howard County Health Improvement. The newsletter will be distributed to all school children in Howard County. Howard County Health Improvement wished to "thank" the area schools for allowing their students to participate in this project. "Health Attack" will be a newsletter full of healthy information the students and their families can use in their every day life.



Mineral Springs teacher, Maudies Turner, at left and Mineral Springs Counselor Laurel McCarter present McLaughlin with a certificate.

Hometown Health Kick-Off In Little River County

Little River County kicked off Hometown Health in their county on January 4, 2005. Dr. Boozman presented his presentation on the "Perfect Storm" to 43 community and business leaders at the Uof A Cossatot College in Ashdown. The Little River Extension office served taco salad and homemade desserts. The attendees were educated on Hometown Health and Healthy Ar-

kansas.

Dr. Boozman also spoke to over 100 teachers and interested community leaders at the Ashdown School Auditorium. Dr. Boozman emphasized plans for school age children's participation in Healthy Arkansas. Many news articles/



Little River Health Unit campus goes smoke-free.

news releases (TV, radio, and print) were written and reported about Dr. Boozman's presentation in the community.

Little River County Judge signed a proclamation proclaiming the Little River Health Unit and campus SMOKE-FREE effective on January 3, 2005.

Montgomery County Health Unit Gets In Christmas Spirit

The Montgomery County Health Unit participated in Operation Santa Claus to help bring cheer to boys and girls on Christmas morning. Operation Santa Claus is a project of the Montgomery County Extension Homemakers Council with the help of many others. The Mt. Ida, Oden and Caddo Hills school counselors along with the Montgomery County Health Unit sign up children in the area and give the information to Operation Santa Clause. The children are then assigned a number and adopted by area families and busi-



nesses to ensure that each child enrolled in the program will open packages of toys and clothing at Christmas. Donors in Montgomery County provided gifts for 180 children and 91 families. All received packages of

toiletry items, packages of apples and a gift certificate for groceries from Bob's Food City. This program helps to ensure that the children in Montgomery County all have a Merry Christmas.

The Health Unit and Project Pink Awareness participated in the "Best Dressed Tree" contest sponsored by the Chamber of Commerce. The tree was decorated with pink ribbons "in honor of" breast cancer survivors and silver ribbons "in memory of" those who died of breast cancer. Family members donated 5 cans of food to "purchase" a ribbon with their loved one's name on it to be placed on the tree. Approximately 100 cans of food were collected and donated to needy families in the community. The LHU and Project Pink received 3rd place and \$25.

Ouachita County Spreading Good Cheer

A Healthy Ouachita County (AHOC) met in December to elect new officers for the new year and reports from all workgroups proved all groups were up and running.

Rebecca Wright helped coordinate the ordering of food and filling of 200 Christmas baskets that would be given to needy families in Ouachita County.

The Older Arkansan workgroup completed their first project as a workgroup by collecting and donat-

ing blankets to the elderly at Fort Lookout. Approximately 20 blankets were given to the elderly in the community.

A news article was published on December 17th, in the Camden News that featured the Ouachita County Health Unit under the "Lookin Good" column. Someone from the community sent into the paper praises about how well the flu clinic went on November 3rd. They also were complimenting the LHU on

how well everything went for the December flu clinic s well.



AHOC-Older Arkansas workgroup collected and donated blankets to elderly in Ouachita County.

Lafayette County Hits The Ground Running

Lafayette County has hit the ground running with the kickoff of their Hometown Health Coalition. They held their first meeting on December 15 in Stamps and 34 community members attended. A slate of officers was elected and ground rules were set. Janet McAdams presented the Healthy Arkansas Initiative and afterward, members listed present resources and chose

Best Practice models for schools, worksites and older Arkansans. The local Healthy Arkansas plan was completed and approved.

Mary Joseph, HHI has also been working with CHNS Helen Weir in conducting the first Nutrition Physical Activity Advisory Committee (NPAAC) at Lafayette County School.

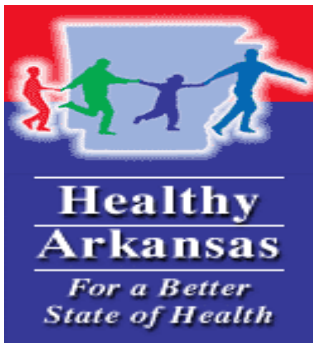


Lafayette County elects officers and writes their Healthy Arkansas plan.

HHI SUPPORT STAFF

Bonnie Carr-
Montgomery
Joni McGaha- Union
Janet McAdams-
Nevada
Sarah Sutton- Miller
Susan Moudy-
Montgomery

"KEEPING YOUR HOMETOWN HEALTHY"



Calendar of Events

January- National Fit Lifestyle Month

January 18-24- Healthy Weight Week

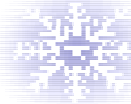
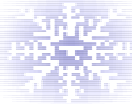
*January 26th- HHITL/SS mtg. Prescott-
9:30 am*

*January 31st- Healthy AR Worksite Well-
ness Training—Prescott 9:30 am*

February- National Heart Healthy Month

February 21st- Presidents Day

*February 23rd- HHIT/SS mtg. Prescott—
9:30 a.m.*



In The News...

Hempstead County- Sandy Fry, HHI presented to the youth group at Providence Full Gospel Baptist Church on "How to Avoid STD's, Their Signs and Symptoms".

Polk County- Vision 2010 (Quality of Life) held their annual retreat to plan for the upcoming year. Celebrations and shortfalls of each workgroup were evaluated and discussed. New workgroups were established as well as goals and objectives for the new year. Bonnie Carr and Cheryl Lindly facilitated the community meeting for writing the Healthy Arkansas plan with more than 50 community leaders in attendance.

Miller County- Janet McAdams presented the Healthy AR presentation to the quarterly meeting of Our Children First Coalition. Our

Children First has agreed to take the lead in Healthy AR in Miller County. They will also write for the Cardiovascular Disease Grant RFP for Miller County.

Columbia County- Melinda Harrell has been working with the Quorum Court to discuss the 2005 Budget. She had requested an additional \$7,000 in the budget for the installation of a new phone system and the budget was approved. YEAH!!

Hot Spring County- Suellen Simpson, HHI received a very nice article and picture on the front page in the local newspaper about her new role as administrator and HHI in the county. Hot Spring County also held their first Leadership Planning Group (LPG) meeting with 25 in attendance to

write their Healthy Arkansas plan.

Clark County- The LPG meeting was held at the Clark County Health Unit with 15 people in attendance to help write the Healthy AR plan for Clark County.

Pike County- HHI, Irene Chambers, Robbie Crocker, and Kellie Smith participated in Christmas Story Land on December 10th at Murfreesboro Elementary. Over 300 people attended the event. Twelve Christmas stories were read to the participants. Each room was decorated in the theme of the books. Pike County LHU & HHI members read "The Polar Express" and dressed to fit the theme. At each reading, there was a drawing for 1 child to receive a movie pass to go see the "Polar Express".