Spring is in the air and hopefully the warm days of summer are just ahead. I know that I am sure ready for sunshine and warm weather. Speaking of summer, there are a lot of activities planned for this summer here at Southern Seven.

We are going to be partnering with Jim Haney, Johnson County EMA and some of his volunteers in Johnson County in an exercise to test our capability to process and utilize spontaneous volunteers during a disaster. We plan on incorporating some of the twenty trained Medical Reserve Corp volunteers into the exercise to be held on May 30th at the Vienna High School.

There will be two health fairs in June: The Alexander / Pulaski Advisory Council (APAC) Resource Fair is on June 19th at the Cairo High School from 10:00 to 1:00 and the Healthy Kids Festival sponsored by Southern Seven is on June 21st at the Girl Scout House/park in Metropolis from 10:00 to 2:00. The Kidney Mobile will be at both events.

Southern Seven has been selected to participate in a pilot program sponsored by the Illinois Public Health Association to bill insurance companies for immunizations. We are one of ten health departments state wide chosen to participate in this pilot project. The project is supposed to start July 1st. I don’t have a lot of details yet. Informational meetings are being scheduled as I write this, but this project will be a good thing for our agency. We have to be able to bill insurance in order to remain competitive in the market place. The plan is to implement the project in Anna, Metropolis and Ullin initially. I will keep you updated as the project progresses.

As announced at the Seven County staffing, Southern Seven has been preliminarily awarded the Head Start/Early Head Start grant subject to negotiations, so Angie Messmer and the Head Start staff are diligently working to ensure that we have the award letter in hand come July 1st.

The Southern Seven Strategic Planning Team will be meeting on May 3rd. This meeting was rescheduled from September 2012. We will be reviewing goals and looking at progress made toward those goals. The Strategic Plan, Bridging Our Horizons, is on the web portal.

Oops We Goofed!!

It has come to our attention that we had mistakenly failed to mention at this year’s 7 County Staffing a couple of ladies who have received their degrees. So, we would like to take this opportunity to recognize Carla Kirksey for receiving her Bachelor in Early Childhood as well as Allison Hasler for receiving her Masters in Public Health. The next time you see these two ladies, please take a moment to congratulate them on their achievements.
Healthy Lifestyles Committee

J.P. Champion, Assistant Fiscal Officer

The Healthy Lifestyles committee wants you to know about the Cypress Creek National Wildlife Refuge.

The Cypress Creek National Wildlife Refuge is located on Shawnee College Rustic Campus with lands located in Union, Pulaski, Alexander and Johnson Counties consisting of 35,320 acres. It is a remarkable place for walking along nature trails, birding and fishing. The refuge was established in 1990 to protect, restore and manage bottomland hardwood forests and wetland habitat and provide opportunities for wildlife-dependent recreation and education.

Other activities going on in May and June in the Southern 7 Counties:

**May 11**—Cache River Nature Fest - showcasing the area’s rich bird life and wetland habitat. Activities include guided field trips, canoe tours, live bird demonstrations and various exhibits. 800-248-4373.

**May 25**—Memorial Day Service held at Mounds City National Cemetery @ 10am.

**June 1**—Potter’s Church Car Show, Cave-in-Rock, hardincountyil.org.

**June 6-9**—Superman Celebration. Uptown Metropolis, has live music, kids games, carnival and lots more. 800-949-5740.

**June 16**—Free Fishing Day at the Cache – Shawnee College Pond 12-4 pm. No fishing license is required for the day. 618-634-2231.

The refuge protects 15,000 acres of wetland and bottomland forests, which are home to wildlife such as this bullfrog.

Bugs and Bites

Brad Rendleman, Environmental Health Director

Yes, good old summer time will soon be here, the time when we spend a lot of time outdoors (if you can stand the heat). However, spending time outdoors exposes us to all sorts of nasty creatures. Creatures like mosquitoes, ticks, and biting animals that can transmit serious diseases.

West Nile virus, St. Louis encephalitis, and LaCrosse Encephalitis may be transmitted to humans by mosquitoes. Prevention is the best accomplished by wearing long-sleeved tops and long pants and by applying insect repellent containing DEET, the active ingredient. The lower the percentage of DEET in an insect repellant, the more frequently it will have to be reapplied. Consult a physician before using repellants on young children.

Be sure to drain any standing water around your residence. Tree holes, hollow stumps, old tires, buckets, bird baths, and gutters are all places where mosquitoes can breed and multiply.

Lyme disease and Rocky Mountain spotted fever are diseases transmitted by ticks. They are transmitted to humans while the tick is feeding on a human. The tick attaches its self to a human before feeding and may go unnoticed for days. That is why it is important to check you, young children and family members every two to three hours. Most ticks seldom attach quickly and rarely transmit a tick-borne disease until they have been attached for four or more hours.

Itchy Mosquito Bite?

No problem!

Rub a bar of dry soap on the bite for instant relief!

J.P. Champion, Assistant Fiscal Officer
Ticks can be repelled by using an insect repellent containing DEET when applied to clothing. Use repellents containing permethrin to treat clothes but not skin. Always follow the label directions.

Remove any tick promptly. Do not burn the tick with a match or cover it with petroleum jelly. The best way to remove a tick is to grasp it with tweezers as close to the skin as possible and gently, but firmly, pull it straight out. If the mouth parts do break off, once the mouthparts are removed from the tick, the tick can no longer transmit disease. After the tick has been removed, wash the bite area and hands with soap and water, and apply an antiseptic to the bite site.

If after being bitten by a tick or mosquito you develop a rash, fever, fatigue, headache, chills, neck stiffness or any unexplained illness, you should consult with your physician and explain that you had been bitten by a tick or mosquito.

Rabies is a deadly disease caused by a virus that attacks the central nervous system. The virus is present primarily in the saliva, brain tissue and spinal fluid of a rabid animal.

Rabies can affect all mammals. In wild animal species, rabies is more common in bats, skunks, raccoons, and foxes, but the disease is also has been found in deer and large rodents such as woodchucks. Cats, dogs, and livestock can get rabies, too, if they are not vaccinated. Some animals, including chipmunks, gerbils, guinea pigs, hamsters, mice, rabbits, rats, and squirrels, rarely get rabies.

The first sign of rabies is usually a change in the animal’s behavior. An animal need not be “foaming at the mouth” to have rabies. Other signs include difficulty walking, a general appearance of sickness or a change in the animal’s normal behavior. For example, if an animal that is normally wild appears to be tame or friendly, consider it rabid. Conversely, if a normally friendly animal becomes hostile or aggressive without provocation, it too should be considered rabid. A rabid animal usually dies within one week after showing signs of the disease.

People usually are exposed to the rabies virus when an infected animal bites them. Exposure may occur if the animal’s saliva enters an open cut or mucous membrane (nose, mouth, eyes). Since a bat’s teeth are quite small and a bite may not be able to be detected, the presence of a bat in a home, or any contact with a bat represents a possible hazard for rabies and should be reported to the local health department so that the circumstances can be evaluated.

If a person is bitten, they should wash the wound thoroughly with soap and water and seek medical attention immediately. The local health department and the local animal control authority should be notified immediately.

If an apparently healthy domestic dog, cat, or ferret bites a human, it must be captured, confined, and professionally observed for 10 days following the bite. If the animal remains healthy during this period, it would not have transmitted rabies at the time of the bite. There is no reliable observation period established for non-domestic animals. Non-domestic animals should be euthanized and tested for rabies.

Testing for rabies is done by the testing of brain tissue. Any non-domestic ani-

mal to be tested for rabies should never have the brain tissue damaged.

If an animal suspected of having rabies cannot be observed or tested, or if it tests positive for rabies, treatment of the individual with rabies immune globulin and the vaccine series must begin immediately. Vaccine injections are given in the arm.

Never pet, feed, or touch a wild animal or stray dogs or cats. Have your dogs and cats vaccinated and keep them up-to-date. Encourage children to immediately tell an adult if they are bitten or scratched by an animal.

With all that should we be afraid to go out doors? No, just take a few simple preventative measures and use a little common sense. If something does happen, make sure you seek medical attention.

All these are curable conditions, with the exception of rabies and rabies can be prevented by taking the vaccine treatments when required.

Have a save and happy bug and bite free summer.
Hello Everyone! I hope everyone is enjoying the springtime as much as I am! It seems like we have had a lot of rain but remember: “Without the rain, there would be no rainbow” However, on those days when it isn’t raining, it is so good to get out and just enjoy nature. I like taking long walks, bike rides, hiking through the woods and camping. What are some things you enjoy doing in the summer?

BPC is pleased to announce an enhanced online portal for managing your BPC benefits account! The new portal provides plan participants with improved efficiency, comprehensive account information, and handy tools and resources to help them get the most out of your benefits. The new solution provides one stop-shop access:

- Submit claims and documentation online
- Sign up for direct deposit
- View account balances and detailed transaction history
- Download electronic statements
- Learn more about your benefits with videos and tutorials

It’s important to note that there is no change to the account numbers and participants can continue to use their existing BPC Benefits Debit Card, if applicable.

The Employer ID and Employee ID information for your company is listed below. Should participants have any trouble registering for the new site, a member of the BPC Team is happy to help.

<table>
<thead>
<tr>
<th>Company</th>
<th>Employer ID</th>
<th>Employee ID</th>
<th>Custom Webpage</th>
</tr>
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<td>Southern Seven Health Department</td>
<td>BPCSTHRN7</td>
<td>your Social Security Number</td>
<td><a href="http://www.bpcinc.com/clients/southernsevenhealth.cfm">www.bpcinc.com/clients/southernsevenhealth.cfm</a></td>
</tr>
</tbody>
</table>

If you have any questions, please contact BPC at 800-355-2350 or info@bpcinc.com.

Employee Assistance Benefits (EAP) Your EAP provides everyday help for you, members of your household and your adult children up to the age of 26. The website is full of beneficial and interesting information: https://www.horizoncarelink.com

Password: Southern 7 Health; Password: eap

Support Services In addition to the web-based services, your EAP provides responsive, caring and effective services to help balance your personal and professional life.

Confidential: Their services are completely confidential. This means that if you or a family member calls the toll-free number (1-800-865-3200), neither your employer nor anyone else will know you used the program - unless you choose to tell them.
**Employee Updates**

*Diana Swinford, Human Resources*

**PUBLIC HEALTH EMPLOYEES**

**NEW**

Autumn Duffell—Clinic Associate, Alexander Co.
Cynthia Davis—Health Educator, Massac Co.

**RESIGNATIONS**

Elisa Wallace—Health Educator, Massac Co.

**CHANGES**

Lindy Jones (Promotion) - Imm/FP Program Mgr.

**HEAD START EMPLOYEES**

**NEW**

None

**RESIGNATIONS**

Gale Childress—Asst. Site Supervisor/Parent Coord., Mounds HS
Patricia Pruitt—Teacher Aide, Cairo HS

**CHANGES**

Vickie Barnes (Lateral Move) - Cook/Custodian, Mounds HS
Mary King (Reclassification) - Sub Cook, Rustic HS

**ADMINISTRATIVE EMPLOYEES**

**NEW/RESIGNATIONS/CHANGES**

None

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**Birthday Balloon Winners**

Cassandra Purdman—March 22nd
Marilyn Mick—March 26

Mandy Moore—April 10th
Meisha Houston—April 27th

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**NEED HELP QUITTING?**

Call the Illinois Tobacco Quitline at 1-866-QUIT-YES or 1-866-784-8937
Southern Seven Health Department received funding this year, through IDPH, to be trained through the Stanford University Diabetes Self Management Program (DSMP) and to facilitate classes along with two community lay leaders. According to the Behavioral Risk Factor Survey (BRFS), two of our counties, Pulaski and Alexander have the highest rates of Type II Diabetes in the state at 17.3 and 15.6 respectively. While both are higher than the state of Illinois, Hardin county is our third highest and also above the state rate. Our goal this year was to offer the classes in the two highest incidence counties and also to Southern Seven Health Department / Head Start employees.

The employee six week class will start on Monday May 13th and will be held in the Pulaski Clinic Classroom from 4:00 to 6:30. Head Start and Public Health employees who are either Diabetic or are caregivers are welcome to attend. For six Mondays, except Memorial Day, attendees will learn practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your Doctor and family about health. If you have Type II Diabetes this Workshop can help you be in control of your life once again.

The research from those who attend the DSMP class have shown improvement in their Diabetes Management and are happier and healthier. For both Head Start and Public Health employees with Diabetes, please consider joining others with Diabetes and or caregivers to learn more about the management of this debilitating disease. Please call Sandy Schwartz at (618) 833-8561 ext 112 for more information, questions, and or to register or just show up on Monday May 13th at 4:00.

No travel will be reimbursed to attend the classes and you must have Supervisor approval.

Well, according to the calendar anyway it is spring cleaning time. If you are anything like me you probably have OCD cleaning moments around the house or the office. But then I get lazy again and I’m cured. It seems to be a very inconsistent personality trait that I can’t seem to break. If you are like this around the office, spring is a great time to get your files straightened up, your paperwork sorted out and your office sparkly and clean.

The beginning of spring also means that the end of the agency’s fiscal year is coming closer. Please remember to turn in any invoices that have been received at your sites as soon as you get them. Sign, date and send all of them to the Business Office for processing. If you have purchased any items or have attended trainings, the invoices or hotel bills also need to be forwarded to the Business Office to be processed.

The I.T Department would like to thank all staff and personnel for your continued understanding and patience while we continue to make the agencies network infrastructure better.

In the coming weeks we will be converting over to a fiber optics internet connection. What this means is that the internet speed will increase tremendously! It has been a long time coming and we welcome this advancement onto our network.

Keishawn and I will continue to do all we can as fast as we can to keep smiles on you all’s faces...(even if that means singing karaoke :-) We hope that you all have a safe and happy Spring and Summer.
### Employee Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Month</th>
<th>Day</th>
</tr>
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<tr>
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<td>5</td>
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<td>Clara Gordon</td>
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<tr>
<td>Sandra Johnson</td>
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<td>Brenda Belt</td>
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<td>Joseph Oliver</td>
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<td>Donisha Patterson</td>
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<td>Calvin Owens</td>
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<td>Eden Gomez</td>
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<td>Susan Forthman</td>
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<td>David Austin</td>
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<tr>
<td>Michelle Jackson</td>
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<tr>
<td></td>
<td>July</td>
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<td>Catherine Belford</td>
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<td>Amy Cohoon</td>
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<td>Oscar Garcia</td>
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<tr>
<td>Paula Dirden</td>
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Employee Spotlight

Karen is the Clinic Associate at the “new” Union County Clinic. She has been with S7HD for 4 years. Karen is married to Roger Moss and has 4 children (Shane, Christen, Jeremy & Ryan). Her favorite food is pizza and her most disliked food would be cabbage. Karen’s favorite book is any written by Debbie Macomber. When watching TV, she enjoys Wheel of Fortune and her favorite recreation is reading, and playing with her grandkids. Karen tells us that if she could change something in the world it would be to see more responsible young people not having babies until they are married. Her proudest achievement is going back to college at age 40 and bettering her education and the place she would most like to visit is Vermont. Karen’s future dreams and ambitions are to always be there for her grandkids and see them become matured responsible adults. The best part about working at S7HD is working with all the wonderful people but she is sad to see one of them leave (Teresa).

Lonnie is the Site Supervisor at the Mounds Head Start Center. Lonnie will be married to Carl for 31 years in July. They have 3 children (Carl Jr., Jaime & Chad) and 5 wonderful grandchildren. Her favorite food is chicken & dumplings and her most disliked food would be hominy. Lonnie’s favorite book is The Bible and The Left Behind Series. When watching TV, she enjoys Walking Dead and her favorite recreation is reading. Lonnie’s pet peeve is “someone who does not listen to what you tell them” and if she could change something in the world it would be to take out all of the evil that is in the world and put God back in everything. Her proudest achievement is when she graduated from Mid Continent in May 2012. The place Lonnie would most like to visit is the ocean, any of them. Lonnie’s future dreams and ambitions are to take one day at a time every day and to watch her grandchildren grow up. The best part about working at S7HD is the families and children as well as the Mounds Head Start staff.