



# Tennessee Public Health Association Newsletter

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## MESSAGE FROM THE PRESIDENT

**Chris Freeman, President, 2009-2010**



What an exciting time to be working in the field of public health. We have just completed a wonderful year with a great conference. Expectations were exceeded thanks to the tireless work of Executive Director and staff, the President, the Board, the Committee Chairs, our partners, our sponsors, our exhibitors, and most importantly our membership! We had a great slate of speakers who provided us with timely information. We had our usual

competitive spirit displayed in our fun and fitness activities, and we had that feeling of joy with the opportunity to see our colleagues and close friends that we only see once a year.

So how does one top last year? It will depend upon you and your commitment to our organization. An organization is only as good as its members. It is time for us to pledge that we will do better, serve more with less, and keep the spirit that is necessary for us to assure that the health of all Tennesseans and those who visit us is safe and secure. We are in the middle of Health Care Reform. We are in the middle of opportunities regarding American Recovery Reinvestment Act (ARRA) funding and prevention activities. We are in the middle of sustaining our success in creating a learning opportunity for the workforce, as our theme for next

year's conference reflects..."Great Challenges Bring Great Opportunities." I challenge you to get involved more! Accept those challenges as you always have and do great things to create those great opportunities.

I am excited that Dr. David Brumley has accepted Chair of the Program Committee and is responsible for getting key speakers for next year's program. He is being challenged to sustain the level of programs that was accomplished this past year. The challenge of a joint meeting with the Southern Health Association in 2010 brings the opportunity to develop new friendships and working relations with our peers from other states. Working through the challenge of the pandemic situation of H1N1 flu only gives us the opportunity to see how well we are prepared for other potential outbreaks. Working with the challenge of increasing our individual membership, agency members, and our corporate sponsors, gives us the opportunity to enhance our financial standing and increase our working relationships with our partners.

I know that each of you is working hard on something! That is what we do! We work hard to provide quality health care, case management, support services, and health prevention education to everyone across our State. I thank you for this challenge of serving as your president, and look forward to the many opportunities that it will allow me to have. I look forward to seeing you at your regional meetings, as well as the conference next year. Mark your calendar, get involved, commit, register early, save your money, do what is necessary for you to attend next year's meeting - September 15-17, 2010. I need you there! TPHA needs you there! Accept this Challenge, to provide yourself with a great Opportunity!



## MESSAGE FROM THE IMMEDIATE PAST PRESIDENT Dr. Robert Stolarick

The New Normal? It takes a lot of faith when planning the annual conference. If we build it, will they come? But build it we did. Dr. Brumley said, "That term Tennessee Public Health Association (TPHA) is like magic. When a nationally known speaker is invited to present at TPHA, barring scheduling conflicts, they are excited to come." Some speakers even paid their own expenses. So September 2-4 we were in session with the theme "Achieving True Improvements in People's Lives." And yes, you did come with over 500 people registered for the conference. Attendees experienced five wonderful plenary sessions and chose among 14 timely and varied workshops.

TPHA granted 205 continuing education certificates in nine disciplines. We received 249 completed evaluations (mostly very good) with great comments. The Northeast Region won the Spirit Stick for Fun and Fitness and we were surprised and delighted with a video highlighting the travels of the Spirit Stick during the past year by the South Central Region. We had 22 excellent posters with presentations during a concurrent session. Once again, the Silent Auction was a huge success and we were able to raise \$3666 for scholarships.

I want to congratulate the elected officers and all of the award winners. I want to thank the Board, Section Chairs, Vice-presidents and especially the Committee Chairs for their hard work and leadership. I want to thank our sponsors, exhibitors, and agency members for all of their support. I want to extend a special thank you to the Tennessee Department of Health and Commissioner Cooper for her participation in and support of the Conference and TPHA.

Finally I would like to thank each of you who served the Tennessee Public Health Association this past year, and for making the New Normal more like the Old Normal than anyone thought.

## CONGRATULATIONS TO THE 2009 AWARD WINNERS

### R. H. HUTCHESON, SR., MD AWARD



**Janet Ridley**, Director of Nursing for the Tennessee Department of Health, Southeast Region, is the 2009 winner of the R. H. Hutcheson, Sr., MD, Award. Janet has more than 31 years of accomplishment-laden experience in public health and provides executive direction to the management and duties of public health nurses for the Southeast Region. Janet has a reputation of being a fair, effective leader by all nursing staff and brings valuable insight and knowledge regarding the challenges faced by public health providers on a daily basis.

Janet previously served as Regional Coordinator of Children's Special Services, nursing supervisor for the Bradley County Health Department and as a public health nurse in Bledsoe County. Janet has been an active member of TPHA for

24 years.

Janet received her Bachelor of Science Degree in Nursing in 1977 from UTK and her Master of Science Degree in Nursing from the University of Tennessee at Memphis in 1988. Janet was honored in 1990 with an award by Bradley/Cleveland Development Services, Inc. for her service and dedication while serving on the "Human Rights Committee" for the developmentally disabled.

Janet and her husband, Talley, have one daughter and son-in-law who reside in Knoxville with their grandchild, Mary Frances.

## ALEX B. SHIPLEY, MD AWARD



**Dr. Lori Macdonald**, Regional Medical Director for the Mid-Cumberland Region is the 2009 recipient of the Alex B. Shipley, MD, Award. Dr. Mac joined the staff of the Mid-Cumberland Region in December of 2004, initially serving as the regional primary care director. Each day found Dr. Mac working in various clinics throughout the region covering for providers who were out or just filling in where needed. Each clinic where she served begged for her return. Staff soon became like family to her (and she to them) and patients continued to ask for her when seeking care.

In November of 2007, Dr. Macdonald was promoted to her current position. During Dr. Mac's tenure as Regional Medical Director, she has continued to provide services throughout various clinics as well as serve as local health officer for four counties. Clinically, Dr. Mac will see any patient needing care. She doesn't care if they are on her schedule or even have an appointment, she doesn't care what time of day it is; no one requiring care will ever be turned away as long as she is working clinic.

In August of 2009, while working with evacuees from Gustav, Dr. Macdonald was diagnosed with breast cancer. Even with this life-changing diagnosis, Dr. Mac did not miss a day working with the evacuees. She worked in the shelters at Smyrna and MTSU. She proceeded to have surgery, radiation and chemotherapy and rarely missed a day of work. The day following Dr. Mac's first chemotherapy treatment, she led a group of Mid-Cumberland staffers in the American Cancer Society's 5 mile walk in downtown Nashville. Strangers on the walk who thought they couldn't make the full 5 miles, were soon engaged in conversation with her, and were so inspired, they were suddenly walking with new purpose.

As soon as she was cleared by her doctor, Dr. Mac returned to clinic helping those less fortunate than her. Of course, she also returned to the hockey rink, to pursue the sport which she loves. In April of 2009, following her last round of chemotherapy, Dr. Mac joined the Chicago Jets in Tampa, Florida for the USA Hockey 'over 50' Women's National Championship.

We talk about folks having a heart for public health. Dr. Mac displays this each and every day. She has a caring heart that is rare. She has a passion for not only public health, but caring for others. She has given her money as well as her time to those around her who are in need. Dr. Mac is a true inspiration to all those who have the privilege of knowing her.

## PUBLIC HEALTH WORKER OF THE YEAR AWARD



**Marilyn Barnes**, Regional Director for the West Tennessee Region is the recipient of the Public Health Worker of the Year Award for 2009. Prior to being named Regional Director for the 19-county West Tennessee Region, Marilyn held the position of county director, where at one time she was responsible for five county health departments. She has more than 15 years with public health. Prior to her tenure with the Department of Health, she was Executive Director for a federally funded primary care health center in Lake County. Marilyn earned her Bachelor's of Science Degree from Union University and her MPH from UT Memphis. She is also a graduate of the Southeast Public Health Leadership Institute.

Marilyn served on the TN Primary Care Association Board of Directors for six years. She has been a member of TPHA for 15 years and chaired the Public Health Week Committee, Scholarship Committee, Awards Committee and served on many regional committees. She is also actively involved in several community organizations and councils.

Because Marilyn was born and raised in rural Lake County, Tennessee, she knows the important role and impact public health can have on a small community. Marilyn's heart is truly in public health - it has been said that she has a "servant's heart."

## PUBLIC HEALTH GROUP AWARD



### The Southeast Region TENNderCare Outreach Program

is the 2009 recipient of the Public Health Group Award. The staff of this program worked several months planning one of the first-ever teen conferences focusing on teens in the often over-looked rural counties. The TENNderCare Program, along with community partners, used creative thinking to provide a day of break-out sessions, lunch, entertainment and inspirational keynote speakers at no cost to the teens or parents. Teens and parents were invited from five rural counties and representatives from each of the counties attended. Session topics included Drugs and Alcohol, Physical Activity, Stress and Depression and Internet

Safety. Parents were also invited and enjoyed parent sessions including Communicating with Teens and Breaking Text Message Codes.

The TENNderCare staff has also set a standard for health fairs in the rural schools that has made them a group so sought after that they are booked into next year. They manage to accomplish this with no funding and much imagination! The TENNderCare Program will continue to partner with different groups to outreach and educate the community about the importance of preventive health measures such as EPSDT exams to assure children live a healthy lifestyle.

Staff of the Southeast TENNderCare Outreach Program are highly respected within their communities, schools and the workplace. They deliver a quality of outreach we can all be proud of and truly deserve the recognition and appreciation for a job well done!

## PARTNERS AND LEADERSHIP (PAL) AWARD



**Doug Lockard**, Executive Director, Trenton Housing Authority is awarded the Partners and Leadership (PAL) Award for 2009. Doug Lockard started his long partnership with Public Health while serving as EMS Director of Gibson County. He was involved with the establishment of the initial Health Council in 1997 and has been an active member throughout the years, serving as Chair for the past five years. Recently, he has formed working sub-committees of the health council to address health department initiatives in tobacco, teen pregnancy and risky youth behavior. Most significantly, Doug partnered with the Department of Health to implement a new initiative to address rising teen pregnancy rates. He assisted in creating a teen friendly center within the housing area complex that would also include a Family Planning Clinic.

Some of Doug's other initiatives/activities include: providing an open gym night to area teens, a drug take back program where parents can bring old or unused medications which Doug disposes of properly and recycles bottles to area vets, personally patrols high areas of crime in the housing authority during peak hours to deter drug solicitation or other potential crimes, recently wrote for and was awarded funding for a meth prevention program, partners with local banks to develop ways to draw low-income customers into the banking institution, awarded funding for an after school program for resident youth to participate in, creates and distributes newsletters to over 500 tenants, organized and helped implement a Gibson County disaster response team and continues as a volunteer, established a first responder program in Gibson County and volunteers as the driving instructor for EMS personnel.

Doug is a community "go to" guy - he sees a need and he is there to assist. He is commonly called upon to help people in need - the elderly, family, friends or strangers. Doug Lockard is generally referred to as "one of the good guys!"

## CO-RECIPIENTS NAMED FOR THE DISTINGUISHED SERVICE AWARD

The Distinguished Service Award is presented to a TPHA member who has made outstanding contributions to the Association over a period of several years. This year, the Board of Directors voted to recognize two very deserving co-recipients of the Award.



**Tammy Burke** has been a TPHA member for more than 20 years. In this period of time, Tammy has always answered the calls from the Association for her time, expertise, and experience. Tammy has recently served in two leadership positions - TPHA President and TPHA Representative to the Southern Health Association (SHA). One of her goals as President was to strengthen TPHA's membership sections - the foundation of our Association. Also during this time, TPHA passed resolutions regarding community water fluoridation, childhood obesity, and preemption of local tobacco laws.

Tammy has also served as our SHA Representative since 2004. This is a role that most members never directly observe unless one serves on the TPHA Board or attends the SHA annual conferences. Since 2004, Tammy has attended all SHA annual meetings as our representative for TPHA - Kentucky (2004),

South Carolina (2005), Alabama (2006), Georgia (2007), Arkansas (2008), and Florida (2009).

In reading Tammy's TPHA reports to SHA, it is obvious she is willing to work to inform the other SHA affiliate state associations of the accomplishments of public health in Tennessee. And just as important, Tammy is willing to work with the other affiliate state associations to get information to improve our Association and public health in Tennessee.

TPHA has been well served for many years as a result of her hard work and dedication. Every TPHA member has benefitted from the time, expertise, and experience that Tammy has given our Association. TPHA is proud to recognize her work throughout her 20+ years of membership.



**Jennifer Kozlica**, Epidemiologist in the Southeast Region has been a member of TPHA for nine years and has served on numerous committees. She served on the Fun and Fitness Committee for a number of years, serving as Co-Chair in 2005. In that role, she was committed to fostering a feeling of camaraderie and competitiveness between the regions that would strengthen the relationships which are begun and/or renewed each year at the annual meeting. She has also served on the Program Committee and the Continuing Education Committee.

In 2006, Jennifer participated in the annual meeting as a workshop speaker, serving as a panelist on the topic of Providing Educational Opportunities for Tennessee's Public Health Workforce.

In 2007, Jennifer assumed the role as Chair of the Continuing Education Committee and has served in that capacity

for three years. In her role as Chair, she has been responsible for maximizing the number of CEU credits offered through the annual meeting. CEU's and CME's have played a monumental role in the growth in attendance at our annual meetings and in the Department's sponsoring of the event through the annual grant. As personal and departmental budgets shrink, her role only increases in significance as attendance will hinge all the more on the value each provider places on continuing education. For the first time, in 2009 Jennifer and her committee worked to provide continuing education credit for the three grand divisional meetings held in the spring. Due largely to her efforts, 143 public health professionals were awarded CEU/CME credit for their participation in the meetings.

Jennifer contributed greatly to the recent merger of the Epidemiology and Bio Stats sections and now sits on the Board as their representative. She has served the Association well, giving of her time, experience and expertise to further the goals of the organization. Jennifer Kozlica exhibits the qualities that make her most deserving of the 2009 Distinguished Service Award.

# SECTION AWARD WINNERS

## NURSING SECTION



**Renee Demonbreun** is presented with the Direct Nursing Care Award by **Lynelle Callender**



**Lynelle Callendar** presents the Nursing Assistant Award to **Tina Barger**



**Cindy Eslick** is presented with the Nursing Administration Award by **Lynelle Callender**

## NUTRITION SECTION



**Rubelyn Mays** (left) and **Glenda King** (right) present a plaque awarded posthumously to **Marcia Singleton** to **Mark Miller** of the Knox County Health Department.

## ENVIRONMENTAL SECTION



**Kimberly Davidson** (left) and **Melissa Wolford** (right) are awarded plaques by **Mark Houser** as co-recipients of the Lynn B. Hearn Environmentalist of the Year Award.

## HEALTH EDUCATION/HEALTH PROMOTION



Left: **Sandy Moore** presents **Ashley Hook** with the Health Educator of the Year Award for Grassroot Contributions



Right: **Dr. Rebecca Johns-Womack** is presented the Health Educator of the Year Award for Statewide Contributions by **Sandy Moore**.

## REPORT OF THE NOMINATIONS AND ELECTION COMMITTEE

Dr. Shavetta Conner, Nominations and Elections Committee Chair, announced the following election results at the business meeting held on Friday, September 4, 2009:

**President-Elect**  
**Vice President/East**  
**Vice President/Middle**  
**Vice President/West**  
**Board Representativess/West**

**Robert Goff**  
**Micky Roberts**  
**Karen Lynn**  
**Donna Lewis**  
**Matt McDaniel**  
**Jill Mount**



Outgoing President Bob Stolarick passes the gavel to Chris Freeman, Incoming TPHA President

As his first official duty as President, Chris Freeman presents Dr. Bob Stolarick, outgoing President, with the President's plaque in appreciation for his work during the 2008-2009 year.



# NORTHEAST REGION WINS "SPIRIT STICK" FOR 2009 (and fun was had by all!!!)



# PUBLIC HEALTH SERVICE AWARDS

## LIFE MEMBERSHIP



**Rosemary Cotham Receives Life Membership Certificate from President Bob Stolarick**



**President Bob Stolarick Presents Life Membership Certificate to Ronnie Waggoner**



**Sherry Adams Receives Certificate for Life Membership Status from TPHA President Bob Stolarick**

Linda Pantall and Martha Barber were also recognized as having attained lifetime membership status.

## 30 YEAR AWARDS



**Left: Jonna Goostree receives her 30 year service award from TPHA President Bob Stolarick**

**Right: Donna Hurst is presented with her 30 year service award from TPHA President Bob Stolarick**



Joan Biddle and Barbara Graham were also recognized for 30 years of service to public health.

## 20 YEAR AWARDS



**Shown left to right are: TPHA President Bob Stolarick presenting 20 year service awards to Blaine Hill, Annette Haley and Will Shipley.**

**The following individuals were also recognized for 20 years of service to public health: Tina Wilson, Kerri Byrd-Hamby, Deborah Molder, Melanie Etherton-Edmonds and Judy Lea**

## MEMBERSHIP COMMITTEE REPORT

Individual Membership	
Active Members	925 (Includes 100 new)
Life Members	172
Total	1097
Agency Membership	122
Winner of Rotating Trophy for Region with Greatest Increase in Membership Chattanooga/Hamilton County Regional Office	
Regions with 100 Percent Membership Once again, all 95 counties and 13 regional offices renewed their agency membership!!	
Individual Who Recruited Most New Members Angela Frame recruited 7 new members	
Individuals to Receive One Year Free Membership for Recruiting at Least 5 New Members Art Miller recruited 5 new members	



Dr. Bob Stolarick, TPHA President presents the rotating trophy for the region recruiting the most new members to Angela Frame, Chattanooga-Hamilton County Health Department

## RESOLUTIONS Passed at the Annual Meeting

The following resolutions were adopted by the TPHA membership at the annual business meeting on September 4, 2009:

Resolution to Support Nutrition Labeling in Fast Food and Other Restaurants

Resolution to Minimize the Public Health Effect of Climate Change

The resolutions in their entirety may be viewed at our web site: [www.tnpublichealth.org](http://www.tnpublichealth.org).

## RESOLUTIONS IN MEMORY OF TPHA MEMBERS WHO DIED DURING THE PAST YEAR

Jim Ault, retired State Director of Environmental Health died on September 21, 2008

Mary Lakins, retired County Director, Grainger County Health Department, died on January 7, 2009

Jane Bowman, retired Public Health Office Supervisor, Union County Health Department, died February 19, 2009

John Hastie, retired Environmentalist, East Tennessee Region, died in 2008

Eloise Hatmaker, retired Program Director, Central Office, died May 17, 2009

Joan Murphy, retired Director of Nursing, South Central Region, died April 13, 2009

Eddie Abernathy, retired from Environmental Health Program in Northeast Region, died in November, 2008

Alma Godsey, retired Public Health Nurse, Greene County Health Department, died on January 20, 2009

## RESOLUTIONS HONORING PUBLIC HEALTH WORKERS WHO RETIRED DURING THE PAST YEAR

Cathy Maxwell, Public Health Office Supervisor, Giles County Health Department, retired 4/30/09 with 37 years

Snookey Hayes, ASA 3, Central Office, retired 8/16/08 with over 14 years

Elizabeth Dick, Nursing Supervisor, Anderson County Health Department, retired 5/31/09 with 30 years

Brenda Martin, County Director, Maury County Health Department, retired 12/31/08 with 44 years

Flo Patton Ryan, Nursing Supervisor, Memphis/Shelby County Health Department, retired 1/2/09 with 31 years

Susan Moores, Director, Community Services, Upper Cumberland Region, retired 6/26/09 with 37 years

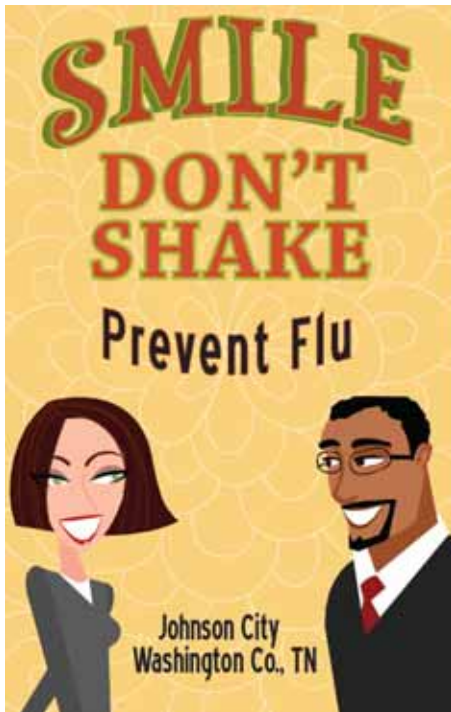
Judy Hixson, Accountant, Southeast Regional Office, retired 3/31/09 with over 37 years

Barbara Leach, Nurse Practitioner, Union County Health Department, retired 10/3/08 with 26 years

## REGIONAL REPORTS

### NORTHEAST TENNESSEE REGION

#### Smile, Don't Shake, Prevent Flu



Staff from the Northeast Tennessee Regional Health Office joined forces with Johnson City Mayor Jane Myron to organize and conduct a community wide forum on flu, particularly 2009 H1N1 influenza. The forum was held on September 10<sup>th</sup> and broadcast over the city's TV station. The purpose was to provide answers to questions the general public might have concerning this novel strain and most importantly to stress prevention.

A panel representing public health, businesses, schools and the medical community were on hand to answer pre-prepared questions in an effort to get appropriate messages out. Issues discussed included flu prevention, when to seek medical care if sick, vaccine, business plans for continuity of operation if staff is out sick, and the school systems effort to prevent the spread. Questions were also taken from the audience and on-line through the local TV station. The event was facilitated by a local TV anchor that had first hand experience with the H1N1 virus.

Mayor Jane Myron was presented a Certificate of Appreciation signed by Commissioner Susan Cooper and Regional Director Fred Adams for her proactive stance in organizing the event. Mayor Myron also created prevent flu campaign table cards and stickers for use to remind individuals...Smile, Don't Shake, Prevent Flu.

### EAST TENNESSEE REGION

The East Tennessee Region began piloting the Fetal Infant Mortality Review (FIMR) project as a part of the Governor's Office of Children's Care Coordination. Metro Nashville-Davidson, Memphis-Shelby and Chattanooga are also participating in the FIMR Process. FIMR is similar to the Child Fatality Review process, but it focuses solely on deaths in infants less than 12 months who died due to non-SIDS related causes.

The FIMR team in the ETR consists of Joan Biddle, Paul Haug, and Nancy O'Hara, Social Worker. The purpose of FIMR is to provide a more in-depth investigation into the causes of infant death and develop community action steps in an effort to reduce fetal and infant death. So far two parent interviews have taken place, with more interviews being arranged. The response to these interviews has been positive, with both the parents and staff moved by the experience.



Commissioner Cooper joined the students at Midtown Elementary School in Roane County on Tuesday, October 8<sup>th</sup> to celebrate Child Health Month. The students were participating in Tasty Tuesdays, a collaboration between the Roane County Health Department, the UT Extension Office, and the Roane County Coordinated School Health Program to offer the children an opportunity to try different fruits and vegetables. This is the second year the Tasty Tuesdays program has been offered.

In addition to the fruit and vegetable tasting, the Commissioner was given a demonstration of the exciting Exercise Team and Movers and Shakers Club in which students can participate. The program was inspired by the GetFit program and is in its inaugural year.

## SOUTHEAST REGION

The Southeast Region was very pleased to see some deserving employees win awards at this year's TPHA conference. The R.H. Hutcheson, Sr., MD award went to Janet Ridley, the Nursing Director for Southeast. This award recognizes a career commitment to and significant achievements in public health. Janet's career exemplifies achievement and commitment. Janet began her public health career as a nurse in the Bledsoe County Health Department. She was promoted to Nursing Supervisor for Bradley County Health Department then to Regional Coordinator of Children's Special Services and is currently the Director of Nursing for the Southeast Region.

Janet received a Bachelor of Science in Nursing from the University of TN at Knoxville and a Master of Science in Nursing from the University of TN at Memphis. Her education and skills have helped her to excel in each position she has held during her 31 years with the Southeast Region. Janet relates well with the nurses and nursing supervisors and has earned their respect. She is also supportive of all the other disciplines in public health and willing to work with everyone to achieve a common goal. Although Janet works many overtime hours, she never personally accepts the credit for her successes. She is always quick to recognize the hard work of the staff around her.

Another award recipient from the Southeast Region is Jennifer Kozlica, Epidemiologist. Jennifer won the Distinguished Service Award, which recognizes an individual who has made significant contributions to furthering the association over a number of years. She has chaired the Continuing Education Committee for 3 years and has been responsible for maximizing the number of CEU credits offered at the annual meeting and the division meetings. CEUs and CMEs help increase attendance at the annual meetings because providers are in constant need of continuing education and are more likely to attend conferences where they are offered. Jennifer is a natural choice to chair the Continuing Education Committee because continuing education is a part of her life. She has a Bachelor of Science in Nursing from ETSU, a Master of Public Health from ETSU, and is now pursuing a Master of Science in Nursing.

The Public Health Group of the Year Award went to the Southeast TENNderCare Program. Teena Myers, Vicki Carr, and Gail Benton have worked together to hold numerous health fairs in Southeast Region schools to inform children and their caregivers about the importance of EPSDTs and other preventive measures. Gail is relatively new to public health with two years experience as a Community Health Council Coordinator on the east side of the region, although she has a wide variety of work experience. Vicki was formerly an Office Supervisor in Sequatchie County and is now a Community Health Council Coordinator 1 on the west side with 19 years experience in public health. Teena is the Community Health Council Coordinator 2 and is over the program. She has been with public health for 25 years, most recently as the Southeast Region's Clerical Consultant.

Melissa Wolford, an Environmental Specialist III from our region, received the Lynn B. Hearn Award for Environmentalist of the Year. She has been with the Department of Health for 5 years and transferred from the Department of Environment and Conservation. She is also president of Tennessee Environmental Health Association.

The Southeast Region extends congratulations to these award-winning employees.

## UPPER CUMBERLAND REGION



The Upper Cumberland Region is excited to present the new Putnam County Health Department. The new 30,000 square foot building is much larger than the old facility consisting of thirty-one clinic rooms, three labs and a dental area with three dental treatment areas. The new Putnam County Health Department is part of a multi-million dollar complex which also includes Putnam County Emergency Services and the Putnam County Election Commission. Open House for the complex was held on Saturday, August 22, 2009. Lisa Bumbalough, County Director, has done an exceptional job ensuring that the building enhanced patient flow.

## SOUTH CENTRAL REGION

### STUDENTS CHANGING THE WORLD!

Eighth grade girls at East Hickman Middle School in the South Central Region are learning about the importance of family meal time and in the process are educating their peers and the community on the importance of a healthy lifestyle. Last year they were exposed to a multi-session program called "Healthy Me!" This education was a partnership of the Community Programs Coordinator of the local health department and UT Extension. The goal was to teach the girls about how wise food choices and daily physical activity can be the start of a long and healthy life.

When the new school year rolled around, these community partners were once again asked to provide education, and not just for the 7th grade girls, but for all girls in the 6th, 7th and 8th grades. Not wanting to do the same "song and dance," the Community Programs Coordinator and the community partners decided that the now 8th grade girls know a little bit about the "Healthy Me!" program and could possibly be good role models and peer educators for their classmates.

This fall the girls chose the issue of families not spending enough mealtimes together. A recent article referred to a CASA (Center on Addiction and Substance Abuse) report that compared teens that have five or more family dinners a week to those who have fewer than three per week and are twice as likely to use tobacco, marijuana or alcohol or try drugs in the future.

The awareness campaign is focusing on such topics as "change your plate and change the world," and "making mealtime magic," with power point school presentations, PSA's, and graphic designs to educate the school and community on the need for more family communication. The girls are also planning a radio PSA recording during October to highlight the program for the community.

These youth are learning that to be a health advocate, you must not just want to "see" change, but you must "be" the change, in order to create change in others! One of the 8<sup>th</sup> graders, Stormie Edwards, has written the song below as a promotion for the campaign:

***CHANGE THE WORLD***  
*Written by Stormie Edwards*

*Did you ever think you can change the world? Don't just sit there give it a try, because all we have to do is work together to change the world. **So come on let's change the world together.***

*All it takes is you and your friends so come on grab your friends and let's do this. All we have to do is work together to change the world. **So come on let's change the world.***

*Don't give up on believing you can change the world it will happen all you have to do is keep believing. Because all we have to do is work together to change the world. **So come on let's change the world.***



## WEST TENNESSEE REGION

Congratulations are in order for West Tennessee TPHA members who were recognized this year's annual TPHA meeting:

Marilyn Barnes (West Tennessee Regional Director) - Public Health Worker of the Year.  
 Ashley Hook (Health Educator for Gibson and Weakley counties) - Health Educator of the Year (Grass-Root Contributions)  
 Doug Lockard (Director of Trenton Housing Authority) - PAL Award.

Teens in Gibson County got a taste of community gardening as part of a "TNTeens Turning Green" initiative. This initiative was developed by a joint partnership with the Gibson County Health Department, Gibson County Health Council and Trenton Housing Authority. "TNTeens Turning Green" creates opportunities that will engage teens in positive activities to avoid risky behavior, including teen pregnancy. One project under this initiative was the community garden. The garden was designed to raise community participation with at-risk youth and to increase awareness of teen issues. Other services, such as an on-site Family Planning clinic, a teen-friendly center and other projects/activities were also promoted. This project has brought several people, civic clubs, churches and businesses together in an effort to support the participating youth. This garden has created a positive avenue for kids and a place they can enjoy.

Recently, Weakley County was the site for a disaster drill that tested multiple northwest Tennessee agencies providing invaluable hands-on training. Emergency personnel from Weakley, Obion, Gibson and Carroll counties participated with more than 125 responders from 20 agencies. The exercise tested fire, rescue and ambulance response with four mock scenarios including, medical field re-actions to numerous "victims" resulting from break out fires and hazardous chemicals. This was also a valuable tool for testing incident command and communications.

Breast Cancer Awareness was addressed region-wide with a "Pink Out" Campaign. While health departments promoted awareness with education and by "Going Pink", community partners participated as well. Some of the participants included: Trenton General Hospital staff who wore pink and offered free breast screening to community members, Gibson General Health Care Foundation sponsored a "Strides for a Cure" 5K run, Weakley county D.A.R.E officer added pink to his uniform and one county gas company wore pink and sponsored a healthy lunch in support of those who have been affected by cancer.

The Tennessee Adolescent Pregnancy Prevention Program (TAPPP) in Henderson County is working to reduce teen pregnancy through community awareness and educational programs targeting high-risk teens. With an unemployment rate of 17.7% and a teen pregnancy rate of 11.1%, this year the committee focused on ways to help struggling parents of young children, teen moms, single parents, limited resources families and grandparents raising grandchildren. The TAPPP Committee created a support system to promote individual life skills as well as parenting skills. One project the group is initiating is a "Baby Store, which will provide resources that parents need but may not be able to afford. Parents/caregivers can earn "Baby Bucks" to use in the store by attending classes, completing GED, finding a new or better job, etc. Plans for program expansion include a "Mobile Mom" store. This mobile store (a van furnished by TSU Extension Service) will be used to deliver the goods for parents to "buy" using their baby bucks. The van will be equipped with all the items previously listed and will better ensure the items are being distributed to those who need it the most.

## NEWS FROM SOUTHERN HEALTH ASSOCIATION

Submitted by: Tammy Burke, SHA Representative

The Southern Health Association held its annual meeting, jointly with the Florida Public Health Association, August 4-7, 2008 at the PGA Resort in West Palm Beach, Florida. The theme of the meeting was "The Public Health Puzzle: Putting the Pieces Together". SHA members from all eight affiliate states met with the Florida Public Health Association membership to hear the latest information on regional public health issues and to spend time with public health colleagues from other states. Of particular note were educational sessions on such topics as Public Health and New Communication Technologies, Environmental Impact Issues and Disney's Public Health Programs. Attendees also heard from Cheryl Easley, PhD, President of the American Public Health Association.

At the conference, SHA honored Tennessee's own Carol Ballard with the SHA Special Meritorious Award for her numerous and continued contributions and support for the Association. Also from Tennessee, David Brumley was elected as Treasurer and Diana Kreider was elected as Secretary. Becky Brumley was elected Second Vice President, serving as the Convention Coordinator and Co-Chair of the Annual Meeting Steering Committee. In that capacity she will work with the SHA planning committee to coordinate efforts for the joint TPHA/SHA Meeting to be held in Franklin

(Continued from page 14)

Tennessee, September 15-17, 2010. SHA is looking forward to being in Tennessee again! To that end, the SHA Governing Council Mid-Year meeting will be held at the Franklin Marriott Hotel, February 18 – 20, 2009 and SHA has extended invitations to Doris Spain, TPHA Executive Director and Chris Freeman, TPHA President to attend the Council Meeting. A special thanks to Doris for helping with meeting space arrangements!

SHA has a new look on the web. Check it out at [www.southernhealth.net](http://www.southernhealth.net). There you can find Association information, news and links to Affiliate state sites. On a sad note, SHA lost a longstanding member and friend, Lou Thayer. Lou held numerous positions with the Southern Branch and SHA since 1975. He was one of the initial Fellow members in SHA when it was reorganized in 1981 and continued his Fellow membership until his death. He was President of SHA in 1989. Lou passed away in early 2009 and is greatly missed.

## WHO'S WHO IN TPHA FOR 2009-2010

### BOARD OF DIRECTORS

Chris Freeman (President)  
 Robert Stolarick, DDS (Immediate Past President)  
 Robert Goff (President-Elect)  
 Tammy Burke (Representative to SHA)  
 Bart Perkey (Representative to APHA)  
 Micky Roberts (Vice President/East TN)  
 Karen Lynn (Vice President/Middle TN)  
 Donna Lewis (Vice President/West N)  
 Howard Roddy (Board Representative/East TN)  
 Marti Smith (Board Representative/East TN)  
 Dr. William Paul (Board Representative/Middle TN)  
 Dot Watson (Board Representative/Middle TN)  
 Matt McDaniel (Board Representative/West TN)  
 Jill Mount (Board Representative/West TN)  
 Ami Mitchell (Health Administration Section)  
 Sandra Kaylor (Case Management Section)  
 David Brumley, DDS (Communicable Disease Section)  
 Lanora Bryant, DDS (Dental Section)  
 Lynn Burns (Emergency Preparedness Section)  
 Melissa Wolford (Environmental Section)  
 Jennifer Kozlica (Epidemiology & Biostatistics Section)  
 Tymikia Glenn (Health Promotion Section)  
 Gail Harmon (Management Support Section)  
 Kathy Shearon (Nursing Section)  
 Glenda King (Nutrition Section)  
 Lorraine MacDonald, MD (Physicians Section)  
 Misty Ellis (Student Section)  
 Doris Spain (ex-officio member)

**CONTACT INFORMATION FOR EACH OF THE BOARD MEMBERS IS AVAILABLE AT THE TPHA WEBSITE: [www.tnpublichealth.org](http://www.tnpublichealth.org)**

### COMMITTEE CHAIRS

Arrangements	Becky Brumley
Audit & Finance	Sandy Hayes
Awards	Debbie Johnson
Constitution & Bylaws	Mark Miller
Continuing Education	Jennifer Kozlica
Exhibits/Sponsors	Tammy Burke
Fun and Fitness	Robert Goff
	Glenn Czarnecki
Legislative	Bart Perkey
Membership	Angela Frame
Nominations & Elections	Marilyn Barnes
Poster Session	Beth Allen
Program	David Brumley
Public Health Week	Shannon Railling
	Wanda Roberts
Public Relations	Misty Ellis
Public Policy	Bob Stolarick
Registration	Vanessa Watkins
Resolutions	Becky Barnes
Scholarship	Melanie Pafford-Failor
Silent Auction	Evelyn Vaillencourt

**CONTACT INFORMATION FOR EACH OF THE COMMITTEE CHAIRS IS AVAILABLE AT THE TPHA WEBSITE: [www.tnpublichealth.org](http://www.tnpublichealth.org)**

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Articles for January Newsletter  
 Due January 14

**SECTION CHAIRS**

Case Management Section	Julia Axley
Communicable Disease Section	David Brumley
Dental Section	Jason Cade
Emergency Preparedness Section	Lynn Burns
Environmental	Melissa Wolford
Epidemiology and Biostatistics	Stormy Walker
Health Administration	Steve Hall
Health Promotion	Meri-Leigh Smith
Management Support	Melissa Davis
Nursing	DeSha Anschuetz
Nutrition	Kathy Vaughn
Physicians	Lori Macdonald
Students	Aubrey Childress

**CONTACT INFORMATION FOR EACH OF THE SECTION CHAIRS IS AVAILABLE AT THE TPHA WEBSITE: [www.tnpublichealth.org](http://www.tnpublichealth.org)**

**DATES TO REMEMBER****American Public Health Association  
Annual Meeting**

November 7-11, 2009  
Philadelphia, PA

**Rural Health Association  
of Tennessee**

“Building Healthy Communities”  
November 18-20, 2009  
Music Road Hotel and Convention Ctr.  
Pigeon Forge, Tennessee

**POWER POINT PRESENTATIONS AND PHOTOS FROM THE 2009 TPHA ANNUAL EDUCATIONAL CONFERENCE ARE NOW AVAILABLE ON THE WEBSITE: [WWW.TNPUBLICHEALTH.ORG](http://WWW.TNPUBLICHEALTH.ORG)**