



United Way Free Coat Fridays 2013 Sponsored on site by SC Human Services Dept.

It is that time of year again! Sullivan County United Way is holding Free Coat Friday every Friday in October, our first event was in the parking lot of the Claremont Savings Bank (we will be back there Oct. 18th). Oct. 11th and 25th we will be on the common in Newport.

Due to extremely high volume of folks needing warm coats/clothing we are in desperate need for coats, hats, mittens, sweaters, etc. Every year as I do this I am so excited to see the small children and their hunt for warm mittens and the smiles on their faces when they leave with a warm jacket. It is an amazing event.



Needed are children's sizes 4 – 12. Also very popular are children's pajama's.

Please! If anyone has any items to donate put them in the UW box at the reception desk or bring them to my office.

United Way of Sullivan County would like to thank all of you that have contributed to this project. We are always in the top three for giving coats and it is so appreciated!

Thank you.

Sherrie Curtis, United Way Board Member

A Cider Pressing Experience



The Natural Resource department's cider pressing on September 26 and 27 was a big success. Over 60 gallons of cider were produced out on the Unity common (the green between the buildings). 5 kinds of unsprayed apples were used to make the cider, all harvested on site from the county's oldest orchard. During the pressing, employees stopped by to sample the cider and eat pumpkin donuts. All told, 112 half-gallons of cider were jugged and distributed to county staff in Unity and Newport. Special thanks to Facilities, Dietary Services and Human Resources for their help in making this

event happen, and to the pressing volunteers: Mary Gilmore, Aileen Chute and Duncan McCutchan."

SCHC COMMUNITY DEVELOPMENT UPDATE

By now many of you have heard that we had our annual Health Care and Life Safety surveys in September. I am pleased to say that we had a very good survey. There were only a couple of low severity findings on Health Care relating to dental services and tubing on oxygen therapy. The findings for Life Safety involved the scheduling of fire drills, location of sprinkler heads in the a/c utility rooms, and appropriate fire doors on the Stearns shower rooms. As I write this we are about to complete our plan of correction which will be submitted to the state Department of Health and Human Services by October 11. Please see me or your department head if you would like further details.

As is often the case, the surveyors commented about how clean the facility is, that the residents look good and appear to be well cared for, and that they saw the positive interaction of our staff with the residents. One family member commented: "The nursing home is not home, but it is the next best thing". Thank you all for your continued commitment and care to our residents!

I also would like to announce that Mike Marcotte has been selected as the SCHC Nursing Home Employee of the year. Nominations were submitted to the New Hampshire Association of Counties Awards Committee. Mike will be recognized at the Awards Banquet on October 28th at the New Hampshire Association of Counties Conference held at the Mountain View Grand Hotel, in Whitefield, NH. Congratulations Mike!

Respectfully,

Ted J. Purdy, SCHC Administrator

The Housekeeping & Laundry Department of Sullivan County Health Care would like to welcome aboard the newest member to staff Jasmine Butterfield.

Employee Flu Vaccinations Available

As we come to the beginning of the "Flu Season" Sullivan County would like to let employees know Flu vaccinations are available to County employees through the SCHC Staff Development Office. Aime Reed, RN, our SCHC Staff Development Coordinator, will be available to vaccinate all County employees throughout the month of October/November.

If you are interested in receiving a flu vaccination please see Aime during one of the posted sessions or contact her to set up an appointment to meet with her at ext 398.

If you are on the County health insurance program please be sure to bring your insurance card with you at the time of vaccination as the County can receive reimbursement through our provider for vaccinating our staff.

We encourage all employees to get the vaccination, though it is not guaranteed to prevent the flu, it is a meaningful tool to help downgrade one's possibility, help in the prevention of spreading to coworkers, family and the people we care for, as well as experience with the Flu itself should you get it.

Be proactive, Not reactive!



The Public Health Network, Medical Reserve Corps and Communities United Network would like to CONGRATULATE MELANIE O'SULLIVAN, Office Administrator in the County Attorney's Office, Newport

Melanie wins our WALK NH Event, for a walk she took on June 26th.

She has been presented with a deluxe MRC First Aid Kit in a fanny pouch, a Pedometer from Primex, a Carabineer and other goodies from Communities United.

Please extend the Congratulations to Melanie when you see her!

NHRS Hosts Member Education Sessions

Listed below are the New Hampshire Retirement System (NHRS) member education sessions scheduled in September, October, and November. To ensure seating availability, registration is required. For more information, or to register, please visit the NHRS website at <http://www.nhrs.org/Events/Member.aspx>.

Group I (Employee and Teacher)

NH Retirement System Office, Concord, NH, 10/23/2013, 4:30 p.m. – 5:30 p.m.

Littleton High School, Littleton, NH, 11/12/2013, 3:30 p.m. – 4:30 p.m.

NH Retirement System Office, Concord, NH, 11/20/2013, 4:30 p.m. – 5:30 p.m.

Group II (Police and Fire)

NH Retirement System Office, Concord, NH, 10/15/2013, 10:00 a.m. – 11:00 a.m.

NH Retirement System Office, Concord, NH, 11/19/2013, 4:00 p.m. – 5:00 p.m.

For more information please contact Public Information Office, New Hampshire Retirement System 603-410-3648

Public Health Network Announces Participation in September as National Preparedness Month (NPM)

Greater Sullivan County, NH – September is National Preparedness Month, which aims to increase people's awareness and motivation to prepare for all types of disasters. The Greater Sullivan County Public Health Network (PHN) and Medical Reserve Corps (MRC) has committed to participate in National Preparedness Month to increase emergency preparedness throughout our Region by promoting preparedness in several ways to the community. Information will be posted this month on Twitter (www.Twitter.com/GSCMRC), on Facebook (www.Facebook.com/GSCPHN) and on their website www.sullivancountynh.gov/publichealth as well as press releases, mailings and public service messages about being ready for any emergency.

Everyone must play a role in emergency preparedness. There are simple steps everyone can take in order to be prepared for emergencies. Individuals and families should have a plan and the necessary supplies to stay at home for up to 72 hours. Individuals and families should also have a plan in case they need to evacuate their home on short notice, which includes having a kit with medicines, phone numbers, cash, and clothes. Lastly, individuals and families should have a way to communicate with family and friends throughout the event. Advance planning is especially important for those living with a chronic health condition or using special medical equipment.

"We've become accustomed, unfortunately, to emergencies in our state," said Dr. José Montero, Director of the NH Division for Public Health, "so don't wait for the next one to get ready. Develop your plan and create your kit today."

Start planning today for any situation. Visit www.nh.gov/readynh/ for resources and information on the most-up-date information on any current NH-based disasters and be sure to follow the Greater Sullivan County's posts on Twitter and Facebook!

The Greater Sullivan County Public Health Network is a collaborative of municipalities and health and human service agencies working to improve our region's capability to prepare for and respond to all health emergencies. Together we serve over 40,000 people in **16 rural New Hampshire towns**. The mission of the Greater Sullivan County Public Health Network is to work closely with Regional partners to create consistent Public Health messages and programs, and to ensure that the Region is prepared for health emergencies. Our Public Health Region is committed to helping people live healthier lives - in accordance with the Sullivan County mission, "All Day, Every Day, We Make Life Better."

Everyday Preventive Actions That Can Help Fight Germs, Like Flu

CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.



How does the flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too.

People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.



Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

Breast Cancer Awareness

What is a mammogram?

A mammogram is an x-ray of the breast that is used to detect and evaluate breast changes.

When should I get a mammogram?

The United States Preventive Services Task Force (USPSTF) recommends that women ages 50 to 74 should get a mammogram every 2 years. Women younger than age 50 should talk to a doctor about when to start and how often to have a mammogram.



With the air becoming crisp and leaves changing color, what better way to enjoy the beautiful fall weather and foliage than to participate in a walk for charity?

The month of October is formally known as Breast Cancer Awareness Month. Thousands of men and women around the country raise awareness by wearing pink and participating in walks all across their state. Not only are citizens supporting a great cause, but they are also having fun and being active.

According to the Susan G. Komen Foundation, in 2010 Breast Cancer affected more than 1.6 million women worldwide. Although breast cancer is more prevalent in women, that does not excuse men from the disease. Approximately 1 in 1,000 men will get breast cancer. It's crucial for men and women to speak with a doctor if there is a family history of breast cancer.

The American Cancer Society's Making Strides Against Breast Cancer is the largest network of breast cancer awareness events in the nation. Funds raised from the Making Strides Walks help the American Cancer Society fight the disease with research, information and services, and access to mammograms for women who need them. ([www. http://makingstrides.acsevents.org](http://makingstrides.acsevents.org))

Upcoming Making Strides Charity Walks in NH:

Please visit <http://makingstrides.acsevents.org/> to register.

Concord, NH- *Memorial Field* 10/20/2013 1:00 PM

Dover, NH- *Henry Law Park* 10/20/2013 11:00 AM

Exeter, NH – *Lincoln Street School* 10/06/2013 11:00 AM

Greater Lakes Region, NH- *Opechee Park* 10/20/2013 10:00 AM

Manchester, NH - *Arms Park* 10/20/2013 1:00 PM

Nashua, NH - *Greeley Park* 10/20/2013 1:00 PM

North Conway, NH – *Whitaker Woods Homesite* 10/20/2013 10:00 AM

Peterborough, NH - *Depot Square* 10/20/2013 10:30 AM



Source: www.womenshealth.gov

**Making Money Work
FOR YOU**

DATE:

Wednesday Evenings
November 5 - December 10, 2013

TIME:

6:00 – 8:00 p.m.

LOCATION:

On-line webinar

REGISTRATION:

To pre-register or for more information,
contact Sherrie at 603-863-9200 or
sherrie.laclair@unh.edu.

COST: \$15 per person/couple
No cost for More Than Wheels
participants.

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and
More Than Wheels



**A six-part series designed to
help participants:**

- *Gain control over spending*
- *Develop a plan to achieve financial goals*
- *Reduce expenses and debt*
- *Increase savings*
- *Understand insurance needs*

extension.unh.edu

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University of New Hampshire, U.S. Department of Agriculture and NH counties cooperating.
If special accommodations are needed to participate in this activity, contact the Extension office
at least two weeks prior to the event so accommodations can be made.

Got Drugs?

Dispose of your unwanted medications easily and safely on October 26.

National Prescription Drug Take Back Day
Saturday, October 26
10:00 am – 2:00 pm



Sullivan County Locations:

Sullivan County Commissioner's Office,
14 Main Street, Newport
Claremont Savings Bank, 145 Broad Street, Claremont
Charlestown Police Department, 2 Claremont Road
Grantham Police Department, 300 Route 10 South
Washington Police Department, 5 Halfmoon Pond Road

This safe and free disposal of prescription and other drugs helps keep you and your community safe.

Visit dea.gov or preventionworksnh.gov for a link to the collection site nearest you.

Message brought to you by Communities United Regional Network of Sullivan County. Photo: Dominique Godbout.

Newport Complex wishes co-worker "Adieu"

Dana Laroche, Newport County-State Complex Custodian, will be leaving the County and moving west! Dana's last day with the County is **Friday, October 11th**. It is with mixed emotions that we say 'Good Bye' to Dana, excited for him, wishing him the best in his new adventures in life, but sad to see him leave. Dana has been with the County over 13 years, beginning first in the Housekeeping division at the Sullivan County Health Care facility in Unity; and then stepping into the role as Housekeeper-Custodian-Janitor, at the Newport County Complex, with an extremely positive approach. We've been lucky to witness, his coming on board with the County and seeing first hand, the major improvements our Newport buildings have been privy to beneath his custodial management style – a style, which included: efficiencies, organization and attention to detail. Dana has been solely responsible for keeping the Newport's County complex clean and looking good. He's always been dependable, courteous and completed any task, or challenge, given to him, with a positive attitude. In 2007 Dana was nominated by his peers, and presented with the NH Association of Counties Employee of Year award, for his admirable work ethics – regularly going above and beyond the call of duty. Dana will truly be missed by all! We wish Dana health and happiness and only the best in his *New Adventures*. *From the Newport County Complex State and County Employees and Elected Officials.*

