

# TCHD Forward

Volume 6, Issue 12

December 1, 2010

Taylor County  
Health Department



**Public Health**  
Prevent. Promote. Protect.

## Safety tips for the holidays

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- Install a smoke detector or new batteries in the one(s) you have and TEST it.
- Use only outdoor lights outside your home.
- Examine light strings each year, discard worn ones.
- Fasten the bulbs securely and point the sockets down to avoid moisture build up.
- Connect no more than three strands together.
- Never use indoor extension cords outside.
- Avoid overloading wall outlets and extension cords.
- Keep outdoor electrical connectors above ground and out of puddles and snow (if we had snow).
- Unplug light string before replacing a bulb. Review the original package to verify proper wattage and voltage.
- When connecting light strands, wrap a plastic bag around connections and tie ends with Teflon tape.
- Never use electric lights on a metallic tree, use colored spot lights.
- Make sure trees hung with Christmas lights are not touching power lines.
- When using candles, place them a safe distance from combustibles.
- Place candles in sturdy containers. Remember, hot wax burns kids.
- Extinguish candles prior to going to bed.
- Dispose of fireplace ashes into a metal container until cold.
- After parties, check around and under sofa and chair cushions for smoldering cigarettes. (Provide lots of ash trays)
- Install at least one carbon monoxide detector in your home.
- Have an operable fire extinguisher readily available.

Have a safe and happy holiday!!!!

### Special points of interest:

- \* Safety Tips
- \* TCHD Employees Recognized
- \* Great American Smokeout
- \* Lung Cancer Awareness Month
- \* December calendar

## TCHD Employees Recognized

In a recent all staff meeting three of our staff was recognized.

Gerald Murphy and Anna Strickland were recognized for five years service with Taylor County Health Department.

Mary Wallace was recognized for 15 years service

with Taylor CHD.

Gerald Murphy is in maintenance and is a part of the Administrative Team at Taylor CHD.

Anna Strickland is part of our Social Services Team and provides Healthy Start services to infants and pregnant women.

Mary Wallace is a LPN with the Medical Section of the Health. She works in the OB clinic and does new OB patient workups along with providing services in the Primary and General Clinic areas.

Congratulations to Mary, Anna and Gerald!

The SWAT (Students Working Against Tobacco) chapter from the Taylor County Middle School and the Jerkins Boys and Girls Club had a great time participating in the Florida Festival parade and the Homecoming parade.



Students Working  
Against Tobacco

**S  
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## Great American Smokeout

The Taylor County Health Department celebrated the 35<sup>th</sup> annual Great American Smokeout on Thursday, November 18<sup>th</sup>. The Great American Smokeout challenged people to quit smoking that day or to use the day to make a plan to quit. The day raised awareness about the dangers of smoking and the many effective ways available to successfully quit.

The Health Department employees celebrated the Great American Smokeout by taking the Great American Smokeout Quiz.

There was a seven way tie for the best score among employees.

The winners are:

From left to right: Kara Dean, Dr. Stephanie Woods, Christy Hendry, and Cate Jacob

Not pictured are Anna Strickland, Cherie King, and Annette Osteen

Christy Hendry was the winner of the turkey breast in honor of all tobacco users who quit cold turkey.

To take the Great American Smokeout Quiz, please see page 6.



## Christmas Trivia

- |  |   |   |
|--|---|---|
| <ol style="list-style-type: none"> <li>1. In <i>Frosty the Snowman</i>, who brought Frosty back to life?</li> <li>2. In <i>How the Grinch Stole Christmas</i>, what biological shortcoming made the Grinch so mean?</li> <li>3. What was Scrooge's first name?</li> <li>4. Where was I when I saw Mommy kissing Santa Claus?</li> <li>5. What was the name of Rudolph's dogsled driving friend?</li> <li>6. Who said "God Bless Us, Every One!"?</li> <li>7. Name the three reindeer whose names begin with a "D"?</li> <li>8. What was the first gift my true love sent on the sixth day of Christmas?</li> <li>9. In what city did <i>Miracle on 34th</i></li> </ol> | <p style="text-align: center;"><i>Street</i> take place?</p> <ol style="list-style-type: none"> <li>10. In <i>It's a Wonderful Life</i>, how did Clarence cleverly save George's life?</li> <li>11. Who kept time with the Little Drummer Boy?</li> <li>12. What is the last ghost called in <i>A Christmas Carol</i>?</li> <li>13. In <i>A Charlie Brown Christmas</i>, who plays the dusty innkeeper in the Christmas play?</li> <li>14. What one reindeer is never mentioned in "The Night Before Christmas"?</li> <li>15. What did the Grinch use as a substitute for reindeer?</li> <li>16. What fruit is St. Nick's nose like?</li> <li>17. Counting Rudolph, how many</li> </ol> | <p style="text-align: center;">reindeer are there?</p> <ol style="list-style-type: none"> <li>18. Whose eyes were made of coal?</li> <li>19. What country started the tradition of exchanging gifts?</li> <li>20. In <i>A Charlie Brown Christmas</i>, how many cents does Lucy charge for her psychiatric services?</li> </ol> |
|--|---|---|

Answers: 1. Santa Claus, 2. His heart was 2 sizes too small, 3. Ebenezer, 4. On the stairs, 5. Yukon Cornelius, 6. Tiny Tim, 7. Dasher, Donder, Dancer, 8. Six geese a-laying, 9. New York, 10. He jumped into the river first, 11. The ox and the lamb, 12. The Ghost of Christmas Yet to Come, 13. Pigen, 14. Rudolph, 15. His dog, 16. A cherry, 17. Nine, 18. Frosty's, 19. Italy (Romans), 20. 5 cents

### Inexpensive gift ideas

Gourmet coffees with a personal coffee cup  
 Home baked bread, include recipe  
 Muffin mixes with muffin pan  
 Special soaps and bath puff  
 Handwritten copies of your favorite recipes  
 Gardening gloves with seed packets  
 Gourmet popcorn and flavored oil  
 Books

Teacup with box of herbal teas  
 Homemade cookie mix with instructions for baking  
 Homemade cocoa mix in pretty jar  
 Home baked cookies  
 Prepaid long distance phone cards  
 Holiday serving bowl or platter  
 Framed poem  
 Writing desk materials such as sticky notes, glue, pens

Gel pens and pretty stationary  
 Video rental certificates  
 Basket filled with kitchen gadgets  
 Note cards and book of stamps  
 Puzzles  
 Movie theater gift certificates  
 Home baked cake

## Tobacco Free Florida Re-launches During November's Lung Cancer Awareness Month

Below is an article about Lung Cancer Awareness Month which was November.

Tobacco Free Florida is re-launching its campaign in the month of November to coincide with Lung Cancer Awareness Month and to highlight the impact of lung cancer on society. An estimated 222,250 lung cancer cases are expected to be diagnosed in the United States this year and cigarette smoking is the main contributor to developing lung cancer.

In Florida alone, more than 17,790 cases are diagnosed annually and nearly 13,000 will die from the devastating disease this year. It is estimated that about 87 percent of lung cancer cases are caused by [smoking](#). The longer an individual smokes, the greater his risk of developing lung cancer. This month, Tobacco Free Florida is educating Floridians about the disease and the need for increased attention to prevention and treatment. The campaign showcases research findings via social media networks, promotes smoking cessation services, cooperates with state partners, and directs smokers to valuable resources such as the Florida Quitline, a telephone-based quit smoking service.

"Lung Cancer Awareness Month is the perfect time for smokers to really take a look at their addiction and note that they must devise a plan to quit as their health is on the line," noted State Surgeon General Ana M. Viamonte Ros, M.D., M.P.H. "The Florida Department of Health offers the support and resources needed to kick the addiction with access to free patches, gum, lozenges and free confidential counseling available 24 hours-a-day, seven days-a-

week."

The Tobacco Free Florida campaign is launching compelling television spots this month that were developed by the New York City Department of Health, including an ad called "Reverse the Damage," which provides information about how long it takes for your lung health to improve after quitting smoking. The ad closes with an imperative and graphic message that "Every cigarette makes you sick." Furthermore, the campaign will direct people to resources to help them quit such as the campaign website [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) and the Florida Quitline at 1-877-U-CAN-NOW.

"Tobacco is highly addictive and the most important personal health decision a tobacco user can make is to quit," said Kim Berfield, Deputy Secretary of the Florida Department of Health. "Using the resources offered by Tobacco Free Florida such as online counseling, where users can create a personalized, web-based quit plan or visiting the Florida Area Health Education Centers to locate a Quit Smoking Now group classes are all important steps designed to help Floridians quit."

Lung cancer takes a significant financial toll on Florida. According to the American Lung Association, smoking costs Florida millions of dollars every year in healthcare costs, productivity losses and premature deaths. Presently, Florida has more than 3 million smokers. While the retail price of a pack of cigarettes in Florida is \$5.63; the price to society from healthcare costs and lost productivity is as high as \$16.43 per pack. The total cost is \$19.6 billion.

Also this month, the American Cancer Society celebrates the 35<sup>th</sup> anniversary

for the Great American Smokeout (GASO) November 18<sup>th</sup>, when smokers unite to quit for 24 hours. This day challenges individuals to stop smoking and raise awareness about the dangers of smoking. Even if smokers don't quit for good, many have learned that it is possible to quit for a day.

Smokers interested in quitting are encouraged to call the Florida Quitline at 1-877-U-CAN-NOW to speak with a quit coach to get started. The Tobacco Free Florida website, [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) contains information about effective cessation methods, statewide events, social media support, Quitline access, and more.

### ABOUT TOBACCO FREE FLORIDA

Tobacco Free Florida, the statewide youth prevention and adult cessation campaign launched in February 2008, has reached millions of Floridians through its advertising, online social media, grassroots initiatives, educational outreach and public relations efforts. Funded by the State's tobacco settlement fund, the campaign engages culturally and economically diverse audiences with its high impact messaging. For more information on Tobacco Free Florida, please visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)

*"Tobacco is highly addictive and the most important personal health decision a tobacco user can make is to quit," said Kim Berfield,*

## What's the simplest way to protect yourself from

|                |                 |
|----------------|-----------------|
| Colds? →       | WASH YOUR HANDS |
| Flu? →         | WASH YOUR HANDS |
| Diarrhea? →    | WASH YOUR HANDS |
| Hepatitis A? → | WASH YOUR HANDS |

### WHY?

Many outbreaks of foodborne illness are traced to unwashed or poorly washed hands.

Sneezing and coughing can spread cold germs into the air, but most colds are caught and spread through germs on people's hands.

The germs that cause the flu, SARS, hepatitis A and many kinds of diarrhea can also be picked up and spread by your hands.

If these germs are on your hands, touching your mouth or nose to eat, sneeze, or cough can make you sick.

Touching a doorknob, pressing an elevator button, grabbing a pole on public transit or shaking hands can spread germs to others.

### WHEN?

**Always wash your hands...**

**Before you:**

- Touch or serve food
- Eat or drink
- Put in or take out contact lenses

Treat a cut, scrape, burn or blister

Take care of someone who is sick

**After you:**

Go to the bathroom

Help someone else use the bathroom

Change a diaper (don't forget to wash the baby's hands too!)

Cough, sneeze, blow your nose or wipe a child's nose

Handle uncooked food, especially raw meat, poultry, fish or eggs

Handle garbage

Touch an animal—especially a reptile—or clean up animal waste

Take care of someone who is sick or injured

Use public transportation

### HOW?

Washing our hands is a lesson we all learned as children, but when we're busy or in a hurry, we tend to rush or forget to do it. We think our hands are clean, but they're not if we haven't done it

right.

Just rinsing your hands isn't washing them, it's wetting them. To get them clean you need to use soap.

A quick rub, even with soap, won't get your hands clean, and the few seconds you save could cost you days if you get sick later.

To make sure your hands are really clean, scrub your palms, between your fingers, the backs of your hands and under your fingernails for at least 20 seconds.

Use regular soap. Antibacterial soap isn't necessary. These soaps do kill bacteria, but antibacterial soaps may contribute to the growing problem of antibiotic resistance.

After rinsing, dry your hands with a paper towel. Use the same paper towel to turn off the water and open the restroom door.

**So remember:**

- Use soap
- Wash often
- Wash long enough

Hand-washing is the 20-second solution to protecting yourself from many diseases.

## Great American Smokeout Quiz

1. Currently, approximately \_\_\_ of the US population is covered by a smoke-free policy or provision in workplaces and/or restaurants and/or bars.  
  
A) 69% B) 40% C) 55% D) 82%
2. True or False? Each year, about 3400 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.
3. Within \_\_\_ after quitting, the carbon monoxide level in your blood drops to normal.  
  
A) 12 hours B) 24 hours C) 36 hours D) 48 hours
4. True or False? In 43 states, the majority of adults (50% or more) who ever smoked have now quit smoking.
5. In the US, tobacco use is responsible for nearly \_\_\_ in \_\_\_\_\_ deaths.  
  
A) 1 in 5 B) 2 in 5 C) 1 in 3 D) 1 in 2
6. True or False? Smoking-related diseases remain the world's most preventable cause of death.
7. True or False? Smokers who quit can expect to live as many as 5 years longer than those who continue to smoke.
8. Cigarettes, cigars, smokeless tobacco, and pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4000 individual compounds have been identified in tobacco and tobacco smoke. Among those 4000 individual ingredients, more than \_\_\_ compounds are known carcinogens (cancer-causing agents).  
  
A) 60 B) 90 C) 120 D) 400
9. True or False? Experts estimate that the 2009 cigarette tax increases will prevent more than 900,000 smoking-related deaths.
10. What is the average cost of a pack of cigarettes in the US?  
  
A) \$3 B) \$5 C) \$7 D) \$10




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Answers:

1. a. 69%, 2. True, 3. a. 12 hours, 4. True, 5. a. 1 in 5, 6. Answer: True, 7. Answer: False—Smokers who quit can expect to live as many as 8 years longer, 8. Answer: a. 60, 9. Answer: True, 10. Answer: b. \$5

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# December 2010

| Sunday   | Monday                              | Tuesday                                       | Wednesday                   | Thursday                             | Friday  | Saturday   |
|--|-------------------------------------|---|-----------------------------|--------------------------------------|---|--|
|  |                                     |   | 1<br>World Aids Day         | 2                                    | 3<br>SWAT training<br>at TCHD 3:30<br>until 5:00PM  | 4<br>National Cookie<br>Day<br> |
| 5  | 6<br>Coats and Toys<br>for Kids Day | 7<br>Pearl Harbor<br>Day                      | 8                           | 9                                    | 10<br>National Sales-<br>person Day                 | 11   |
| 12<br>Poinsettia Day<br> | 13                                  | 14  | 15<br>Bill of Rights<br>Day | 16<br>SWAT event at<br>Middle School | 17<br>SWAT event at<br>Middle School                | 18   |
| 19   | 20                                  | 21<br>Crossword Puz-<br>zle Day<br>Humbug Day | 22                          | 23                                   | 24<br>Christmas Eve<br>Taylor CHD will<br>be closed | 25<br>                        |
| 26<br>National Candy<br>Cane Day   | 27                                  | 28<br>National Choco-<br>late Day             | 29<br>Tick Tock Day         | 30                                   | 31<br>New Years Eve<br>Taylor CHD will<br>be closed | Remember to<br>Buckle up   |

## *Goodbye Dianne!*

Dianne Hill was recently honored at the Thanksgiving luncheon at Taylor CHD. She will be retiring December 23. She was presented with a plaque recognizing her years of service to the Florida Department of Health.





**Deidra  
Dunnell**

**Steve  
Tullos**

**Tara  
Tyson**

## December Birthdays

**Teri  
Smith**

**Genie  
Early**

**Katy  
Curry**

### All I Want for Christmas

Recently I asked employees what they would want for Christmas if money were not an option. Below are the responses I received.

Brenda Newman—\$100,000, so that I could pay off all my debts and have a little money left in the bank.

Kristie Lutz— If money were no object then I would ask for Peace on Earth. I would also take all of mine and Alex's family and friends on a Christmas vacation to celebrate all of our good tidings! This past week I have once again been reminded of how special our friends and family

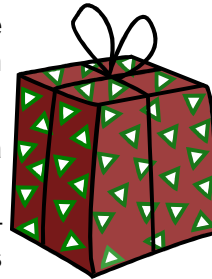
are!

Kelly Lundy—Gravel for our carport. Simple, but would be great. Wouldn't be very much either. Lol

Dawn Gunter—I'd get Daryll a Wii so he'll stop complaining, pay off all of my mom's medical bills, and pay off Chip's college fund. I wouldn't have to give Steve a gift because he's already got a perfect admin staff. :)

June Dice—I want those things that money can't buy...time with family,

good health and peace on earth. As for something that money can buy, I would have Stacie & Clinton take me shopping. :)



Cate Jacob—I would love to go to Holland with my family and be with my family there for Christmas.

As for me, I think that peace on earth would be top of my list. Then, I would want enough money to pay off my debts, as well as those of my children. Also I would wish for health and happiness for my family.

### GREAT TRUTHS ABOUT GROWING OLD

- Growing old is mandatory; growing up is optional...
- Forget the health food. I need all the preservatives I can get.
- When you fall down, you wonder what else you can do while you're down there.
- You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- Time may be a great healer, but it's a lousy beautician.
- Wisdom comes with age, but sometimes age comes alone.

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**TCHD Forward**

**We are on the Web!**

[http://www.doh.state.fl.us  
/chdTaylor/Index.htm](http://www.doh.state.fl.us/chdTaylor/Index.htm)

Happy Holidays  
from everyone at  
**Taylor CHD**



**Low Fat Sugar Cookies**

Ingredients:

1 cup sugar  
1/3 cup olive oil  
1 tablespoon vanilla  
Two egg whites  
2-1/2 cup flour  
1/2 teaspoon salt  
1/2 teaspoon soda  
1/4 cup skim milk

Directions:

Mix first four ingredients until blended. Stir in dry ingredients alternately with milk. Cover with plastic wrap. Chill dough at least one hour.

Roll out 1/8-inch thick. Cut into shapes. Place on coated cookie sheets and bake at 375-degrees, 1- to 12 minutes or until lightly browned. Frost and decorate.



**Sugar Free Fudge Recipe**

Ingredients:

16 ounces cream cheese, softened  
2 unsweetened chocolate squares (1ounce each) melted and cooled  
1/2 cup sugar substitute (aspartame sweetener)  
1 tsp vanilla extract  
1/2 cup chopped pecans

Instructions

In a small mixing bowl, beat the cream cheese, chocolate, sweetener and vanilla until smooth. Stir in pecans. Pour into 8-inch square baking pan lined with foil. Cover and refrigerate overnight. Cut into 16 squares. Serve chilled.

Yield: 16 servings