

Voices of the Community

A DIFFERENCE MADE, AGAIN

The Graham County Make a Difference Day Committee (GCMADD) was successful in planning and organizing another clean-up activity for October 25, 2014. One hundred and twelve people from around Graham County volunteered in the effort to help clean-up in seven areas/neighborhoods.

Jackson Westridge Estates, North Safford. Montierth Lane/Little Hollywood, Town of Pima, Tidy Acres/White Fence Farms, Blue Ponds and Town of Thatcher were the areas that the GCMADD Committee identified for cleaning up.

The amount of refuse and recyclables that were disposed of was:

- ◆ 68,880 lbs.—34.4 tons—taken to the Safford Landfill
- ◆ Approximately 10,000 lbs.—5 tons—were recycled at Vista Recycling and Graham County Rehabilitation Center in Safford. This total tonnage includes green waste that was taken to University of Arizona Farm on Montierth Lane in Safford.
- ◆ Approximately 91 tires were taken to the waste tire stack at the Safford Landfill.

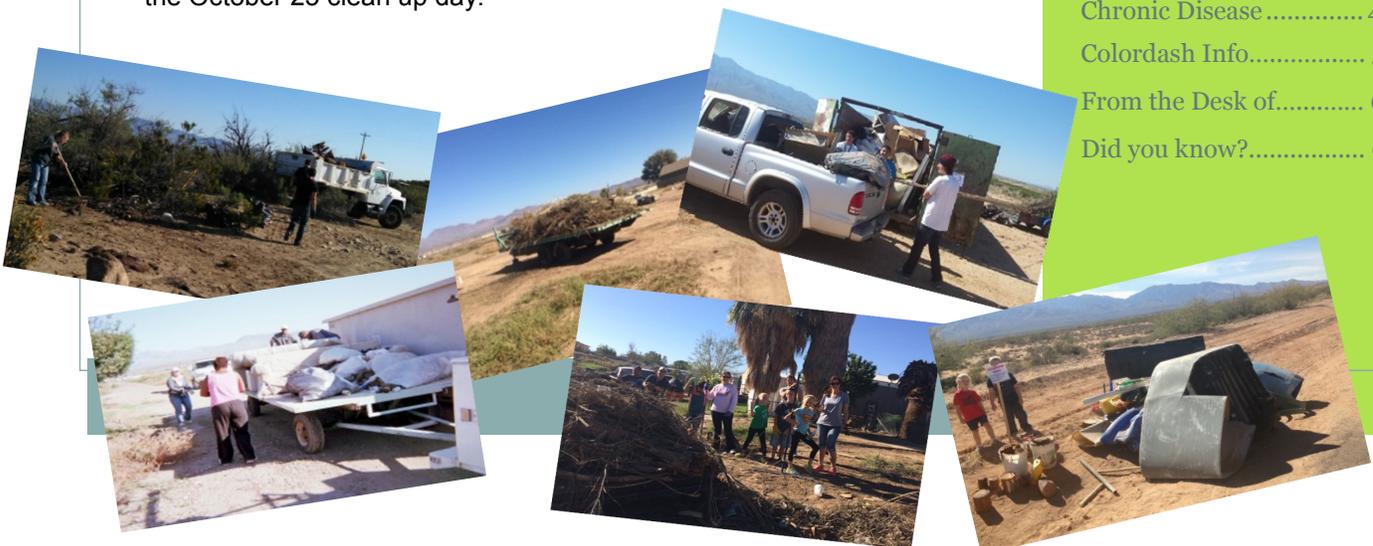
Southeastern Arizona Clean and Beautiful (SEACAB), a successful non-profit organization, organized by Jay Rasco and Hal Herbert have been a major part with the accomplishments of the clean-up efforts over the past 18 months. Other organizations that have contributed and supported are: Bashas'; Vista Recycling; City of Safford; Town of Thatcher; Boy Scouts of America; Graham County; Community and Neighborhood Volunteers; Church of Jesus Christ of Latter Day Saints; Safford High School; Town of Pima; Local Radio Stations; Eastern Arizona Courier; Eastern Arizona College students and other churches in the area.

The GCMADD Committee would like to thank all that participated in the October 25 clean up day.



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NEW SIGNS IN PLACE



The Little Hollywood area, located at South Montierth Lane and East Hollywood Drive in Graham County, tends to be a popular place for illegal dumping of trash, old furniture and appliances, beverage bottles and cans.

The litter has been a constant challenge in the past few years. The Graham County Make a Difference Day (GCMADD) event has participated in cleaning up Little Hollywood area in two different occasions.

In April 2014 a group of volunteers cleaned up the "corner" that is used

as an illegal dumping ground. Then, again in October 2014 the GCMADD volunteers attacked it again.

Graham County Board of Supervisors and Highway Department have erected "NO LITTERING" signs that states the statute for violation for littering and the possible fines and charges when caught.

Graham County will be erecting more of these signs in future areas targeted for clean-up. GCMADD committee will continue to identify areas to be included in future clean-up efforts.

"The litter has been a constant challenge in the past few years."

GRAHAM COUNTY ADOPTS BREASTFEEDING POLICY FOR EMPLOYEES.

The Graham County Board of Supervisors adopted a policy, effective October 20, 2014, that addresses breastfeeding.

The policy implements Section 7 of the Fair Labor Standards Act, as amended by the Affordable Care Act, requiring employers to provide a suitable location and reasonable break times for an employee who is a nursing mother, to express breast milk for her child.

The HAPI team wrote and presented the policy for approval.

NEIL KARNES RETIRES



Neil Karnes has served Graham County for the past 30 years working in the Health Department. He has been the Health Director for most of those years. He has decided to retire and will be enjoying life on the Golf Course more often.

He was dedicated to helping others in our county. He wanted people to live better, stay healthy, and enjoy life.

We thank Neil for his many dedicated years of service to the citizens of the County and wish him the best in retirement.



BRIAN DOUGLAS NAMED GRAHAM COUNTY HEALTH DIRECTOR

Brian Douglas has accepted the position as the new Health Director for Graham County.

Brian has worked in the Graham County Health Department for the past 8+ years as the PHEP Coordinator and Deputy Director of Emergency Management. He will now add a third hat assuming the duties of the Graham County Health Officer.



COUNTY SCHOOL YOUTH ENGAGED IN HEALTHY TEEN PROGRAMS

Upcoming Events

January 31—
Colordash, at the Fair-
grounds—9:30 AM

February 27-28—
**Mt. Graham Regional
Medical Center Health
Fair**, at EAC

It's NEVER to LATE!

Flu Vaccine Protection

The vaccine is recommended for everyone 6 months of age or older. The vaccine is especially important for people who are at higher risk for complications, such as:

- ◆ Adults age 50 and older.
- ◆ Children younger than 5 years old, especially children between 6 months and 2 years old.
- ◆ People with chronic conditions such as diabetes or asthma.
- ◆ Pregnant women.
- ◆ People in close contact with children under 6 months old.

Even healthy people need the flu vaccine. Studies show that the flu vaccine reduces a healthy adult's risk of getting the flu.

You can't get the flu from the flu vaccine. Some people notice a little redness, tenderness or swelling where a shot was given. Rarely, a person may develop a slight fever, chills or headache. Symptoms usually pass within a few days.

The Graham County Teen Outreach Pregnancy Prevention Program has been very successful in educating the youth in several schools in the county. In 2014, January through December, 682 youth between the ages of 12-18, participated in Adolescent and Sexual Health programs. All programs being offered to the youth are approved by the Arizona Department of Health Services, are evidence based, fun, interactive, and empower participants: to develop leadership ability, group and social skills and challenge themselves with activities and discussion.

The programs being offered in Graham County are Wise Guys, Smart Girls and the Wyman Teen Outreach Program (TOP) that includes 20 hours of community service learning projects. Wise Guys and Smart Girls were taught in a classroom setting (usually Physical Education class) at Safford Middle and High School, Ft. Thomas Junior High and High School, and Pima High School and high risk youth in our county.

TOP afterschool program are offered at Safford Middle School, Mt. Graham High School, Pima Junior High and High School,

Youth in the Pima school district for their Community Service Learning piece of the Wyman TOP program, gathered 142

quilts to send to the Ukraine through the Foreign Angels charity program. The circumstances for the Ukrainian population has caused people to move west. The blanket drive was organized through Shanna Masten, Teen Outreach Program Coordinator for Graham County Health Department.

These youth programs empower youth with knowledge, leadership and social skills to become informed and educated young men and women and have fun doing so.

HAPI (Health in Arizona Policy Initiative) is collaborating with the Teen Pregnancy Prevention Program to ensure that youth are educated about peer related topics in order to lead successful lives and build strong communities. Teen Pregnancy and Substance Abuse were identified in the top 5 concerns for citizens of Graham County. (Community Health Assessment 2012.)



Ask about a pneumonia shot, too. It is suggested for people 65 or older and others at high risk for pneumonia, such as people who smoke or have asthma.

Get the Flu Vaccine Every year. People need a new annual flu vaccine because flu viruses often change from year to year. Flu

vaccines are created to try to match predicted annual changes in flu viruses.

Contact Graham County Health Department for more information at—
928-428-0110

(Article contribute by Hank Metzger, Graham County Health Dept.)

Out of 15 counties in Arizona, Graham County ranks:

- ⇒ 9th for Overall Health Outcomes.
- ⇒ 13th for Quality of Life.
- ⇒ 10th for Length of Life
- ⇒ 9th for Healthy Behaviors which include:

- 34% of Adults are Obese
- 16% of Adults Smoke
- 26% of Adults are inactive
- 14% of Adults engage in excessive drinking
- ⇒ 8th for Social & Economic Factors
- 28% of children live in poverty
- 36% of children live in single parent households
- 83% of residents graduated from High School
- 30% of youth on Free Lunch Program

CHRONIC DISEASE: WHAT YOU SHOULD KNOW ABOUT ARIZONA

ARIZONA DEPARTMENT OF HEALTH SERVICES 2014

REDUCING THE BURDEN OF CHRONIC DISEASE

CHRONIC DISEASE ACCOUNTS FOR 30,000 DEATHS EACH YEAR IN AZ

76,000 HOSPITALIZATIONS & 10,000 DEATHS IN AZ EACH YEAR DUE TO **HEART DISEASE**

CARDIO-VASCULAR DISEASE
AZ'S 2ND LEADING CAUSE OF DEATH

OBESITY AFFECTS 1 IN 4 ARIZONANS

CANCER
HEART DISEASE
CHRONIC LOWER RESPIRATORY DISEASE
ALZHEIMER'S DISEASE
DIABETES
CHRONIC LIVER DISEASE+
CIRRHOSIS
HYPERTENSION+
HYPERTENSIVE RENAL DISEASE

CHRONIC DISEASE = 7 OF THE 10 LEADING CAUSES OF DEATH IN AZ



STROKE
AZ'S 6TH LEADING CAUSE OF DEATH

CANCER
CAUSES MORE THAN 10,000 DEATHS IN AZ EACH YEAR

NEARLY 1 IN 10 ARIZONANS HAS **DIABETES**



BUT WE ARE WORKING TOGETHER TO MAKE A DIFFERENCE

Informational Statistics on this page can be accessed on:

www.countyhealthrankings.org

www.azdhs.gov

Runners, walkers, families, organizations, EVERYONE ... FUN is coming to Graham County!

Join the Graham County Substance Abuse Coalition on Saturday, January 31st 2015 for Colordash: the world's brightest 5k event at the Graham County Fairgrounds! For more information and to register please visit: www.thecolordash5k.com - Safford Location

Graham County Substance Abuse Coalition is sponsoring Graham County's first Color dash 5k run on Saturday, January 31, 2015 at the Graham County Fair Grounds.

The COLOR DASH is coming to Graham County with a hurricane of color that will even turn your tears of joy into a tie-dyed movement of bliss and renew your out-look on what fun and life is all about.

Proceeds benefit the substance abuse community coalition that provides resources, support and education to the community through prevention and intervention.

A ticket (receipt) is required for entry into the event

Please visit the website for complete details and instruction for registering and fees for the event.

For Local Information contact:
Rebecca Estrada—

rebecca.durante@mtgraham.org

Kathy Grimes—

grahamsubstancecoalition@gmail.com

SATURDAY JANUARY 31 2015 GRAHAM COUNTY FAIRGROUNDS

PACKET PICK UP STARTS AT 9:30 AM COLOR DASH STARTS AT 11:30 AM

REGISTER AT: THECOLORDASH5K.COM

HULA HOOP CONTEST
DANCE CONTEST
COSTUME CONTEST

let the
**colormove
you.**

THE COLOR DASH

GREAT FAMILY EVENT!!

BENEFITS:

**GRAHAM SUBSTANCE
ABUSE COALITION**

PRICE: \$35 TEAM \$40 INDIVIDUAL \$85 FOR FAMILY*
*\$15 EACH ADDITIONAL AFTER 3

the
colordash
the world's brightest 5k

FROM THE DESK OF LAURA ROGERS



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http://www.graham.az.gov/Graham_CMS/default.aspx

Graham County Health Department - Community Health Assessment (CHA)/ Health in Arizona Policy Initiative (HAPI)
Laura Rogers, Health Programs Coordinator

I don't know where to begin....I have completed another quarter of the Health in Arizona Policy Initiative (HAPI) grant Year 2. Our efforts are continuing to improve the lives of the folks who live here in Graham County.

The Graham County Make a Difference Day Committee (GCMADD) members and the wonderful volunteers have played an integral part in making this forward progression happen. I want to thank every person who has participated in any way to make the clean-up efforts and the neighborhood improvements a possibility. Your time and dedication with these projects has made it possible for people to live and recreate in a better, cleaner environment.

Change is good. Here at the Health Department we are having change. I want to thank our retiring leader Neil Karnes, for his service as the county Health Director. He did an excellent job. We will miss him. Our new Director, Brian Douglas is welcomed by the county and community with open arms. Challenges in Public Health are ongoing. I look forward to working with new leadership and what that will bring to all who live, work and play here in Graham County.

Happy New Year to all of you! Your continued support for the HAPI program and the accomplishments we hope to achieve are greatly appreciated. Thanks to all of the volunteers that continue to pour out of this community when there is a need for them to help out!

Did you know...?

The total amount of refuse and recyclables that have been disposed of over the course of four clean-up efforts in the past 19 months, and the volunteer count is impressive—

Clean-up Progress:	Pounds	Volunteers
May 2013 - 34 tons	68,000	65
October 2013 - 70 tons	140,000	365
April 2014 - 38 tons	76,000	225
October 2014 - 39 tons	78,880	112
Total -	186 tons	362,880 lbs.
		767 volunteers

For questions regarding this document: 928-792-5368

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