

Alabama's health

A publication of the Alabama Department of Public Health

Prostate Cancer Screenings a Success at Perry County Event

A cooperative project involving the Sowing Seeds of Hope organization, Urology Centers of Alabama, the Perry County Health Department and the Comprehensive Cancer Control Program of the department joined together to sponsor a highly successful prostate cancer screening event at the Perry County Health Department Sept. 8. Forty men were provided free screenings during the four-hour event.

September is Prostate Cancer Awareness Month. Prostate cancer is very treatable when it is detected early. Prostate health is particularly important for African American men because they are significantly more likely to be diagnosed with Late Stage (Stage III or Stage IV) prostate cancer, and their death rate from prostate cancer is two and one-half times greater than the rate for Caucasian men. One of the goals of the Alabama Comprehensive Cancer Control Coalition is to reduce the disparities in prostate cancer incidence and death among men.

Dr. Jack Hataway, director of the Chronic Disease Prevention Office, said that the organizers achieved their goal of promoting community awareness about the event and drawing participants. Danny Doyle of the Marketing Division designed posters and fliers and thousands of copies were distributed in church bulletins, bank



Shown surrounding the check-in desk are Dr. Jack Hataway, Kathryn Chapman and Ashvin Parikh.

statements, car windshields, doctors' offices and through other locations. Sowing Seeds of Hope, a great organization, was a major partner in promoting the event.

Dr. Tom Moody of Urology Associates of Alabama initiated the project from the private sector. Assistant Area Administrator Ashvin Parikh opened the doors of the health department and provided constant support during the Saturday event. Frances Ford of Sowing Seeds of Hope brought out a cadre of volunteers to educate the community about the project, help draw blood, provide administrative support

continued on page 5

Arthritis Programs Gain New Life Thanks to Strong Partnerships

During the past year, the number of classes offered by the Arthritis Foundation Exercise Program, formerly known as PACE (People with Arthritis Can Exercise), more than doubled and the number of participants also grew thanks to the strong partnership with the Alabama Department of Senior Services.

Melanie Rightmyer, director of the Arthritis Prevention Branch in the Bureau of Health Promotion and Chronic Disease, reported that the exercise program "literally exploded" from 50 to 89 classes in less than six months and then achieved a total of 120 classes. She added, "More importantly, there were over 1,200 participants reached through these exercise classes. I truly appreciate the commitment of Senior Services towards helping make a difference in Alabama."

The Arthritis Foundation Self Help Program also grew thanks to partners including Alabama Cooperative Extension System agents, Montgomery Therapeutic Recreation Center, Montgomery Parks and Recreation, Priceville Assisted Living Facility, Haleyville Nursing Home, Morton's Baptist Church in Skipperville, two YMCAs in Selma and Montgomery East and Freewill Baptist Church in Montgomery.

During the Ninth Annual Alabama Arthritis Prevention and Treatment Coalition meeting held Sept. 11, awards were presented to arthritis self-management instructors. The theme of the meeting was "Laughing, Listening, Learning to Live Well with Arthritis." More than 90 persons from across the state attended.

The theme reflected the importance of how to become a self-manager of one's chronic disease. Speakers included rheumatologist Dr. Richard Jones of Tuscaloosa who spoke on rheumatoid arthritis, a representative of the University of Alabama at Birmingham who gave an update on arthritis research, and Geriatrician Dr. Regina Harrell who spoke on osteoporosis and how to prevent fractures from osteoporosis.

Other speakers included Kristen Helms, PharmD, of the Auburn University School of Pharmacy who gave an update on rheumatoid medications. Tonya Terry of WSFA Channel 12 shared her experience with living with rheumatoid arthritis. To conclude the agenda, Sandi Falkenhagen, vice president of the Arthritis Foundation, Alabama Chapter, updated attendees about events with the foundation.

For more information contact Melanie Rightmyer, R.N., 334-206-3977 or e-mail melanierightmyer@adph.state.al.us.



Virginia Jackson welcomes attendees to the Ninth Annual Arthritis Treatment and Prevention Coalition meeting.



Arthritis Prevention Branch Director Melanie Rightmyer and Linda Austin instruct a Living Well Alabama class.

Alabama Department of Public Health

Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

Alabama's Health

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Updated Physical Activity Recommendations Add Strength Training

Recently, the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) released updates to the Physical Activity and Public Health Guidelines from 1995.

Healthy adults under the age of 65 are urged to follow these recommendations:

- Do moderately intense cardio activity for 30 minutes a day, 5 days a week

OR

- Do vigorously intense cardio activity for 20 minutes a day, 3 days a week

What is the difference between moderate and vigorous activity? Moderate physical activity is working hard enough to increase your heart rate, while still being able to carry on a conversation. Vigorous physical activity is more intense.

These guidelines are intended for healthy adults to maintain their current health status; however, if you are trying to lose weight, more activity will be needed, up to 60 to 90 minutes per day, five days a week.

In addition to the cardio recommendation, ACSM and AHA have added a new strength training component to their recommendations. It is recommended that healthy adults do:

- Eight to 10 strength-training exercises, eight to 12 repetitions of each, twice a week

Muscle-strengthening activities include a progressive weight-training program, using free weights, weight machines, or elastic tubing,

weight-bearing calisthenics, such as chin-ups or push-ups, and similar resistance exercises that use the major muscle groups.

One clarification that has been made to the 1995 guidelines is that aerobic activity recommendations are in addition to routine activities during your daily life. If you perform a routine activity for less than 10 minutes, such as walking to your car or buying groceries, this activity does not count toward your 30 minutes of moderate activity per day.

There are several ways that you can incorporate physical activity into your daily life. The recommendations now say that your 30 minutes of activity does not have to be all at once, as long as short bouts are performed for at least 10 minutes. For example, if you take a break from work and walk up and down the stairs for 10 or 15 minutes, this counts toward your daily goal of 30 minutes.

'Walk at Work' begins Oct. 16

Walking is a great way to reach your physical activity goal. Starting on Oct. 16, the Division of Nutrition and Physical Activity's Healthy Lifestyle Choices Program will be beginning a "Walk at Work" program, where there will be group-led walks once a week at 10 a.m. on Tuesdays at the RSA Tower during a morning work break to encourage physical activity in the workplace.

On days where there is no group-led walk, you can still get your physical activity minutes in by walking during your lunch break by yourself or with a walking buddy. You can also get your strength training in by keeping stretch bands/elastic tubing at your desk

continued on page 4



The Healthy Lifestyle Choices Program encourages more health department employees to get up, moving and walking throughout the work day. Walk at Work is for group walks at the RSA Tower beginning Oct. 16 at 10 a.m. on Tuesdays.

Walk at Work, continued from page 3....

and incorporating exercises throughout your work day for a few minutes at a time.

Another great way to motivate yourself to be more active is to vary the kind of physical exercises you do. Try moderate exercise two days a week and two days of more vigorous exercise, such as jogging.

It is important to remember that these guidelines represent a minimum standard. Individual differences contribute to differences in physical activity needs depending on age, sex, genetic makeup and health status. The rule of thumb is that "more is better." Exceeding the recommendations will further increase your health benefits and will reduce the risk of chronic disease.

There are additional recommendations for older adults (adults over the age of 65, or adults between the ages of 50 and 64 with chronic conditions, such as arthritis). These additional recommendations are to:

- Perform balance exercises, if you are at risk of falling
- Have a physical activity plan

According to the National Institutes of Health, U.S. hospitals have 300,000 admissions for broken hips each year, many of them seniors, and falling is often the cause of those fractures. Balance exercises can help prevent falls.

A physical activity plan should be developed with a health professional to assess your risks and limitations, and to ensure your safety.

In addition to these recommendations, another beneficial activity for older adults is to take an extra 10 minutes every day to stretch, holding each stretch for 10-30 seconds, to increase flexibility which will aid in performing daily activities.

For more information on exercises for older adults, visit www.nihseniorhealth.gov.

For more information on the updated physical activity guidelines, visit www.americanheart.org/fitness or www.acsm.org.

By LAUREN DVORAK

Preparing for Retirement - Purchasing Service Credit

Alabama state law allows active members to purchase service credit for certain types of past employment. Purchasing service credit may increase the amount of your retirement income or allow you to retire sooner. If you have any questions about purchasing additional service credit, please consult your ERS Member Handbook or Contact an ERS retirement supervisor.

To purchase service credit, you must ensure there is proper certification of the service. Request the appropriate certification form by contacting the ERS or downloading the form from our Web site.

Types of Creditable Service I May be Eligible to Purchase:

Military Service in the U.S. Armed Forces

During your first year of participation in the ERS, you may purchase up to four years of eligible military service for which you are not currently receiving service retirement benefits. Weekend service and summer camp service with the National Guard and Reserves are not eligible to be purchased as creditable service. The next opportunity to purchase this military service will be after accumulating 10 years of creditable service and will cost substantially more.

Restoration of Withdrawn Service Credit from the RSA

After completing two years of contributing service, any member who previously participated in either the ERS or TRS and withdrew his or her contributions may restore the previously canceled creditable service. The cost to purchase the withdrawn service is the amount previously withdrawn plus eight percent interest compounded from the date of withdrawal to the date of payment.

Maternity Leave Without Pay

Any active member (male or female) of the ERS may purchase up to one year of credit for each period of maternity leave without pay. The cost to purchase this service is the full actuarially determined cost. Payment must be made no later than June 30 of the calendar year following the expiration of maternity leave without pay.

Previous or Permissive Service

Any active member with at least five years of contributing service, exclusive of military service, may purchase up to eight years of eligible previous service with a city, county, town or public or quasi-public organizations or political subdivision of a city or county of the state

continued on page 5

Prostate Screenings, continued from page 1....

and refreshments. Former Marion Mayor Ed Daniels, a prostate cancer survivor, was also a great supporter. He came to the site to lend his encouragement and support to participants.

Participants will be given their results and referred for further care. Other prostate cancer screenings are planned for Oct. 27 in Wilcox County (with Assistant Area Administrator Ziba Anderson's support) and another event will be sponsored by the Community Care Network in November at the Joe L. Reed Acadome in Montgomery.

Urology Centers of Alabama will provide follow-up and other services to the men showing signs of possible prostate cancer, including transportation when necessary. For more information about the Alabama Comprehensive Cancer Control Coalition and ways you can help reduce prostate cancer, go to www.alabamacancercontrol.org or www.adph.org.

FREE

**PROSTATE
CANCER
SCREENINGS**

SEPTEMBER 8, 2007
10 AM - 2 PM

**PERRY COUNTY
HEALTH DEPARTMENT**
Highway 45 South
Marion, Alabama

More information:
334.683.6153

PROVIDED BY:
Urology Centers
of Alabama, P.C.
Perry County Health Dept.
Sowing Seeds of Hope

This poster promoted the event.

Retirement, continued from page 5....

of Alabama (Section 12). The service must have occurred before October 1, 2000, and the individual claiming credit for the service must have been a member of the ERS on December 28, 2001. The cost of the service is the full actuarial cost.

Any active member with at least five years of contributing service, exclusive of military service, may purchase up to ten years of eligible previous service with a city, county, town or public or quasi-public organization or political subdivision of a city or county of the state of Alabama (Section 12s). The service must have occurred with an employer other than the employer as of October 1, 1996, the member claiming credit for the service must have been on October 1, 1996, an officer or a regular employee of a city, county, town, or public or quasi-public organization or political subdivision of a city or county of the state of Alabama eligible to participate in the ERS, and the member must have been covered or eligible to be covered in the ERS on October 1, 1996.

The cost of the service for each year of service purchased is the greater of the sum of the current employee and employer contribution rates of the member's compensation earned during the fiscal year in which payment is made or the average of his or her current annual earnable compensation for the two fiscal years immediately prior to the purchase.

Out-of-State Public Service

Any active member with a minimum of 10 years contributing service, exclusive of purchased military service, may purchase up to ten years of out-of-state public service. The cost of purchasing credit for out-of-state public service is the full actuarial cost.

TRS Support Personnel, Teacher Aide, Job Corps, and Teacher Corps This service may be purchased under the same conditions as out-of-state public service.

Non-Participating Employer Service

Any active member of a city retirement system that participates in the ERS may purchase up to eight years of credit for service earned under a non-participating employer funded by a city and a county which was eligible to participate in the ERS. The cost is the full actuarial cost and must be made prior to retirement.

Sources of Funds

Members of the ERS who are purchasing any type of permissible service as outlined previously in this section may do so by rolling

continued on page 6

State Combined Campaign Enjoys a Spirited Start

The Statewide Combined Campaign officially held its 2007 State Combined Campaign Kick Off/Charity Fair at the RSA Activity Center in Montgomery Sept. 12 with more than 20 charities represented to answer questions and provide information about their programs. The SCC supports the work of nearly 600 approved charitable agencies and organizations.

Campaign Chairman Chris R. Haag, deputy director of the Bureau of Family Health Services, asked employees to keep the following points in mind:

- There are hundreds of charities throughout Alabama which participate in the campaign. You may donate close to home.
- 100 percent of your donation goes to the charity or charities you choose.
- You may either make a one-time cash donation or set up your giving as a payroll deduction.

Employees have also been sent their State Combined Campaign material flyer titled "Recipe for Success." This 32-page tabloid guide features a quick reference listing by area and a short summary of the goals of the charitable organization. The six-digit code is to be entered on the SCC Pledge Card.

The purpose of this annual campaign is to raise funds for numerous local, state and global charities. The State Combined Campaign is the only authorized payroll deduction charitable fundraising effort for state employees. This feature allows state employees to contribute funds via payroll deduction over a 12-month period, starting in January. Many employees find this method of giving allows them to give more, but feel it less in their personal budgets. This campaign also enables employees to give conveniently to several charities at once by designating their gift.

Retirement, continued from page 5...

funds from tax deferred savings plans such as tax sheltered annuities (IRC 403(b)), governmental deferred compensation plans (IRC 457) like RSA-1, IRAs (IRC 408), or qualified plans (IRC 401).

You can have these funds transferred directly from the other plan to the ERS and avoid paying tax at the time of transfer, any early distribution penalty, or required withholding. The necessary form will be provided to you when you are notified of the cost for any service purchases.

Charities apply to be included in the campaign each year. Local boards review the applications to ensure the organizations are qualified human health, welfare and human care service charities recognized by the Internal Revenue Service under 26U.S.C.501(c)(3). Agencies are accountable and must meet rigid standards.

More information is available by calling toll free 1-800-545-1098 or visiting the SCC Web site at www.statecombinedcampaign.org.

Santa Claus (AKA Chris Haag) asks public health employees to give to the State Combined Charities Campaign, reminding them it is not the size but the spirit of the donation that counts.



Prepared by the Communications staff of the Retirement Systems of Alabama.

To have your questions answered in "Preparing for Retirement", please address them to:

Mike Pegues, Communications, Retirement Systems of Alabama
135 South Union St, PO Box 302150
Montgomery, Ala. 36130-2150

Employees Encouraged to Take Part in Wellness Screenings

Worksite wellness screening has been proven to enhance the health and quality of life for those employees who participate in them. The department's Wellness program, sponsored by the State Employees Insurance Board, provides for early identification of chronic health conditions for appropriate medical referral.

A record number of employees participated in the Wellness Screenings held in the RSA Tower during September. In addition to review of a health risk history screening form which is completed by the participant, finger sticks are taken for the following:

Lipid Profile--Tests Fat in the Blood
Total Cholesterol
HDL--Good Cholesterol
LDL--Bad Cholesterol
Triglycerides
Glucose---Blood Sugar

Also provided are:

- Blood pressure and pulse measurement
- Waist measurement
- Calculation of body mass index or BMI
- Counseling on assessment of risks based on results obtained
 - Goals to reduce risks
 - Referrals made as indicated

Wellness screening for the State Employees Insurance Board is a voluntary wellness program available to all employees, retirees, and adult dependents (age 18 and over) who are covered under the State Employees' Health Insurance Plan.

E-mail Chris Caldwell, RN, Area 8 Coordinator, for more information.

chriscaldwell@adph.state.al.us

Other offerings of the Wellness Program are Weight Watchers at Work and influenza immunizations.

Shown at the Wellness Screening held at the RSA Tower is Assistant State Health Officer for Personal and Community Health, Dr. Thomas Miller with Barbara Cook.



Department Celebrates Breastfeeding Awareness Month

The Alabama Department of Public Health and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Program celebrated August as Breastfeeding Awareness Month. The World Alliance for Breastfeeding Action chose "Breastfeeding: The First Hour-Save One Million Babies!" as its theme for 2007. Many clinics held special receptions for their prenatal and breastfeeding mothers. Jackson County WIC provided a reception for 19 prenatal WIC participants during their August breastfeeding class. Breastfeeding education and refreshments were provided by the WIC staff.

On the left is Nancy Hodges, R.N., Clinic Supervisor, and on the right is Nita Nichols, R.D., L.D., Nutritionist and WIC Coordinator for Jackson County.



LifeSkills Training Reaches Out to Teachers, Substance Abuse Counselors

Steps to a HealthierAL, covering Pike and Barbour counties, held LifeSkills Training on Aug. 29. The LifeSkills program is divided into three levels: elementary, middle and high school. This training is established on a groundbreaking substance abuse prevention program based on more than 20 years of scientific research. This program is one of the most effective evidence-based programs used in schools today. It is aimed at helping children resist drug, alcohol and tobacco use. LifeSkills' main objectives are personal self-

management of skills, general social skills, and drug-resistance skills.

Steps to a HealthierAL chose this program because it has a proven effectiveness with all ethnicities and both sexes, as well as inner-city, suburban, and rural populations. The tobacco component was a main area of concern for Steps, since "the state of Alabama has 133,000 smoking teenagers whose smoking habits need to be extinguished," according to Diane Beeson, Tobacco Prevention and Control Division with the Alabama Department of Public Health (ADPH).

Teachers from the Eufaula City School System, Barbour County Substance Abuse program members, and ADPH Local Area Tobacco Coordinators from throughout the state were present for the training. Steps saw a need for this program to not only benefit its two counties, but the future effect it could have statewide with training of the tobacco coordinators.

More than 500 students participate in LifeSkills in Barbour County (which includes Eufaula City Schools and Louisville). Kathy Akins, a teacher with the Eufaula City Schools, stated she could not wait to implement the program. Two weeks after the training, she had begun implementation and her students were enjoying it. She said it was a change from what they normally did and they were excited.

The Barbour County Substance Abuse Program (BCSAP) will begin teaching in the Barbour County School System, as well as, trying to get the Juvenile Court requirement to include the parent component of LifeSkills. This group sees a need in helping parents strengthen communication with their children and prevent them from using drugs, alcohol, and tobacco. The BCSAP is in the process of lobbying the judicial system in Barbour County to include the parent component of LifeSkills.

By Brandi Pouncey



Kelli LeBeau instructs class.

Interstate Shellfish Sanitation Conference Honors the Late Dr. Lewis A. Byrd

The Interstate Shellfish Sanitation Conference adopted a resolution formally recognizing Lewis Byrd's dedication to advancing public health standards for consumers of shellfish and his contributions to the National Shellfish Sanitation Program.

At the time of his death at age 61 on June 27 he directed the Seafood Branch of the Bureau of Environmental Services. He also served the Interstate Shellfish Sanitation Conference in numerous capacities including providing technical reviews and informal consultations.

Friends, members of his staff, representatives of government entities, and the seafood industry fondly remembered and eulogized him at his funeral.

Dr. Byrd was first employed with the department in 1967 in environmental laboratory testing and obtained his Ph.D. in environmental biology from Auburn University in 1976. In 1986 he was named director of seafood quality assurance and as Alabama's state shellfish standardization officer.

Under his direction the program received numerous commendations and recognitions from the public, industry, organizations and government entities. Dr. Byrd also provided technical reviews and informal consultations to the Interstate Shellfish Sanitation Conference.

His wife and daughter, Jody and Lisa Byrd, survive him.



ALABAMA PLAN ² ESCAPE



It's Fire Prevention Week - October 7 – 13th, 2007

The Best Way to Survive a Fire

U.S. Fire Facts:

- The leading causes of home fires are cooking, smoking, heating, faulty electrical equipment, and intentionally set fires.
- In 2005 home fires killed 3,050 people, and there were 13,300 injuries.
- There were 87 fire-related fatalities in the state of Alabama in 2006.
- Only half of homes involved in a fire have a functioning smoke alarm.
- Sixty-five percent of deaths occurred in a home with no alarm or a non-working alarm.
- Only 23% of all households have developed and practiced a fire escape plan.
- NFPA code recommends smoke alarms to be placed in every sleeping room, outside each sleeping area, and on every level of the house.

- **Be Prepared**
 - Install smoke alarms in all sleeping areas
 - Check smoke alarms monthly
 - Sound the alarm so that children are familiar with the beeping it makes
- **Plan Your Escape**
 - Discuss two ways out of the home during a fire
 - Draw a floor plan of your family's escape route
 - Make sure all exits are free and unobstructed
 - Designate a meeting place
- **Practice Your Escape**
 - Practice at last twice per year during the day and in the evening during normal sleeping hours

Fire Escape Tips

- **Check** doors for heat before opening
- **Get Low & Go** – Crawl low under smoke
- **Stop, Drop, & Roll** - if clothes catch on fire
- **NEVER** go back into a burning house



Bettye A. McNear, former employee of the Center for Health Statistics, died Sept. 15. She had retired earlier this year with 16 years of service.



Area 5 Home Health Care employees delivered small wrapped gifts to local physicians in Rainbow City and Oneonta to thank them for the referrals given for home health services.

Pictured are Pam Talbot, RN, Area 5 Home Care Manager; Stacey Luck, LBSW, Home Health Social Worker/ Outreach Coordinator; and Sue Borden, RN, BSN, Home Care Supervisor.

Governor Promotes Awareness of Prostate Cancer Screening Law

Gov. Bob Riley declared September as Prostate Cancer Awareness Month in Alabama, and he wants more Alabamians to be aware of a new prostate cancer screening law passed earlier this year.

The law requires insurance companies to offer full coverage for prostate cancer exams that are ordered by a physician. The bill was sponsored by Sen. Rodger Smitherman and Rep. Alan Boothe and signed by Gov. Riley in June. It does not mandate insurance coverage for prostate cancer screenings, but does require insurance companies in Alabama to offer full coverage for physician-ordered exams.

"It is estimated that more than 3,000 men in Alabama will be diagnosed with prostate cancer this year and 480 of them will die. But if it is detected early, prostate cancer is highly treatable," said Gov. Riley.

Dr. Thomas E. Moody, president of Urology Centers of Alabama, testified before the Alabama Senate Health Committee on the need for greater access to prostate cancer screening.

"It is imperative to ensure that men at risk have access and coverage for annual screenings, and we are grateful for the support and assistance of Gov. Riley and our legislators," Dr. Moody said.

Gov. Riley's proclamation notes that 25 percent of men who get prostate cancer are under the age of 65 and urges all men to become aware of the risks and to get screened for the disease.



Gov. Bob Riley signs the bill into law with Sen. Rodger Smitherman and Dr. Thomas E. Moody.

Dr. W.J. "Tom" Geary Appointed to HPS Medical Director Post

Dr. W.T. "Tom" Geary, of Montgomery, began his employment as the full-time medical director of its Bureau of Health Provider Standards, effective Sept. 17. Dr. Geary will provide clinical oversight to the department's health care facility regulatory programs which have responsibility for overseeing care in nursing homes, assisted living facilities, hospices, hospitals, home health agencies, abortion clinics, renal dialysis centers, and other kinds of health care facilities.

Dr. Geary is a 1974 graduate of Louisiana State University School of Medicine and completed a residency in Internal Medicine at the University of Alabama School of Medicine. He is board certified in internal medicine and is a certified medical director. He has been in private practice in Montgomery since 1999, providing care to geriatric patients and medical direction services to several area nursing homes, assisted living facilities and home health agencies.

"We are extremely pleased that Dr. Geary has agreed to join our regulatory program," said State Health Officer Dr. Donald E. Williamson. "He brings invaluable experience and skills to our team. It is our goal to have a health care regulatory program that is second to none in America. We have almost doubled the size of our field staff in the past year, while making improvements at the same time to our training program and quality assurance program. The appointment of Dr. Geary makes us one of the first states in the country to have a medical director assigned full time to regulatory oversight. It is a huge step toward achieving our goal."





Nurse Practitioner Arthur Rene Wright retired Sept. 1 from the STD Division after 25 years of state service. The Bureau of Communicable Diseases hosted a festive retirement celebration. Shown (left to right) are former STD Director Maxie Fleming, Mrs. Wright, and STD Division Director Sandra Langston.

Retirees

The following department employees have retired recently:

August

Jean Barr

Russell County Health Department

Alexion Chaney

Sumter County Health Department

Lois Kelley

Russell County Health Department

September

Cathleen Taylor

Fayette County Health Department

Commendations

Alabama's Health would like to recognize and praise employees for their accomplishments. To recognize outstanding work, supervisors may send letters of commendation to the State Health Officer, mail copies to Alabama's Health, Bureau of Health Promotion and Chronic Disease, RSA Tower, Suite 900, 201 Monroe St., Montgomery, Ala. 36104, or by e-mail to asheehan@dph.state.al.us for inclusion in this list. Four items are needed: the employee's name, work unit, the name of the person making the commendation and his or her city and state should be included.

Paula J. Anderson

Clarke County Health
Department
from Meg May, LCSW, PIP
Dothan, Ala.

Carolyn Bern

Gloria Brown

Charles Lail

Dale Quinney

Primary Care and Rural Health
from Wayne Rowe
Gadsden, Ala.

Sandra Blakely

Video Communications
from Sandra Wood, SPHR
Montgomery, Ala.

Debbie Bolling

Pickens County Health
Department
from Epsie Drewry, RN
Carrollton, Ala.

Marie Carastro

Terresa Collins

Debi Lynn Foster

Bernadette Harville

Sheila Jones

Joni Phelps

Health Provider Standards
from Brett Milligan
Birmingham, Ala.

Kim Coaker

Washington County Health
Department

Deborah Leigh Hooks

Clarke County Health
Department
from Shirley Singleton
Chatom, Ala

Theresa Mulkey

Center for Health Statistics
from Allen Kidder
Nassau County
Daryl R. Thomas
Denver, Colo.

Christina Norris, LBSW

Audra Wilson, RN, BSN

Monroe County Health
Department
from Melinda Lewis, LCSW
Robertsdale, Ala.

Kathie Peters

Center for Health Statistics
from Jennifer Kelley
Monroeville, Ala.
Monica Noland
Address unlisted

Georgia Reynolds

Reginald Strickland

Center for Health Statistics
from L.T. Lawson
Montgomery, Ala.

Tracy Schofield

Children's Health
Insurance Program
from Kirkland T. (Tom) Byars
Birmingham, Ala.

Denise Strickland

Bureau of
Communicable Disease
from Paul S. Smith
Address unlisted

Geneva Thomas

Center for Health Statistics
from Wesley Thompson
North Carolina

Suzanne Walker

Shelby County Health
Department
from Reba Brannan
MPH, RD, LD
Pelham, Ala.



Calendar of Events

 **October 10 • Satellite Conf & Web Cast**
**Short-term Birth Interval:
Counseling Family Planning
Patients, 2-4 p.m.**
For more information contact Stacey Neumann, (334) 206-3897.

 **October 11 • Satellite Conf & Web Cast**
**ADPH Nurse
Supervisor Training,
9:30-10:30 a.m.**
For more information contact Marilyn Knight, (205) 391-3176.

 **October 24 • Satellite Conf & Web Cast**
**Mosquito Abatement
in Louisiana Post Katrina
and Rita, 12 noon-1:30 p.m.**
For more information contact Video Communications, (334) 206-5618.

 **November 1 • Satellite Conf & Web Cast**
**ADPH Staff Meeting
with Dr. Williamson, 3-4 p.m.**
For more information contact Video Communications, (334) 206-5618.

 **November 13 • Satellite Conf & Web Cast**
**ADPH Nurse
Supervisor Training,
9:30-10:30 a.m.**
For more information contact Marilyn Knight, (205) 391-3176.

 **November 13 • Satellite Conf & Web Cast**
**Scale Back Training
for Alabama, 2-3 p.m.**
For more information contact Miriam Gaines, (334) 206-5649.

 **November 14 • Satellite Conf & Web Cast**
**Patient Rights and
Responsibilities, 2-4 p.m.**
For more information contact Debbie Buchanan, (334) 206-5711.

 **November 15 • Satellite Conf & Web Cast**
**Environmental Strike
Teams, 12 noon-1:30 p.m.**
For more information contact Video Communications, (334) 206-5618.

 **November 28 • Satellite Conf & Web Cast**
**Cultural Competency,
12 noon-1:30 p.m.**
For more information contact Video Communications, (334) 206-5618.

 **December 5 • Satellite Conf & Web Cast**
**Emergency Management
Assistance Compact,
12 noon-1:30 p.m.**
For more information contact Video Communications, (334) 206-5618.