

Union County Health Council

April 2010

Our Four Areas of Focus:

Nutrition

Exercise

Smoking

Teen Pregnancy

Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

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Exciting News from the YMCA by Krystal Scarberry, Executive Director

The Union County YMCA Gymnasium will soon be opened. A \$250,000 grant provided funding for renovation to include: a new gym multi-purpose floor, new lighting, new HVAC and air conditioning for the 1st time ever. Also the Y gymnasium has new regulation size glass adjustable backboards, new scoreboard, and new padding and paint throughout. The back stage area has been removed to gym floor level and converted into a new gymnastic, trampoline and tumbling area with instruction provided by Ms. Lori Watson, formerly of West Kentucky Tumbling.

The UC YMCA Gymnasium will provide expanded programming to our community by offering the only non school gymnasium in the county. The gymnasium will be open to the public as well as YMCA membership and YMCA scheduled programs. Expanded programs for children of all ages and adults to promote good health and exercise through fun and fitness programs. Our program plans include: Basketball clinics, games, leagues, free play as well as rentals, fitness classes, volleyball, boot camps and fitness challenges, indoor soccer programs, dances, gymnastics, tumbling, recitals, and special events.

We are recruiting volunteers and program instructors to help expand our services. If you or your group/organization are interest in helping or have any ideas to help with our goals of serving the community, please call 389-YMCA (9622) and ask for Krystal Scarberry, UC YMCA Executive Director.

Our goals are to encourage fitness, fun, good health and exercise for the entire family. The mission of the UC YMCA: To put Christian principles into practice through programs that build a healthy Spirit, Mind, and Body for all.

UNION COUNTY YMCA....."We build Strong Kids, Strong Families, Strong Communities."

News from the Wellness Center at Earle C Clements Academy

Street Smart is a multi-session intervention designed to reduce the risk of participant's chances of HIV infection. Program participants attend a series of sessions designed to help them address safer sex, substance use, relationships, decision making, self/partner risk assessment, risk reduction and empowerment. These sessions are occurring at ECCJC on a monthly basis by Jeremy Turner with Matthew 25 for the young males of our center. These sessions are on Tuesday and Thursday from 2:00pm to 4:00pm for 2 weeks.

"SISTA" (Sister's Informing Sister's on Topics about Aids) is an empowerment program for young females especially African American because they are at a higher risk of contracting HIV/AIDS. The program consists of no more than 10 females per session by referral of career managers or staff. Each session must be a mandatory attendance by the young females in order to complete the program. This is a two day event from 1:00pm to 4:00pm done monthly via Ramona Gilmore with EHA and Tonya Dixon with Matthew 25. This is also a pampering session for our young ladies with many incentives, ways to build self esteem and educational material. After participation, in two weeks there is even a graduation ceremony.

We are also proud to have Matthew 25 on center monthly for free HIV testing done via Buccal (cheek) swabs with results back in 20 minutes. This occurs on the 2nd Tuesday of each month by appointment only. Sign up at the Wellness Center.

GET TO KNOW Submitted by Holly Trevino, ChiRho Health & Wellness Center

When we first heard the term "Food Revolution," we weren't exactly sure what that meant. Did a lazy Susan suddenly start spinning out of control? Was ketchup attempting a hostile takeover to dethrone salsa as top condiment? But then, with world-renowned chef and best-selling author Jamie Oliver's name attached, we knew it was going to be all about "good food." Enough said.

Yes, Jamie Oliver is here to start a revolution. The impassioned chef is taking on obesity, heart disease and diabetes in the USA, where our nation's children are the first generation NOT expected to live as long as their parents. Now that's scary!

Jamie is inviting viewers to take a stand and change the way America eats, in our home kitchens, schools and workplaces with the thought-provoking new series, *Jamie Oliver's Food Revolution*, which has a special sneak preview *SUNDAY, MARCH 21 10/9c* on ABC, followed by a 2-hour premiere on *FRIDAY MARCH 26 8|7c*.

In the six-part series, Jamie heads to Huntington, West Virginia. Why? Well, Huntington has been called the unhealthiest city in America. Jamie wants to do something about that. Through his efforts in this one town, he hopes to start a chain reaction of positive change across the country.

Jamie says, "There's an incredible community in Huntington, and I want this experience to be a celebration of what we can achieve when people come together." Jamie goes on to say, "Wonderful stories will unfold in Huntington, and hopefully this will inspire the rest of the States." Sounds like a plan!

Needled by local naysayers, challenged by ingrained unhealthy habits and government bureaucracy, and welcomed by some of the most surprising youngsters, families and local leaders, Jamie shows how, in just a few short months, he tried to transform Huntington as a template for the entire country. The stakes? Simply the health of our country's citizens and the legacy for its children.

The series is loosely based on Jamie Oliver's U.K. series, *Jamie's Ministry of Food* and *Jamie's School Dinners*, which saw his successful grass-roots efforts improve the school lunches in communities there. For the latter show, it resulted in a total overhaul of the school dinner program in the U.K. In America, he's turning his attention to helping people of all ages eat more balanced meals and cook with fresh ingredients, not only at schools, but also homes, and workplaces.

Jamie's recent television credits include *Oprah's Big Give* for ABC. He is the author of nine popular cookbooks, including "The Naked Chef", "Cook with Jamie" and "Jamie at Home." Hyperion published his latest cookbook, "Jamie's Food Revolution: Rediscover How to Cook Simple, Delicious, Affordable Meals", in October 2009. Packed with quick, flavorful recipes and step-by-step photos shows beginning and accomplished cooks how to achieve great results with fresh ingredients. You can [buy it now!](#).

We can't wait to see how Jamie makes out in Huntington. We're also curious to see if his efforts there catch on in other places. Let the revolution begin!

If you want to get more involved in Jamie's revolution, you can [sign Jamie's food petition](#)

News from Cullenook Farms by Carole Cowan

Thanks for the support of the CSA. Interest from the community has been great and we hope that it will be beneficial to the community. Reminder that the sign ups need to be in by March 31, 2010. Thanks again for all your help.



Photos from our Dress In Blue Lunch and Learn, held March 5th in conjunction with the Morganfield Lions Club. Dress in Blue is a campaign to raise awareness of the importance of colorectal cancer screenings.



The greatest wealth is health. ~Virgil