

Union County Health Council

June 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.

Become a fan of Union County Health Council on Facebook



STOP Stroke



Act F.A.S.T.



Spread HOPE

MAY IS
NATIONAL STROKE
AWARENESS MONTH



During the month of May, Union County Health Council participated in National Stroke Awareness Month.

We distributed information at the Union County Senior Citizen Health Fair.

We also distributed information at the Health Fair held at Earle C Clements Job Corp Academy.

Health Council newspaper articles during the month of May focused on Stroke Prevention as well.

If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

ACT F.A.S.T.	
F ACE	ASK THE PERSON TO SMILE. DOES ONE SIDE OF THE FACE DROOP?
A RM(S)	ASK THE PERSON TO RAISE BOTH ARMS. DOES ONE ARM DRIFT DOWNWARD?
S PEECH	ASK THE PERSON TO REPEAT A SIMPLE SENTENCE. ARE THE WORDS SLURRED? CAN HE/SHE REPEAT THE SENTENCE CORRECTLY?
T IME	IF THE PERSON SHOWS ANY OF THESE SYMPTOMS, TIME IS IMPORTANT. CALL 911 OR GET TO THE HOSPITAL FAST. BRAIN CELLS ARE DYING.



Union County Health Council recently endorsed the annual Run for the Roses 5K Race. Over 100 runners participated. The overall winner was Graham Paxton. For complete race results, visit the Greater Evansville Walking and Running website.



**10th ANNUAL
GOLF
SCRAMBLE**
Friday, August 27th,
2010
Breckinridge Golf Course
Morganfield, KY



Call Tessa Gough at 389-5050

Save the Date!!
Regional Oral Health Summit

*Sponsored by Western Kentucky Regional Dental Coalition, West Central Dental Society,
Trover Health System, West Area Health Education Center, UK Center for Rural Health-Madisonville, & the
UK Center for Oral Health Research*



June 18, 2010

Who? *Anyone with an interest in improving the oral health of Western Kentucky!!*

Dentists, Hygienists, Dental Assistants, Pediatricians, Nurses, School Health, Preschool Personnel, Health Department Partners, Family Medicine providers, Family Resource and Youth Service Center advocates, Dental education providers, Community Leaders, Community Health Councils, and the list goes on....

What? *An opportunity to gather local dental providers and the community partners who need the latest information on the status of oral health in our region. Information regarding the Kentucky Oral Health Network, Early Childhood Caries, the 2010-2011 Board of Education screening form, Varnish training for medical practices, and a review of dental resources available in the region are on the tentative schedule for this continuing education opportunity.*

CE credits will be available and approval is in process

Where? *KCTCS Madisonville Community College Health Campus, Madisonville, Kentucky*

When? *Friday, June 18th with tentative time schedule of 10-3 with lunch included*

Cost: *TBA*

RSVP: *Please respond as soon as possible to express interest in this regional event or if you would like to assist in sponsorship of the program. All Questions or Reservations should be sent to the attention of Natalie Begley, UK Center for Rural Health-Madisonville, via email: nbegley@trover.org or phone (270) 824-3436. Please contact for additional information to be shared when available. Please forward this information to anyone who may be interested in attending!*

COMING SOON.....

Longest Day of Play

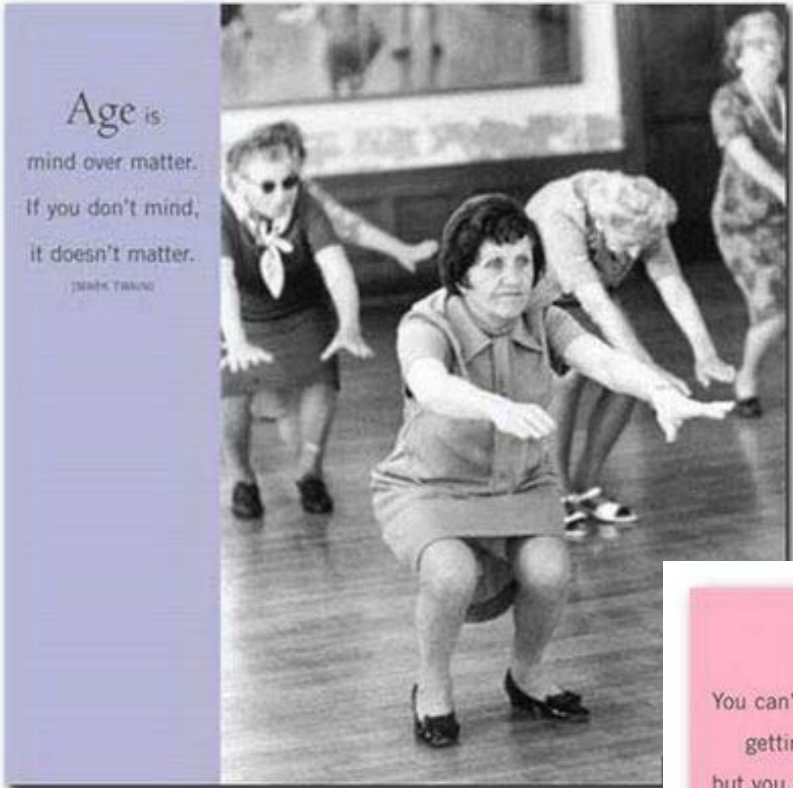
June 16th

Morganfield City Park

6:00 – 8:30

Free Admission

Supper will be served – Everyone Welcome!

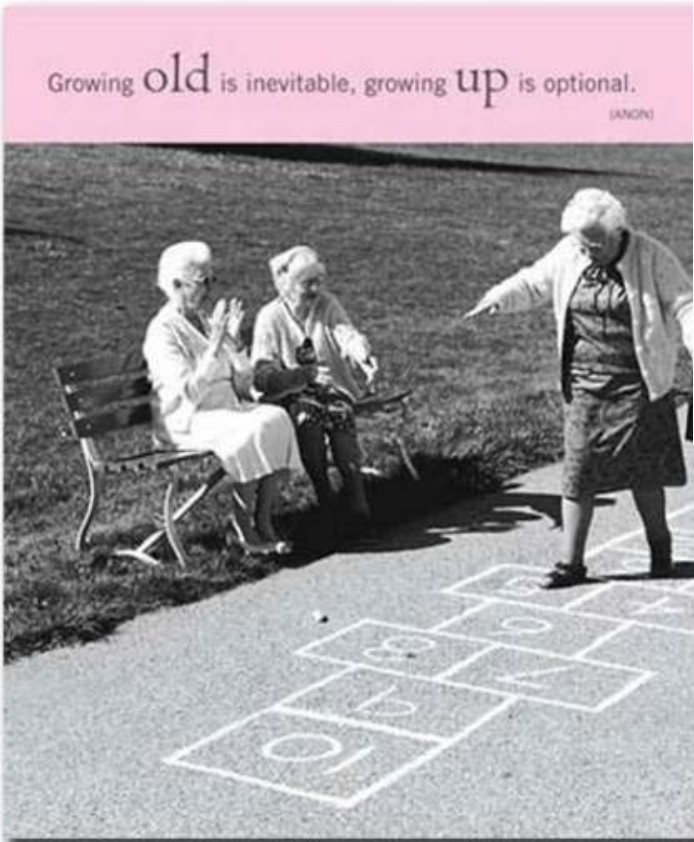
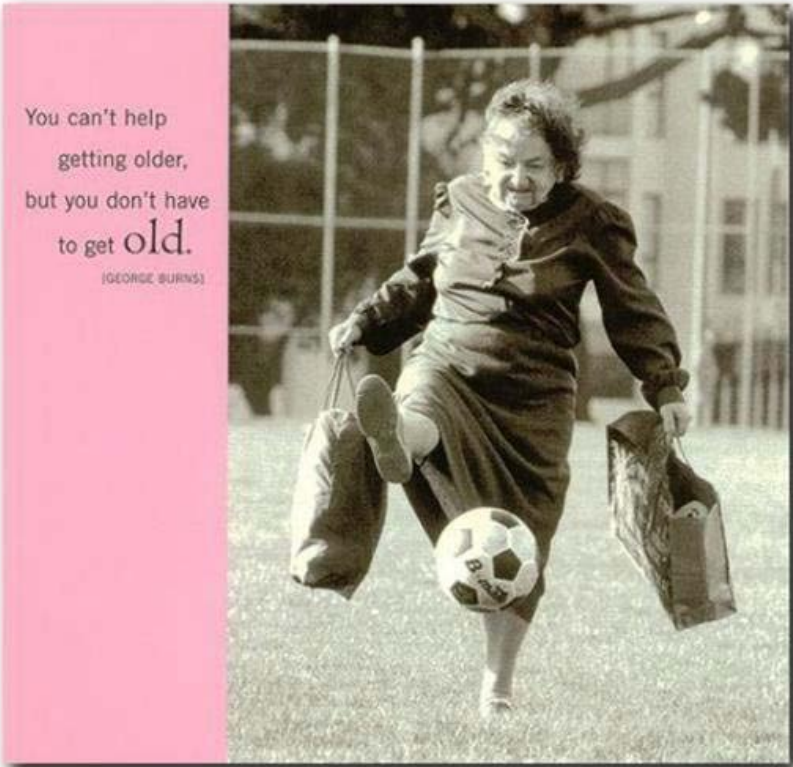


August 14

Family Fishing Tournament
7:30-11:30

Location TBA

All ages welcome!



We've changed our name!

Union County Health Council will now be known as **Union County Health Coalition!**

This is a step in the right direction for the future of our project. We look forward to working with a variety of individuals and groups to accomplish our mission. Join us anytime!

Union County Health Coalition