

the health advisor

Florida Department of Health

Mission: Promote and protect the health and safety of all Floridians.

August 1999

The Department of Health serves Floridians and visitors with integrity, teamwork, accountability, professionalism, quality, caring and community partnerships.

Brooks co-hosts health fair as part of Governor's Capital for a Day



Governor Bush



Secretary Brooks and Deputy Secretary for CMS Dr. Eric Handler talk with some of the children at the health fair about the importance of having healthy teeth.

DUVAL CHD Have you ever had your temperature taken by Florida's top health official? Well, some of Jacksonville's residents did when Secretary Brooks examined them during a mini-health fair at the Duval County Health Department on May 25.

Secretary Brooks and the Duval County Health Department co-hosted the event, attended by a number of community-based organizations and their clients, as part of Governor Jeb Bush's "Capital for a Day."

Attending organizations included the Jacksonville Housing Authority, Health Families Jax, Jacksonville Children's Commission, Sulzbacher Center for the Homeless, and several dozen similar organizations. Leaders of the attending organizations received an orientation about currently available services and service locations, in addition to an opportunity to discuss the needs of their clients. Each of the clients was provided or scheduled for services they needed and for which they were eligible, including immunizations, dental services, and health education activities such as tobacco cessation.

Duval CHD staff was available to talk with, provide services for, and/or sign up "walk-in" clients for services. Walk-in clients toured the health fair in the auditorium to better familiarize themselves with the mission and services of the Department of Health, and more specifically, the Duval County Health Department. Additionally, Children's Medical Services (CMS) staff was present to refer citizens into the CMS patients' system and answer questions.

"This event was a success due to the tireless efforts of Dr. Jeff Goldhagen and the entire Duval County Health Department," said Secretary Brooks. "Thanks to the daily efforts of public servants like these at county health departments throughout the state, we are able to provide quality health care services to all Floridians."



Secretary Brooks (right) and DBPR Deputy Secretary Charlie Crist (left) talk strategy with a SWAT (Students Working Against Tobacco) member.

"Thanks to the daily efforts of public servants like these at county health departments throughout the state, we are able to provide quality health care services to all Floridians."

Secretary Brooks

It's that time of year again . . .

June 1 — November 30 is hurricane season. The Emergency Operations staff (left to right), Jim Croushorn, administrative officer; Ellery Gray, chief; Jim Hinson, logistics officer; and Bill Dart, operations officer, is prepared for another season.



county news in this issue:



The Magic Wand: the abcs of hand washing cultivating community partnerships

LAKE CHD Hand washing boring? Not in Lake County, when a magician dressed in a top hat and tails (a.k.a. Junie Albers, Curriculum Specialist, Lake County School Board) teaches hand-washing techniques to preschool teachers and directors. She uses a magic wand (a black light), donated by the Pre-K Interagency Council to show the preschool teachers and directors bacteria on their hands before and after using soap. Another "magic" trick is to fill a balloon with confetti



left to right Cindy Freeman, Kiwanis Division 9; Claire Souliere, WIC coordinator, a.k.a. Mr. Bac; Junie Alber, Lake CHD, a.k.a. The Magician

and then pretending to cough. The confetti (bacteria) spreads all over the room, including in hair and on shoes. Claire Souliere, RN, assistant nursing director of the Lake County Health Department and Kiwanis Club of Leesburg noon vice president used a hand puppet (Mr. BAC) to emphasize various diseases that can be prevented by proper hand-

washing. At the end of each session, the day care center directors receive a free hand washing kit, donated by Division 9 Kiwanis Clubs. Each teacher receives classroom materials donated by the Pre-K Interagency Council.

How did this happen? Kiwanis Lt. Gov. Earl Stiffler consulted with Dr. John C. Pellosie, Jr., director of the Lake County Health Department, to find out about public health concerns in Lake County. Dr. Pellosie told him that, "Hand washing is the first line of defense for proper health." He pointed out that lack of hand washing was in the news recently with an outbreak of enteric illness. Statewide, the cases of shigellosis have increased from 1529 cases in 1995 to 2105 cases in 1998.

After the meeting, Earl formed a subcommittee, consisting of Kiwanians and staff from the Lake County Health Department, the Lake County Extension Service, the Pre-K Interagency Council, and the Lake County School Board. The subcommittee recommended the Soap and Detergent Board's curriculum. They have kits containing an audiotape, a teacher's guide, posters, story book, and information sheets for parents. Each kit costs \$20.

Lake County has 57 day care centers that accept vouchers for low-income children. Central Florida AHEC agreed to supply 20 kits and challenged the Kiwanis Clubs of Division 9 to donate the remainder. After discussion at the Division 9 Council meeting, the Kiwanis Clubs agreed to support this project on a voluntary clubs basis. The committee ordered the kits and put a Kiwanis logo sticker on each item in the kit. The teachers and directors were very happy to receive a free inservice and educational materials for their preschool students. Division 9 Kiwanis Clubs should be commended for taking action on an unusual local Young Children Priority One issue.

— Cynthia J. Freeman, Marion CHD

Breastfeeding highlighted at baby shower

The ninth annual Lake County "World's Greatest Baby Shower" was a success at three locations in Lake County. The program included a PowerPoint presentation on "Building Baby's Brain," "Inside My Mom" video, a "Dress Dad for the Delivery Room" contest, and a segment titled "Sign Posts for Success." Two fashion shows emphasized economical clothing for maternity wear and for breastfeeding. Door prizes included video tapes about breastfeeding and baby slings.

Lynn Penley, clerk specialist, Lake CHD, astonished the audience by breastfeeding her baby Nicholas on stage. Lynn wore an attractive dress with a breastfeeding sling. She proved to the audience that it is possible to breastfeed discreetly, without embarrassment, in front of 300 people. Everyone in the audience watched Lynn as she explained the benefits of breastfeeding. Several of the Kiwanis volunteers remarked that this was a great educational experience for them, too.

— C. J. F.

Lack of hand washing was in the news recently with an outbreak of enteric illness. Statewide, the cases of shigellosis have increased from 1529 cases in 1995 to 2105 cases in 1998. Division 9 Kiwanis Clubs should be commended for taking action on this issue and helping Florida AHEC with education kits for local day care centers.

"... a man of passion, of principles, of independent thought and singular focus." Fort Myers News-Press

Health department loses a friend and advocate

LEE CHD The Lee County Health Department lost a true friend and valued employee with the death of Michael (Mike) Darcy, STD supervisor, on June 21st at the age of 52. With the department since 1989, Mike was an outspoken advocate for HIV/AIDS services. Beginning as an unpaid volunteer sitting in a metal folding chair in front of a soup kitchen doing AIDS outreach work, Mike rose to become the county health department's supervisor of Sexually Transmitted Disease Services.

Respect and admiration for his work were universal within Lee County, reflected in the fact that no less than nine feature articles were written on his work with AIDS, minorities and STDs during his career. Further, his name became familiar over the years in many Letters-to-the-Editor sections. Known from Fort Myers to Tallahassee to be vocal in his beliefs, and often at odds with "the establishment," he was "a man of passion, of principles, of independent thought and singular focus," as a recent Fort Myers News-Press feature on his life eloquently put it.

Mike's health department co-workers donated more than a thousand hours of sick time since last October, when cancer made further work impossible. He will be missed.

— Mike Barnaby, Lee CHD

transition Townsend retires after 21 years

MARION CHD Donna Townsend, R.N., the Healthy Start Coordinator for the Marion County Health Department, is retiring after 21 years of service. She has been the supervisor of Healthy Start since January 10, 1995, and is very proud of her department as indicated in the following poem. Donna and her husband will be spending their retirement years in Montana. We wish her happiness in her new adventure.



Ode To Healthy Start

Healthy Start can be...frustrating, depressing, exhilarating, but NEVER DULL.
And those babies will keep coming...there's NEVER a lull.

There's always the things you will learn to hate
— dirt toads, flat tire, wrong addresses
And the inevitable "Unable To Locate."
There's always those that "decline service" and don't want you at all,
And there are those that call and call and CALL...
And really do want to be a good mom and learn all they can —
Some will come back and tell you, "Thanks! for helping me to understand."

Clients can make you one day despair, the next day declare
That you'll NEVER EVER help her again...and then...
One day she walks in, smiles, and says "See my baby?"

Then with a start
You want to re-start Healthy Start...
But WAIT! No, you realize
Baby's screen is "2" not "5."
Why? Why because of me
Mom got married, quit smoking, and earned her GED!

Never think this job is unimportant...that you can't make a difference in a life,
Sometimes it takes only two words in someone's time of strife... "I CARE."

Healthy Start cares because that child may grow up to be a president, a doctor who finds a cure for cancer, a concerned citizen, an astronaut, a person that speaks the Word of GOD...Who's to say?
Who knows what the future can hold from the deeds that you do today?

That's why...HEALTHY START WILL ALWAYS BE...A PART OF MY HEART.

— Donna Townsend, Marion CHD,
upon her retirement July 1, 1999

Helping the homeless get off the streets

VOLUNTEER SERVICES, REGION 12, BROWARD Broward Outreach Center opened its doors in April 1997. Affiliated with the Miami Rescue Mission, Inc., it was the solution to the issue of homelessness in the south end of Broward County. The center receives financial support from Broward County, the City of Hollywood, private foundations, and individual donations. Its tightly structured program offers recovery support to homeless persons who desire to get off the streets and make a permanent change in their lifestyle. The current capacity is 90 beds.

Dr. Robert Niles saw the need to offer health care at the center at the first point of contact with an applicant. By contacting the Department of Health's Volunteer Health Care Provider Program, he was able to assure sovereign immunity protection for the licensed medical professionals he recruited. An appeal to the membership of the Broward County Medical Association brought donations of medical equipment. Memorial Health

needed I often come, sometimes even on weekends," she said.

As a nurse practitioner, Smalling covers most of the bases. "Generally, I work on my own and can assess someone for an illness, treat chronic, as well as acute, illnesses, adjust medication, start medication, or treat acute sicknesses like a cold or a respiratory or urinary infection. We nurse practitioners, think of ourselves as nurses who can give medical care."

Her work, however, goes beyond the medical. "I have a 'psych' background, so I do a little of everything, including counseling," she reflected.

Since working at the Broward Outreach Center, Smalling said she has dealt with many stress-related illnesses. "The clients at the center are homeless and thus have issues such as drug addiction and other psychiatric issues. Many have chronic illnesses that did not surface while they were on the streets. While they are here and are dealing with many emotional problems, the medical issues start surfacing. That's when you see the ulcers, the chronic back pain

and the foot problems."

Reflecting on her service at the center, she said, "When I took this job I knew what it would involve. I have received fulfillment working here knowing that clients really need the help.

I think I genuinely have a rapport with clients here."

Dr. Allen Reesor, director of the center, said that volunteers are crucial to the operation. "Without volunteers, we would have to significantly reduce services. In addition, volunteers often say that their service is one of the most meaningful things they have done in their lives."

Plans are underway to expand the center to a second 50-bed facility to house women and children together.

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Dr. Allen Reesor, Director, Broward Outreach Center

Care System outposted Paulette Smalling, an ARNP, on a half-time basis to provide continuity of care.

In a recent interview, Ms. Smalling spoke about her experience at the center. "To do a job effectively, you have to love what you are doing." She exhibits her love of her work as she tends to the needs of the center's residents. "If you love your work, it shows," she said.

"I am placed here at the center on a part-time basis through my work at Memorial Regional Hospital. But, I do a lot of volunteer hours. When I'm

Getting ready for year 2000



Update on the Department of Health's technology compliance activities

Several initiatives are underway to assure that the state of Florida, Florida's public agencies, and local governments and private businesses are ready for the new millennium. Two years ago, several state officials, including Sen. George Kirkpatrick, Rep. Greg Gay, then-Budget Director Dr. Bob Bradley and others, took action to help the state of Florida avoid the computer glitch called the Millennium Bug. The Florida Legislature created a Year 2000 Task Force, responsible for the remediation (fixing) of the State's mission-critical computer systems. As of February 1999, the State Year 2000 Task Force is reporting that 99% of Florida's 492 mission-critical systems are remediated. Within the Department of Health, all of our statewide, mission-critical systems are ready.

In order to provide additional assistance in preparation for the Year 2000, Gov. Bush appointed the Department of Management Services' Secretary, Tom McGurk, with the oversight of a statewide, coordinated Y2K awareness and remediation effort. Team Florida 2000 is the result of that effort and will assist local governments, school districts, constitutional officers such as sheriffs, court clerks, tax collectors, and others with Year 2000 awareness, assessment, and remediation activities.

Team 2000 has garnered the support of various state agencies to help local governments and private business deal with the Year 2000 issue. Several workgroups have been formed and charged with specific missions. Steve Seibert, Secretary of the Department of Community Affairs and a former Pinellas County Commissioner, chairs a working group to assist local governments and private business with remediation efforts when possible, and to monitor local governments to determine if there will be any breakdowns in their delivery of services. Joseph Lacher, president of BellSouth of Florida and chair of Enterprise Florida, chairs another group that is working to make the private sector more aware of Y2K, its potential impact on businesses, and to make information available in order to help these businesses help themselves. Joe Myers, the director of the state Emergency Management office, is responsible for a group that is monitoring the vitality of the state's critical infrastructure. This includes banks, credit unions, utilities, telecommunications companies, insurance companies, grocers, gasoline retailers, and the like. Overall coordination of the entire project is occurring through Lt. Gov. Frank Brogan's public awareness campaign which is designed to reach all Floridians, ease citizen anxiety, and prevent self-fulfilling prophecies of shortages of key consumer goods, runs on banks and credit unions, and other possible calamities. Other public-private efforts include the following: The Florida Medical Association will work with the Department of Business and Professional Regulation and with the Department of Health to develop a brochure for physicians to self-assess their practices. The comptroller and the insurance commissioner are working with their regulated industries to monitor and require Year 2000 compliance. The same goes for the Public Service Commission. With the co-sponsorship of the Florida Chamber of Commerce, the Florida Manufacturing Technology Center, Enterprise Florida, the Institute of Food and Agricultural Sciences at the University of Florida, the Small Business Development Council and the Small Business Administration, free seminars will be held all over Florida. These seminars will help Florida companies become more aware of the Y2K issue, help them assess their own exposure, and show them how to obtain help to repair their systems and prepare business continuation plans. The Department of Health's Bureau of Emergency Medical Services is surveying local emergency management providers to help assure that emergency services continue uninterrupted. The Department of Environmental Protection is providing public workshops to help local communities prepare in terms of drinking and wastewater treatment.

Team Florida 2000 will assist local governments, school districts, constitutional officers such as sheriffs, court clerks, tax collectors and others with Year 2000 awareness, assessment, and remediation activities.

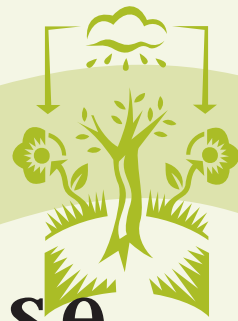
There are several Florida Year 2000 web sites with a wealth of information on the topic. In addition to the Department of Health's intranet site on Year 2000, some that you may want to peruse include those of Team Florida 2000 at <http://www.tf2k.org/>, the Division of Emergency Management at <http://www.dca.state.fl.us/bpr/EMTOOLS/Y2K/y2k.htm>, and the State of Florida, Year 2000 Task Force at <http://y2k.state.fl.us/>. Together, as a part of the State's Year 2000 Team, it is our goal to assure that not only public services, but all those critical to Florida's citizens and visitors continue without interruption after the new year.

— Jo Ann Steele, Information Resource Management



MIAMI-DADE CHD The Miami-Dade County Health Department recently unveiled its new mobile immunization van donated by Tenet South Florida Health System. To help make the immunization process more child-friendly, the van's exterior features Garfield, Tenet's health and safety mascot, in bold, colorful graphics.

Tenet identified the health department immunization program as an area of need because of the need to make immunizations more accessible and expand the current locations where children can be immunized. The immunization van will help target children who have not had required immunizations for the upcoming school year.



Obstacles to exercise

What's stopping you from being more physically active? It's summertime in the sunshine state and everyone needs physical activity. Below are some common obstacles to getting in shape — and a few tactics for getting over the hurdles.

Perhaps the most common excuse for not exercising is that there is just no time. Even short bouts of exercise (ten minutes here or there) can help you stay in good health and stave off cancer and other chronic diseases, including heart disease, diabetes, osteoporosis, and obesity. And it is an exceptionally busy person who can't find ten minutes to take a quick walk at lunchtime or after work. Walking can be done with little planning and no special equipment, except for a pair of comfortable shoes. Keep a pair in your car and/or at your office. Instead of watching a movie with a companion or talking on the phone with a neighbor, why not take a walk together?

You may be the kind of exerciser who gets bored easily. If so, try building variety into your workout. Plan a week's worth of different workouts and

switch the days around the next week. Or join a class such as water aerobics, yoga or dance that meets two or three days a week and fill in other days with walks, bike rides or weight training. Try taking lessons for a sport that you find interesting.

The change of seasons can provide either an excuse to stop exercising or an opportunity to try something new. One way to make the transition from one season to the next is by exercising through gardening. In the spring, prepare the soil and plant seeds, tend your garden in the summer and harvest in the fall — it's an ideal way to keep in shape. You can also look at a local community calendar to get seasonal exercise ideas. There may be a spring planting activity, a summer litter pick-up or fruit picking activity. Organize an activity in your neighborhood.

Overcome your obstacles and make this your season to get fit!

*Excerpted from the American Institute For Cancer Research Newsletter, Spring, 1999
— Shannon F. Hughes, Bureau of Chronic Disease*

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Rivera selected as Executive Nurse Fellow

MIAMI-DADE CHD Lillian Rivera, RN, MSN, deputy administrator and executive nursing director for the Miami-Dade County Health Department, has been selected as a fellow by the Robert Wood Johnson Executive Nurse Fellows Program. Rivera was one of only 15 nurses selected from across the country to participate in this leadership development program.

The Robert Wood Johnson Executive Nurse Fellows Program offers three-year fellowships for nurses in executive roles in health services, public health and nursing education. The program will focus on:

- Self knowledge
- Strategic vision
- Risk-taking and creativity
- Interpersonal and communication effectiveness
- Managing change

Rivera has more than 20 years of nursing experience and has worked in Miami-Dade County and in her native Puerto Rico. She earned both her Bachelor and Master Degrees in the Science of Nursing at the University of Puerto Rico.

Have you enrolled for fall classes in the USF Distance Learning Program? If you haven't, check out their website by linking through the intranet or visiting www.hsc.usf.edu/PUBHEALTH/DLP. The program, which offers a complete Masters of Public Health degree with a concentration in Public Health Practice, is offered at local county health departments throughout the state.

DEPARTMENT OF HEALTH

web news

NEW SITES

In May, the Division of Environmental Health posted Birth Defects Registry and Pesticide Poisoning Surveillance sites on the Internet. The Birth Defects Registry site provides information on birth defects facts, prevention, and where to go for help. The Pesticide Poisoning Surveillance site provides information on signs and symptoms of pesticide poisoning, frequently asked questions, points of contact, and reports from semiannual technical progress reports. There is a new Environmental Epidemiology site on the Intranet, which links to these Internet sites and provides information about the mission and other functions of this bureau. Also new to the Intranet are "CENTRAX 2000 Task Force" and the Correctional Medical Authority sites to help inform DOH employees about progress in upgrading Environmental Health data reporting software and public health issues in the state's prison system.

intranet <http://dohiws.doh.state.fl.us>
intranet <http://www.doh.state.fl.us>
intranet <http://www.doh.state.fl.us>

COMING SOON TO THE DOH WEBS

- Office of Communications
- AG Holley TB Hospital
- Bureau of TB
- Health Professional Recruitment
- Forms Committee Special Interest Group
- Bureau of Environmental Epidemiology

WEB BULLETINS

Bulletins on the Intranet provided the public and DOH employees with our latest Agency Strategic Plan. Davis Productivity Award

nomination information and the DHSMV notice for employee exclusions from public record were distributed.

WEB MANAGER OF THE MONTH

In May, Jeret Madei, of the Bureau of Epidemiology, received the Web Manager of the Month award in recognition of providing an epidemiology web site that gives the public and employees news and information about disease outbreaks and alerts, weekly newsletters, the reportable disease listing, annual reports, and an historical perspective of public health. The Intranet site provides written materials supporting the monthly audioconference conducted by the Bureau of Epidemiology, which focuses on issues of epidemiologic interest to Florida's public health providers.

FLORIDA HEALTH CAREERS

The Florida Area Health Education Centers (AHEC) Network has put their popular publication, Florida Health Careers, on the web. Designed to help people who are exploring career possibilities in the health care field and provide a reference tool for librarians, career planning professionals, school guidance counselors and occupational specialists, Florida Health Careers can be found at <http://www.med.ufl.edu/ahec/>.

If you are interested in posting information on the web sites, contact your web manager, Jill Schaeffer (Intranet), or Jo Ann Steele (Internet).

the advisor

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Robert G. Brooks, MD, Secretary

Please send stories, preferably on disk or by e-mail, to William Parizek by the first of each month.

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