

The Public Health Herald

FROM THE DIRECTOR

"It was Labor Day weekend I was 17..." Every time we roll around to September, Tim McGraw's "Something Like That" pops into my brain. Probably because as a Labor Day baby, there were two summers that song fit the bill. THAT seems like a long time ago, but exactly how long ago – I'll let you guess 😊. It's hard to believe we've hit September, I feel like 2024 just started! Alas, with September comes an Iowa City full of students, the return of Hawkeye football, and our final submission date for PHAB! Mike just showed me the 100% on the PHAB dashboard, and dang, that was satisfying! I'm so grateful for all of the hard work that was done to get us here, and even more than that, I'm excited that this work is being integrated into our day to day operations so it doesn't just feel like we're "checking a box" to gain a star on the wall. We've genuinely made a commitment to be better so that we can better serve our clients, and that is the true win of going through this process.

Also at the beginning of September we're welcoming three new employees – Grace, Skyler and Jessica! Ladies, we're so glad you're here. With our onboarding process you'll have an opportunity to meet everyone, and I know everyone at JCPH will do their best to make you feel welcome and supported! Grace and Skyler will be joining Clinical Services as Clerk II's and Jessica will be joining our WIC program as a CPA! A special thanks to all the staff who pulled together while we worked to fill these vacancies! I certainly appreciate you!

September is also the start of the -ber months, and I for one, am excited to transition away from the tornado warnings and extreme heat alerts. Even though I know we're about to hit some False Fall before Second Summer hits. Alas, I'm ready for fall décor and soup – who's with me? It also means that we're heading into flu season, so watch your email to schedule your flu and COVID shots from your fabulous colleagues! Also, if you do start to feel a bit run down with the changing of seasons, peep my favorite Flu Fighter Stew from Run Fast Eat Slow. It's my go to recipe when the throat starts to get scratchy, and it's amazing with some fresh parmesan sprinkled on top!

While we fully transition to fall, enjoy those last few weeks of longer daylight, dig out those Iowa sweatshirts, and congratulate yourself on all the amazing work you've put in to get us ready for the PHAB site visit! You should all be proud of yourselves – I, for one, am extremely proud of you.

In Health,

Danielle

DIVISION UPDATES

Clinical Services:

- New CS Staff! Jessica Rojas, CPA/Dietitian. Start Date: 9/3/24.
- Hayley Abdo completed an application for the Direct Relief's Safely Net Support program that was successfully approved! This program provides assistance in a number of ways. The application Hayley completed will provide funding to assist the Maternal Health and WIC Programs in distributing Prenatal Vitamins for our clients. Thank you and Congratulations, Hayley!
- Nathan, Becky, Fatou, Hianca provided outreach at the National Night Out event at the Wetherby Park. They were able to connect with over 50 families to disseminate information about services provided by JCPH.
- Tammy competed the ASIST Applied Suicide Intervention Skills Training over two full days. August 26 & 27, 2024
- CS nurses attended the 2024 Virtual Learning Collaborative on Childhood Lead Poisoning Prevention
- ITS completed 6 HCV and 49 HIV tests with 2 positive HIV tests
- Hianca attended the 2024 Enhancing Community Resilience to Improve Maternal Health forum
- Hianca, Christine, Matt, and Roberta completed the last round of negotiations for the CAH RFA

GLUTEN-FREE ■ DAIRY-FREE

FLU-FIGHTER CHICKEN AND RICE STEW

SERVES 5

for putting up a good fight

Whether you're coming down with something, can't seem to shake a nasty cold, are suffering from digestive distress, or just want to give your immune system a boost, our stew has got your back. This soul-restoring dish is loaded with immune-boosting and anti-inflammatory ingredients including garlic, ginger and parsley.

Our grandparents were on to something when they discovered the healing powers of chicken soup. We've taken things a step further by creating a comforting stew version of grandma's soup loaded with chicken, vegetables, and rice. A bowlful of these highly digestible ingredients will ensure your body doesn't have to work as hard to get what it needs.

For best results, use a mix of white and dark meat chicken. Not only is dark meat richer in flavor, it's also richer in muscle-building nutrients and will leave you feeling satisfied longer.

Make this dish in a slow cooker if you prefer to prep dinner in the morning and have it ready pronto after a long day of work.

1. Heat the oil in a large heavy-bottomed pot over medium-high heat. Add the carrots, onion, and salt and cook, stirring occasionally, until soft but not brown, about 5 minutes. Add the garlic, ginger, and pepper flakes and cook, stirring continuously, for 1 minute.
2. Add the broth, chicken, and rice and bring to a boil. Reduce the heat to low and simmer, covered, until the chicken is cooked through and the rice is tender, 30 minutes. Remove the chicken from the pot, place on a cutting board, and use two forks to shred it.
3. Return the chicken to the pot and stir in the spinach, parsley, and lemon juice. If too thick, thin with a little additional broth or water. Taste and season with additional salt and pepper flakes, if needed. Ladle into soup bowls and top with freshly grated Parmesan (if desired).
4. To make this dish in a slow cooker, simply combine the oil, carrots, onion, salt, garlic, ginger, pepper flakes, broth, chicken, and rice. Cook on high for 4 hours or low for 6 to 8 hours. Just before serving, add the spinach, parsley, and lemon juice and more broth if too thick.

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- August 12 – 16 Back to School Clinic Week was full to capacity many days with higher than usual attendance (numbers will be provided later)
- An additional Back to School Vaccination Clinic was added, due to demand, during which 51 vaccinations were administered in a single day.

Environmental Health:

- U of I student intern Reece Muhlena ending their work with the EH mosquito program 8/23/24
- Celebrated Tim's 2 year Anniversary
- Tim licensed and inspected vendors at the event Taste of IC event
- Tim licensed and inspected vendors at the Latino Festival
- Ahmed licensed and inspected vendors on Melrose Ave for the first Iowa home football game

Community Health:

- Rachel, Amelia, and Jennifer have begun recruiting for the 2024-2025 Student Epi Team Cohort. A group of 8-10 students will be recruited from the College of Public Health to learn how to do immunization audits, perform case investigations, and support real outbreaks in case of need.
- Rachel will be headed to St. Louis for the third installment of the Infection Prevention training via scholarship.
- Lisa attended the Applied Suicide Intervention Skills Training (ASIST) workshop. ASIST is a comprehensive, interactive workshop designed to equip participants with essential skills to intervene and assist individuals experiencing thoughts of suicide. This evidence-based program was developed by LivingWorks and has been widely recognized for its effectiveness in suicide prevention.
- Haley, Lisa, and Giselle have recruited two volunteers to support the Mental Health and Housing HJC priorities.
- Nate closed out the NACCHO Medical Reserve Corps (MRC) Operational Readiness Award for this year to recruit and train medical and non-medical volunteers. The award application will open again this winter. Nate has recruited several volunteers for the MRC's first aid team.
- Nate will be participating in the Community Leadership Program at UI again this year where a cohort of 20+ students will be briefed on Emergency Preparedness and Public Health and develop their class project around a public health topics.
- Giselle and Peyton finalized the food security assessment and is in draft form being reviewed. The assessment captures use rates and other context from patrons experiencing food security issues. The final report will be on healthyjoco.com.
- Giselle, Kristy, and Karrey have set dates for the Employee Wellness Vaccine Clinics. Save the dates are in the JoCo! Stay tuned, vaccine eligibility for county employees and household dependents may change!
- The Board of Health approved Karrey's NIH grant application to build vaccine confidence with community partners. The funding would also support the Disease Prevention Specialists Refugee Health program and I-693 program.
- Strategic Planning Call to Action!

Are you a SUPER USER?!

What is a super user? Someone who knows how to use a specific software really well, they love a challenge, they're open minded to change, they love to learn and they're patient when teaching others.

You are?! Well you're in luck! JCPH has purchased a "scribe" account where recorded tutorials and trainings can be made by you! Are you interested in creating your own tutorials, instructions, SOPs?!? Give a like and hit the link below to sign up!



P.S. Congratulations to Mike, Sam, & Nate as they were the top team out of the JCPH teams for the JoCo Employee Mini Golf Tournament

SIGN UP HERE

Save the Date

Employee Flu Clinics 2024

Thursday October 3

Wednesday October 9

Tuesday October 15

Monday October 21st

Sign-ups are coming soon!

Johnson County expands the vaccine eligibility for 2024 vaccine clinics. Please go to https://johnsoncountyiowa.iad1.qualtrics.com/jfe/form/S_V_3CaCWKSQ5VUnl and let us know if you or a household member is interested in high-dose flu and or COVID-19 children's vaccine. Interest forms will close on Thursday, Sept. 12.



Danielle – 9/3
Hianca – 9/8
Amy P – 9/10
Hayley A – 9/18
Kristy – 9/20
Fatou – 9/21
Jamie – 9/25
Beth – 9/27