

# **KENTUCKY MOUNTAIN HEALTH ALLIANCE, INC.**

## **LITTLE FLOWER CLINIC**

Visit our Website: [www.kymha.com](http://www.kymha.com)

**Phone: (606) 487-9505**

### **Contact Us:**

279 East Main St.  
Hazard, KY 41701  
(606) 487-9505



### **Hours of Operation:**

Monday - Friday  
8:30am - 6:00pm

### **Our Mission**

*The mission of KMHA is to improve the health and well-being of Southeast Kentucky citizens who are underserved or at risk for homelessness in a respectful manner through a coordination of quality holistic services.*

### **Inside this issue:**

- **Spotlight**
- **New Employee's**
- **New Van**
- **Community Outreach**
- **CPI Training**
- **Employee Appreciation**
- **Halloween**
- **KPCA**
- **Thanksgiving**
- **Christmas Party**
- **Holly Jolly Health Fair**





A graphic of a spotlight with a yellow beam shining down from the top left corner.

# THIS QUARTERS SPOTLIGHT Nurses

Little Flower Clinic has  
“The Best” Nurses!

**WE ARE PROUD!**

Jamie Combs , LPN has been with  
Little Flower Clinic since 8/24/2005

Shelly Wells , LPN has been with  
Little Flower Clinic since 2/21/2012

Kathy Caudill , LPN has been with  
Little Flower Clinic since 7/27/2015







**Lily wanted to show her support to Little Flower Clinic**

**10/9/18 South Perry Football Homecoming**

# WELCOME



**Darrell Fugate**

Transporter 10/15/18



**Heather Bush**

Behavioral Health Case Manager

10/17/18



# NEW VAN





# Feeding our community...

← Vegetable Soup  
Day  
October 25<sup>th</sup> 2018  
10:30AM  
Free for ALL  
Little Flower Clinic  
wants to be a  
Blessing to OUR  
Community →





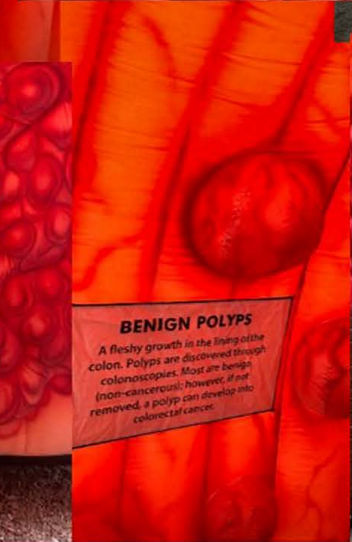
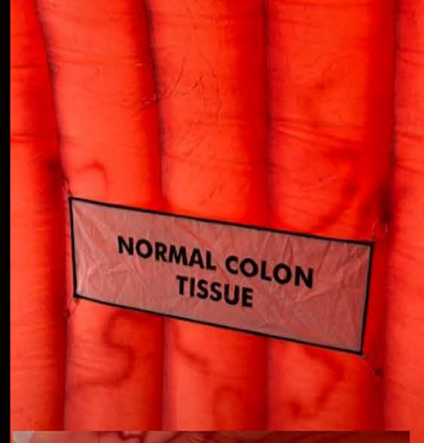
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Community





# STROLLIN COLON





# CPI Training

Safe  
Effective  
Acceptable  
Transferable

Position  
Posture  
Proximity  
Biomechanical  
Benefit  
Hold and Stabilize  
Pull/Push  
Free

③ explain and ask  
③ state or tell  
③ prompt and gesture  
③ option to act  
③ nurture recovery  
③ support  
③ engage and learn

**KMHA**  
**Little Flower Clinic**





# CPI Training









# OUTREACH



Happy IGA– November 1, 2018



**KPCA CONFERENCE**

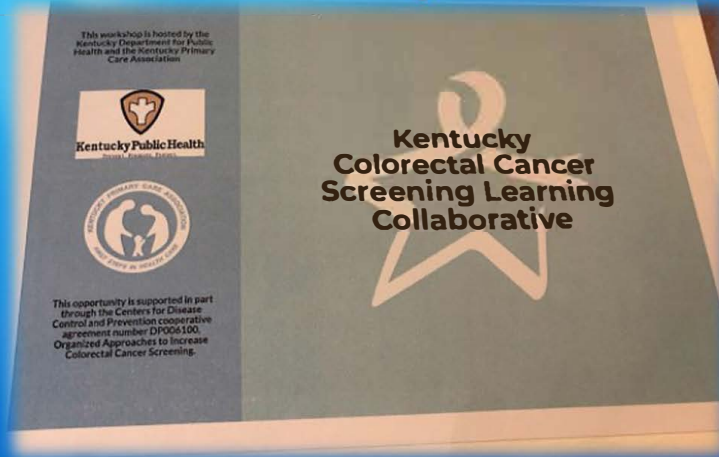
**LEXINGTON, KY**

**11/5/18 - 11/6/18**



# KPCA

## Colorectal Cancer Screening Learning Collaborative LEXINGTON, KY 11/7/18

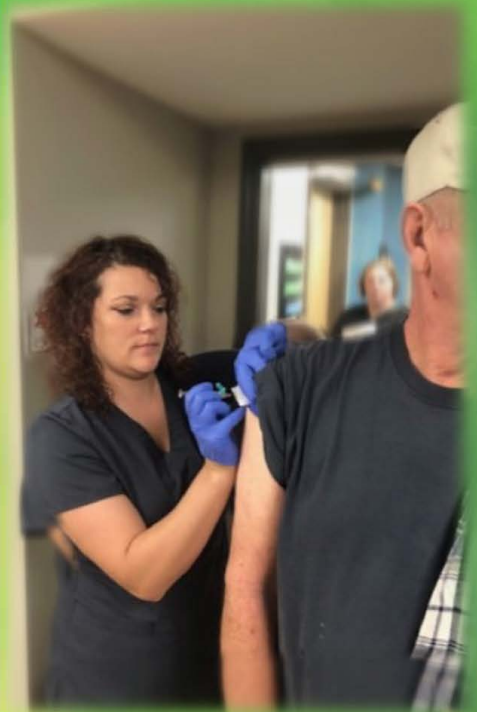


# FREE FLU SHOTS!

279 East Main St., Hazard, Ky 41701

Wednesday, November 14, 2018 — Friday, November 16, 2018

\*This health center receives state funding and has Federal Public Health Service (PHS) exempt status with respect to certain health or health-related claims, including medical malpractice claims for itself and its covered individuals.



## Free Flu Shots EXTENDED

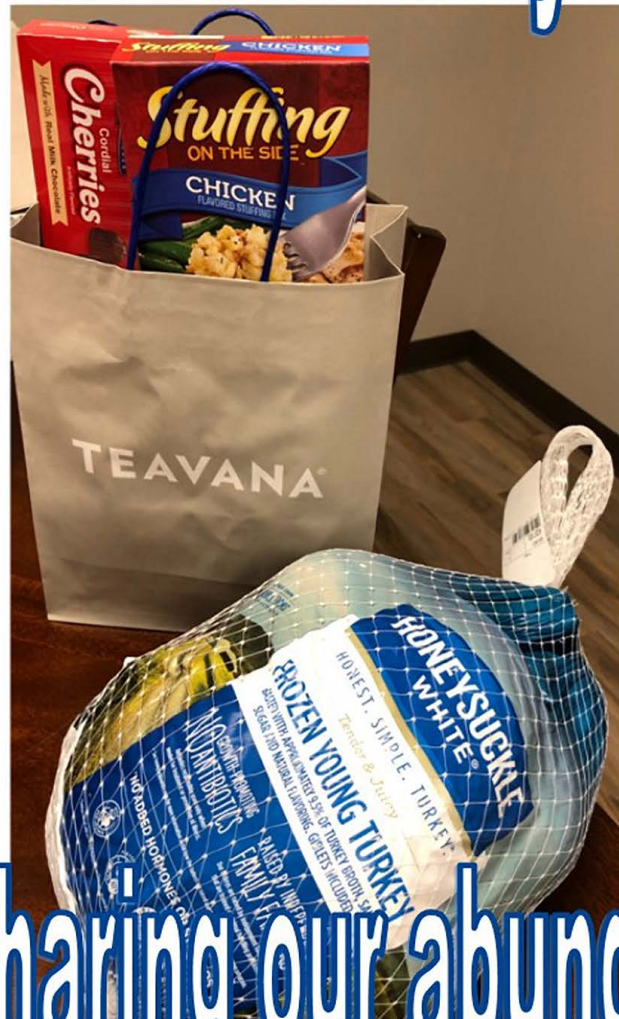
## through the end of December!



# Turkey Dinners...

Little Flower Clinic through generous donations from our community provided **48** complete Turkey Dinners and 8 Turkey's to families that might not be able to afford a nice dinner to prepare for their Thanksgiving Dinner's with their families.

## Thankful for all our many blessings...



## and sharing our abundance.



# Thanksgiving...

Through donations from our Community and the help from our Staff we were able to give out over **150** Thanksgiving Dinners on Wednesday, November 21, 2018.







# WORLD DIABETES MONTH CELEBRATION

**TUESDAY, NOV. 27, 2018**  
**11:30-1 | LUNCH NOON-1**

ARH MEDICAL MALL  
210 BLACK GOLD BLVD.  
HAZARD, KY 41701

**VENDORS, DOOR PRIZES,  
FREE HEALTH SCREENINGS,  
AND MORE**

*Winners of the Paint Perry  
blue will be announced!*

**GUEST  
SPEAKERS:**

**KEY DOUTHITT, M.D.**

*How families can work together on learning the risk factors of Diabetes.*

**BAILEY BLAIR, HHS SENIOR**

*He has been living with type 1 diabetes for over a decade. He will speak about his experiences living with diabetes.*

## LUNCH PROVIDED

For more information, including reservation to this event, contact Terry Felner at 606-435-7298 or email: [tfelner@arh.org](mailto:tfelner@arh.org)

Event partners include The Perry County Diabetes Coalition, the Kentucky River District Health Department and ARH.

*If you have attended night or noon  
sessions between July 2018-June 2019  
you are eligible to win the iPad!*

**WE WILL BE DRAWING  
FOR THE FREE  
IPAD.**



## Diabetes Lunch-n-Learn held for community

By KARY KERR  
Staff Writer

On Tuesday, Nov. 27, ARH, the Kentucky River District Health Department and the Perry County Diabetes Coalition held a Lunch-n-Learn event in recognition of World Diabetes Month. The event was free to the public and featured a variety of informational booths and vendors, door prizes, free health screenings and more.

Jessie Wooten, a Perry County Diabetes Coalition member and the event's emcee, welcomed everyone to the event, with a variety of them participating in the activities and health.

"It seemed to me that they always had someone at their table, so I would guess about half of the table is as well as we get served," said Wooten.

The winners of the Paint Perry Blue challenge were also announced during the event. The winners included ARH Community Pharmacy (first place), UK Center of Excellence in Rural Health (second place) and the Hazard Perry County Senior Citizens Center (third place).

There were also two guest speakers for the celebration. Key Douthitt, M.D., who shared how families can work together on learning the risk factors of diabetes, and Bailey Blair, a senior at Paint Perry High School who has lived with type one diabetes for



over a decade, spoke about his experiences with the condition. "I think these types of events are important because they provide information to the community so that individuals and families can take charge of their own health," said Wooten. "For example, at today's event, there was a lot of information on the signs and symptoms of diabetes, how to manage diabetes, and how to prevent or delay the onset of type two diabetes." With this information, people can make lifestyle changes to improve their health and have more control over their health care providers.



Several local health organizations, including ARH, the Kentucky River District Health Department and Perry County Diabetes Coalition recently hosted a Diabetes Lunch-n-Learn event.





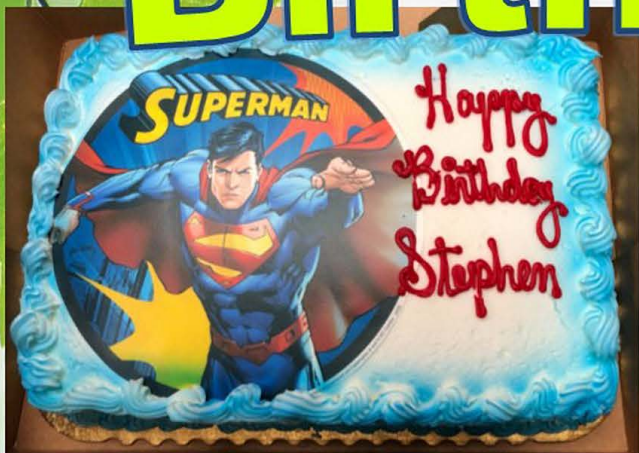
# OUR FOOD PANTRY



# Happy



# Birthdays!





# OUTREACH



**GOODY'S of Hazard!**  
**Reaching out to  
our community!**





# EMPLOYEE CHRISTMAS PARTY 2018





# EMPLOYEE CHRISTMAS PARTY 2018



Rechee



# HOLLY JOLLY HEALTH FAIR





# HOLLY JOLLY HEALTH FAIR







# HOURLY HOLLY JOLLY HEALTH FAIR WINNERS! CONGRATULATIONS!





From all of us...



**MERRY CHRISTMAS!**

**and a HAPPY NEW YEAR!**

**December Birthdays!**





We are drawing for the  
2 UK Basketball Tickets &  
Hand Crocheted Afghan

**Register to Win  
2 UK vs A&M  
Tickets!**



The Winner of the 2 UK Tickets....

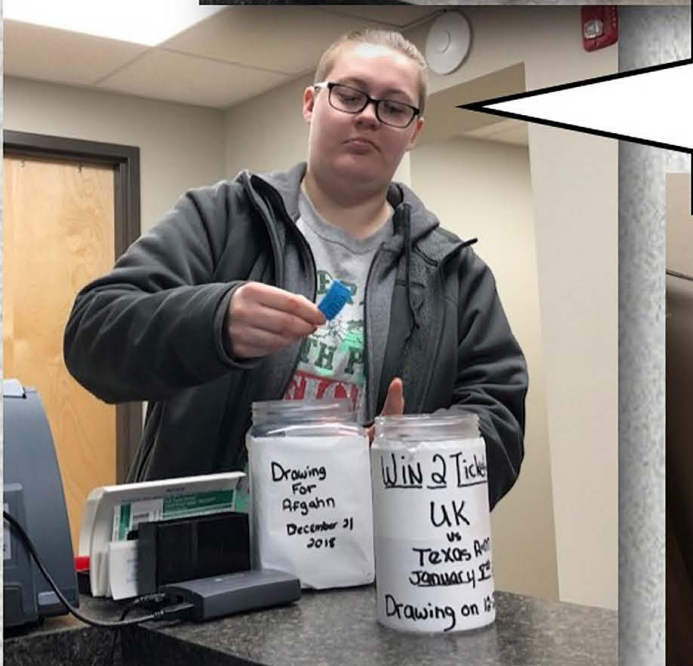
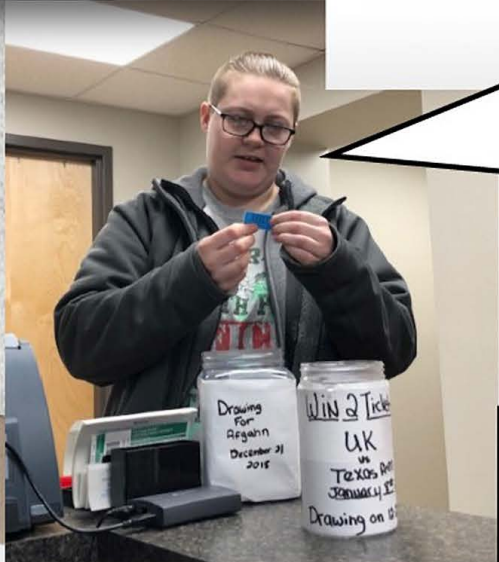
**Edna Jones!**

**Congratulations!**

The Winner of the Afghan...

**Rita Fugate!**

**Congratulations!**





## Board Members - 2018 -



### KMHA Board Members

Sam Collins, Chairman, Chris Doll, Vice-Chair, Carla Seals, Treasurer,  
Linda Blair, Secretary, Julie Akemon, Alvin "Ray" Hill, Lester Broyles,  
Cecelia Stewart, Bailey Richards, Helen Shoptaw, Orlena & Nephi Lazareth

### KMHA Advisory Council Members

Tim Myers, Connie Lane, Lester Broyles, Orlena & Nephi Lazareth,  
Mary & Floyd Polhemus, Janice Beck, Sharon Montgomery

## DONATIONS

### Giving to Our Organization

Enclosed is my gift of:      \$20 \_\_\_\_\_ \$30 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_

This gift is from:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

☐ I give permission for you to include my name on your publications of contributors.

Send your tax deductible donations to: Kentucky Mountain Health Alliance, Inc.



**Kentucky Mountain Health Alliance, Inc**  
279 East Main St.  
Hazard, Ky. 41701



**Quality Healthcare for every Kentuckian.**  
**Available here at Little Flower Clinic.**

Program funded in part by Health and Human Services.  
Administered by Kentucky Mountain Health Alliance, Inc.  
This institution is an equal opportunity employer.  
Accepts most major insurances.

[www.kvmha.com](http://www.kvmha.com)

KYMHA is a FTCA covered entity and its employees are covered individuals under 42 USC 233