### ACCREDITATION UPDATE

Autonomy is the degree to which the job provides substantial freedom, independence, and discretion to the individual in scheduling the work and in determining the procedures to be used in carrying it out. This is how CDHD would like employees to complete their work and in return become more knowledgeable, confident, and motivated. Through the Accreditation process, we are really concentrating on autonomy and practicing with the Environmental work group, who are working on Standard 2.1. We are excited for the success to come with our new approach!

Teresa and Jennifer over the past few months have been working on updating the Community Health Assessment with the hospitals in our district. Several meetings have been held to attain the best representation of our community needs. Completion of the Community Health Assessment is planned sometime this Spring.

### PUBLIC HEALTH

February is National Children’s Dental Health Month.

CDHD’s Healthy Smiles program has a Registered Public Health Dental Hygienist that provides dental screenings, fluoride varnish, sealants, and cleanings. Healthy Smiles will also help find a dental home if further care is needed.

Children ages 0-18 can be seen free of charge. In-office clinics are held once a month. The program does not replace a regular dental visit, it’s rather an additional benefit.

Healthy Smiles also provides care in long term facilities to elderly residents unable to be seen for their regular 6 month dental cleaning. We strive to help improve the quality of care for the elderly.

### CDHD NEWS & EVENTS

- **February 2** - Early Childhood Education Conference at Central Community College: 8:30 a.m.-3:45 p.m. (registration is open)
- **February 9** - Live Healthy 2019 Health Fair @ Memorial Community Health Inc, Aurora, NE: 8:30 a.m.-1:00 p.m.
- **February 6** - Diabetes Prevention Program Kickoff - English class @ Central District Health Department: 1:00-2:00 p.m.
- **February 25** - Dental Day @ CDHD 8:30 a.m. - 4 p.m., call for an appointment

Flu season is in full force. Please be sure to get your flu vaccine and take steps to prevent the flu, such as good hygiene and hand washing.