

# ALABAMA'S

A PUBLICATION OF THE ALABAMA DEPARTMENT OF PUBLIC HEALTH

# HEALTH

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## Office of Women's Health forms partnership to combat obesity and help women STEP UP

**E**xcessive weight gain can lead to serious health concerns such as high blood pressure, heart disease, diabetes and many more. Incorporating good nutritional habits with a healthy lifestyle can help Alabama's women STEP UP.

The Center for Design Technology and Innovation at Troy University and the Alabama Advertising Federation are developing a statewide advertising campaign for the Office of Women's Health. The campaign, targeted at women, will combat the increasing hazards of obesity and associated health issues.

"The Office of Women's Health encompasses the entire state of Alabama," noted Belinda Miller, chair for the steering committee. "Our mission is to promote the health of women throughout the state. Partnering with these fine organizations will assist us in accomplishing our mission and in making a difference in Alabama. Our goal is to change our current ranking of 45th in overall women's health of the nation."

Director Jessica Hardy noted that according to the U.S. Department of Health and Human Services and the National Center for Health Statistics, thousands of deaths in the United States each year are associated with being overweight and obese. In Alabama, the death rate ranking for diseases related to obesity is among the highest in the nation.

"The Alabama Department of Public Health's Office of Women's Health is excited about this partnership initiative to combat obesity among the women of Alabama. We thank the Advertising Federation and Troy University for their assistance," said Hardy.

"DTI is committed to the health and welfare of its

students, their families and their neighbors. We wholeheartedly support this initiative to make Alabama the healthiest state in the nation," said Edward Noriega, director of Troy's Center for Design Technology and Innovation.

"The Alabama Advertising Federation has locations throughout Alabama, and we are excited about this partnership opportunity," said Robin Rainer, state director.

"By enabling future advertising executives the opportunity to be creative, we can make a difference in the lives across Alabama. We in the Advertising Federation feel this can be the stepping stone to a healthier Alabama. We want to be at the top of the class; not at the bottom."

If you like to know more about this partnership or sponsorship opportunities, please visit the Office of Women's Health Web site at [www.adph.org/owh](http://www.adph.org/owh), Troy University's Web site at [www.troyst.edu](http://www.troyst.edu), or e-mail Edward Noriega at [noriegaedw@aol.com](mailto:noriegaedw@aol.com).



Robin Rainer at center, state director of the Alabama Advertising Federation, made a presentation about the partnership to prevent obesity during the December meeting of the Office of Women's Health Steering Committee at the Capital City Club in Montgomery. Also shown are Jessica Hardy, left, director of the Office of Women's Health, and Belinda Miller, right, steering committee chair.

# MMWR publishes brief report on hazards of dry ice exposure during Hurricane Ivan

**A**labama Department of Public Health employees were among the eight authors reporting in the *Morbidity and Mortality Weekly Report's* Dec. 24 issue. The report described an acute illness because of dry ice exposure before Hurricane Ivan in September. A 34-year-old man had purchased 100 pounds of dry ice from a local icehouse and placed the four 25-pound blocks of ice in the front seat of his pickup truck. The windows were closed and the air conditioner was set to recirculate air inside the cab of the truck.

The incident was described as follows, "After driving one-quarter mile from the icehouse, the man had shortness of breath; his breathing difficulty increased as he drove the next mile. The man telephoned his wife and asked her to call 911. He then pulled his truck into a parking lot, parked and lost consciousness. His wife drove to the parking lot and located her husband's truck. Immediately after she opened the door to the vehicle, her husband began to awaken.

"Emergency medical services personnel arrived soon afterward. They determined that the man's vital signs were normal and that he required no further medical evaluation. Although the man complained of a headache for the next 24 hours, he recovered completely."

The report concluded that because carbon dioxide is

colorless and odorless, persons who transport, use and store dry ice must be educated about its potential dangers. Dry ice should be kept in small quantities in an insulated "cold box" or similar transport medium that is in an open, well-ventilated space. Persons with signs or symptoms of illness while exposed to dry ice should be moved to an area with fresh air and provided with supplemental oxygen.

Dry ice undergoes sublimation (direct conversion from a solid into gaseous carbon dioxide, bypassing the liquid state). Improper ventilation during use, transport or storage can lead to inhalation of large concentrations with subsequent harmful effects, including death.

Those assisting the principal author of the brief, Martin Belson, CDC, included Melissa Tucker, R.N., Mobile County Health Department Director of Epidemiology and Infection Control, and Bernard H. Eichold II, M.D., Dr. P.H., area health officer.

## Alabama Department of Public Health

### Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

### Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

## ALABAMA'S HEALTH

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Donald E. Williamson, M.D. . . . . . State Health Officer  
Jim McVay, Dr. P.A. . . . . . Director, Bureau of Health Promotion and Chronic Disease  
Arrol Sheehan, M.A. . . . . . Editor  
Takenya Stokes, J.D. . . . . . Contributing Editor  
Toni Prater . . . . . Graphic Designer  
Marion Wilford . . . . . Photographer

Informational materials in alternative formats will be made available upon request.

# Influenza vaccines now available for more individuals

The department now has expanded the definition of “high risk” people who may receive flu shots to include adults ages 50 to 64 and out-of-home caregivers and household contacts of those in the high-risk categories, based on recommendations from the Centers for Disease Control and Prevention.

The Health Department continues its surveillance of influenza-like illness and confirmed influenza to monitor disease activity. Three influenza cases had been confirmed as of Jan. 4 in Alabama.

“We are pleased that we can now vaccinate and help protect more people from influenza. This expansion will help ensure that the influenza vaccine is used,” said Dr. Donald Williamson, state health officer.

Priority groups for vaccination with inactivated influenza vaccine are now as follows:

- adults age 50 or older,
- household contacts of persons in high-risk groups,
- all children aged 6-23 months,
- persons aged 2-64 years with underlying chronic medical conditions,

- all women who will be pregnant during influenza season,
- residents of nursing homes and long-term care facilities,
- children 6 months -18 years of age on chronic aspirin therapy,
- health care workers with direct patient care, and
- out-of-home caregivers and household contacts of children aged less than 6 months.

In Alabama influenza peaks in the months of January and February.

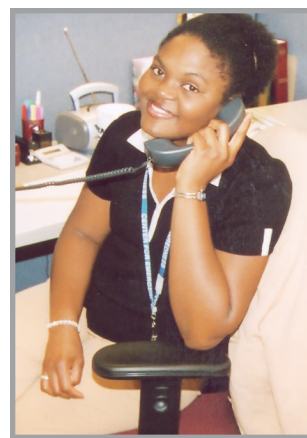
# Employees assist with telephone surveys

Shown are some of the many health department employees working in the RSA Tower who assisted with the massive telephone survey of Alabama health care providers to determine influenza vaccine needs and availability.



*Survey photos.....continued on page 4*

# Survey photos.....continued from page 3







A few employees availed themselves of the nasal spray vaccine FluMist when it was offered in December. Nurse Candace Thompson of the Worksite Wellness Division is shown administering the nasal vaccine to Natasha Sims of the Bureau of Family Health Services. The spray contains weakened live influenza viruses instead of killed viruses and is approved for use in healthy individuals between the ages of 5 and 49 years.

## Flu shot experience is (surprisingly) a positive one

### Excerpts from a letter to Russell County Health Department

**M**y mother read in the newspaper that your department would be giving the flu shot on Dec. 17 and asked me to take her to receive the shot. I agreed, though I expected a long waiting line of grumbling people only to be out grumbled by the civil service employees providing the service. I have lived in Phenix City for over 18 years and only used the Health Department a couple of times when my daughter was an infant.

I had to write this letter after my experience yesterday. I want to thank you and the entire staff that was involved in the registration and immunization process.

When my mother and I entered the Health Department office we were greeted by one of the most courteous and helpful receptionists I have ever met in the public service sector. She was willing and able to answer all our questions with a smile even though I am sure she had done the same for the 40 or so people ahead of us. Absolutely not typical of a civil servant.

The ladies and gentlemen working to give us paperwork, process us through the lines, and get Medicaid and Medicare information were kind, helpful, courteous and most of all patient. The majority of people there receiving shots were elderly. Your employees worked with these people asking for information several times without putting on the “attitude” so often seen by civil servants. I saw time and time again one lady work with these elderly

and patiently help them find their information cards and assist them with information on the paperwork. Absolutely not typical of a civil servant.

The nurses who gave the shots were extremely pleasant. Many people get nervous when it comes to getting a shot and these professionals helped ease that fear by being kind and talking to the patients instead of just “sticking” them. What particularly impressed me was when one of the nurses made arrangements to actually stand up and go out to the parking lot to give the shot to a woman who could not come inside the building. I have never seen this kind of dedication and service from any government-related employee.

In closing, I want to thank the staff and management of the Russell County Health Department for an extremely pleasant and eye-opening experience. I truly appreciate the service you provide and especially want to take my hat off to your dedication to the citizens of Russell County. In a time when you get “attitude” when ordering a hamburger, your staff should be proud that they are truly focused on “customer satisfaction.”

*A Satisfied Customer*



## Seat belt usage highest ever reported; child restraint slightly down in Alabama

**M**ore Alabamians than ever are buckling up, according to 2004 survey results. The seat belt usage rate was a reported 80 percent, as compared to 77 percent in 2003. This marks the highest seat belt usage rate ever, eclipsing the next highest rate of 79 percent reported in 2002. The child restraint usage rate in 2004 was 83 percent, down from 87 percent in 2003.

“We are excited about the unprecedented seat belt usage rate. Many partners have worked together to improve passenger safety in the state, and will continue to do so in the future. We are especially concerned about the decline in child restraint usage and more efforts will be made in the upcoming year to increase that rate,” said Dr. Donald Williamson, state health officer.

Using guidelines required by the National Highway Traffic Safety Administration, the study observed 64,279 front seat occupants in 15 selected counties. The counties with the highest seat belt usage rates were Jefferson and Tuscaloosa, both with 83 percent. The lowest seat belt rate was reported in Escambia County at 73 percent. Shelby County had the highest child restraint rate at 87 percent, while the lowest rate was reported in Blount County with 75 percent.

Organizations such as the Alabama Department of Economic and Community Affairs, Children’s Health System, Alabama Department of Transportation, Alabama Department of Public Safety and the Alabama Department of Public Health have collaborated to increase passenger safety in the state through educational and enforcement efforts.

Through Alabama’s “Click It or Ticket” campaign state, county and municipal law enforcement agencies conduct massive enforcement of the state’s safety belt

laws, including public safety checkpoints.

To ensure that children are properly restrained, 19 permanent inspection sites are located statewide with certified child passenger safety specialists and instructors to assist parents in the correct installation of car seats. These stations are funded by the National Highway Traffic Safety Administration and the Alabama Department of Economic and Community Affairs.

Key legislation also contributed to the efforts of enforcing restraint and protecting children in the state. The Primary Seat Belt Law was enacted in 1999 and changed the previous 1991 Seat Belt Law making failure to use safety belts a primary offense. In 1989 the Car Seat Law raised the age of children required to use a child passenger restraint system to 6 years old.

For more information on seat belts and child restraint, please visit the Alabama Department of Public Health’s Web site at [www.adph.org/injuryprevention](http://www.adph.org/injuryprevention). To find a local inspection site please call 1-800-504-9768.

### Injury News

Published By

The Alabama Department of Public Health  
Injury Prevention Division  
Bureau of Health Promotion and Chronic Disease  
Carol F. Mysinger, M.Ed., M.P.A.....Director

Funded by a grant from the Law Enforcement and Traffic Safety Division, Alabama Department of Economic and Community Affairs

# Tobacco Free Alabama holding 2005 Advocacy Conference

The Tobacco Control and Prevention Division invites the public to attend the Tobacco Free Alabama 2005 Advocacy Conference at Heritage Baptist Church in Montgomery on Feb. 17 from 9 a.m. to 4 p.m. Inspirational speakers include Dr. Jeffrey Wigand whose life inspired the movie, "The Insider," and Coach Pat Sullivan who has recently battled oral cancer after years of spit tobacco use.

Tobacco is the number one cause of preventable deaths in the U.S. It accounts for 440,000 deaths annually. In Alabama, 640 to 1,150 adults, children and babies will die this year from second-hand smoke. In 2005 13,000 Alabama children will become new daily smokers and over 111,000 Alabama kids now under 18 will ultimately die prematurely from smoking.

As evidenced by these statistics, death and disease from tobacco use is truly a public health issue. This conference is a wonderful opportunity for public health employees who provide direct services to learn how to assist their clients in smoking cessation. All case managers are encouraged to attend.

Continuing education credits will be available for all medical and dental professionals, counselors, social workers, and educators. For more detailed information about the conference workshops please visit the coalition Web site at [www.tobaccofreealabama.org](http://www.tobaccofreealabama.org).

By STACEY NEUMANN

## Take steps to detect, prevent cervical cancer

A new year brings a fresh start, a time of promises and commitments to take better care of ourselves. January is Cervical Cancer Awareness Month. When considering which resolutions to make, the department wants every woman to consider the following factors that may increase her risk of developing cervical cancer.

**Human Papillomavirus (HPV):** This is the most important risk factor for cervical cancer. HPV is a sexually transmitted disease that can cause changes in the cervix. The changes can be detected through a simple Pap test. There are no symptoms associated with HPV and most people never know they have it. At this time there is no treatment available for HPV.

**Smoking:** Women who smoke are twice as likely as those who do not to develop cervical cancer. Tobacco smoke produces chemicals that may damage the DNA in cells of the cervix and make cancer more likely to occur.

**Family History:** Recent studies suggest that women whose mother or sister had cervical cancer are more likely to develop the disease themselves.

Between 1999 and 2002, 302 Alabama women died from cervical cancer. Women who are properly screened should not die from cervical cancer. Routine Pap testing is not only the best way to reduce deaths from cervical cancer by detecting cancer in its earlier and most treatable stage, but can also reduce incidence by identifying pre-cancerous conditions that are treatable. Although the rates of developing this disease have decreased over the years, African American and Hispanic women continue to be diagnosed with cervical cancer at a higher rate than Caucasian women.

The following are the American Cancer Society recommendations for cervical cancer screening:

Cervical cancer screening should begin about three years after a woman initiates vaginal intercourse, but no later than 21 years of age. Cervical screening should be done every year with regular Pap tests.

At or after age 30, women who have had three normal test results in a row may get screened every two or three years. A doctor may suggest getting the test more often if a woman has certain risk factors such as human immunodeficiency virus (HIV) infection or a weakened immune system.

Women 70 years of age or older who have had three or more normal Pap tests results and no abnormal results in the past 10 years may choose to stop cervical cancer screening. Screening after a total hysterectomy, with removal of the cervix, is usually not necessary unless the surgery was done as a treatment for cervical cancer or pre-cancer. Some other special conditions may require continued screening. Women who have had a hysterectomy without the removal of the cervix should continue cervical cancer screening at least until age 70.

For additional information about cervical cancer please call one of the following toll-free numbers:

1-800-ACS-2345 American Cancer Society  
1-800-4-CANCER National Cancer Institute's Cancer Information Service

By HALEY JUSTICE, MPH

# Staff assistant, legislative liaison retires

**M**elvin L. Maraman, staff assistant to the state health officer and the department's legislative liaison, retired effective Jan. 1 from a productive 25-year public health career with the department.

Dr. Donald Williamson, state health officer, worked closely with Maraman for the past 12 years and announced his assistant's retirement with deep regret. He said, "Melvin was the face seen and voice heard of public health in the Alabama Legislature. When he represented our agency, I had no worries about our department's reputation, and I was confident he would always do a good job."

In the 15 years Maraman served as the department's representative with the Legislature, 43 department-sponsored bills were signed into law, including five in his first year. Favorable budgets were passed and legislation unfavorable to public health did not pass after Maraman helped educate legislators about the advantages and disadvantages of each measure and its impact on the public. Maraman laughed that once he was able to get a \$45 million bond issue for health department construction passed; however, the sweeping initiative was not funded. Ed Davidson, public health administrative officer, said Maraman used his gifts of "knowledge, persuasion and personality" in advocating departmental issues before lawmakers. Maraman's record with the Legislature compares very favorably to the legislative achievements of deep-pocketed lobbyists.

After graduating from Troy State University with a major in biology, Maraman did construction work with family members. At times the Greenville native worked with public health environmentalists to secure percolation tests results. He learned of an environmental position at the Butler County Health Department and then served four years as environmental coordinator with what was then Public Health Area 6. During the latter part of his area tenure, he became administrator for Perry and Wilcox counties.

Tom Phillips, now director of the Alabama Statewide Cancer Registry and formerly area administrator, first hired Maraman in the department. Maraman credits Phillips with indoctrinating him into the habit of wearing seatbelts, a habit he stressed with his three daughters. This habit later saved the life of one his daughters when she was involved in a tragic vehicle collision.

In 1989 then State Health Officer Dr. Earl Fox asked



State Health Officer Dr. Donald Williamson presents certificate to Melvin Maraman.

Maraman to assist the department with legislative affairs after learning about his work including reading a well-written letter Maraman had sent a local physician.

A former Central Office Employee of the Month, Maraman's hobbies have included rodeo riding and hunting, pursuits that he considers beneficial in his professional life. A practical joker, his colleagues recounted numerous occasions when either they or he was the victim of good-natured fun.

In addition to his often arduous and important responsibilities with the Legislature, Maraman has been the staff assistant with oversight of the Bureau of Environmental Services and for the Office of Facilities Management. This position has required him to deal with a great number and variety of citizen concerns.

Maraman's warmth, sense of humor, intelligence and keen ability to influence others have been essential elements in his career success and will serve him well as he embarks on new pursuits in the years to come.

"For what Melvin has done for our department, we all owe him a great debt of gratitude," Dr. Williamson said.



# Montgomery County Health Department employees help nursing home residents in need

Cynthia Foster, public health social worker who has been employed with the agency for 14 years, performed her annual “Angel of Mercy” project for the second year with great success.

Last year, Ms. Foster helped 10 elderly individuals to enjoy the Christmas holiday. This year was no different. Cynthia reached out to businesses in the community, co-workers, family, and friends to make her annual gift giving a reality. On Dec. 21 Ms. Foster, along with other health department staff which included James Martin, Assistant Area Administrator; Henry Brown and Linda Bowen, provided 29 elderly individuals in nursing homes around the city with needed items.

Ms. Foster created gift bags for each individual filled with hygiene items, nutritious snacks, socks, shirts, and even a special little teddy bear. She begins her “Angel of Mercy” project weeks in advance to make sure that she will have enough items to distribute to all. She receives referrals from nurses and care givers at John Knox Manor, Woodley Manor, Capitol Hill Healthcare, and Hillview Terrace nursing home facilities.

Individuals are identified based on need and who otherwise would not receive anything for the holiday. This project is only one of many that she performs throughout the year to assist those in need.

Arnita Shepherd, project manager, Alabama Care Coordination Records Network, Office of Professional and Support Services, commented, “Cynthia is truly an asset to public health and the community.”

## Commendations

Health department employees who are listed here have received letters of commendation recently. To recognize other employees, please send letters through your supervisors or the state health officer to *Alabama's Health*.

### *Tracey Cannon*

Computer Systems Center

from Wendy S. Blackmon  
Montgomery, Ala.

### *Georgia Reynolds*

Center for Health Statistics

from Dorothy Lee  
Rowland Heights, Ca.

### *Marion Wilford*

Communications and Social Marketing

from Martha Ellis  
Prattville, Ala.

# Speaking of Retirement

## Tax Information

### Are my retirement benefits from the RSA subject to federal income tax?

A. Generally, your retirement benefit is subject to federal income taxation.

However, contributions to the RSA that were previously taxed and/or purchases of service credit with previously taxed funds are exempt from federal taxation over the life expectancy of the retiree.

### Q. How will the taxable amount of my retirement benefit be reported to me?

A. During the last week of January 2005, the RSA will mail all retirees a Form 1099-R Income Statement for use in filing a personal income tax return. The 1099-R will report the retirement benefits subject to federal income tax.

Approximately a week prior to mailing out the 1099-R, the RSA will send each retiree a letter outlining the tax reporting procedures needed to file their 2004 tax return.

### Q. Are RSA retirement benefits subject to state of Alabama income tax?

A. If you reside in Alabama, RSA retirement benefits are **not** subject to state of Alabama income tax. If you reside in another state, check with that state's revenue department to determine your tax status or click on [www.1040.com](http://www.1040.com).

### Q. How do I increase the federal taxes withheld from my retirement check?

A. You can increase the federal taxes by completing a Withholding Certificate for Pension or Annuity Payments form. You can request this from the RSA by telephoning 334-832-4140 or 1-800-214-2158 toll-free (extension 399 for the Employees' Retirement System or extension 499 for the Teachers' Retirement System), writing the RSA at P.O. Box 302150, Montgomery, Alabama 36130-2150 or downloading the form from our web site at [www.rsa.state.al.us](http://www.rsa.state.al.us).

You can also obtain a Withholding Certificate, as well as other tax forms by contacting the IRS at 1-800-829-3676 or downloading it from the IRS Web site, [www.irs.gov](http://www.irs.gov).

### Q. If I do not receive a Form 1099-R from the RSA by

### February 11, 2005, how may I obtain one?

A. The RSA will provide a duplicate Form 1099R, but not until after February 11, 2005.

The original Form 1099-R is mailed to the home address on file with the RSA. If you have moved and have not provided the RSA with your correct address, the U.S. Postal Service may not forward your Form 1099-R.

To correct your mailing address, send the RSA written verification of your new address and include your full name and Social Security number. You can also obtain a Change of Information form from the RSA or download the form from our Web site.

## Know Your Limitations For Postretirement Employment

Once you are a retiree of any RSA agency, there are very strict guidelines that must be followed when it comes to *Postretirement Employment*. Knowing these limitations can save you a lot of hassle and worry. You can read the guidelines for Postretirement Employment in your Member Handbook or on the RSA Web site at [www.rsa.state.al.us](http://www.rsa.state.al.us). Go to either ERS or TRS; go to Retiree Information; and click on *Working After Retirement*.

Listed below are important points to remember if you are working or planning to work for an RSA agency after your retirement from the RSA. If you have any doubt whatsoever about your postretirement employment, call the ERS or TRS immediately.

Retired members cannot be employed or under contract for **permanent, full-time** employment with an ERS or TRS member agency. For example, an ERS retiree employed with a TRS agency as a bus driver must terminate his or her retirement benefit. A bus driver is considered to be a full-time position.

The retiree's compensation cannot exceed the limitation on earnings. The limits are subject to change from year to year based on the Consumer Price Index. For calendar year 2005, the limitation is **\$19,000**. In the year of retirement, the limitation is \$1,583.33 per month.

If the retiree exceeds the limitation on earnings, the retirement benefit will be suspended for the remainder of

*Retirement.....continued on page 11*

# Retirement.....continued from page 10

the calendar year. If the retiree is subject to a monthly earnings limitation, the benefit will be suspended for the remainder of the month.

A retiree who is reemployed full-time for a minimum of two years is eligible to request reenrollment in the ERS or TRS. Upon approval, the member would pay the contributions plus interest of the two-year period of non-contributing service and begin contributing on future compensation.

There are no limitations on earnings for a retiree employed in private industry, private education or a non-participating RSA agency.

Not knowing exactly what your options and guidelines are can cause you problems and even have your benefit

suspended. Do not let it happen to you. Keep yourself updated and educated on the rules governing Postretirement Employment and do not forget to call the ERS or TRS if you are ever in doubt.

*Prepared by the Communications staff of the Retirement Systems of Alabama. To have your questions answered in "Speaking of Retirement," please address them to:*

**Mike Pegues, Communications  
Retirement Systems of Alabama  
P. O. Box 302150  
Montgomery, Ala. 36130-2150**

## Commendations

Each month dedicated department staff appear on WAKA's Midday News Program's Health Segment to discuss relevant health issues and answer calls from the public. To show our appreciation, *Alabama's Health* would like to recognize these staff members who take time to participate in this valuable service.

December's guest was Jane Cheeks, director of the HIV/AIDS Division. Ms. Cheeks discussed HIV/AIDS awareness, prevention and treatment in the state.

The guest for January was Bob Hinds, director of the

Alabama Child Death Review System, who appeared on the program to discuss the Child Death Review System's job of reviewing, evaluating and preventing cases of unexpected/unexplained child death.

If you would like to appear on the WAKA's Midday News Program, please contact Takenya Stokes at 334-206-7026, or e-mail at [tstokes@adph.state.al.us](mailto:tstokes@adph.state.al.us).

## Retirements

The following employees retired effective Jan. 1:

**Marshall Brooks** - Bureau of Clinical Laboratories  
**Jacky Hayes** - Lauderdale County Health Department  
**Alfrederick Johnson** - Etowah County Health Department  
**Jo Keef** - DeKalb County Health Department  
**James Kerby** - Lauderdale County Health Department  
**Sarah Knight** - Houston County Health Department  
**Melvin Maraman** - Administration  
**Sylvia Money** - Etowah County Health Department  
**Mary Smith** - STD Division

**Beatrice Thomas** - Macon County Health Department  
**Candace Weaver** - Jackson County Health Department  
**Wanda Wilson** - Macon County Health Department

January is National Birth Defects Prevention Month and National Eye Care Month.



# Calendar of Events



**January 26**

Folic Acid: Past, Present and Future, Public Health Staff Development, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.



**February 2**

Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



**February 9**

Contraceptive Technology Update, Public Health Staff Development, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.

**February 17**

“Now We Know. Do Something!” Tobacco Free Alabama 2005 Advocacy Conference, 9 a.m.-4 p.m., Heritage Baptist Church, Montgomery. For more information call (334) 324-7510 or log on to the TobaccoFree Alabama Web site at [www.tobaccofreealabama.org](http://www.tobaccofreealabama.org).



**February 18**

Public Health Core Functions, (South Central Public Health Training Center), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



**February 22**

Obesity, (South Central Public Health Training Center), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



**March 2**

Postponing Sexual Involvement: Abstinence Counseling and Education, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.



**March 16**

Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.



**April 6**

Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



**April 7**

ADPH Statewide Staff Meeting, 3-4 p.m. For more information contact Video Communications, (334) 206-5618.

**April 21-22**

Alabama Rural Health Association and Alabama Public Health Association Educational Conference, Bryant Conference Center, Tuscaloosa.