

Cochise Health Systems (CHS)

CHS provides case management and coordinates long-term care services such as nursing facility or assisted living placements and in-home services. CHS promotes the goal of the Arizona Long Term Care Services (ALTCs) to allow folks to “Age in Place” for as long as possible – that means to be able to stay in the least restrictive environment possible where their care needs can be safely met.

CHS staff determines eligibility for indigent burials, negotiates contracts with funeral homes, and manages the Medical Assistance budget. The Indigent Burial program has remained within budget limits for the past year, even in the face of the increasing numbers of undocumented immigrants who require burials when families out of country cannot be located.

For more information contact:

Mary Gomez • Director • 520-432-9600 • mgomez@cochise.az.gov

Public Fiduciary

The goal of the Public Fiduciary is to act as guardian and/or conservator of last resort and to provide probate services for clients or estates in need of protection. The Public Fiduciary office acts on behalf of those in need of protection and **as a last resort**. A great deal of effort has been made to find others willing and able to represent clients referred to the office because family and friends are most likely to know the wishes of the individual. The office also refers to private fiduciaries or to the Veterans Fiduciary Services Department when they are able.

For more information contact:

Vicki Haviland • Public Fiduciary • 520-432-9660 • vhaviland@cochise.az.gov

Cochise County Library District

The Library District serves patrons directly through branch libraries in Bowie, Elfrida, Portal, Sunizona, and Sunsites, with the help of dedicated volunteers. Some of the services provided are story times for preschool, kindergarten and first grade children; intern programs for middle and high school students; summer reading programs; photography workshops; adult book clubs and discussion groups; computer classes; assistance to job seekers; and free literature is available to assist parents of infants through five-year-olds with language acquisition, reading preparedness and enjoyment.

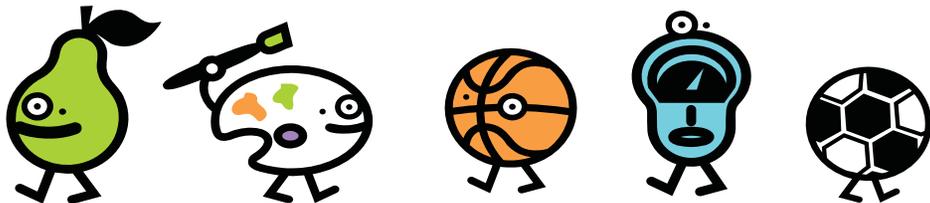
In unincorporated areas, the Bookmobile makes over 40 monthly stops. Patrons can check out books, DVD's and recorded books, check the online catalog for titles and place holds on them, check their email, or surf the web. A program for kids is offered during the summer. A District Library staff member travels to schools on the bookmobile route and does story times and other programs.

The Minibookmobile delivers to people who are homebound or institutionalized.

In the cities of Benson, Bisbee, Douglas, Huachuca City, Sierra Vista, Tombstone and Willcox, the District provides services such as reference, interlibrary loan, courier, continuing education and the shared county-wide library computer system.

For more information contact:

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National County Government Month is sponsored by the National Association of Counties to raise public awareness about the roles and responsibilities of counties. For more information visit www.naco.org/NCGM

Get with YOUR COUNTY Healthy

APRIL 2010

Celebrate National County Government Month “Healthy Counties”

Show Your Pride in Cochise County!

Please join Cochise County in promoting “Healthy Counties” by celebrating National County Government Month. Learn more about how Cochise County is delivering essential health care services, providing high quality recreation programs and promoting healthy living activities in our community.

APRIL FEATURED EVENTS in Cochise County

Jog-A-Thon

Help Motivate Middle School Students to be Active and Healthy

April Pool's Day

Water Safety with *Squirt* the Clown

Bicycle Rodeo Day

Activities to Promote Bicycle Safety for Ages 6-13 – Sponsored by the Willcox Fire Department

How Do You “Get Fit” – Cochise County Wants to Know

Visit cochise.az.gov for details

FREE Blood Pressure Clinics

At all 5 Health Department locations

Visit our website at cochise.az.gov for details on Wellness Events and Services provided by Cochise County!

WELLNESS PROGRAMS for EMPLOYEES and RESIDENTS of Cochise County

Active Adults Program

- Statistically, heart disease and cancer were the leading cause of death for Cochise County residents in 2009. There were 213 heart disease related deaths, the number one killer.
- This grant funded program is designed for people who are interested in improving their health and preventing chronic diseases.
- An exercise specialist works with adults either individually, or in a group setting, to develop personalized fitness, wellness and nutrition plans.
- Wellness presentations, training and health resource information are available, FREE of charge, to County residents through the program.



For more information contact:

Lee Itule Henretta • Health Educator • 520-432-9471 • litulehenretta@cochise.az.gov

Weight Wars

- In an effort to motivate employees to lead healthier lives Cochise Combined Trust teams from Cochise County and Cochise College joined in a “Weight Wars” challenge. Both entities formed five member teams and challenged each other in a weight loss competition. The eight week challenge began in January and ended in March 2010 with the following results.
 - A combined starting weight of 37,042.9 pounds and total weight loss of 883.5 pounds or 2.4% of total body weight
 - The winning team for Cochise College with a 6.15% team weight loss of 61 pounds is Team Science Building
 - The winning team for Cochise County with a 5.66% team weight loss of 53.4 pounds is Team Blubber Busters
 - The College lost a total of 240.5 pounds or 2.23% of their weight and the Cochise County lost a total of 643 pounds or 2.45% of their weight
- The momentum of the challenge is continuing for another three months. June will be the final weigh in for those participants who decided to continue their quest to lead healthier lives.



County Prevention Programs

- **First Things First Home Visitation** – This program is for families with children from ages 0 to 5. Clients receive in-home visits centered on the development needs of their children. Assists parents in finding the resources that their families may need to better the health and education of their families.
- **Health Start** – Is a family-centered continuum of basic prenatal and family health education, referral and advocacy service. The services are delivered in the home and include a home safety check, developmental assessments, education on nutrition and health, promotion of the benefits of preventative health care.
- **Healthy Childcare** – This program has been working with area day-care providers to improve the quality of food that they offer their children and increase the teacher guided physical activity at each site to 60 minutes per day.

For more information contact:

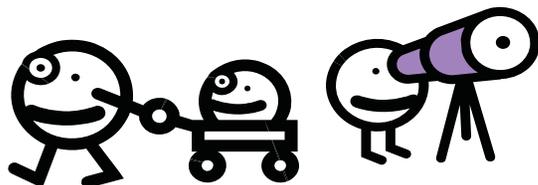
Marilyn Godfrey • Program Manager • 520-432-9456 • mgodfrey@cochise.az.gov

Tobacco Prevention Program

The 3 main goals of this program are to prevent our youth from smoking, provide limited cessation services and build a positive community network.

Prevention

- Provide prevention presentations to schools countywide



well • ness: (n) the means for a healthy existence and quality of life through a variety of avenues: physical, mental, social, environmental, spiritual, emotional and medical. It is the search for a state of well-being using these avenues.

- Participate in community events and disseminate prevention materials
- Develop youth coalitions
- Provide education to restaurants and tobacco vendors about the Smoke Free Arizona Act

Cessation

- Provide Quit-Tips presentations to adult smokers
- Refer to Arizona Smokers’ Helpline (ASHLine) for more in-depth coaching and nicotine replacement therapy

Community Network

- Build sustainable relationships with other networks, healthcare providers, work sites, etc. to get our message out into the community or to provide services to their patients and employees
- Act as a resource to our clients offering both prevention and cessation information

For more information contact:

Suzanne Hagle • Program Coordinator • 520-432-9493
shagle@cochise.az.gov

Cochise County Women, Infants, and Children (WIC) Program

This program provides services to participants to reduce the complications of pregnancy; and to promote good growth and development of infants and young children. The specific services include:

- Nutrition education
- Breast feeding support
- Community referrals to income eligible WIC participants up to the age of 5

Additional services within this program are:

- Commodity Supplemental Food Program which provide food boxes to eligible participants between the ages of 5 and 6
- Farmer’s Market Food Program which provides clients with coupons for fresh fruits and vegetables.

For more information contact:

Amy Roy • WIC Program Coordinator • 520-803-3909
aroy@cochise.az.gov

Cochise Aging and Social Services (CASS)

CASS consists of three major divisions whose goal is to assist the elderly and physically disabled and their families to maintain the highest possible quality of life, independence and dignity.

Area Agency on Aging Case Management (AAA)

This program provides efficient and effective case management and information and referral services to elderly and/or disabled county residents who do not yet qualify for Arizona Long Term Case System (ALTCSS). The case managers allocate and monitor in-home services provided by agencies contracted by SouthEastern Arizona Governments Organization (SEAGO) that will assist the elderly and disabled to live independently and safely in their homes as long as possible. AAA also provides supportive intervention and guidance to informal and family caregivers.

For more information contact:

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