

BARREN RIVER RUNDOWN

January 2023

CONTENTS

- #WearBlue
- Resolutions
- Disaster Preparedness
- New Faces!
- Diabetes Education
- HANDS
- Employee Spotlight
- Quality Improvement
- Community Impact Report
- Upcoming Meetings
- Happy New Year!

January is National Slavery and Human Trafficking Month #WearBlue Day is Jan. 11th

National Human Trafficking Awareness Day is recognized each year on January 11th. In recognition of this important day, and throughout the month of January, Blue Campaign hosts several special events and educational activities.

Blue Campaign's largest initiative is #WearBlueDay on January 11th. To raise awareness of human trafficking, we invite the public to take photos of themselves, friends, family, and colleagues wearing blue clothing and share them on social media – Facebook, Twitter, and Instagram – along with our #WearBlueDay hashtag. Anyone can participate, **all you need is a piece of blue clothing!**

Resolve to be Ready!

Make a Resolution

- Make an emergency plan: choose a safe place to meet, learn evacuation routes, and establish an out-of-town contact.
- Take a current photo of you and your pet together in case you get separated during a disaster.
- Get to know your neighbor and invite them to be a part of your emergency plan.
- Snap photos of important documents and save them in a secure place or online.
- Set up group text lists so you can communicate with friends and family during emergencies.
- Take a class in CPR and first aid.
- Keep and update emergency supplies; remember to include cash.
- Have backup power sources available to charge devices in case of a power outage.
- Snap pictures of your property for insurance purposes.
- Check your insurance for coverage of disasters like floods, hurricanes, and earthquakes.
- Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, and safety tips, and locate open shelters.
- Save for a rainy day! Start and grow your emergency fund.
- Financially prepare for the New Year. Find out how with the Emergency Financial First Aid Kit.
- Spend within your means. Use a personal budgeting worksheet to help plan for holiday expenses and beyond.
- Build up your savings. Put a small amount in your account on the first of every month beginning January 1.



Barren River
DISTRICT HEALTH DEPARTMENT

Please submit articles for the newsletter to Olivia Harden at olivia.harden@barrenriverhealth.org
Submissions will be reviewed for approval.

DISASTER PREPAREDNESS

BE WINTER WEATHER READY!

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Preparing for Winter Weather

- **Keep out the cold** with insulation, caulking, and weather stripping.
- Keep **pipes** from freezing.
- Install and **test smoke alarms** and carbon monoxide detectors with battery backups.
- **Gather supplies** in case you need to stay home for several days without power.
- Keep in mind each person and pet's **specific needs**, including medication.
- Have **extra batteries** for radios and flashlights.
- If you are unable to afford **heating costs**, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.
- Create an **emergency supply kit for your car** with jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep a full tank of gas.

Coming this month!



Jan. 19th & 26th
12 - 4 PM
District Office

Contact Barbara
Cruse to register!



Workshop will cover...

Eating plans
Activity plans
Medications
Reducing risk



Do you know a **new or expecting parent** who could use an extra pair of hands? Click here for info on BRDHD's HANDS Program!



HANDS is always accepting referrals!

Contact Tammy.Drake@barrenriverhealth.org to learn more about the HANDS Program

NEW FACES



Alex Gilpin

Environmental
Warren



Haley Hines

HR Administrative
Assistant
District



Jordan Harp

Environmental
Warren

DISTRICT BOARD OF HEALTH



**Judge Jamie
Bewley Bird**

Barren County
Judge Executive



**Judge Ronald
Scott Lindsey**

Edmonson County
Judge Executive



**Judge Phillip E.
Baker**

Logan County
Judge Executive



**Judge Larry N.
Wilson**

Metcalfe County
Judge Executive



**Judge Doug
Gorman**

Warren County
Judge Executive

EMPLOYEE SPOTLIGHT

Sara Coomer

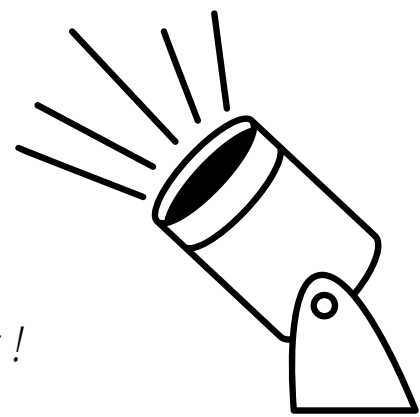


Sara is an integral part of the dental program at the District office! As a dental hygienist, she cares for and educates patients, as well as giving a helping hand to her dental team. Next time you see Sara, tell her “You rock!” Her hard work is very much appreciated at BRDHD.



Want to nominate a coworker for employee spotlight?

Email Olivia at olivia.harden@barrenriverhealth.org !



QUALITY IMPROVEMENT

The QI Team is here for you! Do you have an idea that would make your job easier? Is there an improvement the agency could make to better serve our community? Submit your ideas below!



QI Success! Photo Consent Form

First...

Ashli M. sent QI nomination form through BRDHD Run Down

Then...

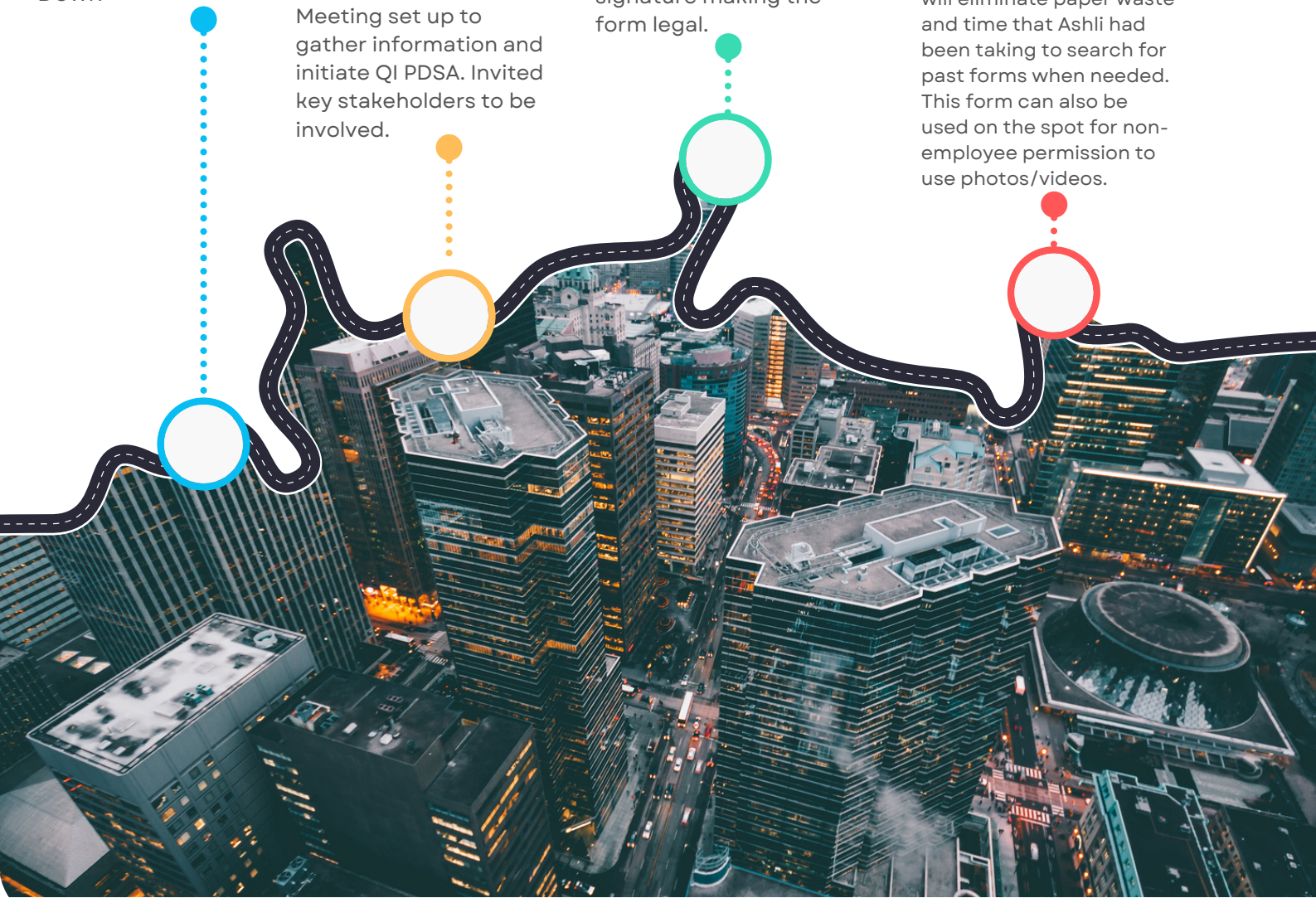
Meeting set up to gather information and initiate QI PDSA. Invited key stakeholders to be involved.

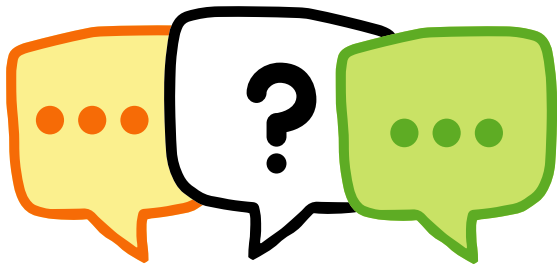
Also,

With IT's help we created an e-form that could capture an e-signature making the form legal.

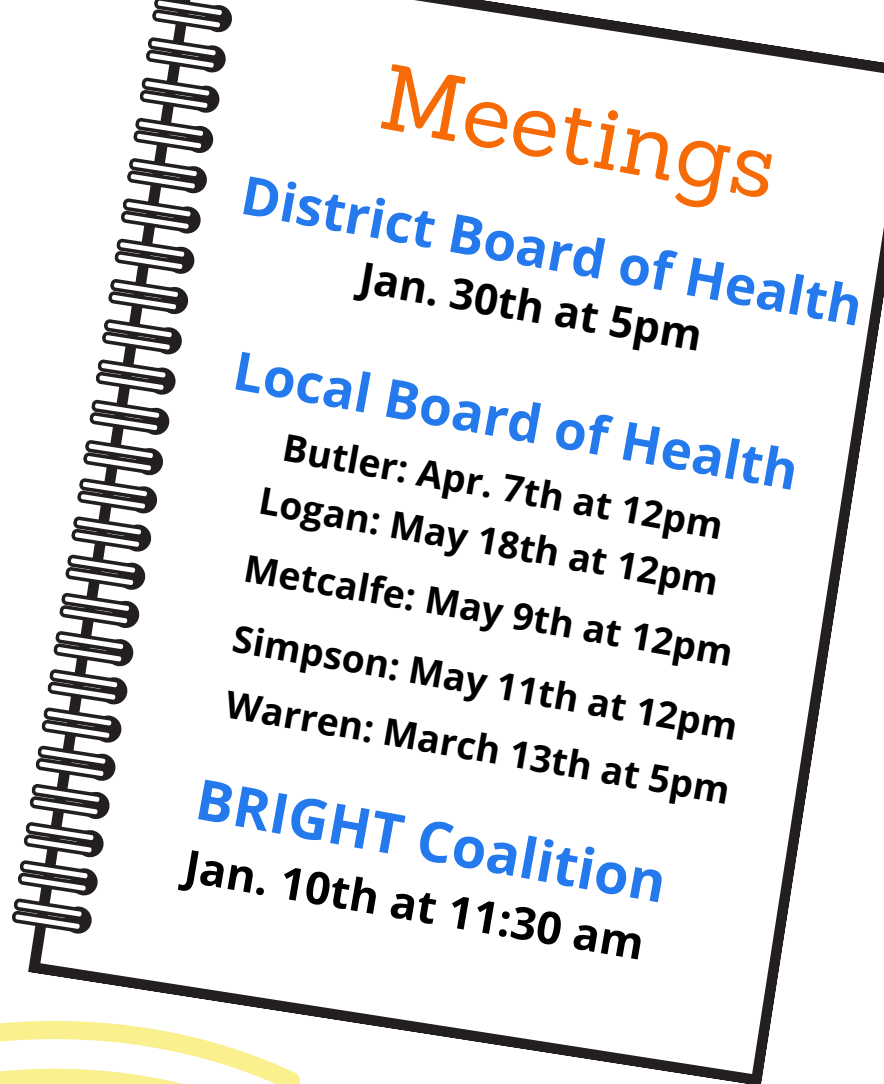
Success!

Tested the new form for accuracy. Sent form to Ashli for approval. Ashli then sent the form to all staff to fill out. This form will eliminate paper waste and time that Ashli had been taking to search for past forms when needed. This form can also be used on the spot for non-employee permission to use photos/videos.





UPCOMING MEETINGS!



Meetings

District Board of Health
Jan. 30th at 5pm

Local Board of Health

Butler: Apr. 7th at 12pm
Logan: May 18th at 12pm
Metcalfe: May 9th at 12pm
Simpson: May 11th at 12pm
Warren: March 13th at 5pm

BRIGHT Coalition
Jan. 10th at 11:30 am

Have you seen this year's
***Community Impact
Report?***
CLICK HERE!

Follow BRDHD on social media!



Barren River
DISTRICT HEALTH DEPARTMENT 

Click here to visit
our website



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