

# BADDEN RIVER BARREN RIVER RUNDOWN BARREN RIVER

FEBRUARY 2024

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## ***February is American Heart Month!***

Heart disease has been the number one cause of death in the United States for more than 90 years. In Kentucky, there are about 312,000 people living with coronary heart disease. But there is good news. More adults are aware about cardiovascular disease (CVD) and how to prevent it. Now, we can help empower them to take the small steps that will help lower their risk. We can't change everything today, but bit by bit, we can empower more people to stand up and take back their health, one small step at a time.

***Heart disease is largely preventable if you...***



**[Click here for more Heart Month information!](#)**

## HAVE A COWORKER IN NEED OF EXTRA SUPPORT?

**SUBMIT A FORM!**



**Barren River**  
DISTRICT HEALTH DEPARTMENT 

Please submit articles for the newsletter to Olivia Harden at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org)  
Submissions will be reviewed for approval.



# BOOK



# DONATIONS

*The QI Cohort is seeking children's book donations for our clinics!*

## WHY BOOKS?

Books can help keep children occupied, encourage parent-child interaction, and help the child learn new content or reading skills! This is a great opportunity to further enrich our client's lives.

## HOW CAN I DONATE?

Send your books to Susie Willis at the District office (1109 State St. Bowling Green, KY). Susie will distribute books to health departments. Books must be **NEW** or **GENTLY USED**.



**Newly-placed children's areas in Metcalfe and Butler Counties!**

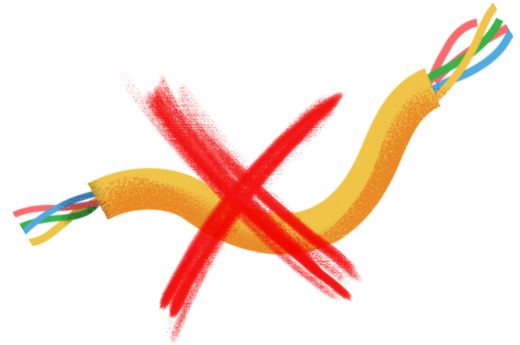
**SUBMIT A QI FORM!**



# DISASTER PREPAREDNESS

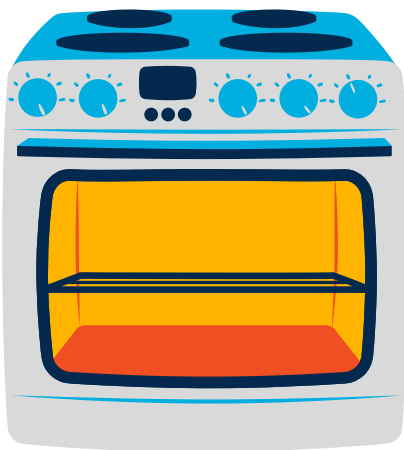
## PREVENTING HOUSE HEATING FIRES

Although trending downward since the early 1980s, heating fires remained the second leading cause of home fires in 2021. An estimated 32,200 home heating fires were reported to fire departments within the United States. These fires caused an estimated 190 deaths, 625 injuries and \$442 million in property loss.



Keep anything that can burn at least three feet from all heat sources including fireplaces, wood stoves, radiators, portable heaters or candles.

Always plug space heaters directly into an outlet, and make sure its cord isn't damaged or frayed.



Never use an oven to heat your home.



Maintain heating equipment and chimneys by having them cleaned and inspected each year by a professional.

**VISIT THE U.S. FIRE ADMINISTRATION HOME FIRES PAGE TO LEARN ABOUT HOW TO PREPARE FOR AND PREVENT HOME FIRES INCLUDING TIPS FOR INDIVIDUALS WITH DISABILITIES AND OLDER ADULTS.**

# DISASTER PREPAREDNESS

## NATIONAL CANNED FOOD MONTH

To help support nutrition education and reduce nutrition insecurity of low-income families, USDA's National Institute of Food and Agriculture (NIFA) provides funding to the Supplemental Nutrition Education Program – Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP). During National Canned Food Month, celebrate with NIFA as we highlight a few federally funded programs aimed to help families obtain nutritional foods.

### SNAP-Ed

NIFA's involvement with SNAP-Ed began in 1999, as Land-grant University administrators identified the need for national leadership through their federal partner. NIFA supports SNAP-Ed by providing leadership, establishing collaborative relationships and strengthening communication across federal, state, and local partners. Specifically, it promotes well-trained staff; effective program planning, management and reporting; identification and use of effective and appropriate resources; and improved consistency and clarity of communication among SNAP-Ed's many partners.

### Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is a Federal Extension (community outreach) program that currently operates through the 1862 and 1890 Land-grant Universities in every state, the District of Columbia, and the six United States territories – American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico and the Virgin Islands. EFNEP uses education to support participants' efforts toward self-sufficiency, nutritional health and well-being.

## Program Impacts

The Plan. Eat. Move. program— through the University of Kentucky College of Agriculture, Food and Environment— encompasses SNAP-Ed and EFNEP to show individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behaviors necessary to have a healthy lifestyle.



# DISASTER PREPAREDNESS

## STAYING SAFE DURING WINTER TRAVEL

### **KNOW BEFORE YOU GO**

- From blizzards, to avalanches, to ice storms, be aware of the winter risks in places you visit. Check the local weather forecasts and warnings before heading out. Visit National Weather Service for up to date forecasts and download the FEMA App for alerts in up to five locations.
- Check your local weather and traffic reports before heading out.
- If your roads are not in good shape, consider postponing non-essential travel until the roads are cleared. If you do have to go out, make sure you are prepared in case you become delayed while traveling.
- Tell others your route and anticipated arrival time.
- Want more tips on travel safety? Watch this PSA, made in partnership with FEMA and the TSA, for additional tips on travel safety.



### **ON THE ROAD**



- Make sure your vehicle is in good working condition before you travel.
- Keep your gas tank as full as you can. A full tank will also keep the fuel line from freezing.
- Install good winter tires and make sure they have enough tread, or any chains or studs required in your local area.
- When driving, increase your following distance from 3-4 seconds to 5-6 seconds. It takes longer to slow down and stop on icy roads.
- Every vehicle should have an emergency supply kit in the trunk. Kits should be checked every six months and expired items should be replaced regularly.
- Keep family and emergency phone numbers, including your auto insurance provider and a towing company in your phone.
- Consider keeping a power bank for your phone in your car in case your car loses power.
- If stranded, run the engine for about 10 minutes per hour to run the heater and charge your cellphone. Open a window slightly to let fresh air in and avoid carbon monoxide (CO) poisoning.



**HANDS is accepting new referrals!**

Contact [Tammy.Drake@barrenriverhealth.org](mailto:Tammy.Drake@barrenriverhealth.org)  
to learn more about the HANDS Program.

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## **BRDHD JOB OPENINGS**

### **NETWORK SPECIALIST**

BRDHD is hiring one full-time Network Systems Specialist Grade 17 to work in the IT Department. This position will be based in Bowling Green. The minimum requirements are a Bachelor's degree from an accredited college or university and two years of professional systems support experience.

### **SUPPORT SERVICES ASSOCIATE**

BRDHD is hiring one full-time Support Services Associates at the Warren County Health Department. Duties include: Medical records, interacts with patients/public, receptionist, scheduling, appointments, patient screening, WIC, collecting fees, data entry, copying, filing, and other duties as assigned.

### **PUBLIC HEALTH NURSE I**

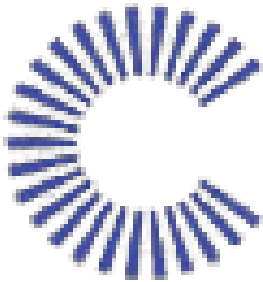
The Barren River District Health Department has an opening for a full-time Public Health Nurse I, Grade 17 to work at the Warren County Health Department. The minimum requirement is an Associate degree or diploma in nursing from an accredited college, university, or school of nursing.

***Email Haley Hines if interested!***

# BENEFITS ANNOUNCEMENT

## FOR THOSE ON THE KEHP HEALTH BENEFITS PLAN

The only way to fulfill the 2024 LivingWell Promise is to complete the *Castlight Health Assessment*. The 2024 LivingWell Promise period is January 1 - July 1, 2024. KEHP members who fulfill their LivingWell Promise in 2024 will earn up to \$480 in premium discounts for the 2025 Plan Year. Contact your Regional Well-being Coordinator (RWC) about scheduling a virtual or onsite 2024 LivingWell Program Overview presentation for 50+ members to increase awareness at your workplace.



**Castlight**

*Castlight is your one-stop shop for all health and well-being benefits in one place. With Castlight you can:*

- Call or chat with a Care Guide - your personal health advocate
- Find in-network, high-quality providers in your area and view your insurance card
- Keep track of healthcare spend
- Medically enrolled employees can redeem points for up to \$200 in great gift cards and prizes and waived employees can redeem points for sweepstakes entries.
- Call 800-681-6758 or go to [mycastlight.com/mybenefits](https://mycastlight.com/mybenefits)

**CONTACT HALEY HINES OR KIM FLORA  
FOR QUESTIONS!**

# EMPLOYEE SPOTLIGHT

## Kim Flora



Kim was nominated for this month's spotlight for her work as a our Assistant Director! Kim always puts forth 100% effort, is quick to serve others, and is enthusiastic about making BRDHD a better place to work. Next time you see Kim, tell her "You rock!" Her hard work is very much appreciated at BRDHD.



*Employee spotlight nominations will reopen in May, due to the long list of nominees to be recognized.*

*Thank you to the folks who have nominated! ❤️*



# COMMITTEES

For more opportunities to work across branch and county lines, all staff are encouraged to join a committee!

## **WELLNESS - CONTACT KATHY THWEATT**

- Wellness Works
- Encourage healthy behaviors for staff
- Promote insurance perks

## **SAFETY - CONTACT MIKE BAXTER**

- Incident review
- Ergonomics
- Building safety
- Identify needed trainings and support

## **SOCIAL - CONTACT OLIVIA HARDEN**

- Birthdays
- Special events
- District-wide meeting activities
- Explore ways for staff to connect

## **RETENTION - CONTACT KIM FLORA**

- Explore ways to improve employee satisfaction
- Incentives, acknowledgement, etc.
- Identify needed trainings and support

## **EQUITY - CONTACT INDIA MARTINEZ**

- Promote ways to reach vulnerable populations
- Spread details of important community events
- Identify opportunities for equity within our policies and processes

## **DISASTER PREP - CONTACT JANARAE CONWAY**

- Review, update and give input on preparedness plans
- Support accreditation (PPHR)
- Promote drills and update trainings
- Identify needed trainings and support



# DAYS OFF!

Below are the days off for 2024.

## 2024

- Jan. 15 - Martin Luther King Jr. Birthday
- Mar. 29 - Good Friday (half day)
- May 27- Memorial Day
- July 4 - Independence Day
- Sept. 2 - Labor Day
- Nov. 5 - Presidential Election Day
- Nov. 11 - Veterans Day
- Nov. 28-29 - Thanksgiving
- Dec. 24-25 - Christmas
- Dec. 31 and Jan. 1 - New Year's Day

# UPCOMING MEETINGS!

## Local Board of Health

Warren: March 11th @ 5PM  
Butler: April 5th @ 12PM  
Barren: April 9th @ 12PM

## BRIGHT Coalition

February 13th  
@ 11:30 AM  
BRADD

## District Board of Health

May 20th  
@ 5PM

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

[CLICK  
HERE!](#)

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT



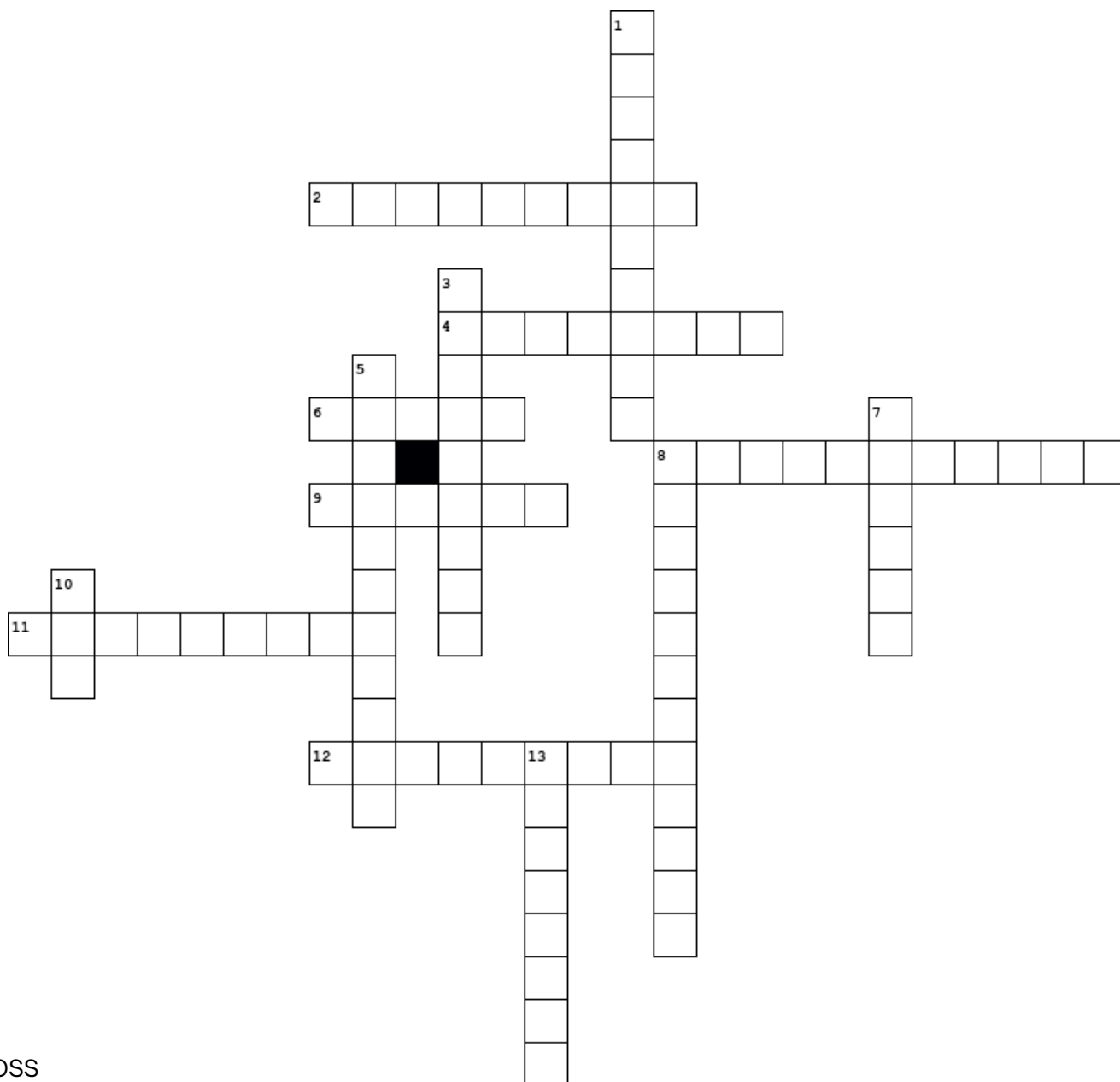
*BRDHD Website*



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# CROSSWORD PUZZLE

The first to complete and submit the puzzle to  
Olivia.Harden@barrenriverhealth.org will receive a treat!



## ACROSS

2. Kim Flora is the \_\_\_ Director.
4. \_\_\_ Food and Nutrition Education Program
6. Keep anything that can burn \_\_\_ feet away from heat sources.
8. Use Castlight to find in-network, \_\_\_ providers.
9. Before traveling, check local weather \_\_\_.
11. The only way to fulfill the LivingWell Promise is to complete the \_\_\_ Health Assessment.
12. The QI cohort is seeking book \_\_\_ for our clinic play areas.

## DOWN

1. February 14th is \_\_\_ Day.
3. HANDS is accepting new \_\_\_.
5. Keep this under CONTROL to reduce your risk of heart disease.
7. Always plug in space heaters directly into an \_\_\_.
8. The number one cause of death in the U.S.
10. The next District Board of Health Meeting is in the month of \_\_\_.
13. When it is raining or snowing, you could (increase/decrease) following distance.