

BARREN RIVER RUNDOWN

DECEMBER 2023

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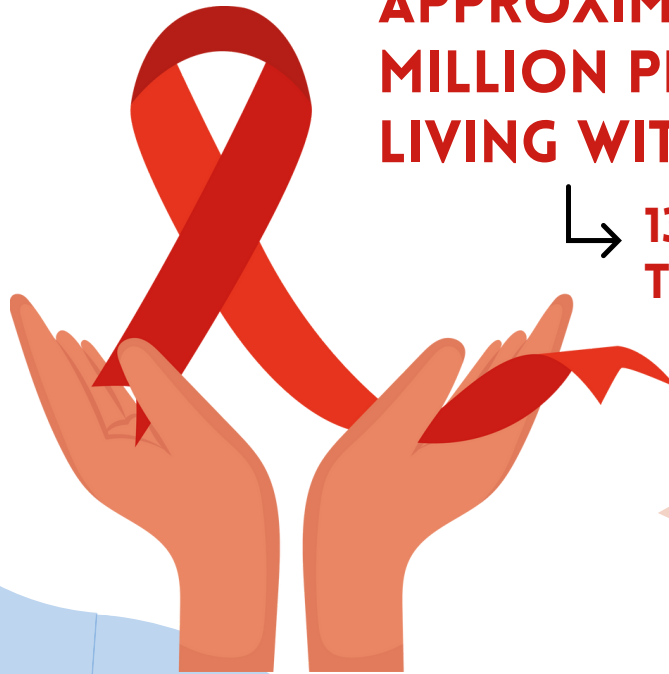
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National HIV/AIDS Awareness Month!

December is National HIV/AIDS Awareness Month and every year on December 1, we observe World AIDS Day to show support for people living with HIV/AIDS and work toward our goal of ending stigma and increasing HIV testing.

APPROXIMATELY 1.2 MILLION PEOPLE ARE LIVING WITH HIV.

↳ **13% DON'T KNOW THEY HAVE IT.**

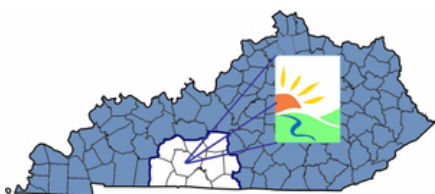


TESTING IS KEY!

[Click here for HIV/AIDS Awareness Month resources!](#)

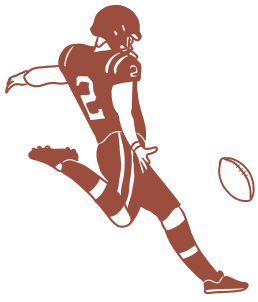
HAVE A COWORKER IN NEED OF EXTRA SUPPORT?

SUBMIT A FORM!

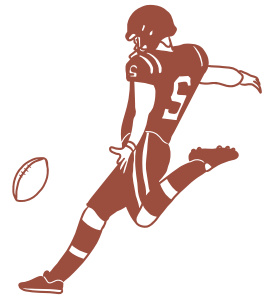


Barren River
DISTRICT HEALTH DEPARTMENT 

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



QI COHORT KICKOFF!



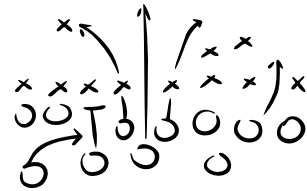
The QI Committee is transitioning into a COHORT!

WHAT IS A COHORT?

A cohort is a group of like-minded individuals, acting together to make an improvement.

HOW WILL IT WORK?

The QI Cohort will be a 12 month program, that will aim to give every employee an opportunity to participate in quality improvement!



WHY THE CHANGE?

Other health departments have successfully created a culture of quality improvement through the cohort structure — now it's our turn for a touchdown!

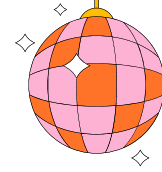
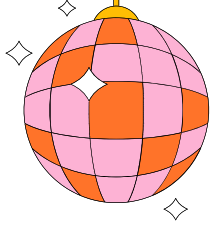
SUBMIT A QI FORM!



**MUCH MORE EXCITEMENT
TO COME FROM THE FIELD!**

DISASTER PREPAREDNESS

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 back-up 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 on disasters like floods, hurricanes, and earthquakes.
- Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, 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 the first of every month beginning January 1.

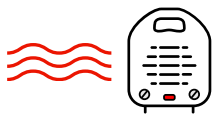
2024

DISASTER PREPAREDNESS

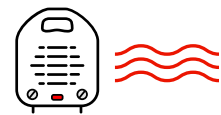
WINTER SAFETY

HOLIDAY SAFETY

- Turn off holiday lights at night or when you leave the house.
- Replace any string of lights with worn or broken cords or loose bulb connections.
- Keep candles at least 12 inches away from flammable materials or consider using flameless candles.
- Water your Christmas tree daily and do not let it dry out. A dry tree is more flammable.
- Make sure your tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights, and not blocking an exit.
- Do not overload extension cords and outlets.



PORTABLE HEATERS



- Keep combustible objects at least three feet away from portable heating devices.
- Only buy heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Check to make sure the portable heater has a thermostat control mechanism and will switch off automatically if the heater falls over.
- Only use crystal clear K-1 kerosene in kerosene heaters. Never overfill it. Use the heater in a well-ventilated room away from curtains and other flammable items.

FIREPLACES AND WOODSTOVES

- Inspect and clean woodstove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.



DISASTER PREPAREDNESS

WINTER SAFETY

PREPARING FOR WINTER WEATHER

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to 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's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

GENERATOR SAFETY

- 1 Generators and fuel should always be used outdoors and at least 20 feet away from windows, doors and attached garages.
- 2 Install working carbon monoxide detectors on every level of your home. Carbon monoxide is a colorless, odorless gas that can kill you, your family and pets.
- 3 Keep the generator dry and protected from rain or flooding. Touching a wet generator or devices connected to one can cause electrical shock.
- 4 Always connect the generator to appliances with heavy-duty extension cords.
- 5 Let the generator cool before refueling. Fuel spilled on hot engine parts can ignite.
- 6 Follow manufacturer's instructions carefully.



HANDS is accepting new referrals!

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

BRDHD JOB OPENINGS

NETWORK SPECIALIST (TWO)

BRDHD is hiring two full-time Network Systems Specialist Grade 17 to work in the IT Department. This position will be based in Bowling Green, but will serve all eight counties in our service area (Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson and Warren). The minimum hourly wage is \$20.30.

PUBLIC HEALTH NURSE I

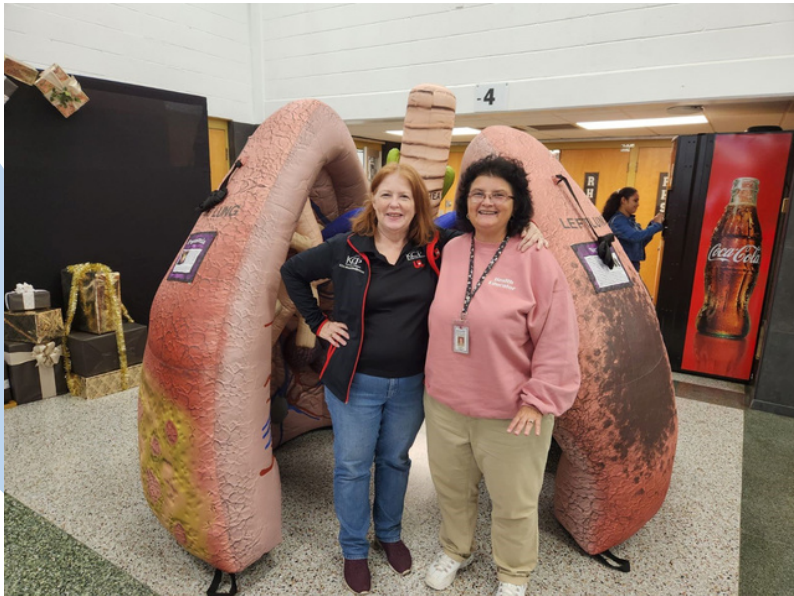
The Barren River District Health Department has an opening for a full-time Public Health Nurse I, Grade 17 to work at the Warren County Health Department. The minimum requirement is an Associate degree or diploma in nursing from an accredited college, university, or school of nursing.

SUPPORT SERVICES ASSOCIATE (THREE)

BRDHD is hiring three 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, and more.

Email Haley Hines if interested!

NOV. SNAPSHOTS



Health Educator, Kathy Thweatt, at the KY Tobacco Program at Russellville High School



Mr. Deleon from the Scared Straight program at Logan County High School.



Health Educator, Selina Blick, at the Steered Straight Program at Logan County High School.



**Do you have pictures from BRDHD or wellness-related events?
Email Olivia at olivia.harden@barrenriverhealth.org !**

EMPLOYEE SPOTLIGHT

Rebecca Tyree



REBECCA!

Rebecca was nominated for this month's spotlight for her hard work as a nursing supervisor! She has been including herself in the clinic workload, while also leading and motivating others to complete their tasks. Next time you see Rebecca, 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 !*

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 the upcoming holidays and for 2023.

DECEMBER 2023

- December 25-26th
- Dec. 29th and Jan. 1st

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

Barren: Dec. 12th @ 12PM

Hart: Dec. 14th @ 11AM

Edmonson: Dec. 20th @
12 PM

BRIGHT Coalition

Dec. 12th
@ 11:30 AM
BRADD

DISTRICT-WIDE MEETING



Friday, Dec. 15th
8 AM to 3 PM



Historic Railpark Museum, Bowling Green

Have you seen this year's
Community Impact Report?

[CLICK
HERE!](#)

Follow BRDHD on social media!



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DISTRICT HEALTH DEPARTMENT



BRDHD Website



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