

BARREN RIVER RUNDOWN

MARCH 2024

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March is National Nutrition Month!

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Staying Healthy On A Budget

- 🍏 **Learn cooking, food preparation, and meal planning skills.**
- 🍏 **Use a grocery list and shop sales when purchasing food.**
- 🍏 **Learn about community resources such as SNAP, WIC and local food banks.**
- 🍏 **Practice home food safety.**

[Click here for more Nutrition 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.



BOOK



DONATIONS

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

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 Edmonson, Metcalfe and Butler Counties!

SUBMIT A QI FORM!



≡ POLICY UPDATE! ≡

DRESS CODE FOR CLINIC STAFF AND SCHOOL NURSES.

Closed-toed shoes must be worn with scrub pants. Sandals
or **crocs** are not allowed.

DRESS CODE FOR COMMUNITY OUTREACH STAFF, HEALTH EDUCATORS, AND NUTRITIONISTS

Scrubs are **approved** attire for all employees.

**WANT TO READ
AGENCY POLICIES?**

**VISIT THE SHARED DRIVE AND
THE 'BRDHD POLICIES AND
PROCEDURES' FOLDER**

DISASTER PREPAREDNESS

"IT'S NOT LUCK MONTH!"

KENTUCKY ANNUAL STATEWIDE TORNADO DRILL WEDNESDAY, MARCH 6TH @ 9:07 AM CST

If there is a threat of severe weather at the scheduled time, the drill will be postponed to a fair-weather day.

- A pet preparedness kit can be Lucky's lucky charm! Just as you do with your family's emergency supply kit, have a basics for survival kit for your pet that includes a collar with ID tag, a harness or leash, food, water, medicine, grooming supplies, first aid kit, sanitation needs, traveling bag, crate or sturdy carrier, ideally one for each pet, and other familiar items.
- For each petal on the shamrock, that brings a wish your way – good preparedness and Irish blessings for today and every day.
- Take care of your little leprechauns and plan for your pet's preparedness too!
- There will be zero lucks given today – get prepared!
- Is your go bag ready to sham-rock and roll in case of a disaster?
- When the luck of the Irish is not with you, make sure you have insurance instead.
- Keep green in your pocket this St. Patrick's Day and always have extra cash in case of emergency.



FLOOD SAFETY

IF YOU ARE UNDER A FLOOD WARNING...

- Find safe shelter right away.
- Do not walk, swim or drive through floodwaters. **Turn Around, Don't Drown!**
- Remember, just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water.
- Depending on the type of flooding:
 - Evacuate if told to do so.
 - Move to high ground or a higher floor.
 - Stay where you are.



HANDS is accepting new referrals!

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

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.

PUBLIC HEALTH NURSE I

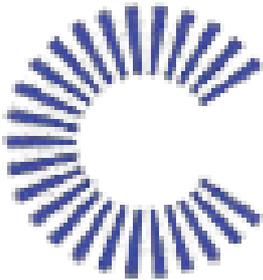
The Barren River District Health Department has an opening for a full-time Public Health Nurse I, Grade 17 to work at the Warren County Health Department. The minimum requirement is an Associate degree or diploma in nursing from an accredited college, university, or school of nursing.

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

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

NEW FACES



Malika Beason
Support Services
Warren



Charles Stanfill
Network Specialist
District



Lisa Johnson
Health Educator
District



Jahaira Valero
HANDS Specialist
Warren



Da Meh
Support Services
Warren

**NEXT TIME YOU SEE THEM,
INTRODUCE YOURSELF!**

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

EMPLOYEE SPOTLIGHT

Jennifer Turner



Jennifer was nominated for this month's spotlight for her work as an Environmental SSA! Jennifer is described as the 'backbone' of the environmental team in Warren County and puts so much care into her work behind the scenes. Next time you see Jennifer, 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



UPCOMING MEETINGS!

Local Board of Health

Warren: March 11th @ 5PM

Butler: April 5th @ 12PM

Barren: April 9th @ 12PM

BRIGHT Coalition

March 12th

@ 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



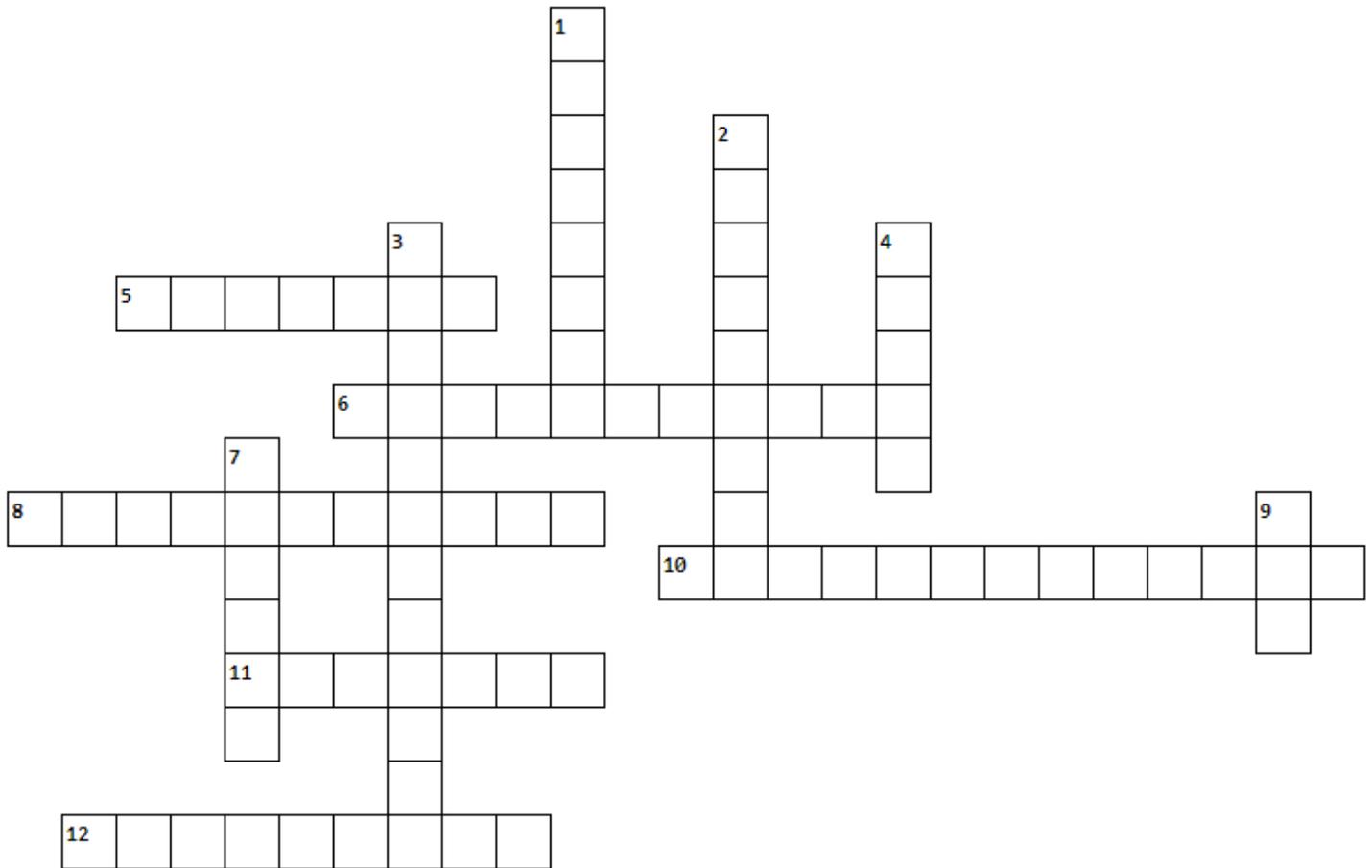
BRDHD Website



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CROSSWORD PUZZLE

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



ACROSS

5. What should you stay off of if there is fast-moving water beneath it?
6. Do not walk, swim or drive through _____. Turn Around, Don't Drown!
8. Use Castlight to find in-network, _____ providers.
10. Jennifer is an SSA for the _____ team.
11. March 6th at 9:07AM CST is the Kentucky Annual Statewide _____ Drill.
12. The only way to fulfill the LivingWell Promise is to complete the _____ Health Assessment.

DOWN

1. Scrubs are approved/not approved attire for all employees?
2. March is National _____ Month.
3. Learn cooking, food preparation, and _____ skills.
4. _____-toed shoes must be worn with scrub pants.
7. A committee led by India Martinez.
9. What month is the next district board of health meeting?