

# BARREN RIVER RUNDOWN

June 2023

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## June is Men's Health Month!

Throughout June, Men's Health Month aims to encourage boys and men to take charge of their overall health by implementing healthy living decisions.

In general, men in the U.S. are expected to live nearly six years less than women, and non-Hispanic Black and American Indian/Alaska Native men have a lower life expectancy than non-Hispanic white men. Many diseases that disproportionately impact men, like heart disease and cancer, are preventable through regular doctor's visits and healthy lifestyle choices. However, one survey found that 63 percent of men of color report not getting regular health screenings. Men are also more likely to have lower health literacy levels than women, meaning they may struggle to find, understand, and use information and services required to make informed decisions about their health.

### Important Aspects of Men's Health

Reproductive



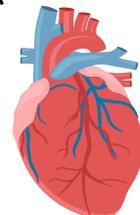
Health

Mental



Health

Cardiovascular



Health

**[CLICK HERE FOR MEN'S HEALTH MONTH RESOURCES!](#)**

## June is national pet safety month!

If you must evacuate in an emergency, **so do your pets.**

- Know a safe place where you can take your pets (shelters or hotels).
- Find a backup caregiver for your pet.
- Have your pet microchipped.
- Contact your local emergency management office or animal shelter for additional guidance.



**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.

# DISASTER PREPAREDNESS

## BE READY FOR EXTREME HEAT!

*There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.*

Older adults, children and sick or overweight individuals are at greater risk from extreme heat.

### HEAT EXHAUSTION

**Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting.

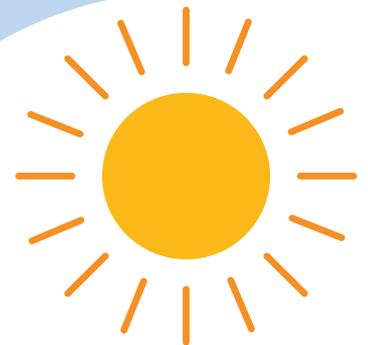


### HEAT CRAMPS

**Signs:** Muscle pains or spasms in the stomach, arms or legs.

### HEAT STROKE

- Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness



**IF YOU SUSPECT HEAT STROKE, CALL 9-1-1 OR GET THE PERSON TO A HOSPITAL IMMEDIATELY.**

**COOL DOWN WITH WHATEVER METHODS ARE AVAILABLE UNTIL MEDICAL HELP ARRIVES. DO NOT GIVE THE PERSON ANYTHING TO DRINK.**

# WIC IS NOW AVAILABLE AT THE BUTLER COUNTY FARMERS MARKET!



BRDHD is now only **one of two Kentucky health department districts that offer WIC in the every covered county**. Congrats on this accomplishment, WIC!



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## Congrats to HANDS for receiving a grant of over \$300,000!



### **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**

### **MNT NUTRITIONIST I**

This position will be based in Bowling Green, but will serve all eight counties (Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson and Warren). The minimum hourly wage is \$21.52. Must be a Registered Dietitian (RD).

### **PUBLIC HEALTH NURSE I**

This position will serve as the Diabetes Population Health Specialist and will be responsible for planning and implementing Diabetes services throughout the 8 county service area. The position will receive on the job training to provide the National Diabetes Prevention Program and Diabetes Self-Management and Support.

### **DIRECTOR OF NURSING**

This position will be based at the District office, but will serve all eight counties. The minimum hourly wage is \$32.35. The minimum requirement is seven (7) years of Registered Nurse experience of which three (3) years include supervisory experience or Bachelor's degree with six (6) years of public health experience

***Email Haley Hines if interested.***

# MAY SNAPSHOTS



Congrats to our Peer Support Specialist, Tim Russell, for winning the Peer Excellence Award for the SoKY region at KYSTARS for Mental Health!

NEW FACE!



Ava Sneed  
Health Educator  
Barren County



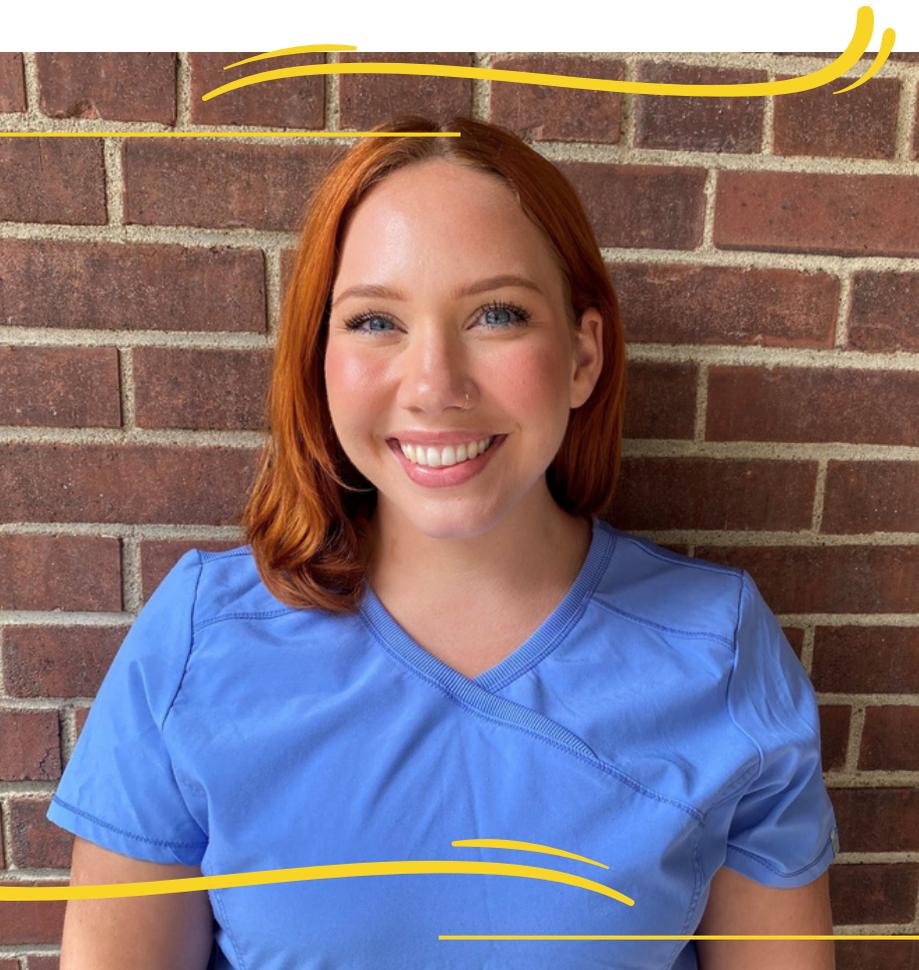
Selfies from Nurses Week! Thank you to all our nurses who care for our community so well. You rock!

**Do you have pictures from health department or wellness-related events this month?**

Email Olivia at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org)!

# EMPLOYEE SPOTLIGHT

## Elizabeth Howard

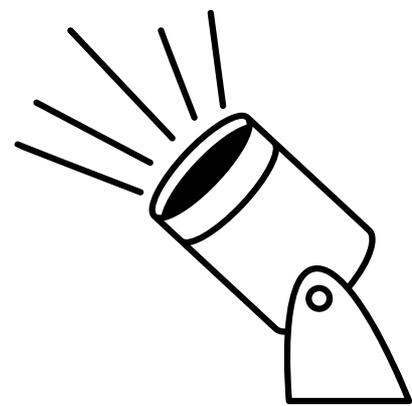


Elizabeth is a valuable part of the WIC program, serving as the only dietitian! Elizabeth gives 100% everyday and works tirelessly to provide breastfeeding and nutrition education to the whole community. Next time you see Elizabeth, tell her "You rock!" Her hard work is very much appreciated at BRDHD.



***Want to nominate a coworker for employee spotlight?***

*Email Olivia at [olivia.harden@barrenriverhealth.org](mailto: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

## QUALITY IMPROVEMENT - CONTACT SUSIE WILLIS

- Identify and work on agency-wide QI projects
- Learn new QI tools
- Spread the word about QI and current projects
- Teach new processes
- Identify needed trainings and support

## 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



# COMMITTEE

# BLURBS

## DEI VALUES

### *Empower*

Our coworkers and our community to stand up for DEI.

### *Advocate*

For DEI in the workplace and in our services.

### *Continuously Learn*

Ways to protect and promote DEI.

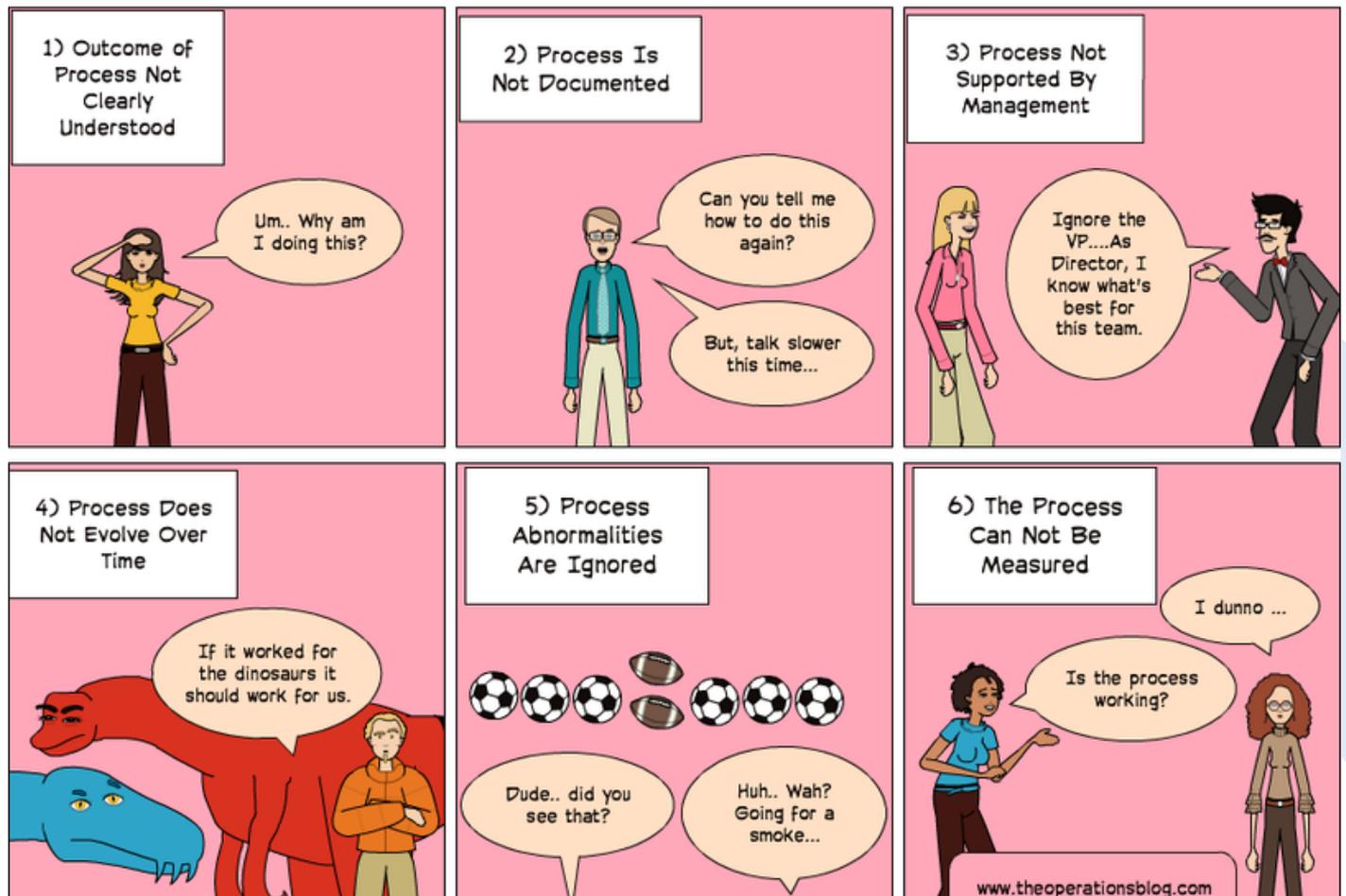
### *Make a Difference*

By taking action to protect and promote DEI.

## QI CARTOON

### 6 Reasons Processes Fail

by OperationsBlog



**District Board of Health**

**August 28th @ 5 PM**

**Local Board of Health**

**Hart: June 8th @ 11 AM**

**Warren: June 12th @ 5 PM**

**BRIGHT Coalition Workshop**

**June 6th @ 11 AM**

WKU Health Sciences Complex

# UPCOMING MEETINGS!

*Does joining an activity club such as*



- Running/walking
- Pickleball
- Wiffleball
- Book

*interest you?*



*If so, fill out our survey here!*

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

[CLICK HERE!](#)

Follow BRDHD on social media!



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**BRDHD Website**



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