

BARREN RIVER RUNDOWN

JANUARY 2024

CONTENTS

- National Human Trafficking Prevention Month
- Book Donations
- Winter Weather Safety
- HANDS
- Job Openings
- Service Awards
- Employee Spotlight
- Committees
- Upcoming Meetings/Events
 - District-Wide Meeting!
- Crossword

National Human Trafficking Prevention Month!

January is National Human Trafficking Prevention Month. Every year since 2010, the President has dedicated the month to raise awareness about human trafficking and to educate the public about how to identify and prevent this crime. The U.S. Department of State raises awareness of human trafficking domestically and abroad, through U.S. embassies and consulates.

During this month, we celebrate the efforts of foreign governments, international organizations, anti-trafficking entities, law enforcement officials, survivor advocates, communities of faith, businesses, and private citizens all around the world to raise awareness about human trafficking.

[Click here for Human Trafficking Prevention 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!

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**.



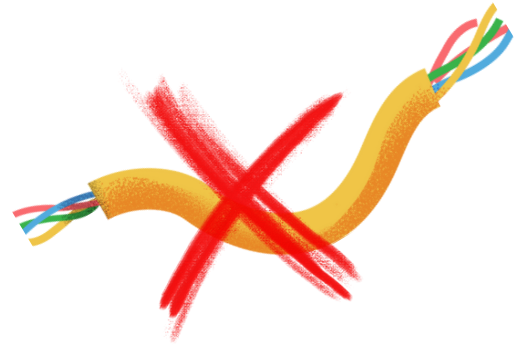
SUBMIT A QI FORM!



DISASTER PREPAREDNESS

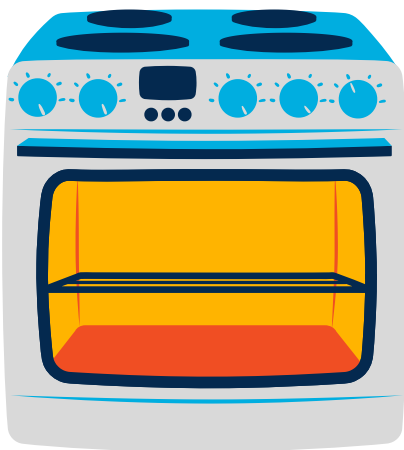
PREVENTING HOUSE HEATING FIRES

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

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.



Kentucky's HANDS

Every parent needs a second pair of HANDS

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.

FAMILY SUPPORT SPECIALIST

BRDHD is accepting applications for one (1) full-time Family Support Specialist (PH HANDS Specialist I, Grade 14) to work at the Warren County Health Department, but will be expected to travel to other counties as needed.

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

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, and more.

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

SERVICE AWARDS

Recognized at our 2023 District-wide Meeting, the following are employees who have reached years of service milestones in increments of five years. Not all are pictured.



5 Years

Shelly Bennett
Stacy Montgomery
Tammy Thompson
Tara Coots
Alissa Stice
India Martinez
Sara Coomer
Cameron Carver

10 Years

Stacy Barrick
Kathy Thweatt
Michelle Deweese
Bethany Jones

15 Years

Lana McChesney
Tracy Carrender
Beth Greene
Selina Blick
Jennifer Turner
Stephanie Stallings
Barbara Phelps
Jackie Perez
Ashley Lillard
Teana Large

20 Years

Juliet Self
Angelia Blythe
Rebecca Tyree
Holly Haynes
Kim Flora

25 Years

Trisha Woodcock
Stacey Hunt
Jason Meadows
Tammy Drake

35 Years

Sue Vincent

THANK YOU FOR YOUR SERVICE!

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

EMPLOYEE SPOTLIGHT

Amanda Nichols



Amanda was nominated for this month's spotlight for her hard work as a Support Services Associate! She is excelling in her role in managing medical records and client services. She is a valuable asset to our clinic. Next time you see Amanda, 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

Dec. 12th

@ 11:30 AM

BRADD

District Board of Health

Jan. 29th

@ 5PM

Have you seen this year's
Community Impact Report?

[CLICK
HERE!](#)

Follow BRDHD on social media!



Barren River
DISTRICT HEALTH DEPARTMENT



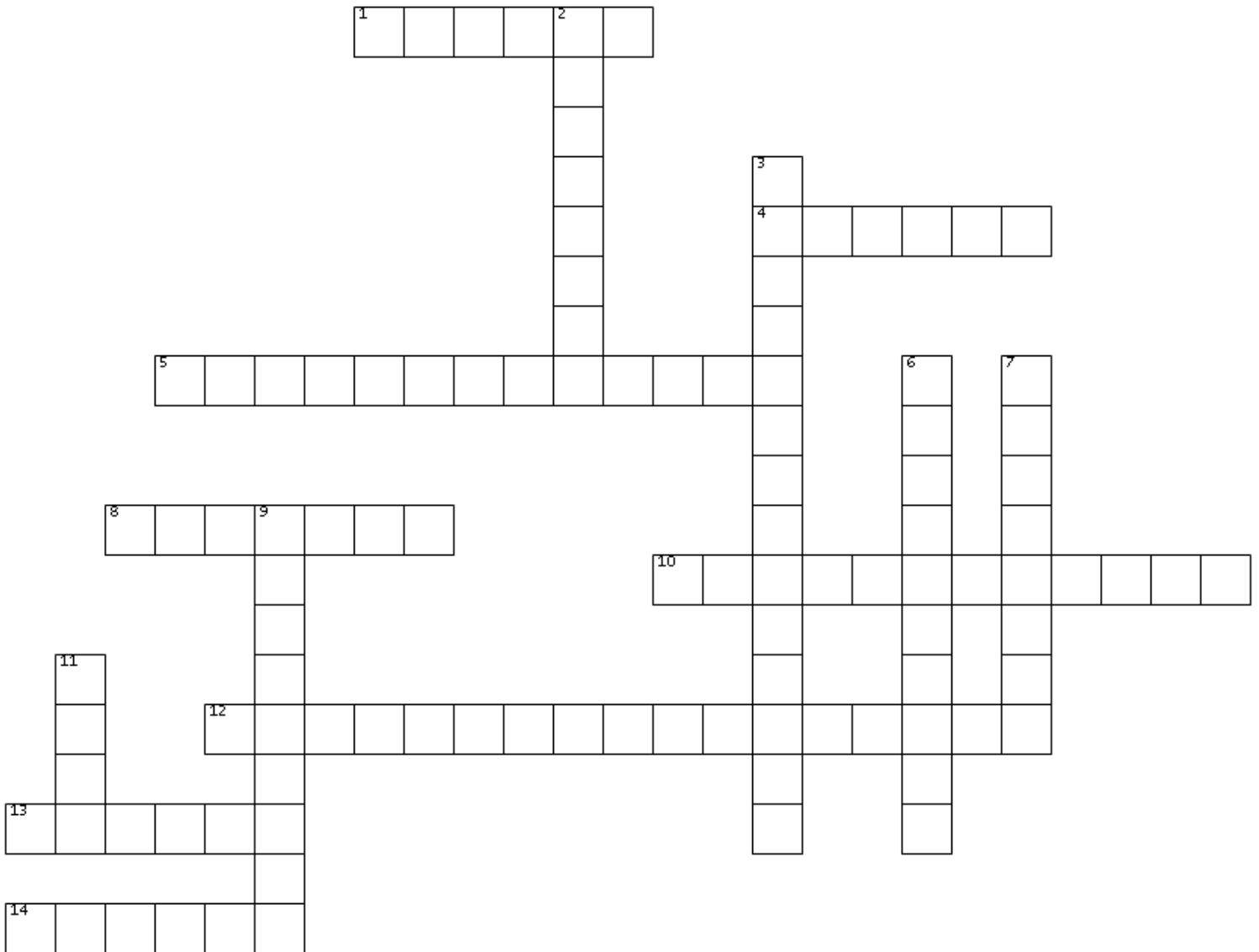
BRDHD Website



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Submissions will be reviewed for approval.

CROSSWORD PUZZLE

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



ACROSS

1. Employee Spotlight
4. Committee for diversity and inclusion
5. These should be new or gently used before submitting to Susie Willis
8. Keep this full while traveling during the winter months
10. Every car should have this and should be checked every six months
12. Two job positions open for this job
13. If stranded, run this for 10 minutes per hour to charge your phone and stay warm
14. The Quality Improvement Committee is transitioning from a committee structure to this structure

DOWN

2. Board of health meeting for all counties
3. Recognition awards
6. National Human Trafficking ___ Month
7. Check this before you travel during the winter months
9. Keep flammable objects this distance away from heat sources
11. Never use this to heat your home