

BARREN RIVER RUNDOWN

March 2023

CONTENTS

- #ColorectalCancer AwarenessMonth
- Flood Weather Ready
- Program Updates
- DBOH Updates
- Bills
- February Snapshots!
- Employee Spotlight
- Upcoming Meetings/Events

March is Colorectal Cancer Awareness Month!

If colorectal cancer is highly preventable with screening, and it's highly treatable when caught early, then why is colorectal cancer the second deadliest cancer in the U.S.?

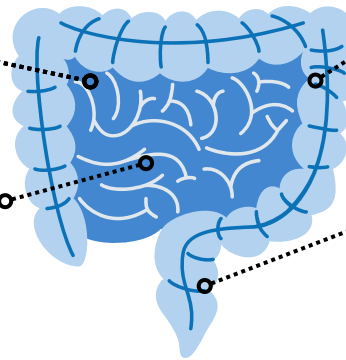
It's a great question with a complicated answer. A lack of knowledge about prevention and limited access to screening has a lot to do with it, and a third of people who could get checked don't. A missed or delayed screening gives colorectal cancer a chance to grow and become more dangerous long before symptoms appear.

Start screenings by age 45.

When found in its earliest stages, the five-year survival rate is 90%.

Make healthy lifestyle choices.

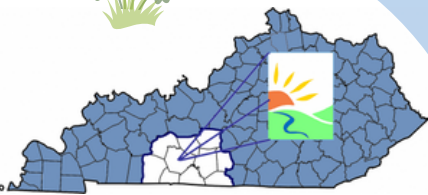
Colon cancer is on the rise in those under 50.



CLICK HERE FOR MORE COLORECTAL CANCER RESOURCES!

It's not just *luck!* Make sure you are prepared.

- Know your risk for the area where you live and work.
- Make a plan to lessen the impact of those risks.
- Build a kit to be ready for disasters and emergencies.



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.

DISASTER PREPAREDNESS

BE FLOOD READY!

Know Your Risk for Floods

Visit [FEMA's Flood Map Service Center](#) to know types of flood risk in your area. Sign up for your community's warning system. [The Emergency Alert System \(EAS\)](#) and [National Oceanic and Atmospheric Administration \(NOAA\)](#) Weather Radio also provide emergency alerts.

Purchase Flood Insurance

Purchase or renew a flood insurance policy. Homeowner's insurance policies do not cover flooding. It typically takes up to 30 days for a policy to go into effect so the time to buy is well before a disaster. [Get flood coverage under the National Flood Insurance Program \(NFIP\)](#).

Preparing for a flood

[Make a plan](#) for your household, including [your pets](#), so that you and your family know what to do, where to go, and what you will need to protect yourselves from flooding. Learn and practice evacuation routes, shelter plans, and flash flood response. Gather supplies, including non-perishable foods, cleaning supplies, and water for several days, in case you must leave immediately or if services are cut off in your area.

In Case of Emergency

Keep important documents in a waterproof container. Create password-protected digital copies. Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

HAPPY SOCIAL WORKER'S MONTH TO OUR HANDS STAFF!

We appreciate all you do to care for HANDS families and the Barren River area!



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

In Person WIC
appointments
coming in
APRIL!



DO YOU HAVE AN IDEA
THAT WOULD MAKE YOUR
JOB EASIER?

IS THERE AN IMPROVEMENT
THE AGENCY COULD MAKE
TO BETTER SERVE OUR
COMMUNITY?

SUBMIT

BOARD OF HEALTH UPDATES

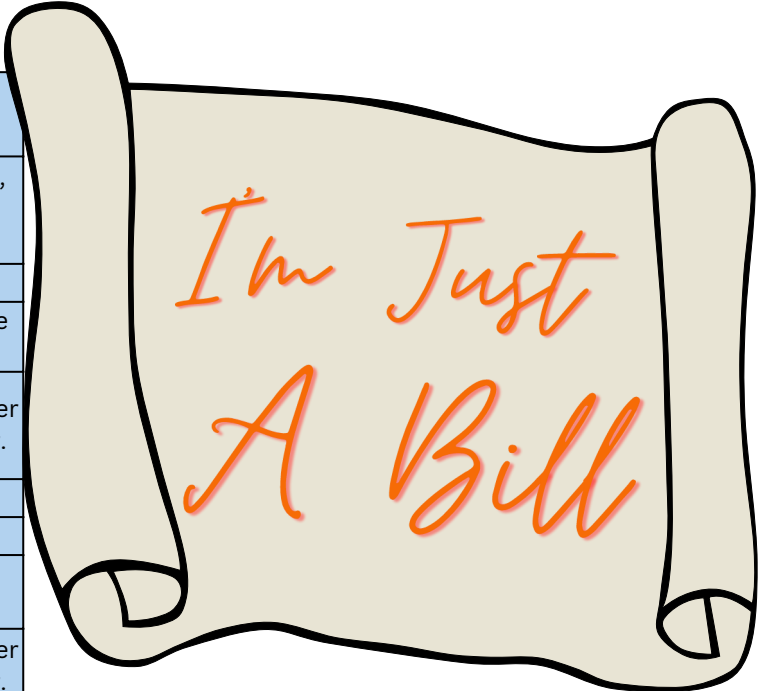


Barren River District Health Department would like to express our condolences to the family of Mr. Greg Allnutt, 71, who served on the Warren County Board of Health for many years.

Greg was a retired civil engineer and land surveyor, as well as a dedicated member of Living Hope Baptist Church. He loved traveling to watch Hilltopper sports and playing golf.

To view his obituary, click [here](#).

Bill Name	Description
HB 2	AN ACT relating to the Bowling Green Veterans Center, making an appropriation therefor, and declaring an emergency.
SB 12	AN ACT relating to physician wellness programs.
SB 13	AN ACT relating to nonsubstantive review of certificate of need.
HB16	AN ACT relating to health care to provide for an all-payer claims database and making an appropriation therefor.
SB 26	AN ACT relating to the licensure of health facilities.
SB 29	AN ACT relating to the Medicaid program.
HB 31	AN ACT relating to student COVID-19 vaccine requirements.
SB 38	AN ACT relating to health care to provide for an all-payer claims database and making an appropriation therefor.
SB 42	AN ACT relating to the state employee health plan.
HB 42	AN ACT relating to individuals with intellectual and developmental disabilities.
SB 43	AN ACT relating to relating to essential caregivers and declaring an emergency.
SB 47	AN ACT relating to medicinal cannabis.
HB 51	AN ACT relating to patient medical records.
HB 57	AN ACT relating to the right to refuse medical treatment.
HB 58	AN ACT relating to protecting the exercise of medical ethics within the medical profession.
HB 66	AN ACT relating to public utilities.
HB 67	AN ACT relating to health benefit coverage of chronic pain treatments.
HB 68	AN ACT relating to coverage for injectable epinephrine devices.
HB 74	AN ACT relating to water fluoridation programs.
HB 98	AN ACT relating to controlled substances.
HB 101	AN ACT relating to student COVID-19 vaccine requirements.
HB107	AN ACT relating to medicinal cannabis and making an appropriation therefor.
HB 108	AN ACT relating to the Advanced Practice Registered Nurse Compact.
HB 110	AN ACT relating to immunization exceptions.
HB 120	AN ACT relating to children's health.
HB 125	AN ACT relating to public health.
HB 129	AN ACT relating to freestanding birthing centers.
HB 134	AN ACT relating to prior authorization.
HB 137	AN ACT relating to immunization policy.
HB 140	AN ACT proposing to create a new section of the Constitution of Kentucky relating to the environment.
HB 470	AN ACT relating to the protection of children.



HB 21
Would help unhoused people get their license/ID card.

Received in Senate, in committee.

Cleared in committee, in Appropriations & Revenue.

SB 55
Would make feminine hygiene products free at public schools.

SB 59
Would no longer consider fentanyl testing strips paraphernalia.

Cleared in committee, now in Health Services.

NEW!

Would state that "the provision of gender transition services to a person under the age of 18 years by a health care provider or mental health care provider is unethical and unprofessional conduct."



FEBRUARY SNAPSHOTS



Samantha Hamilton, Selina Blick and Kathy Thweatt wearing red for Congenital Heart Defect Awareness Day!



Cally Stuart and Jeanna Phelps teaching a cooking class at Med Center Health Adult Daycare Center!



Ribbon cutting at the Butler County Open House. Thank you to everyone involved in renovating and planning the open house!

Do you have pictures from BRDHD or wellness-related events this month?

Email Olivia at olivia.harden@barrenriverhealth.org!

EMPLOYEE SPOTLIGHT

Kayla Putnam



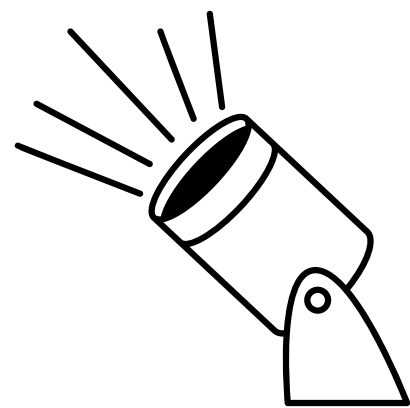
Kayla is an integral part of the support services team at the Warren County clinic!

Kayla goes above and beyond to welcome and accommodate patients, as well as being an encouraging coworker. Next time you see Kayla, 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 !*



**District
Board of Health**

**May 15th
at
6pm**

Local Board of Health

Butler: Apr. 14th at 12pm
Logan: May 18th at 12pm
Metcalfe: May 9th at 12pm
Simpson: May 11th at 12pm
Warren: March 13th at 5pm

BRIGHT Coalition

**Mar. 14th
at
11:30 pm**

UPCOMING MEETINGS!

MARCH MADNESS BRACKET CHALLENGE

Sunday, March 12th.

Enter the BRDHD bracket challenge for \$1 per bracket!

Link to challenge coming soon.

ST. PATRICK'S POTLUCK

Friday, March 17th.

Bring a **GREEN** snack or dish for lunch/afternoon snacks.

Have you seen this year's
Community Impact Report?
CLICK HERE!



Follow BRDHD on social media!



Barren River
DISTRICT HEALTH DEPARTMENT 

Click here to visit
our website



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Submissions will be reviewed for approval.