

# BARRDEN RIVER RUNDOWN

NOVEMBER 2023

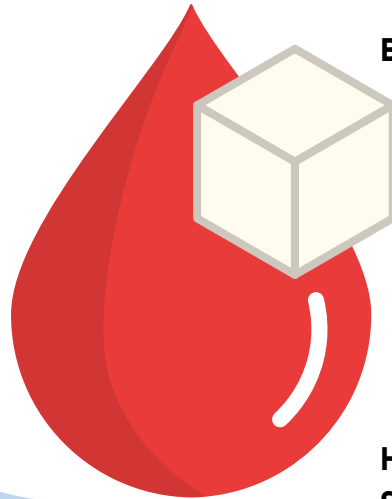
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## *November is National Diabetes Month!*

November is American Diabetes Month®, but this isn't a time to celebrate. It's a time to rally against the diabetes epidemic. The ADA is leading the charge through research, education, and advocacy.

1 in 3 Americans has prediabetes. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Some risk factors for prediabetes include...



**BEING OVERWEIGHT**

**BEING 45 YEARS OR OLDER**

**BEING PHYSICALLY ACTIVE LESS THAN 3 TIMES A WEEK**

**HAVING GESTATIONAL DIABETES OR AN OVERWEIGHT BABY AT BIRTH**

**HAVING POLYCYSTIC OVARIAN SYNDROME**

[\*Click here for Diabetes Month resources!\*](#)

## IS THERE AN IMPROVEMENT YOU WANT TO SEE AT BRDHD?

**SUBMIT A QI FORM!**



**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.

**QUALITY IMPROVEMENT IS  
UNDER  
CONSTRUCTION!**



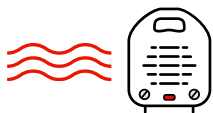
**STAY TUNED FOR UPDATES!**

# DISASTER PREPAREDNESS

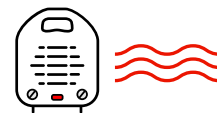
## WINTER SAFETY

### 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](mailto:Tammy.Drake@barrenriverhealth.org)  
to learn more about the HANDS Program.*

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## **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.

### **HEALTH EDUCATOR**

BRDHD is accepting applications for a full-time Health Educator I to be based in Warren County, but will serve all 8 counties. This position will be responsible for a variety of health education duties. The minimum hourly wage is \$18.07.

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



# NEW FACES



**Camille Hiller**  
Health Environmentalist  
Barren



**Lisa Haskins**  
Support Services Associate  
Warren

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

**WELCOME TO THE TEAM,  
CAMILLE & LISA!**

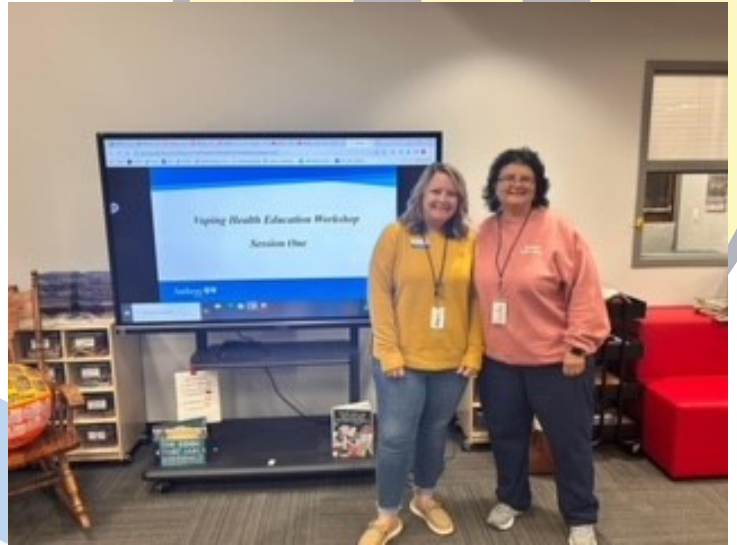
*Do you have pictures from BRDHD or wellness-related events?  
Email Olivia at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org) !*



# OCT. SNAPSHOTS



Tiffany, from Med Center Adult Day, picked pumpkin seeds from the seed library field trip, and grew these awesome pumpkins!



Kathy at Lewisburg School to teach about the dangers of tobacco use and vaping.



Ribbon cutting at the Metcalfe County Health Department open house.



Coloring activities at the fall HANDS event with giveaways, food, and a talk from Jeanna Phelps about CPR/Infant safety.

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

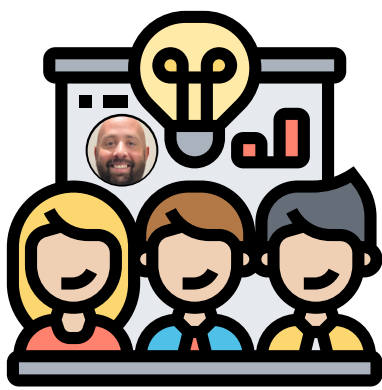
- Promote ways to reach vulnerable populations
- Spread details of important community events
- Identify opportunities for equity within our policies and processes

## **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





# 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

Dec. 15th

8:45 AM to 3 PM

L&N Depot, Bowling Green



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.