

Barren River RUNDOWN

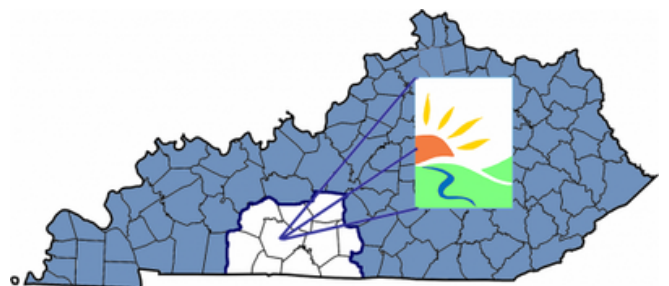
February 2025

- American Heart Month
- Upcoming Meetings
- Winter Weather Preparedness
- Service Awards
- New Employees
- Employee Spotlight
- Committees
- Word Search

CON TENTS

Have articles or information you'd like to submit for the rundown?

Email Olivia at
olivia.mcgee@barrenriverhealth.org



Barren River
DISTRICT HEALTH DEPARTMENT 

American

HEART MONTH

Heart disease has been the number one cause of death in the United States for more than 90 years. **In Kentucky, there are about 312,000 people living with coronary heart disease.**

But, there is good news. More adults are aware about cardiovascular disease (CVD) and how to prevent it. Heart disease is largely preventable if you...



Looking for more information regarding American Health Month? Visit the following website —

<https://www.nhlbi.nih.gov/education/american-heart-month>

Upcoming MEETINGS!

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Barren River
DISTRICT HEALTH DEPARTMENT



District Board of Health
February 3rd, 2025
5PM, Warren Co. HD

”

“

 **BRIGHT**
Coalition

February 4th, 2025
11:30AM to 1PM
BRADD Office

”

Disaster **PREPAREDNESS**

Prepare for Winter

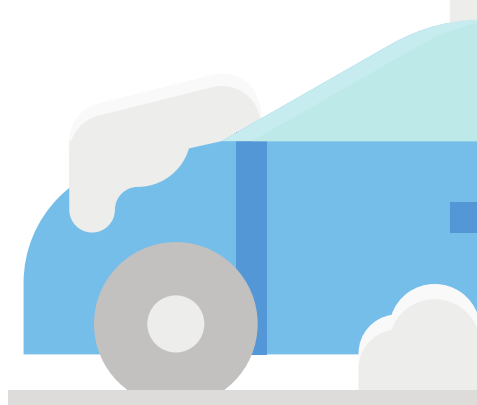
Weather *Information from Ready.gov*

Staying Safe During Winter Travel

Travel during the winter has unique risks, especially if you travel by car. Being prepared can help you “expect the unexpected” so your trip isn’t ruined by common problems travelers face in the winter.

Know Before You Go

- ✓ 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.



& MORE!

Click here for more information about being prepared for winter weather!

Years of Service AWARDS

At the District-Wide Meeting in December, folks were recognized for their 5+ years of service in 5 year increments. Not all recipients are pictured below.

Keith Alford (20 years)
Shelly Bennett (10)
Brandy Brewster (10)
Susan Bunch (25)
Mirela Colakovic (20)
Janarae Conway (25)
Tara Coots (10)
Juliet Deligero (25)
Tyronica Dunn (5)
Jackie Garner (30)
Leeann Hennion (20)
Elizabeth Howard (5)
Tina Loy (25)
Roni Mudd (5)
Kim Ryan (5)
Amber Shrader (5)
Jennifer Stovall (5)
Cally Stuart (5)
Kathy Thweatt (15)
Brandy Trimble (15)
Rana Wigand (10)
Jill Wilson (25)



Thank you for all your years you've dedicated to BRDHD and serving your communities!

New **EMPLOYEES**



Brittany M.
HANDS Supervisor
Barren, Hart, Metcalfe



Caitlin M.
Community
Epidemiologist
District



Yulianna Y.
Support Services
Warren



Aimee S.
Dental Hygienist
District



Tabitha S.
Dental Hygienist
District



**Next time you see a new employee,
introduce yourself!**



Employee **SPOTLIGHT**

Tammy & Samantha



Tammy & Samantha

This month's spotlight is Tammy and Samantha, from our Maintenance team! Tammy and Samantha work tirelessly to keep our health departments looking pristine in the midst of renovations and daily clinic operations. Our departments couldn't function without their efforts and hospitality. Next time you see one of them, tell them, "You're the best!" Their hard work is very much appreciated at BRDHD.

**New
nominations for
employee
spotlight are
currently OPEN!**



COMMITTEES

For more opportunities to work across branch and county lines, all staff are encouraged to join a committee!

Wellness - Contact Kathy T.

- Wellness Works
- Encourage healthy behaviors for staff
- Promote insurance perks

Safety - Contact Mike B.

- Incident review
- Ergonomics
- Building safety
- Identify needed trainings and support

Social - Contact Olivia M.

- Birthdays
- Special events
- District-wide meeting activities
- Explore ways for staff to connect

Retention - Contact Kim F.

- Explore ways to improve employee satisfaction
- Incentives, acknowledgement, etc.
- Identify needed trainings and support

Survey - Contact Amanda R.

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

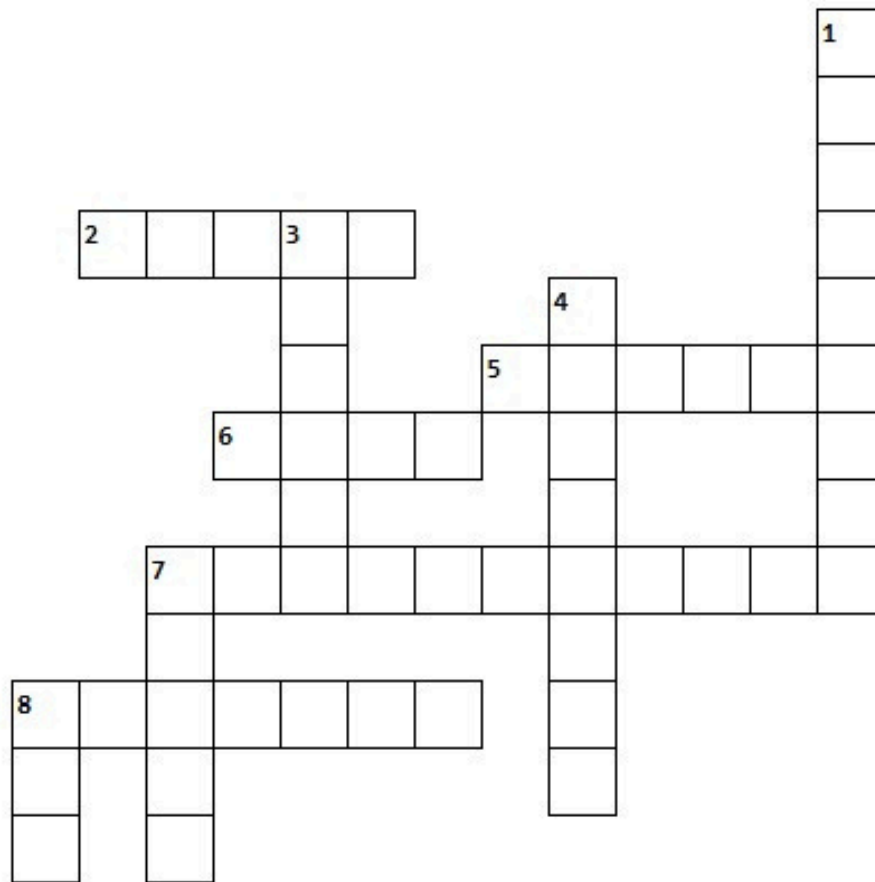
Disaster Prep - Contact Janarae C.

- Review, update and give input on preparedness plans
- Support accreditation (PPHR)
- Promote drills and update trainings
- Identify needed trainings and support



CROSSWORD PUZZLE

The first to complete and submit the puzzle to Olivia M.
will receive a treat!



CLUES

Across

2. February is American ___ Month.
5. The February ___ Coalition meeting will be at the BRADD office.
6. Keep your gas tank (full/empty) to keep the fuel line from freezing.
7. Heart disease is largely _____.
8. ___ smoking to prevent heart disease.

Down

1. Join a _____ to work across branch and county lines.
3. ___ stress to prevent heart disease.
4. First name of the new HANDS supervisor in Barren, Hart and Metcalfe.
7. Keep family and emergency numbers, including your auto insurance provider and a towing company, in your ____.
8. Check your car's emergency kit every (six/eight months) to replace expired items.