

# BARREN RIVER RUNDOWN

August 2023

## August is National Breastfeeding Month!

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While we celebrate breastfeeding this August, we hold space for ALL infant feeding journeys. We need to do everything we can to support infant nutrition and food security, including ensuring access to lactation support, supplies, and accommodations, donor milk, and, access to infant formula.

Breastfeeding keeps babies healthy by reducing the risk of obesity, diabetes, asthma, leukemia, and infant mortality. Breastfeeding is good for mothers, too. Those who breastfeed have a reduced risk of type 2 diabetes, cardiovascular disease, and breast and ovarian cancers.

~ U.S. Breastfeeding Committee

*Thank you to our WIC program  
– NURSES, SUPERVISORS, DIETITIANS –  
who work to support new parents and  
those who breastfeed!*

**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.

# DISASTER PREPAREDNESS

## ARE YOUR KIDS 'BACK TO SCHOOL' READY?

*Disasters happen everywhere, and every member of the family can prepare. Preparedness for the future starts today. It is important for everyone no matter the age to be prepared in case an emergency occurs.*

*Preparing for disaster helps everyone in the family accept the fact that disasters do happen, and that they can do something about it. Families should work together to identify and collect the resources needed to meet basic needs during and after disaster. When people feel prepared, they cope better.*

### TALK & LISTEN



Calmly provide information about the disaster and plans for insuring their ongoing safety.

Involve your children in updating your family disaster plan and disaster supplies kit.

Practice your plan.



Involve your children by giving them specific tasks to let them know they can help restore family and community life.



Spend extra time with your children.

Re-establish daily routines for work, school, play, meals, and rest.

# 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.*

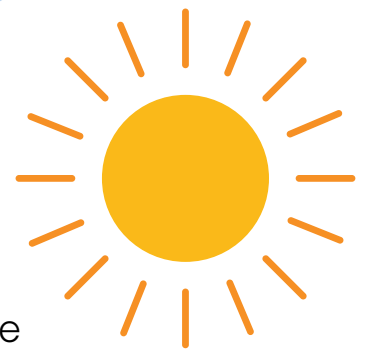
### HEAT EXHAUSTION

**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.**



## **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**

### **HEALTH ENVIRONMENTALIST I**

The home base for this position will be at the Barren River District Health Department, but will be expected to travel to the other district counties (Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson or Warren). The minimum hourly wage is \$20.30 per hour.

### **PUBLIC HEALTH HANDS SPECIALIST**

The minimum requirement is a Bachelor's Degree in Social Work, Nursing, Early Childhood Education OR a Bachelor's Degree in Social/Behavioral Science related field with one (1) year experience performing case management services OR a Master's Degree in Human Services may substitute for the one (1) year of experience.

### **PUBLIC HEALTH NURSE SUPERVISOR**

The Barren River District Health Department has an opening for a full-time Nurse Supervisor Grade 23 to serve as a Nurse Team Leader for Warren and Edmonson County Health Departments. This position will be based at the Warren County Health Department. Minimum hourly wage is \$28.79.

### **PUBLIC HEALTH NURSE I**

Responsibilities include clinical nursing for all clinical programs in Warren County and travel will be required to other counties as needed after training is complete. Minimum hourly wage is \$21.31 with a minimum requirement of an associate degree in nursing.

### **FAMILY SUPPORT WORKER**

This position will be based in Warren County. Duties include: Working in the HANDS Program conducting home visits with eligible first-time parents, providing and assisting families with child development information, parenting skills, health information, and linking resources.

***Email [Haley Hines](mailto:Hales.Hines@barrenriverhealth.org)  
if interested.***

# JULY SNAPSHOTS

## NEW FACES!



**Cally Stuart and Kacy (Dietetic Intern) at the Fun & Fit Fair, hosted by the Foundry.**



**Amanda Nichols  
Sr. Support Associate  
Warren**



**Madisyn Smith  
Health Educator  
District**



**Madisyn Smith, Samantha Hamilton and Cheyenne Mansfield at the Edmonson County FRYSC Back to School Bash.**

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

# EMPLOYEE SPOTLIGHT

## Janarae Conway

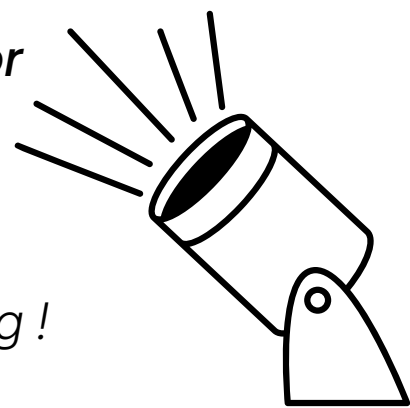


Janarae is our disaster preparedness branch manager! Janarae gives 100% everyday and is passionate about creating a disaster prepared community. Next time you see Janarae, tell her “You rock!” Her hard work is very much appreciated at BRDHD.



*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



# DIVERSITY, EQUITY & INCLUSION

## DIVERSITY

The traits and characteristics that make people unique!

## EQUITY

Fair treatment, access, and advancement for each person!

## INCLUSION

An environment that makes people feel welcome, respected, and valued!

**CONTACT INDIA MARTINEZ TO JOIN THE DEI COMMITTEE!**





District  
Board of  
Health

August 21st  
@ 5 PM

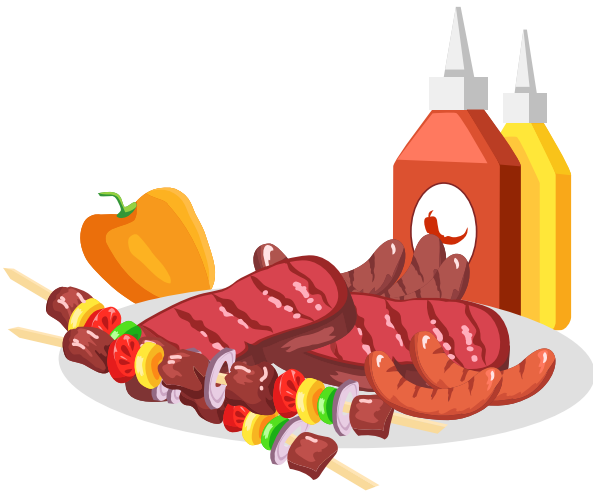
Local Board  
of Health

Barren: August 8th  
@ 12 PM  
Warren: Sept.  
11th @ 5 PM

BRIGHT Coalition

August 8th  
@ 11:30 AM  
BRADD

## UPCOMING MEETINGS!



### DISTRICT WIDE COOKOUT!

SATURDAY, AUGUST 12TH

11 AM TO 1 PM

LAMPKIN PARK, BOWLING GREEN

**BRING YOUR FAMILY!**

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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