

DADDEN DIVED BARREN RIVER RUNDOWN BARREN RIVER

AUGUST 2024

CONTENTS

- National Breastfeeding Month
- Workday Is Here!
- July Snapshots
- Extreme Heat Safety
- Employee Spotlight
- Committees
- Upcoming Meetings/ Events
- Crossword

August is National Breastfeeding Month!

In August, we celebrate National Breastfeeding Month to support babies and families. This year's theme — Nourish, Sustain, Thrive — highlights why protecting, promoting, and supporting lactation is important for parents and families.

How do I know baby is getting enough milk?



1. Baby is full after feeding.
2. Breasts may feel softer after feeding.
3. Feeds 8-12 times over a 24-hour period.
4. Baby is gaining weight.

How long should I feed and when?



1. Feedings may be 15-20 minutes per breast.
2. Your baby's eating patterns may change — take it day by day and your milk supply will adjust.
3. When your breasts feel full, nurse your baby to prevent engorging.

How should I eat when breastfeeding?



1. Vary your proteins.
2. Use half of your plate for fruits and veggies.
3. Limit caffeine (two cups of coffee or less, per day).
4. Avoid alcohol.




Barren River
DISTRICT HEALTH DEPARTMENT 

Please submit articles for the newsletter to Olivia M. at olivia.mcghee@barrenriverhealth.org
Submissions will be reviewed for approval.



workday[®] **IS HERE!**

Workday will replace CDP as our time-tracker system and will enable staff to...



Keep
personal
information
up to date!



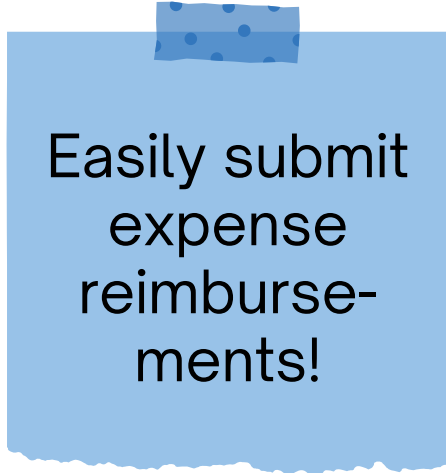
View pay slip
online!



Change
direct
deposit
accounts!



Enter & view
time tracking
information!



Easily submit
expense
reimburse-
ments!

HAVE QUESTIONS?

**REFERENCE THE “QRG” FILE IN THE
SHARED DRIVE.**

OR

REACH OUT TO THE HR TEAM!

July Snapshots



Lana M. representing the WIC Program at the St. Giannis Crisis Pregnancy Home Health Resources Fair.



Sara C. and Stacy B. representing the dental program at Caverna Schools Readifest.



Brian R., Charity C., Cally S., Madisyn S., and Selina B. at a recovery-oriented care training.



Ava S., Alissa S., and Crystal K. at the Caverna Schools Readifest.



Kathy T., Selina B., Rebecca T., and Janarae C. at the Logan County Schools Back to School Bash!

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

Disaster Preparedness

Extreme Heat Safety

HOW TO SPOT...

Heat Stroke

Signs:

- 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.

Heat Cramps

Signs:

- Muscle pains or spasms in the stomach, arms or legs

Heat Exhaustion

Signs:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness, weakness
- Fast or weak pulse
- Dizziness, headache
- Fainting
- Nausea, vomiting



If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

Employee Spotlight.

Teana L.



Teana!

Teana was nominated for this month's spotlight for her work as a Support Services Associate! Teana has exceeded expectations while stepping up to be a team lead and has done so very graciously. Next time you see Teana, tell her "You rock!" Her hard work is very much appreciated at BRDHD.

Thank you to everyone who nominated coworkers for the spotlight!
New submissions are currently closed.



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

Equity - Contact India M.

- 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



MEETINGS!

Local Board of Health

Butler — August 2nd @ 12PM

Barren — August 12th @ 12PM

Warren — September 9th
@ 5PM

BRIGHT Coalition

August 13th
11:30AM - 1PM
BRADD Office

District Board of Health

August 19th
@ 5PM

Have you seen this year's
Community Impact Report?

[CLICK
HERE!](#)

Follow BRDHD on social media!



Barren River
DISTRICT HEALTH DEPARTMENT



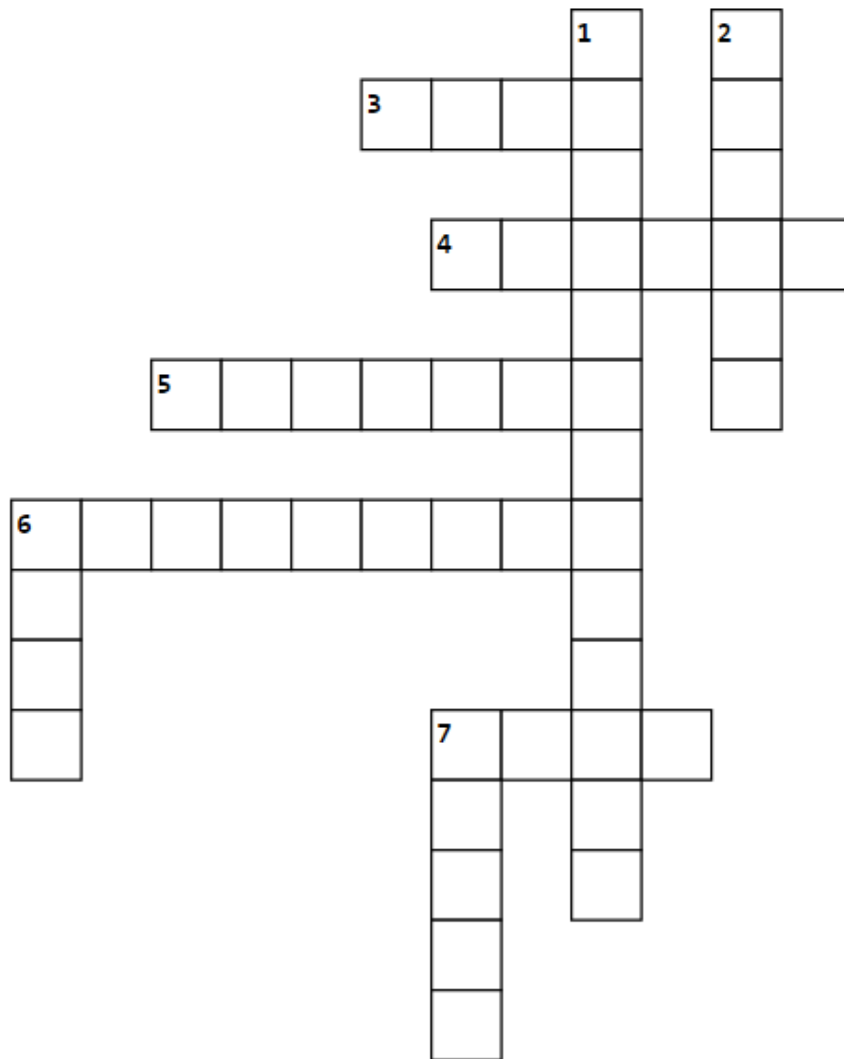
BRDHD Website



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CROSSWORD PUZZLE

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



ACROSS

3. If heat exhaustion symptoms last more than one ___, see a doctor immediately.
4. Visit the ___ drive or contact HR if you have Workday questions.
5. Teana was nominated as the employee spotlight for her work at a ___ Services Associate.
6. If you want to collaborate across county lines, join a _____.
7. View your pay ___ online in Workday.

DOWN

1. August is National _____ Month.
2. Cool down from heat exhaustion by removing ___ clothing.
6. If you suspect someone is experiencing a heat stroke, ___ 911 or go to a hospital immediately.
7. You may be experiencing heat stroke if skin is red, hot and dry with no _____.