

BARREN RIVER RUN DOWN

DECEMBER 2024

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National HIV/AIDS Awareness Month!

December is National HIV/AIDS Awareness Month and every year on December 1st, we observe World AIDS Day to show support for people living with HIV/AIDS and work toward our goal of ending stigma and increasing HIV testing.

Approximately 1.2 million people are living with HIV. 13% don't know they have it.

HOW TO STAND UP TO HIV STIGMA.



- ✓ Talk openly about HIV & stigma.
- ✓ Choose supportive language that is not stigmatizing.
- ✓ Speak out to correct myths & stereotypes.
- ✓ Educate yourself & others.

Click here for HIV/AIDS Awareness Month resources!



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.

Disaster Preparedness

Prepare for Winter

Weather Information from Ready.gov

Preventing House Heating Fires

Although trending downward since the early 1980s, heating fires remained the second leading cause of home fires in 2021. An estimated 32,200 home heating fires were reported to fire departments within the United States. These fires caused an estimated 190 deaths, 625 injuries, and \$442 million in property loss.

- ✔ Keep anything that can burn at least three feet from all heat sources including fireplaces, wood stoves, radiators, portable heaters, or candles.
- ✔ Always plug space heaters directly into an outlet, and make sure its cord isn't damaged or frayed.
- ✔ Never use an oven to heat your home.
- ✔ Maintain heating equipment and chimneys by having them cleaned and inspected each year by a professional.
- ✔ Visit the U.S. Fire Administration Home Fires page to learn about how to prepare for and prevent home fires including tips for individuals with disabilities and older adults.



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

November Snapshots



One of Jeanna P.'s childcare classes, which taught the importance of sensory/messy play in childcares and how it enhances curriculums.



Sensory play also promotes social/emotional well-being, language, math, stem activities, cooperation, sharing, and so much more. Children learn through play and with their 5 senses at all ages.



Participants of the class smiling with their group assignment.

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

November Snapshots



Cally S. leading a collaborative meeting with local harm reduction partners to discuss the Recovery Ready Community status of Warren County.



Janarae C., Selina B., Rebecca T., and Griselda R. at the Hispanic Family Resource Fair in Butler County.



Aquilla E.
Cleaner, Barren County

**Next time you
see Aquilla,
introduce
yourself!**

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

Employee Spotlight

Kim F.



Kim F.

This month's spotlight is Kim F.! Kim was nominated for her work as the Finance/HR Director here at BRDHD. She has worked tirelessly to integrate a new HR system into our agency and is always eager to help those around her. BRDHD is better because of her leadership. Next time you see Kim, tell her "You rock!" Her dedication 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 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



Meetings!

DISTRICT WIDE MEETING!

December 20th

9AM to 3PM

Warren County Public Library,
Bob Kirby Branch

SPIRIT WEEK!

Dec. 16th - 20th, 2024

Monday

TWIN DAY

Dress the same
as a coworker!



Wednesday

CANDY CANE DAY

Send a candy cane
with a note to a
coworker!



Friday

SWEATER DAY

Wear your ugliest (or
nicest) holiday
sweater to the
district-wide
meeting!



Tuesday

MOVIE CHARACTER DAY

Dress as your
favorite holiday
movie character!



Thursday

PAJAMA DAY

Wear your best
holiday pajamas!



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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WORD SEARCH

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

R	S	Y	L	R	A	E	Y	R	Y	S	O	E	N
O	T	O	H	S	S	E	Y	N	R	R	R	O	P
P	E	P	S	Y	N	T	R	I	R	S	P	B	L
O	R	R	I	I	E	Y	A	S	E	N	T	R	N
E	E	E	I	A	O	K	R	G	I	E	R	O	S
E	O	K	I	W	Y	Y	B	E	I	B	E	O	U
O	T	H	N	A	A	I	I	T	E	B	V	R	P
T	Y	S	G	R	B	B	L	H	N	E	V	O	P
I	P	R	A	E	A	H	Y	R	A	Y	P	U	O
N	E	I	P	N	R	A	A	E	E	I	R	R	R
S	S	A	R	E	R	W	I	E	T	S	R	Y	T
E	Y	O	R	S	E	S	Y	L	L	K	E	S	I
Y	S	S	I	S	N	R	A	M	G	I	T	S	V
I	V	E	E	N	T	I	B	N	Y	M	S	B	E

CLUES

1. December is HIV/AIDS _____ Month.
2. You can stand up to HIV ____.
 - a. Choose _____ language that is not stigmatizing.
 - b. Speak out to correct myths and _____.
3. Prevent house fires by keeping all objects at least ___ feet away from a space heater.
4. Never use an ___ to heat your home.
5. Our newest employee is a cleaner in _____ County.
6. This month's employee spotlight is ___ F.
7. The district-wide meeting will be at the Warren County Public _____, Bob Kirby Branch.
8. Have your heating equipment and chimneys inspected _____.