

BARREN RIVER RUNDOWN

July 2023

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July is HIV Stigma & Hepatitis Awareness Month!

HIV stigma is negative attitudes and beliefs about people with HIV. It is the prejudice that comes with labeling an individual as part of a group that is believed to be socially unacceptable.

Here are a few examples:

- Believing that only certain groups of people can get HIV
- Making moral judgments about people who take steps to prevent HIV transmission
- Feeling that people deserve to get HIV because of their choices

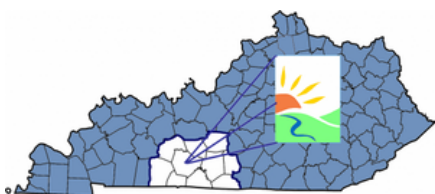


[CLICK HERE FOR FACTS ON HIV STIGMA!](#)

JULY IS
FIREWORK SAFETY MONTH!

LET THE PROFESSIONALS HANDLE IT!

Fireworks are dangerous to people and pets. Using them puts your property at risk. The best way to stay safe from fireworks is to not use them. Instead, attend a public fireworks display put on by professionals.



Barren River
DISTRICT HEALTH DEPARTMENT

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

DISASTER PREPAREDNESS

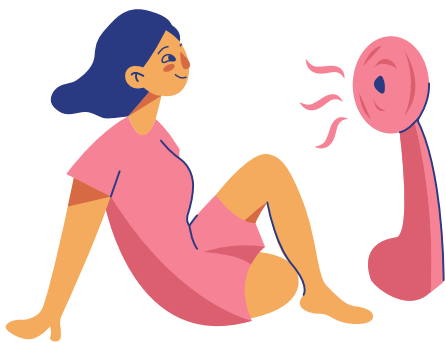
BE READY FOR EXTREME HEAT!

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.

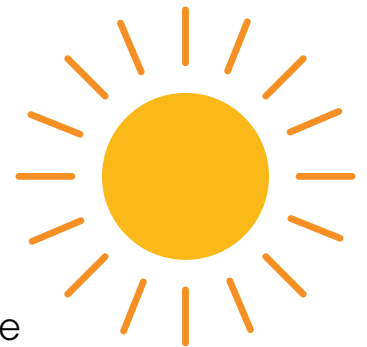
HEAT EXHAUSTION

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
to learn more about the HANDS Program.*

BRDHD Job Openings

MNT NUTRITIONIST I

This position will be based in Bowling Green, but will serve all eight counties (Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson and Warren). The minimum hourly wage is \$21.52. Must be a Registered Dietitian (RD).

Responsibilities include: Serve as the Diabetes Population Health Specialist, responsible for planning and implementing Diabetes services throughout the 8 county service area, the position will receive on the job training to provide the National Diabetes Prevention Program and Diabetes Self-Management, and more!

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 I

This position will serve as the Diabetes Population Health Specialist and will be responsible for planning and implementing Diabetes services throughout the 8 county service area. The position will receive on the job training to provide the National Diabetes Prevention Program and Diabetes Self-Management and Support.

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 if interested.

JUNE SNAPSHOTS



Left: Students with new toothbrushes from the Population Health Team at the summer feeding breakfast program at Parker Bennett Elementary. Kids learned the importance of dental hygiene, healthy eating, and going to the dentist. Check out those smiles!



Above: Cally Stuart and Cheyenne Mansfield at World Bike Day! BRDHD partnered with Warren Co. Parks and SoKY Sprouts to offer educational materials at the event.

NEW FACE!



Amanda Reckard
Technical Consultant
District



Above: Cheyenne Mansfield at the Kentucky Harm Reduction Summit in Richmond, Ky!

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

EMPLOYEE SPOTLIGHT

Mike Baxter

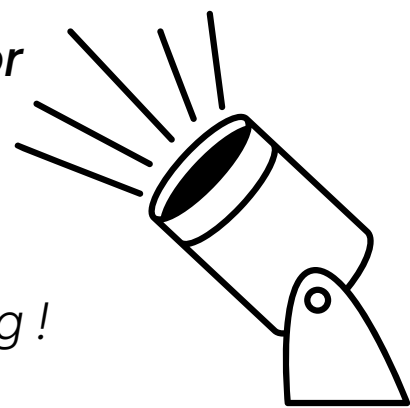
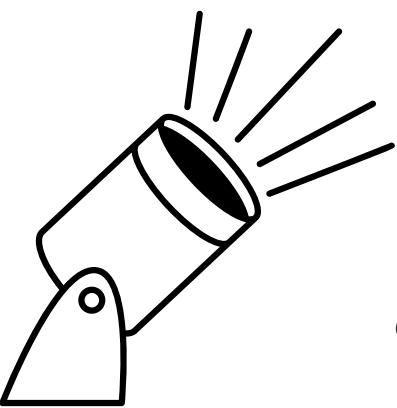


Mike is our director of facilities at BRDHD! Mike gives 100% everyday and works tirelessly to create a safe and inviting workplace/clinic. He has been instrumental in planning for renovations in Warren County. Next time you see Mike, tell him “You rock!” His hard work is very much appreciated at BRDHD.



Want to nominate a coworker for employee spotlight?

Email Olivia at 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



PERFORMANCE MANAGEMENT

Hear ye, hear YOU!

Your presence is requested!

What: VMSG "Basics" Training

When: July 10th, 10AM

Why: to identify areas of performance management which may need improvement.

<https://meet.goto.com/358642981>

District Board of Health

August 28th @ 5 PM

Local Board of Health

Barren: August 8th @ 12PM

Butler: August 4th @ 12PM

BRIGHT Coalition

July 11th @ 11 AM BRADD

UPCOMING MEETINGS!

District Wide Cookout

When is the best time for you and your family?



Submit your answer here!

Have you seen this year's *Community Impact Report?*

CLICK HERE!

Follow BRDHD on social media!



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BRDHD Website



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