

# BARREN RIVER RUNDOWN

February 2023

## CONTENTS

- #HeartMonth
- Winter Weather Ready
- Canned Food Month
- Program Updates
- DBOH Updates
- Bills
- New Faces!
- Employee Spotlight
- Policy Updates
- Quality Improvement
- Upcoming Meetings/Events

## February is American #HeartMonth!

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. Now, we can help empower them to take the small steps that will help lower their risk. We can't change everything today, but bit by bit, we can empower more people to stand up and take back their health, one small step at a time.

### Heart disease is largely preventable if you...



**[CLICK HERE FOR MORE #HEARTMONTH RESOURCES!](#)**

Spring is almost here!

**Keep being winter weather ready!**

- **Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.**
- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.



**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

BE WINTER WEATHER READY!

## Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

## Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

## Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

## Preparing for Winter Weather

- **Keep out the cold** with insulation, caulking, and weather stripping.
- Keep **pipes** from freezing.
- Install and **test smoke alarms** and carbon monoxide detectors with battery backups.
- **Gather supplies** in case you need to stay home for several days without power.
- Keep in mind each person and pet's **specific needs**, including medication.
- Have **extra batteries** for radios and flashlights.
- If you are unable to afford **heating costs**, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.
- Create an **emergency supply kit for your car** with jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep a full tank of gas.

## Learn the signs of, and basic treatments for, frostbite and hypothermia

**Frostbite** causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Do you know a **new or expecting parent** who could use an extra pair of hands? Click here for info on BRDHD's HANDS Program!



**HANDS is always accepting referrals!**

Contact [Tammy.Drake@barrenriverhealth.org](mailto:Tammy.Drake@barrenriverhealth.org) to learn more about the HANDS Program



To help support nutrition education and reduce nutrition insecurity of low-income families, USDA's National Institute of Food and Agriculture (NIFA) provides funding to the Supplemental Nutrition Education Program – Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP). During National Canned Food Month, celebrate with NIFA as we highlight a few federally funded programs aimed to help families obtain nutritional foods.

### ***SNAP-Ed***

NIFA's involvement with SNAP-Ed began in 1999, as Land-grant University administrators identified the need for national leadership through their federal partner. NIFA supports SNAP-Ed by providing leadership, establishing collaborative relationships and strengthening communication across federal, state, and local partners. Specifically, it promotes well-trained staff; effective program planning, management and reporting; identification and use of effective and appropriate resources; and improved consistency and clarity of communication among SNAP-Ed's many partners.

### ***Expanded Food and Nutrition Education Program***

The Expanded Food and Nutrition Education Program (EFNEP) is a Federal Extension (community outreach) program that currently operates through the 1862 and 1890 Land-grant Universities in every state, the District of Columbia, and the six United States territories – American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico and the Virgin Islands. EFNEP uses education to support participants' efforts toward self-sufficiency, nutritional health and well-being.

### ***Program Impacts***

The Plan. Eat. Move. program— through the University of Kentucky College of Agriculture, Food and Environment— encompasses SNAP-Ed and EFNEP to show individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behaviors necessary to have a healthy lifestyle.



Starting April 1st, WIC will return to having in person appointments.

Learn more about this program [here](#).



## DISTRICT BOARD OF HEALTH UPDATES

Congratulations

### **Judge Joe Choate**

for joining the Board of Health Finance Committee!

Renovations have been completed or are in progress in **Butler, Edmonson, Hart, and Logan County!**

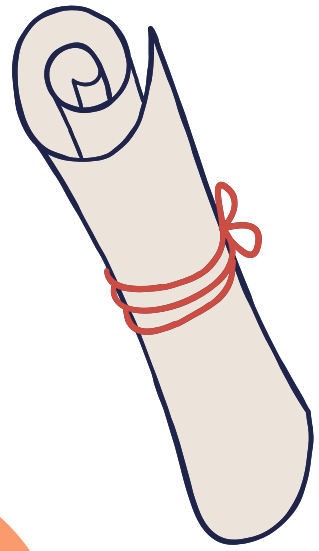
***Come celebrate Butler County's building updates at the Feb. 17th Open House from 10 AM to noon.***



**MAY 15TH, 6PM**

RIBBON CUTTING  
REFRESHMENTS  
RENOVATED BUILDING TOUR  
PUBLIC HEALTH SERVICES INFO

# "I'm Just A Bill"



Kentucky General Assembly will reconvene for part two on February 7th, 2023. Here's a list of bills related to health and the healthcare system that have been introduced and will go to committee.

Bill Name	Description
HB 2	AN ACT relating to the Bowling Green Veterans Center, making an appropriation therefor, and declaring an emergency.
HB16	AN ACT relating to health care to provide for an all-payer claims database and making an appropriation therefor.
HB 31	AN ACT relating to student COVID-19 vaccine requirements.
HB 42	AN ACT relating to individuals with intellectual and developmental disabilities.
HB 51	AN ACT relating to patient medical records.
HB 57	AN ACT relating to the right to refuse medical treatment.
HB 58	AN ACT relating to protecting the exercise of medical ethics within the medical profession.
HB 66	AN ACT relating to public utilities.
HB 67	AN ACT relating to health benefit coverage of chronic pain treatments.
HB 68	AN ACT relating to coverage for injectable epinephrine devices.
HB 74	AN ACT relating to water fluoridation programs.
HB 98	AN ACT relating to controlled substances.
HB 101	AN ACT relating to student COVID-19 vaccine requirements.
HB107	AN ACT relating to medicinal cannabis and making an appropriation therefor.
HB 108	AN ACT relating to the Advanced Practice Registered Nurse Compact.
HB 110	AN ACT relating to immunization exceptions.
HB 120	AN ACT relating to children's health.
HB 125	AN ACT relating to public health.
HB 129	AN ACT relating to freestanding birthing centers.
HB 134	AN ACT relating to prior authorization.
HB 137	AN ACT relating to immunization policy.
HB 140	AN ACT proposing to create a new section of the Constitution of Kentucky relating to the environment.

**HB 21**  
Would help unhoused people get their license/ID card.

**SB 55**  
Would make feminine hygiene products free at public schools.

**SB 59**  
Would no longer consider fentanyl testing strips paraphernalia.

Bill Name	Description
SB 12	AN ACT relating to physician wellness programs.
SB 13	AN ACT relating to nonsubstantive review of certificate of need.
SB 26	AN ACT relating to the licensure of health facilities.
SB 29	AN ACT relating to the Medicaid program.
SB 38	AN ACT relating to health care to provide for an all-payer claims database and making an appropriation therefor.
SB 42	AN ACT relating to the state employee health plan.
SB 43	AN ACT relating to relating to essential caregivers and declaring an emergency.
SB 47	AN ACT relating to medicinal cannabis.

To learn more about a bill, click and visit the General Assembly's website, which also has links to Kentucky's Bill Watch, where you can save a bill to your account and follow it!



# NEW FACES



**Samantha Stinson**

Community Outreach Worker  
CD Team  
District



**Taylor Beck**

Registered Nurse  
CD Team  
District



## JANUARY SNAPSHOTS!



Andrew Thornquist at Jody Richards Elementary teaching about how food affects the mental health of children and families!



Samantha Hamilton and Jarod Hines teaching the effects of vaping at the Med Center Health and Wellness Expo!



Ashley Lillard and Vicki Johnson participating in the Snow Flurry Scurry 5K!

***Do you have pictures from BRDHD or wellness-related events this month?***

*Email Olivia at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org) !*

# EMPLOYEE SPOTLIGHT

## Leeann Hennion



Leeann is an integral part of the clinical team at the Hart, Metcalfe, and Barren Co. office! As a nursing supervisor, she cares for patients, as well as going above and beyond to support her coworkers. Next time you see Leeann, tell her "You rock!" Her hard work is very much appreciated at BRDHD.

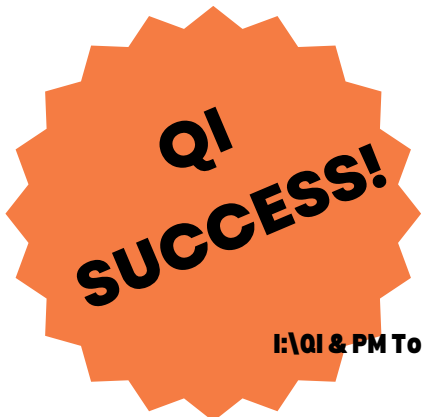


*Want to nominate a coworker for employee  
spotlight?*

*Email Olivia at  
[olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org) !*

# QUALITY IMPROVEMENT

The QI Team is here for you! Do you have an idea that would make your job easier?  
Is there an improvement the agency could make to better serve our community?  
Submit your ideas below!



## TRAIN KY

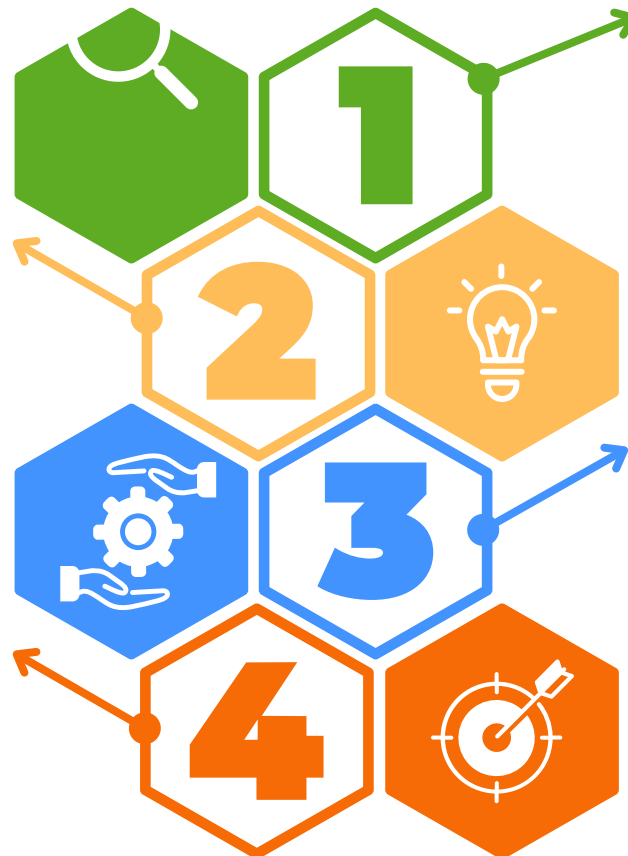
I:\QI & PM Toolbox\Quality Improvement\COMPLETED PROJECTS\QI1.09.22 training

### EXAMINE CURRENT APPROACH

We wanted to identify if there was a more streamlined process of letting supervisors or key stakeholders know when the initial new employee and annual trainings were complete, how to assign continuing trainings, and attaching external certificates.

### SUCCESS

As a final test of improvement hypothesis, the SQC team ran reports of two training tracks with all current employees. From these reports we were able to see who had done the trainings and who needed to complete them, ultimately eliminating the need to print or email certificates of completion. I met with HR on 12/1 to discuss what the future plans were for training at BRDHD. HR agreed that training should be managed by HR. 1/2023 I met with new HR employee to pass on all relevant information in regard to project.



### GETTING STARTED

November '22 Nomination for review of TRAIN KY platform and capabilities. AIM: by Dec. 2022 TRAIN KY will be used to train, report, and identify who needs training, who has been trained and how to generate reports for key stakeholders.

### POTENTIAL SOLUTIONS AND IMPROVEMENT

I had a support call with TRAIN coordinator for additional information or questions. The PM Health Strategist also was admin trained, as an additional member of the QI team. It was important to have both of us able to see and learn the information. We looked at users and after some trial an error we were able to do a test on the QI teams' involvement of the most current required trainings on TRAIN and run two informative reports.



# POLICY UPDATES

---

## Telephone Usage Policy

**While at work, employees are expected to exercise discretion in using personal cell phones.** Excessive personal calls during the workday can interfere with employee productivity and be distracting to others. Employees are encouraged to make personal calls during nonwork time when possible and to ensure that friends and family members are aware of Barren River District Health Department's policy.

### Company-Provided Cell Phones

When job duties or business needs demand, the company may issue a business cell phone to an employee for work-related communications. **Personal use of company-owned cell phones should be kept to a minimum.** Employees in possession of company-owned cell phones are expected to protect the equipment from loss, damage or theft. Upon resignation or termination of employment, or at any time on request, the employee may be asked to produce the phone for return or inspection.

---

## Personal Appearance

BRDHD branded clothing can be worn  
***at any time.***

---

**Full Updated Policies  
in Shared drive**



**District  
Board of Health**

**May 15th  
at  
6pm**

**Local Board of Health**

**Butler: Apr. 14th at 12pm  
Logan: May 18th at 12pm  
Metcalfe: May 9th at 12pm  
Simpson: May 11th at 12pm  
Warren: March 13th at 5pm**

**BRIGHT Coalition**

**Feb. 14th  
at  
11:30 pm**

# UPCOMING MEETINGS!

**SUPER BOWL DAY**

Friday, Feb. 10th

Wear your favorite team jersey to celebrate the Super Bowl and tailgate for lunch!

**VALENTINE'S DAY**

Tuesday, Feb. 14th

Send a carnation or heart candy to coworkers! Order **here** by Tuesday, Feb. 8th at 9 AM.

**BUTLER CO.**

**OPEN HOUSE**

Friday, Feb. 17th

Celebrate Butler County's updated building! Check out the invite **here**.

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

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT 

Click here to visit  
our website



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.