

Barren River RUNDOWN

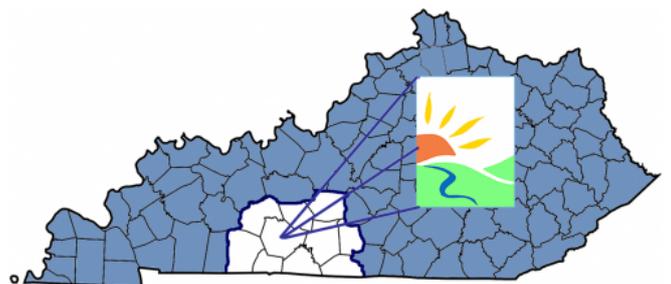
March 2025

- National Nutrition Month
- Continuing Education
- Annual Report/CHIP
- Upcoming Meetings
- Flood Preparedness
- February Snapshots
- Employee Spotlight
- Committees
- Word Search

CON TENTS

Have articles or information you'd like to submit for the rundown?

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



Barren River
DISTRICT HEALTH DEPARTMENT 

Continuing Education

SPOTLIGHT

If you're looking to grow in your knowledge of public health, sharpen your skills or simply stay informed on public health news,

subscribe to Public Health Foundation!

PHF's mission is "to advance the public health workforce to achieve organizational excellence."



Click logo to visit their site!

Fun Fact: PHF created the TRAIN Learning Network BRDHD utilizes!

ANNUAL REPORT IS COMING SOON!



The "Annual Report" is a check-up to see if BRDHD is reaching its accreditation requirements. Contributing to the Annual Report will make reaccreditation less stressful and instill your department with confidence when BRDHD seeks reaccreditation in 2026!

[Be on the lookout for emails from Amanda R. regarding the Annual Report.](#) Allow yourself plenty of time to respond to any questions she may have, regarding your department-specific accreditation requirements.

LOOK OUT FOR

the CHIP!

Thank you to everyone who completed and/or promoted the Community Health Assessment (CHA)!

Stay tuned this spring for the Community Health Improvement Plan, which offers solutions to the needs found from the CHA!

National

NUTRITION MONTH

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Staying Healthy On A Budget

-  Learn cooking, food preparation, and meal planning skills.
-  Use a grocery list and shop sales when purchasing food.
-  Learn about community resources such as SNAP, WIC and local food banks.
-  Practice home food safety.

for more information regarding National Nutrition Month, visit the Academy of Nutrition and Dietetics Eat Right campaign — <https://www.eatright.org/about-national-nutrition-month>.

Upcoming MEETINGS!

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Barren River
DISTRICT HEALTH DEPARTMENT 

Warren Co. Board of Health
March 17th, 2025
5PM, Warren Co. HD

”

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 **BRIGHT**
Coalition

March 4th, 2025
11:30AM to 1PM
BRADD Office

”

Disaster **PREPAREDNESS**

March is Spring & Flood Safety Awareness Month Information from Ready.gov

A flash flood can occur very quickly. Educate yourself about what to do if a flood strikes your area.

- Evacuate immediately, if told to evacuate. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- Contact your healthcare provider if you are sick and need medical attention. Wait for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1.
- Listen to EAS, NOAA Weather Radio or local alerting systems for current emergency information and instructions regarding flooding.
- Do not walk, swim or drive through flood waters. Turn Around. Don't Drown!
- Stay off bridges over fast-moving water. Fast-moving water can wash bridges away without warning.
- Stay inside your car if it is trapped in rapidly moving water. Get on the roof if water is rising inside the car.
- Get to the highest level if trapped in a building. Only get on the roof if necessary and once there signal for help. Do not climb into a closed attic to avoid getting trapped by rising floodwater.



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

February SNAPSHOTS



Kathy T. teaching students at North Butler Elementary School about dental hygiene.



Janarae C. and disaster preparedness intern, Jay, at an event at The Foundry.



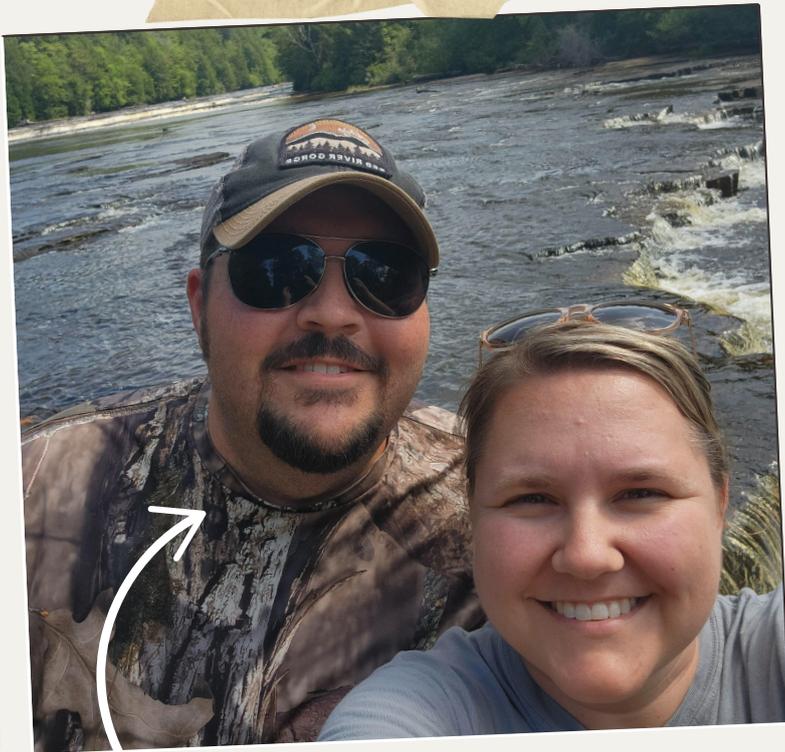
Caitlin M., Olivia M., and Amanda R. attending a Grant Writing workshop hosted by the Kentucky Nonprofit Network.



Brian R. representing the Harm Reduction team to plant a Naloxobox at Kentucky Christian Recovery.

Employee SPOTLIGHT

Cameron C.



Cameron C.

This month's spotlight is Cameron, from our Environmental team! Cameron is described as the backbone of the environmental team, always goes out of his way to help others, and goes above and beyond in leading the team. The health department and the Warren County community is healthier because of his efforts. Next time you see him, tell him, "You're the best!" His hard work is very much appreciated at BRDHD.

**New
nominations for
employee
spotlight are
currently OPEN!**



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

Survey - Contact Amanda R.

- Promote ways to reach vulnerable populations
- Spread details of important community events
- Identify opportunities for equity within our policies and processes

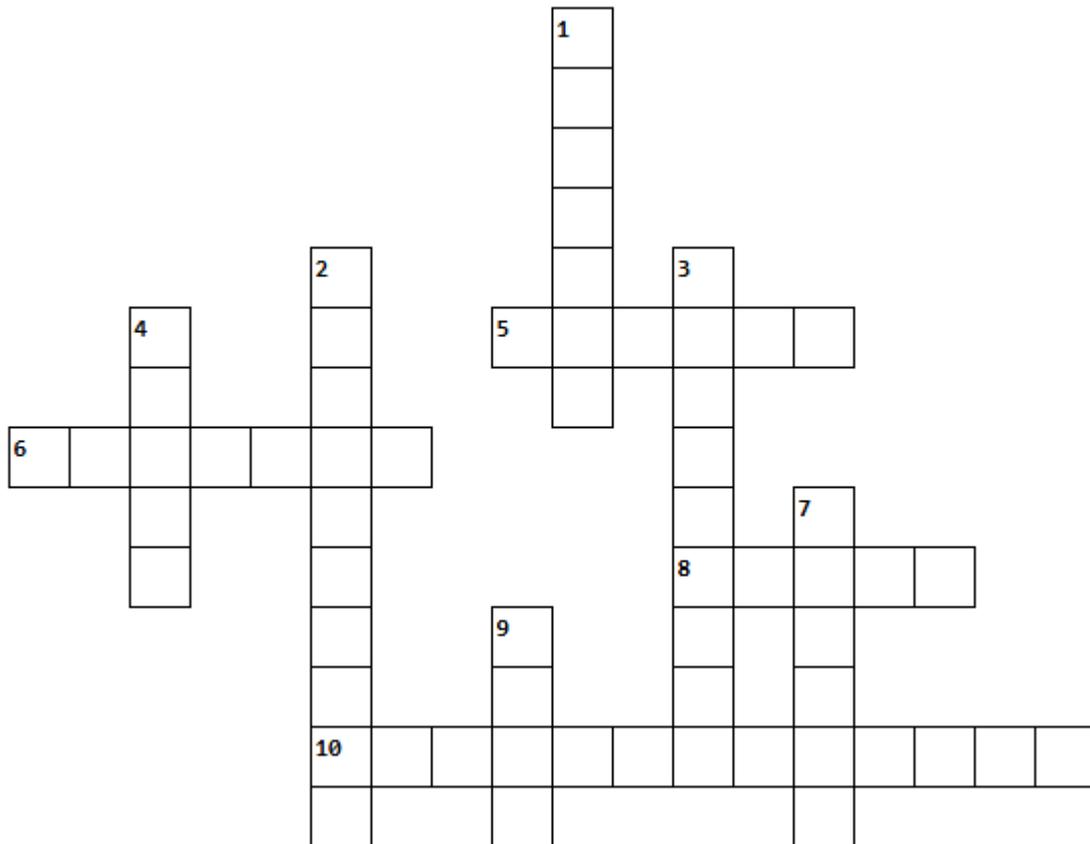
Disaster Prep - Contact Janarae C.

- Review, update and give input on preparedness plans
- Support accreditation (PPHR)
- Promote drills and update trainings
- Identify needed trainings and support



CROSSWORD PUZZLE

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



CLUES

Across

5. ___ Report is coming soon. Respond to Amanda's emails!
6. Use a _____ list and shop sales when purchasing food.
8. Public Health Foundation created the ___ Learning Network.
10. The department in which Cameron, this month's employee spotlight, works.

Down

1. Stay healthy on a budget by learn ____, food preparation, and meal planning skills.
2. Never drive around _____.
3. March is National ___ Month.
4. March is ___ Safety Awareness Month.
7. Which county board of health is meeting in March?
9. The ___ is created to respond to the needs found from the CHA.