

# Barren River RUNDOWN

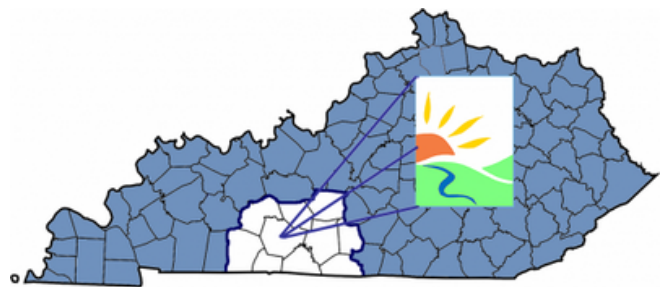
June 2025

- Men's Health Month
- Upcoming Meetings
- Continuing Education
- Annual Report/CHIP
- Financial Safety
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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



# Men's Health MONTH

June is Men's Health Month, a great reminder to check in with your physical, mental, emotional and spiritual health. It can be easy to avoid or not prioritize health, especially physical and mental. However, this can prove to be detrimental to overall wellness, relationships and more.

Here are a few reasons why it is important to prioritize your [physical health](#):

- Boost your quality of life – When you take care of yourself, you are on your way to being healthy and strong in both mind and body.
- Develop more confidence and self-worth – You feel more positive and optimistic about yourself and your future when you treat yourself well and with respect.
- Prevent disease – You have some control over your health and how you spend your time, as well as what you do to prevent diseases. Make your health a priority so that you can try your best to avoid serious health complications.
- Increase energy – You will feel better without relying on caffeine or other artificial ways to keep you going when you're tired.

Take charge of your health. Focus on your future by eating right and getting preventative exams.

Here are a few ways in which prioritizing [mental health](#) can improve your life:

- Increased self-esteem and confidence – Increase self-esteem and confidence can lead to improved relationships, work performance and overall quality of life.
- Enhanced cognitive functioning – Prioritizing mental health can also reduce the risk of cognitive decline and improve overall brain health.
- Lower risk of chronic diseases – Mental health plays a crucial role in promoting healthy behaviors such as exercise, a balanced diet and stress management that reduce the risk of chronic diseases such as cardiovascular disease, diabetes and obesity.
- Increased life expectancy – Prioritizing mental health promotes healthy behaviors and reduces the risk of chronic diseases, thus increasing life expectancy. It can also enhance overall quality of life and improve the ability to age gracefully.

**Take a moment to reflect on your health throughout Men's Health Month. If something's been nagging you, mentally or physically, reach out to a health care or mental health professional.**

Information from Vanderbilt University.

Upcoming  
**MEETINGS!**



Tuesday, June 3rd  
11:30AM to 1PM  
Warren Co. HD

**Barren River**  
DISTRICT HEALTH DEPARTMENT



Hart Co. Board of Health  
Thursday, June 12<sup>th</sup>, 2025  
11AM, Hart Co. HD

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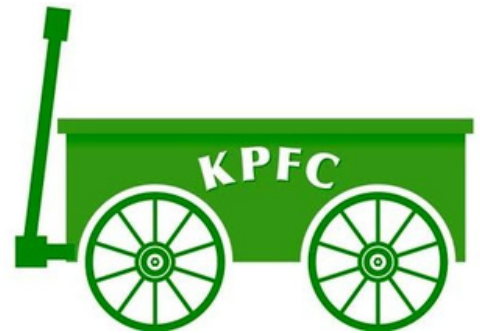
Warren Co. Board of Health  
Monday, June 16<sup>th</sup>, 2025  
5PM, Warren Co. HD

# Continuing Education

## SPOTLIGHT

If you're looking for resources to enrich the lives of youth,  
***subscribe to the Kentucky Partnership for Families and Children!***

KPFC is a family-run organization, which means they are “dedicated to supporting families who are caring for children, youth and young adults with social, emotional, substance use or multi-systems challenges. and the agencies that serve them. They are governed and guided by the lived experience of families. Family-run organizations encompass the collective lived experience of families in their states and communities. They are specialty providers, each as unique as the families they serve.”



**Click logo to visit their site!**

## 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!

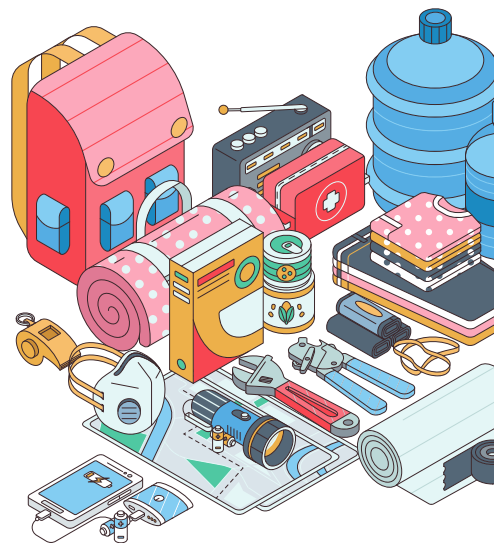
**Be on the lookout for emails from Amanda R. regarding the Annual Report.** Allow yourself plenty of time to respond to any questions she may have, regarding your department-specific accreditation requirements.

# Disaster **PREPAREDNESS**

## Building an Emergency Kit .....

*Information from Ready.gov*

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

- ☐ Water (one gallon per person per day for several days, for drinking and sanitation)
  - ☐ Food (at least a several-day supply of non-perishable food)
  - ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
  - ☐ Flashlight
  - ☐ First aid kit
  - ☐ Extra batteries
  - ☐ Whistle (to signal for help)
  - ☐ Dust mask (to help filter contaminated air)
  - ☐ Plastic sheeting, scissors and duct tape (to shelter in place)
  - ☐ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
  - ☐ Wrench or pliers (to turn off utilities)
  - ☐ Manual can opener (for food)
  - ☐ Local maps
  - ☐ Cell phone with chargers and a backup battery
- 
- A colorful illustration of various emergency supplies and disaster preparedness items. It includes a large red backpack with yellow straps, two blue water jugs, a first aid kit in a red box, a flashlight, a manual can opener, a wrench, pliers, a hammer, a roll of white cloth or bandage, a roll of pink material, a small orange container, a black battery pack, a smartphone, and other miscellaneous items like a whistle and a dust mask. The items are arranged in a cluster, suggesting a collection of essential gear for emergencies.



***Print out this sheet to start building your family emergency kit today! Don't be scared, be prepared!***

**[Click here for more information about building an emergency kit!](#)**



# May SNAPSHOTS

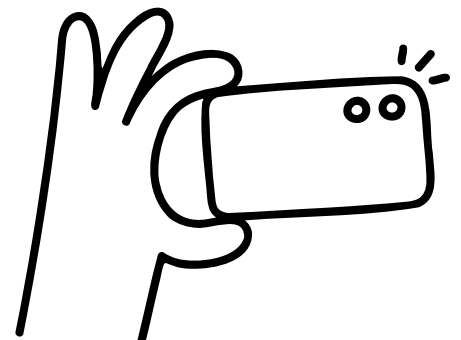


**Left:** Tara C. and Callie S. representing the HANDS program at the Warren County Expectant Parent Fair.

**Right:** Donations received through the BRIGHT Coalition and BRDHD for the Toys for Tots Drive for older adults.



**Left:** Elizabeth H. and Alecia A. representing the WIC Program at the Warren County Expectant Parent Fair.





# May SNAPSHOTS



**Left:** Samantha H., Kim P., Lisa J., Kathy T., Amanda R. and Elizabeth H. gathering for a Wellness Committee meeting.

**Right:** Kim P. teaching a four-part, full attendance Diabetes Self-Management Education and Support (DSMES) class at the Warren County Health Department.



**Left:** Cally S., Amanda R., Brian R., Ashley K. and Madisyn S. at the Recovery Ready Open House at the Warren County Health Department.

# Employee **SPOTLIGHT** .....

## ❖ Cierra C. ❖



*Cierra*

This month's employee spotlight comes from our Warren County clinic, Cierra! Cierra is described as "an outstanding team player" and always has a smile on her face. She is dedicated to giving her clients the best care possible and is quick to help her teammates when needed. Her hard work is very much appreciated at BRDHD. Next time you see Cierra, tell her, "You're amazing!"

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





# *Holiday* **SCHEDULE 2025**

**Jan. 20** - Martin Luther King Jr. Birthday

**Apr. 18** - Good Friday (half day)

**May 26** - Memorial Day

**July 4** - Independence Day

**Sept. 1** - Labor Day

**Nov. 11** - Veterans Day

**Nov. 27-28** - Thanksgiving

**Dec. 25-26** - Christmas

**Jan. 1-2** - New Year's Day

*New*  
**FACES!**



Kelli K.  
Support Services Associate  
Barren



Emmi R.  
Health Educator  
Warren

***If you see  
Kelli or  
Emmi, make  
sure to  
introduce  
yourself!***





# 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

## **Workforce Culture**

### **- Contact Amanda R.**

- Promote respect and belonging
- Support positive culture initiatives
- Encourage open communication
- Use data to drive improvements

## **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

