

Barren River RUNDOWN

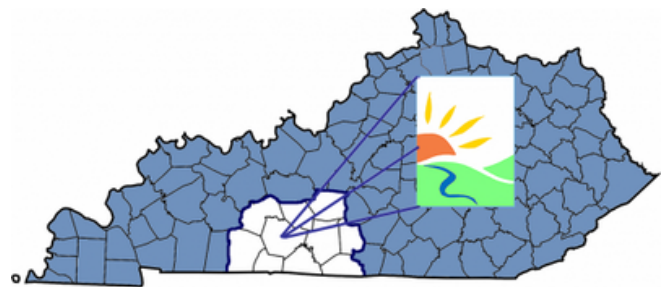
November 2025

- Veteran's Day
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- Dollywood Deals
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Have articles or information you'd like to submit for the rundown?

[Email Olivia!](#)



Barren River
DISTRICT HEALTH DEPARTMENT



Happy Veteran's Day!



Thank you to all of our Barren River Health **employees, board of health members, community partners** and **beyond**, who have served in the armed forces. We are deeply thankful for your service.

We'd like to recognize BRDHD employees who served in the armed forces. Recognitions were self-reported.



Chris, District
United States Army
4 years



Rana, Barren County
United States Army
13 years

**All BRDHD locations will be closed
Tuesday, Nov. 11th, 2025.**

Community

PERCEPTION SURVEY

From the Workforce
Culture Committee.

The agency now has Community Perception Surveys available for patients and community members to complete. This survey will remain open year-round.

Anyone who completes a survey will be entered into a quarterly drawing for a \$50 gift card from the agency.

The purpose of this survey is to gather valuable feedback from the community about their experience at our health departments.

We recommend all employees to add the link to the survey to the signature line of their emails.

“Please [complete our Community Perception Survey](#) to share your feedback.”



Visit Dollywood's Smoky Mountain Christmas for only \$59 per person!

Dollywood DEALS!

Dollywood is excited to welcome back **Public Employee Appreciation Days** - our special way of expressing gratitude to the dedicated individuals who serve and strengthen our communities.

From **November 3-23, 2025**, we're offering an **exclusive online-only discount** on admission for:

- Military Personnel
- First Responders
- Government Employees
- School System Staff
- Medical Professionals

Verification through ID.me is required to purchase tickets.

Eligible employees can enjoy:

\$59 One-Day Admission Tickets (up to six tickets per purchase)

[Click here to access the link to buy tickets!](#)

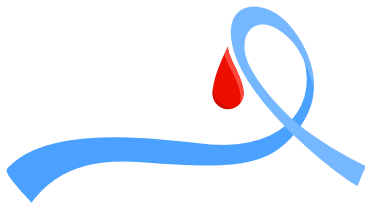
National

DIABETES MONTH!

Information from the Barren River District Health Department (BRDHD) Diabetes Educator.

Diabetes Risk Factors

- Genetics
- Age
- Family history
- Overweight/obesity
- Physical inactivity
- High lipids (blood fats)
- High blood pressure
- African American, Hispanic, Native American, Asian American or Pacific Islander



Diabetes Symptoms

- Urinating often
- Feeling very thirsty
- Feeling very hungry
- Extreme fatigue
- Blurry vision
- Slow healing
- Weight loss (type 1)



Visit our website to stay updated on Diabetes Self-Management Education and Support (DSMES) workshops —

<https://www.barrenriverhealth.org/services/diabetes-education>

Disaster PREPAREDNESS

Holiday Cooking Safety Month

Information from the BRDHD Disaster Preparedness Coordinator.

November is Holiday Cooking Safety Month, so remember to stay safe in the kitchen during the holiday season. With so much cooking happening, it's easy to get distracted but a few simple precautions can help prevent accidents and fires.

Holiday Cooking Safety Tips

1. Never leave food cooking unattended.
2. Keep flammable items away from heat sources.
3. Cook your turkey to an internal temperature of 165°F.
4. Wipe away grease buildup to prevent flare-ups.
5. Keep a fire extinguisher nearby and know how to use it.



Employee **SPOTLIGHT**

Kim



Kim!

**This month's
employee spotlight
comes from our
District office, Kim!**

Kim was nominated for “changing lives with her Diabetes education. She is warm, welcoming and enthusiastic in her approach to teaching. She has built a great number of community partnerships and is a great team player on the population health team!” Her hard work is very much appreciated at BRDHD. Next time you see Kim, tell her, “You rock!”

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



**Barren River Health
CARES!**

Collaboration • Adaptability • Reliability • Excellence

Upcoming MEETINGS!



Tuesday, November 4th
11:30AM-1PM, BRADD Office

Barren River
DISTRICT HEALTH DEPARTMENT

Barren Board of Health
Tuesday, Dec. 9th @ 12PM
Barren Co. HD

October SNAPSHOTS



Above: Samantha, Emmi, Lisa and Ashley (Population Health team) attending community trunk-or-treats this Halloween season!



Above: The harm reduction team partnering with Goodwill Stores to plant Naloxoboxes at each Bowling Green location.



Above: Samantha teaching a hygiene class at a local elementary school.



Above: This year's BRDHD Costume Contest winners — India, Louise, Bree and Katie!

October SNAPSHOTS

Below: Below are photos of the Wellness Committee visiting Butler, District, Logan, Simpson, and Warren Counties, making homemade smoothies for employees. Thank you to the Wellness Committee, for this wonderful initiative and pick-me-up for employees!



Have photos from work or wellness-related events?

Send them to Olivia for the rundown!

October **SNAPSHOTS** & New **FACES!**



Above: Anna, Rebecca, and Selina representing BRDHD at the Butler County Senior Center Health Fair.



Above: Crystal, Barbie and Elizabeth working the Mobile Clinic at the Barren County Health Fair.



Brett
Network Specialist
District

If you see Brett, introduce yourself! Welcome to the team! 🎉

COMMITTEES

For more opportunities to work across branch and county lines, all staff are encouraged to join a committee!

Wellness - Contact Kathy

- Wellness Works
- Encourage healthy behaviors for staff
- Promote insurance perks

Social - Contact Olivia

- Hospitality initiatives
- Special events
- District-wide meeting activities
- Explore ways for staff to connect

Ad Hoc - Contact Kim

- 'As needed' committee.

Workforce Culture -

Contact Amanda

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

Disaster Prep - Contact Crystal

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

