

Barren River

February 2026

RUNDOWN

PHAB accreditation is a stamp of excellence for public health departments, showing they provide high-quality, effective, and equitable services to their communities. It's a way of saying, ***"We do public health well, and we're always striving to do better."***



UPCOMING MEETINGS

BRIGHT Coalition Workshop
Wednesday, February 4th
10:30AM, WKU Health Sciences Complex

District Board of Health
Monday, March 2nd
5PM, Warren Co. HD

COMMITTEES

Wellness — Contact Kathy
Social — Contact Olivia
Workforce Culture
— Contact Amanda
Disaster Preparedness
— Contact Crystal
Ad Hoc — Contact Kim

SUBMIT AN ARTICLE

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

Email Olivia!

CONTENTS

American Heart Month

PHAB Accreditation

National Canned Food Month

Employee Spotlight

All Hazards Plan

New Faces

PHAB ACCREDITATION

Please read in full !

PHAB accreditation is more than a designation—it reflects our commitment to excellence in public health. Through this process, we evaluate how we deliver services, use data, engage partners, and respond to community needs. PHAB helps ensure we are consistently improving, using best practices, and building trust with the communities across the BRADD region.

We're working hard to maintain our high standards! Currently, we are reviewing all accreditation domains and reaching out to staff or leadership in each department for their input and documentation.

If you are contacted regarding a PHAB-related request or issue, please make every effort to respond and resolve it within five (5) business days, as timely follow-up is essential to maintaining momentum and meeting accreditation standards.

Your timely participation helps us ensure continued excellence in our services. Thank you for your support!

NATIONAL CANNED FOOD MONTH

Information from Crystal, Disaster Preparedness Branch Manager.

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Suggested Emergency Food Supplies

- Store at least a several-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.

AMERICAN HEART MONTH

How's your heart doing? ❤️

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. Heart disease is largely preventable if you...



Looking for more information regarding American Health Month?

Visit the following website —

<https://www.nhlbi.nih.gov/education/american-heart-month>

Some examples of foods to keep in case of emergencies or power outages are:

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Food for infants
- Comfort/stress foods



EMPLOYEE SPOTLIGHT

This month's employee spotlight comes from our health education team, Ashley!

Ashley was nominated for being a team player and for always having a positive attitude at work. "She truly cares about the work she does and wants to leave a lasting impact on the people she serves. Ashley always has a smile on her face and always wants to lend a helping hand."



BRDHD is so thankful for Ashley's hard work and dedication. Next time you see her, tell her, "You rock!"



Past employee spotlights, Haley and Brenna, with their prize bags, courtesy of the SQC team and Social Committee!

ACCESS THE ALL-HAZARDS PLANS

1. Employees will need to go to the One Drive.
2. Select "BRDHD-All".
3. Again, select "BRDHD-All".
4. Select the green folder "Emergency Guidebook by County."

JANUARY SNAPSHOTS/ NEW FACES



Ivy
Dental Assistant
District



Jerusha
Support Services
Warren



Kestin
Dental Assistant
District

Interns/Americorps Members

Population Health

Gracie
Serenity
Sarah

Clerical/Billing

Gracie
Rylee

SQC

Ismahan (Isma)

CD Team

Brooke

Americorps

Arika — HANDS
Camila — WIC
Peter — Pop. Health
Tyra — SQC



Above: Amanda, Ashley, and Chelsey with students from Simmons University, touring Warren Co. HD!

Left: Employees at Warren/District participating in book club during lunch!