

Barren River

RUNDOWN

August 2026

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."***



Pictured left: The Harm Reduction team connected with community members during a Narcan Pop-Up at the Warren County Health Department, sharing educational materials, valuable resources, and information on overdose prevention.

UPCOMING MEETINGS

BRIGHT Coalition Meeting

Tuesday, August 4th
11:30AM, Warren Co. HD

District Board of Health Meeting

Monday, August 17th
5:00PM, Warren Co. HD

CONTENTS

PHAB Notes

Flood Safety/National Wellness Month

Back to School/Book Club

Employee Spotlight

July Snapshots/New Faces

DYK?/Branding Guidelines

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?

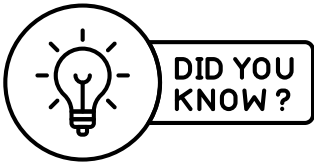
Email Olivia!

Barren River
DISTRICT HEALTH DEPARTMENT
Barren, Butler, Edmonson, Hart, Logan,
Metcalfe, Simpson, and Warren Counties



PHAB NOTES:

Information from SQC Branch Manager, Amanda.



Nearly everything we do at BRDHD helps support PHAB accreditation? Whether you're providing services, educating a client, attending a community event, updating a dashboard, participating in a committee, or improving a workflow, you are contributing to our reaccreditation efforts.

PHAB isn't just about documents; it's about demonstrating how we serve our communities, improve health outcomes, and continuously strengthen our organization.

As we move through the reaccreditation process, thank you for the work you do every day to help BRDHD meet the highest standards in public health. The examples you create today become the evidence that tells our story tomorrow.

NATIONAL WELLNESS MONTH

🌿 National Wellness Month Challenge 🌿
August is National Wellness Month! Complete the wellness activities below at least once during the month and earn Wellness Points.

- ✓ Take a 10-minute walk
- ✓ Drink an extra glass of water
- ✓ Practice deep breathing or mindfulness
- ✓ Get 7–8 hours of sleep
- ✓ Take a break from screens
- ✓ Reach out to a friend or coworker
- ✓ Spend time outdoors

Small habits can make a big difference in your physical, mental, and emotional well-being. Once you've completed at least 3 activities, submit your participation [here](#) to earn your wellness points!

FLOOD SAFETY

Information from Crystal, Disaster Preparedness Branch Manager.

Flooding is a temporary overflow of water onto land that is normally dry. **Floods are the most common disaster in the United States.** Failing to evacuate flooded areas or entering flood waters can lead to injury or death.

Floods may:

- Results from rain, snow, coastal storms, storm surges, and overflows of dams and other water systems.
- Develop slowly or quickly. Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings, and create landslides



Tips for Staying Safe During a Flood

- **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.

BACK TO SCHOOL:

Information from Peyton, Disaster Preparedness Coordinator

As students head **back to school** this August, it's a great time to think about preparedness at home, in the classroom, and throughout our community. Children and youth can be especially vulnerable during emergencies, making it important for families and schools to have **plans** in place for communication, reunification, and emergency response.

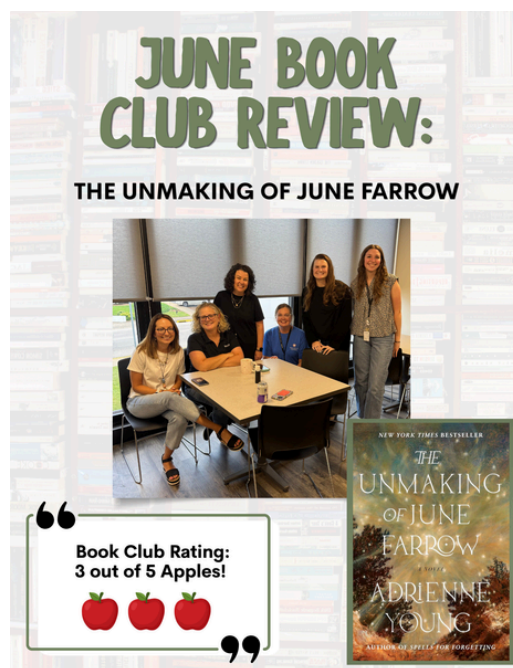
Children also play an important role in preparedness. When they understand risks and know how to protect themselves, they can help their families and communities become better prepared. **Today's prepared children are tomorrow's prepared adults!**

If you know of a school, youth organization, or community group that could benefit from child-friendly preparedness information, handouts, activities, or a preparedness presentation, please reach out to **Crystal** or **Peyton**. We'd be happy to provide resources or assist with preparedness education as the new school year begins.

BOOK CLUB

See what these bookworms have been up to!

If you're interested in joining Book Club, email Ashley Lillard for further information.



EMPLOYEE SPOTLIGHT

This month's Employee Spotlight shines on our Support Services Team member, Jackie Gardner!

This month, we are proud to recognize Jackie Gardner for her many years of dedicated service to the Barren River District Health Department.

Jackie has been a steady, dependable presence within BRDHD, consistently supporting her colleagues and helping wherever needed. Throughout her career, she has demonstrated a strong commitment to serving our communities and ensuring operations run smoothly behind the scenes.

Known for her reliability, kindness, and willingness to lend a helping hand, Jackie has made a lasting impact across the organization. Whether assisting during staffing shortages, supporting multiple counties, or helping coworkers navigate challenges, she has always embodied the spirit of teamwork and service.

As Jackie begins her well-earned retirement, we extend our heartfelt gratitude for the dedication, professionalism, and compassion she has shared throughout her years with BRDHD. Her contributions have helped strengthen our organization and positively impacted countless staff members and community members along the way. Jackie, thank you for your years of service and commitment to public health. You will be greatly missed, and we wish you happiness, relaxation, good health, and many wonderful adventures in this exciting new chapter of life.

Congratulations on your retirement, Jackie, and thank you for everything! ❤️



JULY SNAPSHOTS / NEW FACES



Emmi leading Bingocize at Logan County Health Coalition meeting!



Catherine
Administrative Specialist
District



Ashley
Dental Hygienist
Barren

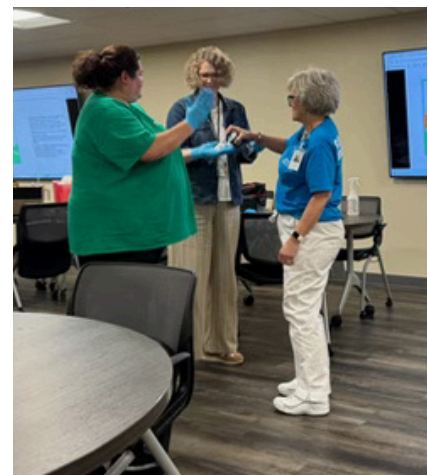
JULY SNAPSHOTS



Kathy Thweatt with BRDHD was recently pictured with partners from the Butler County Family Learning Community Workgroup. Butler County is one of only five sites nationwide selected to receive a grant from the National Center for Family Literacy and has successfully completed all first-year goals as it enters year two of the initiative. Through this partnership, the community has also secured a \$75,000 Spark Grant and is pursuing a five-year Promise Neighborhoods grant worth up to \$5.5 million. These collaborative efforts, led by Superintendent Robert Tuck, continue to create new opportunities for children and families throughout Butler County.



Celebrating Nurse Appreciation Week with Stacy, Belinda, and Barbie!

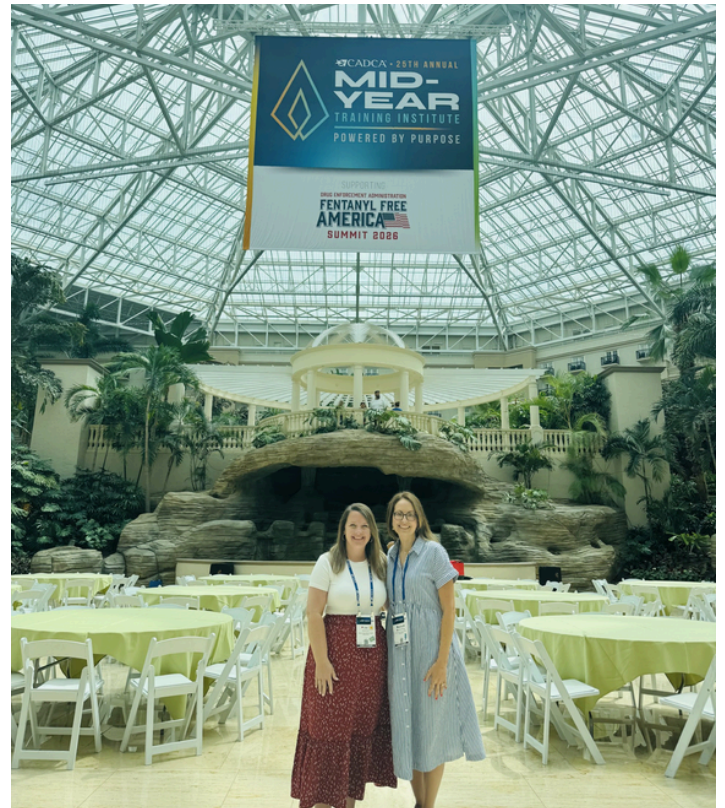


Tina teaching the importance of good hand hygiene even if wearing gloves.

JULY SNAPSHOTS



Michelle, Stacy, Katie, and Samantha attending this year's PossAbilities Expo, representing Dental and BRDHD!



Lisa and Ashley at CADCA's 25th Annual Mid-Year Training Institute held at Gaylord Palms in Orlando, FL!



What a fun day! We had 105 participants from 11 counties join the Appalachian Early Childhood Network in learning new skills in a day of literacy and standards!

JULY SNAPSHOTS



Please join us in congratulating Olivia and Noah on the arrival of their beautiful new baby!

We wish their growing family health, happiness, and many special memories in this exciting new chapter.

Recent Birthday Celebrations in Barren County



Kerri



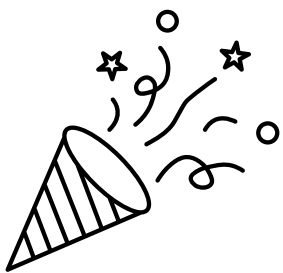
Alissa



Belinda



Crystal



Louise & Barbie



Josie

DO YOU KNOW THESE PEOPLE?



Help us identify these photos!
If you recognize anyone here, feel free to share your stories!



Do you have similar pictures to submit? We'd love to include them in the next Rundown!



Email Amanda to submit your stories or pictures!

amanda.reckard@barrenriverhealth.org

BRANDING GUIDELINES REFRESHER

“Branding is an action that allows a community and the consumer market to identify with a mission, vision, and overall voice of the products offered by an organization.”

It is important that we properly display the Barren River Health Department affiliated branding on all products created.

Mission: Our mission is to serve our community with a commitment to excellence in quality service by protecting and improving the environment and health of people through prevention, surveillance, education, and partnerships.

Vision: Creating a healthy community for all people to live, learn, work, and play.

Tag Line: Healthy Communities. Happy Families
[Branding Guidelines and Policies Link](#)

Use official templates for PowerPoint, memorandums, flyers, brochures, and infographics (available on SharePoint).

There should be no changes to fonts, colors, or logo placement without approval.

Approved fonts: Times New Roman (Word), Segoe UI Light (PowerPoint), Open Sans/Open Sauce/Helvetica (Canva, Infographics).
Avoid decorative fonts like Comic Sans, Bradley Hand, or Curlz

Approved Agency Logo Ex:

Approved interdepartmental logos can be found in the attached document

