

Barren River RUNDOWN

September 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 SQC team visited Lost River Cave to attend Brooms and Backpacks. They were able to connect with local families and hand out back-to-school goodies, helpful vaccination information and BRDHD information.

UPCOMING MEETINGS

Metcalfe Board Meeting

Tuesday, September 8th
12:00PM, Metcalfe Co. HD

Simpson Board Meeting

Thursday, September 10th
12:00AM, Simpson Co. HD

Warren Board Meeting

Monday, September 28th
12:00PM, Warren Co. HD

CONTENTS

PHAB Notes

Policy Change/Self-Improvement
Month

Preparedness Month/Book Club

Open Enrollment

Employee Spotlight/New Faces

August Snapshots/Guideline
Refreshers

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.



The Workforce Development Survey will be distributed to all staff at the end of September and will remain open through November 24. The survey is an important opportunity for employees to share feedback, identify organizational strengths, and help highlight areas for improvement. Results will be used to guide workforce development efforts, support organizational improvement initiatives, and inform future decision-making. To encourage participation, five half-day leave incentives will be awarded during the District-Wide Meeting to employees who complete the survey. Staff participation is essential to ensure leadership has meaningful feedback that reflects the priorities and experiences of our workforce.

Every voice matters, and every response contributes to building a stronger, healthier, and more supportive workplace for all.

POLICY CHANGE

Regulation Change Effective 7/16/26:

Employees who are dismissed for cause shall not be paid out their remaining annual leave.

Employees who don't give proper resignation notice (2 week minimum) will also not be paid out their remaining annual leave time.

NATIONAL SELF-IMPROVEMENT MONTH

☀️ September is National Self-Improvement Month! ☀️

September is the perfect time to focus on personal growth and becoming the best version of yourself. National Self-Improvement Month encourages us to take a step back, reflect on our goals, and make positive changes that support our well-being, confidence, and success. Self-improvement does not have to involve major life changes. In fact, small, consistent actions often lead to the most meaningful and lasting results!

Looking for ways to participate? Try:

- Reading a book or listening to a podcast that helps you learn something new
- Adding regular exercise or daily movement to your routine
- Waking up a little earlier to create a productive morning routine
- Exploring a new hobby or creative activity
- Making healthier choices with meals and hydration
- Practicing mindfulness, meditation, or stress-management techniques
- Setting a personal or professional goal and creating a plan to achieve it



PREPAREDNESS MONTH:

Information from Peyton, Disaster Preparedness Coordinator

September is National Preparedness Month, a time to encourage individuals, families, and communities to prepare for emergencies before they happen. This year's theme, "Americans Stand Ready," highlights the importance of being ready to protect ourselves, our loved ones, and our communities during disasters.

Preparedness can start with three simple steps:

★ **Make a Plan:** Discuss with your household where to go, how to communicate, and what to do during an emergency.

★ **Build an Emergency Kit:** Gather essential supplies such as water, non-perishable food, medications, flashlights, batteries, and a first aid kit.

★ **Stay Informed:** Sign up for local emergency alerts, monitor weather conditions, and know where to find trusted information during emergencies.

Preparedness is a shared responsibility. A few simple actions taken today can help keep you and your family safe when emergencies occur. This September, take time to review your plans, refresh your emergency supplies, and encourage friends and neighbors to do the same.

Learn more about emergency preparedness at [Ready.gov](https://www.ready.gov).



BOOK CLUB

See what these bookworms have been up to!

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

AUGUST BOOK CLUB REVIEW:

THE BRIGHT YEARS



“Book Club Rating:
3.3 out of 5 Apples!”



OPEN ENROLLMENT

Open Enrollment has been extended through October 26th for the BRDHD service area counties. All eligible employees are required to complete the enrollment process, as several important benefit changes are expected for the upcoming plan year.

Health Insurance Changes

- The LivingWell CDHP and LivingWell Basic CDHP plans will have changes to member cost-sharing.
- The LivingWell PPO plan will have changes to co-pays.

Healthcare Flexible Spending Account (FSA)

- Annual election maximum will increase to \$3,400 for Plan Year 2027.
- Carryover maximum will increase to \$680.

Premium Updates

- Health insurance employee premiums will increase. Additional details will be released at a later date.
- No changes are expected to optional life insurance premiums.

Employees can attend the upcoming Benefit Fair on **October 15th from 2:00 PM to 6:00 PM CST at the Warren County Public Schools Central Office, 330 Lovers Lane, Bowling Green, KY 42103**, to learn more about available benefits, ask questions, and prepare for Open Enrollment.

Enrollment Dates

- October 12: Barren County (9:00 AM to 12:00 PM) and Metcalfe County (1:30 PM to 2:30 PM)
- October 13: Butler County (9:00 AM to 10:00 AM), Logan County (10:45 AM to 12:00 PM), and Simpson County (1:00 PM to 2:00 PM)
- October 14: Edmonson County (10:00 AM to 11:00 AM) and Hart County (12:30 PM to 1:30 PM)
- October 19: Warren County (all day)
- October 20: Warren County (all day)

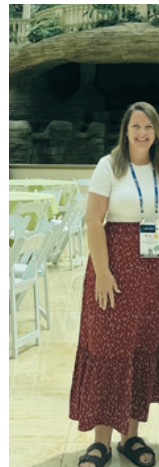
Dental insurance rates have increased; however, Barren River District Health Department will be covering the increase, resulting in no additional cost to employees. Rates for Vision, Aflac, and Long-Term Care will remain unchanged. Thank you, BRDHD, for your continued commitment to supporting employees and their families through quality, affordable benefits.



EMPLOYEE SPOTLIGHT



**Lisa
Johnson**



Congratulations to Lisa Johnson, our September Employee Spotlight recipient!

Lisa was nominated by Alissa in recognition of her outstanding dedication and hard work. Lisa played a key role in the success of the Mental Health Symposium and has done an exceptional job managing the SAFE Mental Health Grant for Warren County.

Thank you, Lisa, for your hard work and dedication. Your efforts do not go unnoticed, and we are grateful for all you do!

NEW FACES



Aylin
Dental Assistant
District



Rhonda
Janitor
Hart



Tracy
Dental Hygienist
District

AUGUST SNAPSHOTS



Calley and Ashley attended the WKU Back to School Bash on South Lawn!



Brian handing out Harm Reduction goodies at the Butler Motorsports event!



We had a blast at the Logan County Back to School Bash!



AUGUST SNAPSHOTS

BRDHD was recently recognized as **Community Partner of the Month** for its commitment to health education and community outreach.



Harm Reduction and SQC had the pleasure of joining the BG Neighbors event where we were able to give out Narcan, educational materials, and bike helmets!



Environmental staff recently participated in Soils 2 Training led by Dr. Becky Gilfillen, Professor of Agronomy (Soil Science) at Western Kentucky University. The training focused on advancing participants' knowledge of soil types and improving their understanding of soil science!

AGENCY VEHICLE USAGE

Whether you drive a BRDHD vehicle regularly or only occasionally, it's important to stay familiar with our Agency Vehicle Usage Procedure. Take a few minutes to review key responsibilities, safety requirements, and vehicle use guidelines to help keep yourself and others safe on the road.

[Agency Vehicle Usage Policy](#)

LIVING WELL

Looking for extra motivation to stay active? Register through Castlight and join the Trailblazers Leaderboard Challenge running September 1 through September 30. Track your steps, improve your health, and be entered for a chance to win prizes just for participating.

[Register Here](#)

BRDHD POWERPOINT TEMPLATES

PowerPoint templates are available for all counties. These templates should be used for all presentations containing BRDHD information to ensure consistency and maintain a unified organizational look and feel.

Follow the steps below to find and download the PowerPoint templates:

- Locate SharePoint.
- On the overview page, click on "BRDHD-All."
- Find the folders on the right-hand side and click on the "BRDHD-All" folder.
- Locate and click on the "Personnel Policies" folder.
- At the top, click on the "Branding Guidelines" folder.
- Here, you will find PowerPoint templates for all of the counties. Select the template for the county you are reporting on or the county where you work.
- Click the three dots on the right, then select **download**.

[Click here to view pictures of the steps above and for more information.](#)

For any questions about the Branding Guidelines and Policies, please refer to the link below:

[Branding Guidelines and Policies Link](#)