

Barren River RUNDOWN

October 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."***



Congratulations to Mr. Hunt for being awarded Director of the Year by the Kentucky Health Departments Association (KHDA)! 🎉

"His work has strengthened his own district, helped create a durable regional approach to community health improvement, and strengthened the association that represents all of us as local public health leaders."

-Eric Mills, Director of Martin Co. Health Department

"...[Matt] readily shares ideas, policies, processes, and solutions with his colleagues because he genuinely wants to see public health departments across Kentucky succeed."

-Stacy Crase, Director of Powell Co. Health Department

"Matt is visionary when it comes to taking a systems approach to prevent health disparities, effectively mobilizing stakeholders across the region to work collaboratively to improve the quality of life across all county lines."

-Jill Ford, Director of Monroe Co. Health Department

UPCOMING MEETINGS

Barren Co. Board of Health

Oct. 8th @ 12PM, Barren Co. HD

Logan Co. Board of Health

Oct. 15th @ 12PM, Logan Co. HD

District Board of Health

Oct. 19th @ 5PM, District

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



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.**

Enrollment Dates

- **Barren:** Monday, Oct. 12th @ 9:00 AM to 12:00 PM
- **Butler:** Tuesday, Oct. 13th @ 9:00 AM to 10:00 AM
- **Edmonson:** Wednesday, Oct. 14th @ 10:00 AM to 11:00 AM
- **Hart:** Wednesday, Oct. 14th @ 12:30 PM to 1:30 PM
- **Logan:** Tuesday, Oct. 13th @ 10:45 AM to 12:00 PM
- **Metcalfe:** Monday, Oct. 12th @ 1:30 PM to 2:30 PM
- **Simpson:** Tuesday, Oct. 13th @ 1:00 PM to 2:00 PM
- **Warren:** Monday, Oct. 19th to Oct. 20th , All Day

PY27 Changes

★ **Delta Dental** premium rates have increased for PY27, but our agency has kindly absorbed those costs for employees. Rates for EyeMed, Aflac, MetLife, and Long-term Disability have remained unchanged.

★ **KEHP Health Insurance (see page 4 of Benefits Selection Guide for Detail)**

- There will be a 3% increase in employee health insurance premium contributions
- The LivingWell PPO will have changes to co-pays
- The LivingWell CDHP and the LivingWell Basic CDHP will have a separate prescription Deductible and Maximum out-of-pocket
- Prescriptions covered under the Value Benefits program will only be available as a 90-day supply. Any supply less than a 90-day supply will be processed under the regular prescription benefit
- Zepbound is back as a covered medication

★ **Flexible Spending Accounts**

The maximum amount you can contribute to a Healthcare FSA has increased to \$3,400 per year, with a maximum carryover from 2027 to 2028 of \$680.

KEHP will open the khris.ky.gov portal from October 5th to October 26th for Health plan and Life insurance beneficiary or plan changes. All employees must log in and make a selection, as their current selections will not roll over.

Click here to learn how to access [KHRIS](#).





BREAST CANCER AWARENESS MONTH

Information from Crystal and National Breast Cancer Foundation



October is Breast Cancer Awareness Month and it may bring a loved one to mind — someone you've lost, a survivor you know, a friend with a family history of cancer, or remind you of your own need to get checked.

BRDHD has breast cancer survivors and warriors among us. If you're putting off your mammogram, take the advice of Crystal to go get checked and do breast exams monthly! Early detection could save your life.



I had no family history of Breast Cancer. It can really happen to anyone. Please don't wait — schedule your mammogram, know your body, and advocate for your health. Early detection can save lives. It has given me the opportunity to be a survivor!

3 Steps to Early Detection... According to the National Breast Cancer Foundation

1. Monthly Self-Exams

- a. Look for changes such as: a new lump or thickening of the skin, unexplained change in size or shape, dimpling, puckering, a change in skin texture, and more.

2. Well-Woman Exams

- a. Every woman is recommended to have one well-woman exam each year. Expect a visual and physical check.

3. Mammogram

- a. It's recommended if you're 40 years and older, to get a mammogram every year.

EMPLOYEE SPOTLIGHT



This month's spotlight is Amber, from Hart County Health Department!

Amber was nominated this past spring for her work positively adapting the patient experience when Hart County underwent renovations. Amber, someone who is "always thinking outside the box," suggested using the mobile unit to see patients. Her and Sydney had an almost 100% show rate on the unit, despite multiple challenges. Amber is described as "detail-oriented while also working very efficiently" and is "always proactive and gets the job done and done well."

Congrats, Amber! Your hard work is very much appreciated at BRDHD!

CYBERSECURITY & FIRE SAFETY

Information from Crystal, Disaster Preparedness Branch Manager

All BRDHD buildings will be conducting the yearly Earthquake Drill October 15, at 10:15am during the International Shake Out Drill.

We would love to see Preparedness in action across the District! Send us pictures of your building's participation!

Stay Safe Online

Cyber threats are getting faster and smarter. New and evolving technology, such as Artificial Intelligence is accelerating the rate at which hackers can find and take advantage of weak spots in our computer software and systems. That puts our country and economy at risk.

But we can fight back. We encourage everyone to explore the tips and resources on this page (www.cisa.gov).

Everyone should take these 4 core steps:

- Avoid and report phishing scams.
- Use strong passwords.
- Use multifactor authentication and a password manager.
- Update software.

Fire Safety Reminders

October is a good time to review fire safety procedures and make sure everyone knows what to do during a fire event.

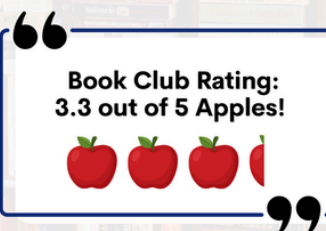
Remember:

- Know at least two ways out of your home or workplace.
- Keep exits and hallways clear.
- Make sure smoke alarms are in working order and have fresh batteries.
- Never ignore a fire alarm.
- Know where fire extinguishers are located and how to use them appropriately.
- Know where the designated meeting location is outside the building/home.

BOOK CLUB

SEPTEMBER BOOK CLUB REVIEW:

THE SECRET LIVES OF MURDERERS' WIVES



Interested in joining the book club? Email Ashley L.!

NEW FACES



Megan
Support Services
Warren

If you see Megan around, say hello and introduce yourself!

Welcome to BRDHD 🎉

SEPTEMBER SNAPSHOTS



Above: Kathy and Selina representing BRDHD at the Med Center Health Fair in Logan County!



Left: Callie and Kimra promoting the HANDS program at The Foundry's Baby Shower.



Left: Emmi and Cally representing BRDHD at the Bowling Green Fire Department (BGFD) Firehouse Fest!



Above: Photos of public health directors and state representatives at the 2026 Legislative Day, hosted at Warren County Health Department.