

# BARREN RIVER RUNDOWN

JUNE 2024

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## June is Alzheimer's & Brain Awareness Month!

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

### "What are some early signs of Alzheimer's Disease?"

- ① Memory loss that disrupts daily life.
- ② Challenges in planning or solving problems.
- ③ Difficulty completing familiar tasks.
- ④ Confusion with time or place.
- ⑤ Trouble understanding visual images and spatial relationships.
- ⑥ New problems with speech or writing.
- ⑦ Misplacing things and losing the ability to retrace steps.



[Click here for more Alzheimer's & Dementia information!](#)

## HAVE A COWORKER IN NEED OF EXTRA SUPPORT?

**SUBMIT A FORM!**



**Barren River**  
DISTRICT HEALTH DEPARTMENT

Please submit articles for the newsletter to Olivia Harden at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org)  
Submissions will be reviewed for approval.



# workday<sup>®</sup>

## TRAINING IS HERE!

Workday will replace CDP as our time-tracker system and will enable staff to...

Keep personal information up to date!

View pay slip online!

Change direct deposit accounts!

Enter & view time tracking information!

Easily submit expense reimbursements!

**COMPLETE WORKDAY TRAINING ON TRAIN BY JUNE 24TH!**

**CONTACT HALEY H. OR KIM F. FOR QUESTIONS!**

# APRIL SNAPSHOTS & NEW FACES!



**Kristen C.**  
CDT Nurse  
Warren



**Corina C.**  
Cleaner  
Warren



Frankie W. representing the HANDS Program at the Metcalfe County Community Baby Shower!



Matt H. and Mike B. taking out cabinets, desks & shelves at Logan County Health Department.

*Do you have pictures from BRDHD or wellness-related events?  
Email Olivia at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org) !*

# DISASTER PREPAREDNESS

## PET SAFETY AWARENESS MONTH

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### MAKE A PLAN.

Things to include in your plan:

- Have an evacuation plan for your pet. Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- Have your pet microchipped. Make sure to keep your address and phone number up-to-date and include contact information for an emergency contact outside of your immediate area.

Contact your local emergency management office, animal shelter or animal control office to get additional advice and information if you're unsure how to care for your pet in case of an emergency

### BUILD A KIT FOR YOUR PET.

- **Food.** Keep several days' supply of food in an airtight, waterproof container.
- **Water.** Store a water bowl and several days' supply of water.
- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs.
- **Collar** with ID tag and a harness or leash. Include a backup leash, collar and ID tag.
- **Traveling bag,** crate or sturdy carrier, ideally one for each pet.
- **Grooming items.**
- **Sanitation needs.** Include pet litter and litter box (if appropriate), newspapers, paper towels, plastic trash bags, etc.
- A **picture** of you and your pet together.
- **Familiar items.** Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.

### STAY INFORMED.

- Pay attention to wireless emergency alerts for local alerts and warnings sent by state and local public safety officials.
- Listen to local officials when told to evacuate or shelter in place.
- Always bring pets indoors at the first sign or warning of a storm or disaster.

# DISASTER PREPAREDNESS

READYOP

ReadyOp Caller ID

Save this in  
your phone.

502-782-1227-Alert

502-385-2629-Text



And 855-762-0802 text

Our disaster preparedness team conducts a quarterly drill for the ReadyOp notification system. For each drill, the goal is to achieve a 90% response/confirmation rate. The first person to confirm they received the text and call will receive a prize!



**Congrats Kim F. and Janarae C. for  
winning this quarter's prize!**



Be sure to save the phone numbers above to your phone so you can be prepared!



**HANDS is accepting new referrals!**

*Contact [Callie.Shaw@barrenriverhealth.org](mailto:Callie.Shaw@barrenriverhealth.org)  
to learn more about the HANDS Program.*

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## **BRDHD JOB OPENINGS**

- Health Educator — District
- Network Administrator
- HANDS Supervisor
- HANDS Specialist
- Clinical Nutritionist
- Diabetes Educator RD
- Diabetes Educator RN
- RN, Communicable Disease Investigator

**VISIT INDEED FOR FULL JOB DESCRIPTIONS!  
EMAIL HALEY H. IF INTERESTED!**

# EMPLOYEE SPOTLIGHT

Cally S.



Cally was nominated for this month's spotlight for her work as a Health Educator! Cally is passionate about supporting the community through harm reduction efforts. No matter how busy she is, she never complains and always offers a helping hand to a coworker. Next time you see Cally, tell her "You rock!" Her hard work is very much appreciated at BRDHD.

**Thank you to everyone who nominated coworkers for the spotlight! New submissions are currently closed.**



# COMMITTEES

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

## **WELLNESS - CONTACT KATHY T.**

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

## **SAFETY - CONTACT MIKE B.**

- Incident review
- Ergonomics
- Building safety
- Identify needed trainings and support

## **SOCIAL - CONTACT OLIVIA H.**

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

## **RETENTION - CONTACT KIM F.**

- Explore ways to improve employee satisfaction
- Incentives, acknowledgement, etc.
- Identify needed trainings and support

## **EQUITY - CONTACT INDIA M.**

- Promote ways to reach vulnerable populations
- Spread details of important community events
- Identify opportunities for equity within our policies and processes

## **DISASTER PREP - CONTACT JANARAE C.**

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





# UPCOMING MEETINGS!

## Local Board of Health

**Butler** — August 2nd @ 12PM

**Hart** — June 13th @ 11AM

**Warren** — June 10th @ 5PM

## BRIGHT Coalition Workshop

June 18th

8AM to 11:30AM

## District Board of Health

August 19th  
@ 5PM

Have you seen this year's  
*Community Impact Report?*

[CLICK  
HERE!](#)

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT



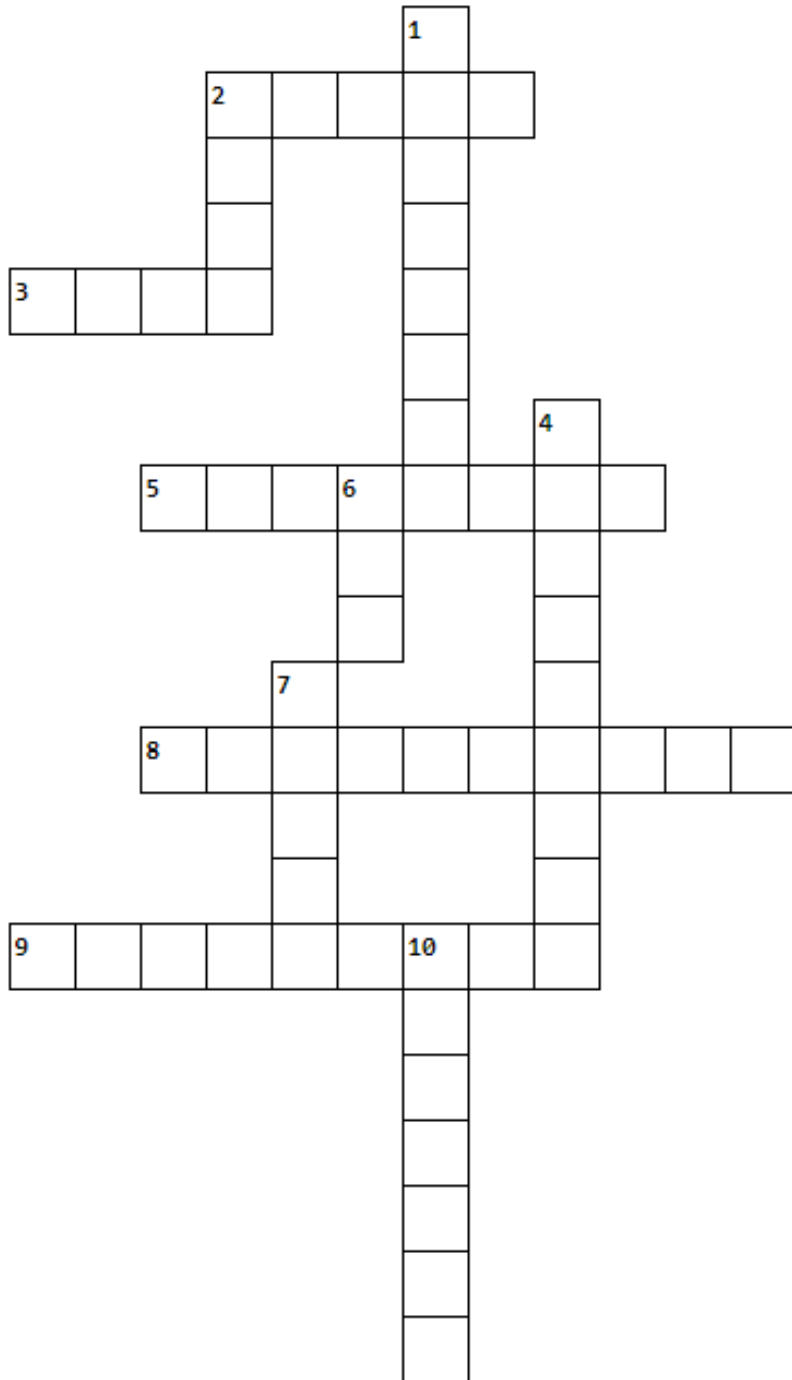
*BRDHD Website*



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Submissions will be reviewed for approval.

# CROSSWORD PUZZLE

The first to complete and submit the puzzle to Olivia H. will receive a treat!



## ACROSS

2. Where can you access the Workday training modules?
3. Complete your Workday training by \_\_\_ 24th.
5. The BRIGHT Coalition is hosting a \_\_\_ on June 18th, instead of their normal meeting.
8. Have an \_\_\_ plan for your pet.
9. Memory loss that affects \_\_\_ can be an early sign of Alzheimer's.

## DOWN

1. In the event of a natural disaster, pay attention to \_\_\_ emergency alerts for local alerts and warnings.
2. Confusion with \_\_\_ or place can be an early sign of Alzheimer's.
4. To get involved with coworkers across county lines, join a \_\_\_\_\_!
6. Build an emergency \_\_\_ for your pet in the event of a disaster.
7. June employee spotlight.
10. Always bring pets \_\_\_ at the first sign of a storm or disaster.