

# BARREN RIVER RUN DOWN

NOVEMBER 2024

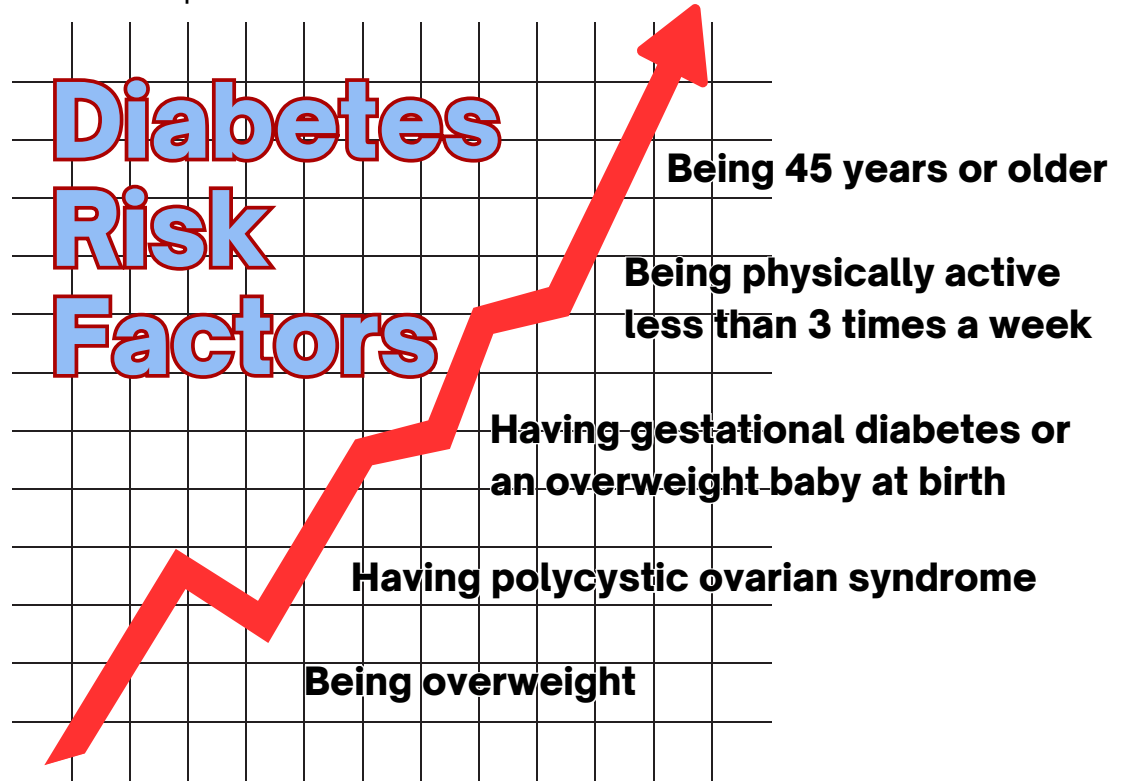
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## November is National Diabetes Month!

November is American Diabetes Month®, but this isn't a time to celebrate. It's a time to rally against the diabetes epidemic. The ADA is leading the charge through research, education, and advocacy.

1 in 3 Americans has prediabetes. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Some risk factors for prediabetes include...



Take a prediabetes risk test & discuss results with your doctor.

[www.doihaveprediabetes.org](http://www.doihaveprediabetes.org)

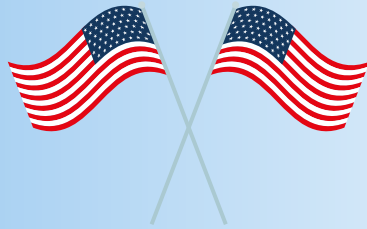


**Barren River**  
DISTRICT HEALTH DEPARTMENT

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



# Happy Veteran's Day!



Thank you to all of our Barren River Health **employees, board of health members, community partners** and **beyond**, who have served in the armed forces. We are deeply thankful for your service.

**All BRDHD locations will be closed Monday, Nov. 11th, 2024.**



# Disaster Preparedness

## Prepare for Winter .....

## Weather *Information from Ready.gov.*

### Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

### Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

### Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

### In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

### Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.



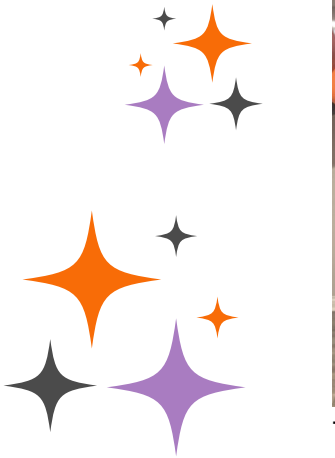
# October Snapshots



Selina B. and Kathy T. representing health education, dressed as Mario and Luigi at a Logan County trunk-or-treat.

**Thank you for representing BRDHD so well in our communities!**  
Your dedication does not go unnoticed.

**Congrats to the costume & pumpkin contest winners!**



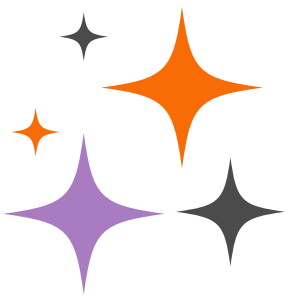
Ty D. (Simpson)



Diana C. (Logan)



Teana L. (Logan)



HANDS Branch



Ava S. (Barren)

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

# New Faces



Katie S.  
Dental Hygienist/PRN  
District



Brian R.  
Comm. Outreach Worker  
District



Louise S.  
Support Services Assoc.  
District



Kim P.  
Diabetes Educator  
District



Ashley K.  
Comm. Health Specialist  
Warren



**Next time you see a  
new coworker,  
introduce yourself!**



*Do you have professional/personal milestones you'd like to  
share in the rundown?*

*Email Olivia at [olivia.mcghee@barrenriverhealth.org](mailto:olivia.mcghee@barrenriverhealth.org) !*

# Employee Spotlight

## Janarae & Crystal



*Janarae & Crystal*

This month's spotlight is Janarae C. and Crystal K.! The pair was nominated for the work in the disaster preparedness branch. They were recently praised for how helpful, engaging and efficient their POD Essentials 5 (Responder Wellness) training was, and for their presence at community events. Next time you see Janarae or Crystal, tell them "You rock!" Their dedication 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 M.

- 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 Amanda R.

- 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



# Meetings!

## BRIGHT Coalition

December 3rd  
11:30AM to 1PM  
BRADD Office

## District Wide Meeting

December 20th  
8AM to 3PM  
Location TBD

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

[CLICK  
HERE!](#)

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT



*BRDHD Website*



Please submit articles for the newsletter to Olivia M. at [Olivia.McGhee@barrenriverhealth.org](mailto:Olivia.McGhee@barrenriverhealth.org)  
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# WORD SEARCH

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

W	A	B	E	G	G	J	S	D	L	I	I	D	E
A	D	S	N	O	E	A	E	R	B	E	N	I	S
R	G	A	E	I	Y	N	E	I	R	R	E	A	R
O	O	I	D	K	S	A	L	B	A	Y	B	E	E
R	S	T	C	S	W	R	A	D	S	Y	A	R	C
C	M	O	R	T	S	A	B	O	N	C	T	N	A
M	E	L	R	D	D	E	R	L	D	R	T	R	D
S	E	T	E	B	A	I	D	N	O	G	C	C	E
I	N	C	R	E	A	S	E	R	I	O	S	T	C
Y	C	N	E	G	R	E	M	E	N	N	D	R	E
C	I	K	E	I	R	N	L	A	E	E	G	I	M
E	I	I	E	E	S	S	L	Y	B	M	E	S	B
E	C	N	A	T	S	I	S	S	A	A	Y	K	E
R	E	T	I	I	L	A	T	S	Y	R	C	E	R

## CLUES

1. Certain \_\_\_ factors can increase your risk for \_\_\_\_\_.
2. Diabetes is serious condition where \_\_\_ sugar levels are higher than normal.
3. Polycystic Ovarian Syndrome can increase/decrease your risk for diabetes.
4. Create an \_\_\_\_\_ kit for home, work and car as winter weather approaches.
5. If you are unable to afford your heating costs, contact the Low Income Home Energy \_\_\_\_\_ Program (LIHEAP) for help.
6. Winter Storm Watch/Warnings are usually issued 12 to 24 hours before the event occurs.
7. This month's employee spotlight is \_\_\_\_\_ & \_\_\_\_\_.
8. The District-Wide Meeting will be on Friday, \_\_\_\_\_ 20th.