

BADDEN RIVER BARREN RIVER RUNDOWN BARREN RIVER

MAY 2024

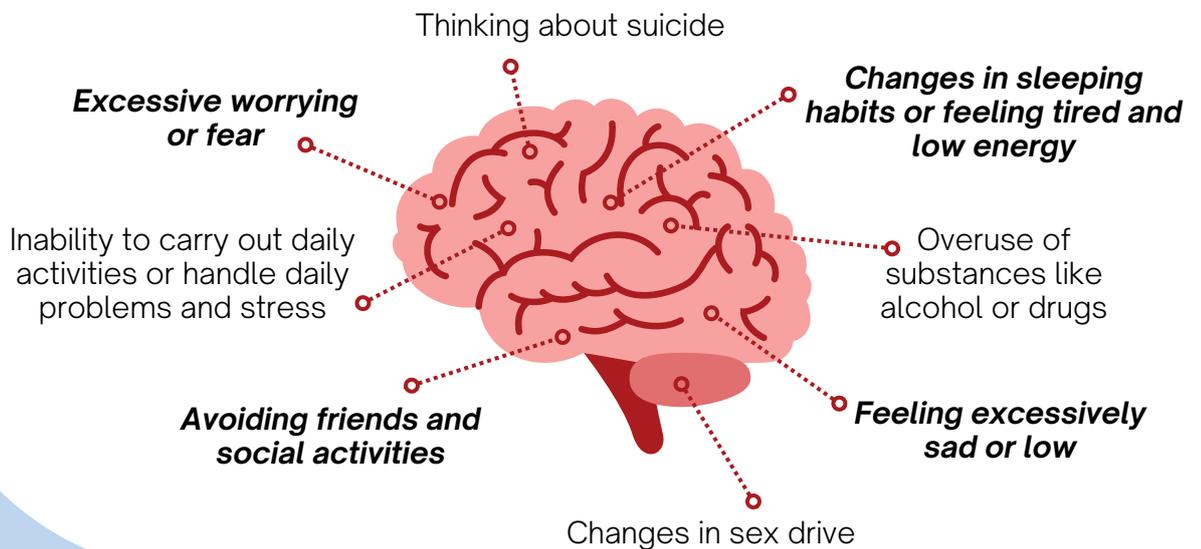
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May is Mental Health Month!

Mental Health Awareness Month has been observed in the U.S. since 1949. The goal of the month is to fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

Common Signs of Mental Illness



[Click here for more Mental Health Month resources!](#)

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
Submissions will be reviewed for approval.

BENEFITS ANNOUNCEMENT

FOR THOSE ON THE KEHP HEALTH BENEFITS PLAN

The only way to fulfill the 2024 LivingWell Promise is to complete the *Castlight Health Assessment*. The 2024 LivingWell Promise period is January 1 - July 1, 2024. KEHP members who fulfill their LivingWell Promise in 2024 will earn up to \$480 in premium discounts for the 2025 Plan Year. Contact your Regional Well-being Coordinator (RWC) about scheduling a virtual or onsite 2024 LivingWell Program Overview presentation for 50+ members to increase awareness at your workplace.



Castlight is your one-stop shop for all health and well-being benefits in one place. With Castlight you can:

- Call or chat with a Care Guide - your personal health advocate
- Find in-network, high-quality providers in your area and view your insurance card
- Keep track of healthcare spend
- Medically enrolled employees can redeem points for up to \$200 in great gift cards and prizes and waived employees can redeem points for sweepstakes entries.
- Call 800-681-6758 or go to mycastlight.com/mybenefits

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

APRIL SNAPSHOTS



Ava S., Alissa S. and Crystal K. representing BRDHD at the Metcalfe County Farm Safety Day.



Lana M. administering an immunization at the Hart Raising Hope Event.



Amber S., Leeann H., and Lana M. representing BRDHD at the Hart Raising Hope Event.



Shelly B. representing the HANDS program at the Barren County Community Baby Shower.

Do you have pictures from BRDHD or wellness-related events?
Email Olivia at olivia.harden@barrenriverhealth.org !

APRIL SNAPSHOTS & NEW FACES!



Teresa C.
Public Health Nurse
Hart



**NEXT TIME
YOU SEE
TERESA,
INTRODUCE
YOURSELF!**



Leeann H. and Lana M. tableting for BRDHD at the Hart County Community Baby Shower!



Alissa S. presenting on infant CPR at the Hart County Community Baby Shower.

*Do you have pictures from BRDHD or wellness-related events?
Email Olivia at olivia.harden@barrenriverhealth.org !*

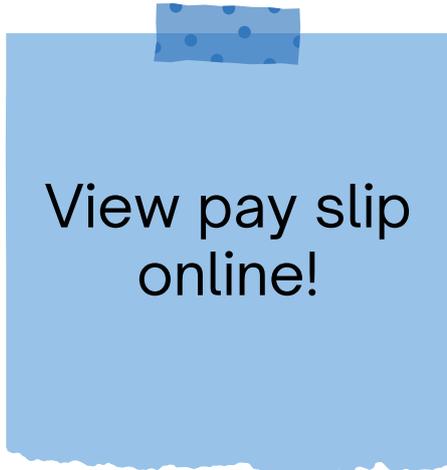


workday[®] IS COMING!

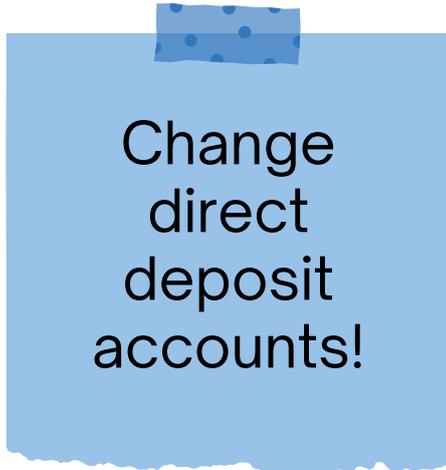
Workday will replace CDP as our time-tracker system and will enable staff to...



Keep
personal
information
up to date!



View pay slip
online!



Change
direct
deposit
accounts!



Enter & view
time tracking
information!



Easily submit
expense
reimburse-
ments!

TRAINING BEGINS IN MAY!

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

DISASTER PREPAREDNESS

SKIN CANCER PREVENTION

Friday, May 24th is Don't Fry Day!

The National Council on Skin Cancer Prevention designated the Friday before Memorial Day as Don't Fry Day. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day.

Protect Your Skin!

When you're outdoors, it's important to have multiple ways to protect your skin.



Wear a long-sleeve shirt or pants to cover your skin.



Use sunscreen SPF 15 or higher.



Bring a hat to guard your face.



Use sunglasses to protect your vision.

MAY IS WILDFIRE AWARENESS MONTH!

- 1** Make sure everyone in your household knows and understands what to do if you need to quickly evacuate.
- 2** Don't forget a plan for the office, kids' daycare and anywhere you frequent.
- 3** Learn your evacuation routes, practice with your household, pets and identify where you will go.
- 4** Follow the instructions from local authorities. They will provide the latest recommendations based on the threat to your community and appropriate safety measures.





HANDS is accepting new referrals!

*Contact Callie.Shaw@barrenriverhealth.org
to learn more about the HANDS Program.*

BRDHD JOB OPENINGS

- **Cleaner**
 - **Full-time (Warren), part-time (Barren)**
- **WIC Nutritionist**
- **Network Administrator**
- **Diabetes Educator RD**
- **HANDS Specialist**
- **Registered Nurse —
Communicable Disease Team**
- **Public Health Nurse**
- **Diabetes Educator RN**

EMAIL HALEY H. IF INTERESTED!

EMPLOYEE SPOTLIGHT

Charles S.



Charles was nominated for this month's spotlight for his work as an IT Specialist for the whole district! Charles has worked tirelessly to revamp the REDCap helpdesk, completing hardware inventory, identifying opportunities for improvement and much more. He pays great attention to detail and always takes initiative. Next time you see Charles, tell him "You rock!" His 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

Simpson: May 9th @ 12PM

Metcalfe: May 14th @ 12PM

Edmonson: May 15th @ 12PM

Logan: May 16th @ 12PM

BRIGHT Coalition

May 14th
@ 11:30 AM
BRADD

District Board of Health

May 20th
@ 5PM

Have you seen this year's
Community Impact Report?

[CLICK
HERE!](#)

Follow BRDHD on social media!



Barren River
DISTRICT HEALTH DEPARTMENT



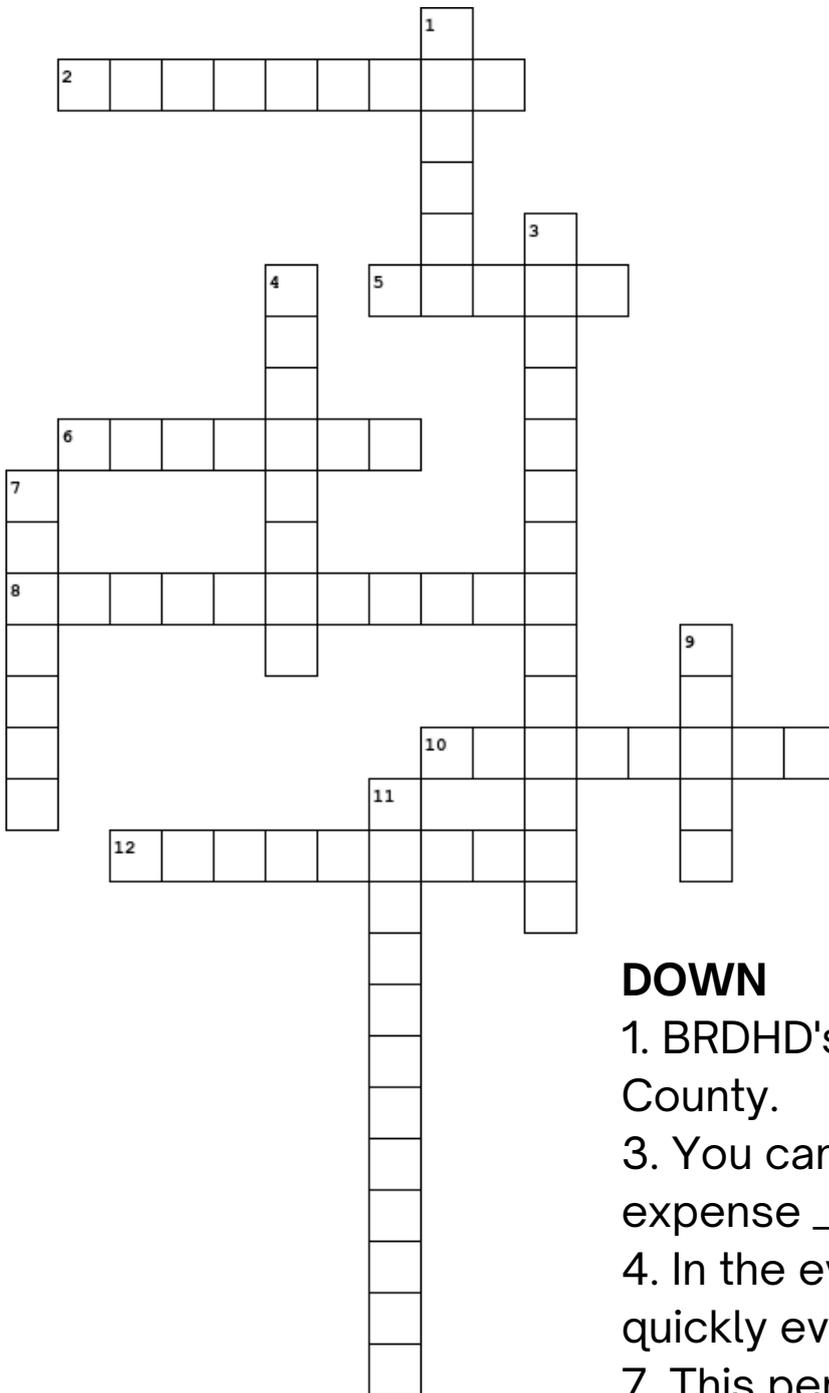
BRDHD Website



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CROSSWORD PUZZLE

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



ACROSS

2. Wear ___ SPF 15 or higher to reduce your risk of burns or skin cancer.
5. Email this person to apply for any job openings.
6. ___ will replace CDP as our time-tracker system.
8. Always follow instructions from local ___ in the event of a wildfire.
10. A common sign of mental illness is changes in ___ habits or feeling tired and low energy.
12. ___ is your one-stop shop for all health and well-being benefits in one place.

DOWN

1. BRDHD's newest employee in Hart County.
3. You can use workday to submit expense ____.
4. In the event of a ____, know how to quickly evacuate.
7. This person is the employee spotlight for May, for his excellent work as a Network Administrator.
9. Mental illness may cause an inability to carry out ___ activities or handle ___ problems and stress.
11. Use workday to enter and view ___ information.