

# B A R R E N R I V E R R U N D O W N

OCTOBER 2024

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## October is Breast Cancer Awareness...

### Things to Remember this Breast Cancer Awareness Month!

- Perform breast self-exams every month.
- Stay physically active to lower the risk of breast cancer.
- Eat 3.5-5 cups of fruits/vegetables per day.
- Reduce your alcohol consumption.
- Avoid radiation to the chest, if possible.

## ...and Domestic Violence Awareness Month!

### Four Ways to Help Victims Heal This Month



## Need more Breast Cancer or Domestic Violence Awareness Resources?

Click below!

[National Domestic Violence Hotline](#)

[National Breast Cancer Foundation](#)



**Barren River**  
DISTRICT HEALTH DEPARTMENT

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

# Fill out the Community Health Assessment!



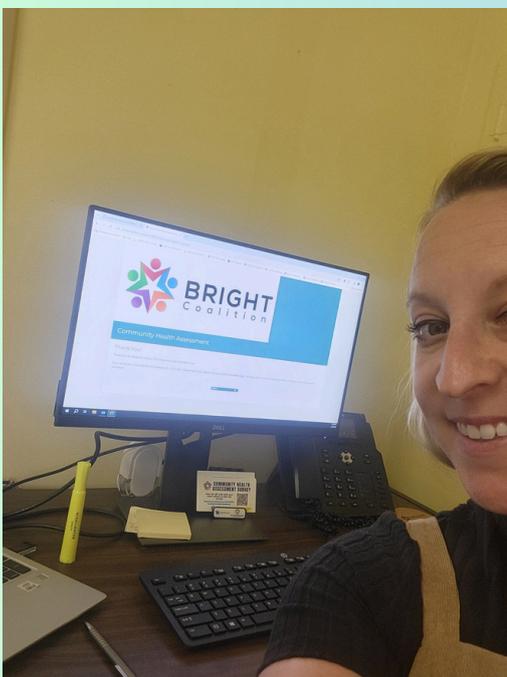
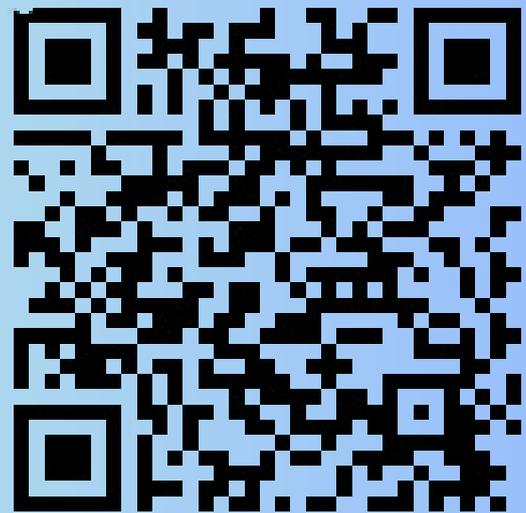
*Tell us about health needs in your community and enter for the chance to win a...*

- *\$25 gift card OR*
- *Half-day off certificate*

**Email Amanda R. a photo of the survey “thank you page” to enter!**

Survey ends Oct. 31st.

**SCAN OR CLICK!**

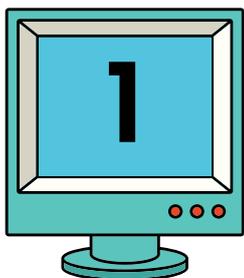


# Disaster Preparedness

*National Cybersecurity* .....

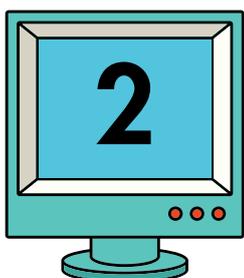
*Month Information from CISA.gov.*

Protect your information from hackers this month and every month. Follow these four simple tips to keep your information safe.



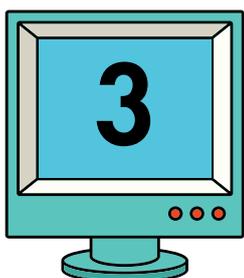
## Use strong passwords & a password manager.

Strong passwords are long, random, and unique and include all four character types (uppercase, lowercase, numbers, and symbols). Password managers are a powerful tool to help you create strong passwords for each of your accounts.



## Turn on multifactor authentication (MFA).

You need more than a password to protect your online accounts; enabling MFA makes you significantly less likely to get hacked. Enable MFA on all your online accounts that offer it, especially email, social media, and financial accounts.



## Recognize & report phishing.

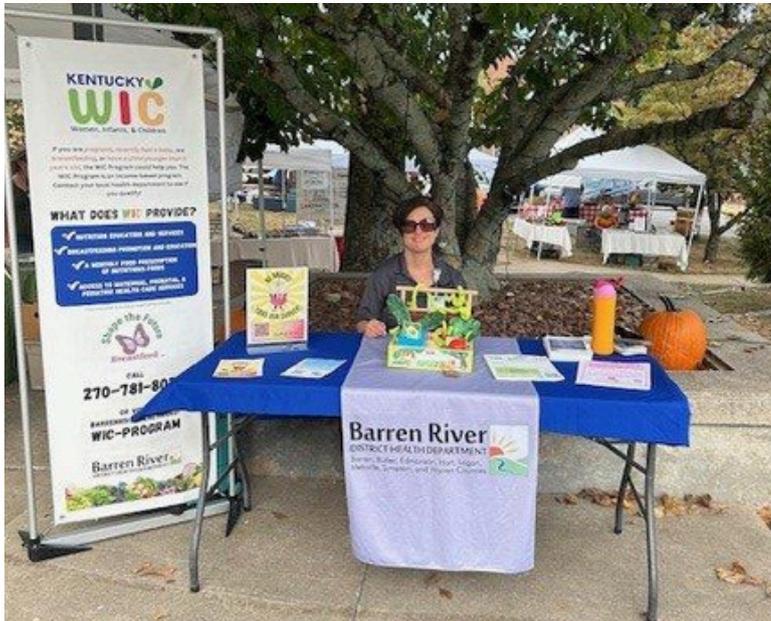
Be cautious of unsolicited messages asking for personal information. Avoid sharing sensitive information or credentials with unknown sources. Report phishing attempts and delete the message.



## Update software.

Ensuring your software is up to date is the best way to make sure you have the latest security patches and updates on your devices. Regularly check for updates if automatic updates are unavailable.

# September Snapshots



Lana M. promoting the WIC program at the Bounty of the Barrens Farmers Market.

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



Janarae C. representing disaster preparedness at the Mt. Zion Expungement Clinic.



Rebecca T. and Callie S. representing BRDHD at the Butler County Community Baby Shower.



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

# Congratulations! .....

**New Face!**



Samantha T.  
Cleaner, Warren County

**Next time you see Samantha, introduce yourself!**



***Congratulations, India M., on welcoming a new little boy to the world!***

***Do you have life milestones you'd like to share in the rundown?  
Email Olivia at [olivia.mcghee@barrenriverhealth.org](mailto:olivia.mcghee@barrenriverhealth.org) !***

# Employee Spotlight

**Kathy T.**



This month's spotlight is Butler/Logan/Simpson Health Educator, Kathy! Kathy was nominated for always being willing to help others. She works hard teaching in schools, chairing committees and reaching the public at community events. She is very loved and known in the communities she serves. Next time you see Kathy, tell her "You rock!" Her 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 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



# Meetings!

## BRIGHT Coalition

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

## Social Committee Events!

### Halloween Costume Contest

Dress up at work  
or send in a photo  
from the weekend!

Send in a photo  
for voting by Nov.  
1st at 10AM.

**Dress up with your department for  
a GROUP TROPHY!**

**Individual costume winner receives  
a \$25 gift card.**

### Pumpkin Decorating Contest

Bring your  
pumpkin to display  
at your office or  
send a photo from  
home!

Send in a photo  
for judging  
committee vote  
by Nov. 1st at  
10AM.

**Winners for most creative, funny,  
scary and cute, will win a golden  
pumpkin!**

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!

T	N	E	M	G	D	U	J	M	K	D	O	N	R
D	U	M	T	U	I	D	E	A	O	E	T	C	T
Y	N	T	O	R	A	D	L	E	A	L	U	S	D
G	L	O	I	T	E	P	Y	S	O	E	D	T	R
D	I	N	O	M	L	U	D	D	R	T	O	R	A
Y	E	L	C	D	K	M	D	R	M	E	M	O	C
L	Y	C	R	O	E	P	D	U	C	H	E	N	T
H	I	O	E	R	A	K	I	S	K	A	S	G	F
T	Y	N	E	M	C	I	G	I	C	E	T	C	I
N	B	T	R	B	B	N	D	P	Y	F	I	F	G
O	D	R	E	J	A	E	C	P	B	C	C	C	N
M	C	G	M	T	F	E	R	E	E	T	H	O	I
G	C	C	E	T	G	Y	M	G	R	E	R	D	C
E	L	R	R	M	L	C	A	L	C	O	H	O	L

## CLUES

1. October is \_\_\_\_ security awareness month and \_\_\_\_ violence awareness month.
2. You should perform breast self-exams how often?
3. The Social Committee is hosting a \_\_\_\_ Decorating Contest.
4. Should you use a weak/strong password for online logins?
5. Any time you get a phishing message, report it and \_\_\_\_ the message.
6. Fill out the Community Health Assessment and enter to win a \_\_\_\_ or half-day off certificate.
7. Reducing your \_\_\_\_ consumption can lower your risk of breast cancer.
8. Listen to a domestic violence victim without \_\_\_\_.
9. The next BRIGHT Coalition meeting is in \_\_\_\_\_.