



THREE RIVERS REVUE

Welcome!



Korynn Marshall, Pendleton County Resource Navigator



Bobby Ripy, Facilities Manager

STAFF CHANGES



April DeFalco is now the HANDS supervisor for Pendleton County.



Arielle Rosenbaum is now the HANDS Supervisor for Owen, Carroll, and Gallatin Counties.

ALL ONE TEAM

On March 13th, Three Rivers staff gathered for an All One Team Staff Meeting. Two of our team members were recognized for their inspiring work and dedication:



Katie Columbia, District Resource Navigator and Tobacco Coordinator, was awarded the Spirit of Public Health Award for 2022.

Justin Pittman, Deputy Director, was awarded the Spirit of Public Health Award for 2021.



The meeting was both informative and fun. We heard community updates from our health strategists and learned about the reaccreditation process and our current progress. We also had an opportunity to update our staff photos and play a team-building game called Who's Who?



Photos taken by **Emma Jones**, TRD Workforce Development Coordinator



Emily Columbia is now the Resource Navigator in Gallatin County.

Becky Hammond's last day with Three Rivers will be April 3rd.

Olivia Reffett's last day with Three Rivers will be April 19th.

HAPPY BIRTHDAY!

April

- 1 - Patty Greene
- 2 - April DeFalco
- 3 - Addison Gibson
- 21 - Leslee Minch
- 27 - Alicia Johnson
- 30 - Rachele Cobb

May

- 14 - Ashley Froman
- 15 - Emma Jones
- 17 - Lindsey Tirey
- 21 - Abby Humphries, Emily Columbia

June

- 8 - Rachel Massie
- 9 - Michelle Wilburn
- 13 - Allison Wolford
- 20 - Angie Tudor

HAPPY WORKIVERSARY!

April

15 years- Tonya Spaeth

May

19 years- Don Jacobs, Amanda Whobrey

1 year - Abby Henderson, Susan Sutherland

June

30 years- Patty Greene

20 years - Georgia Heise

19 years - Chastity Smoot

1 year - Jessica Brooks

KPHA 2024

Three Rivers District Health Department made a strong presence at the Kentucky Public Health Association Conference in Louisville from March 6th to 8th. **Lindsey Tirey**, the Accreditation, Health Strategy, and Workforce Development Manager, collaborated with Brittany Parker from the Franklin County Health Department, Rachel Laxton from the Northern KY Health Department, and April Harris from PHAB. Together, they shared insights on being PHAB Accreditation Champions. Lindsey showcased Three Rivers' hard work effectively (top photo). **Linde Eaton** (middle photo) was also recognized for her achievements, receiving a KPHA scholarship for further education. The conference provided valuable information through numerous educational sessions.



50 YEARS OF WIC

2024 marks 50 years of WIC! WIC (Women, Infants, and Children) is a federally funded program designed to safeguard the health of low-income women, infants, and children up to age 5. WIC has become a vital resource for improving and protecting the health and lives of those at risk for poor nutrition. Each clinic hosted a 50th anniversary party with snacks, informational booths, and giveaway items.



CONGRATS TO...

Emily & Katie Columbia, who welcomed a baby/grandbaby boy, Jaxtyn, in February.

Elizabeth Meadows, who welcomed her baby boy, Isaiah, in February.

Allison Wolford, who is expecting a baby in June.

Kailee Workman, who is expecting a baby in August.

Linde Eaton, who was awarded a scholarship at the KPHA Conference.

COMMUNITY NEWS



Gallatin County now has a fourth overdose response box located outside the Glencoe City Hall Building. The box is accessible 24/7. Deedee Stewart also conducted Narcan trainings at the Sparta BP and Gallatin Community Church. This year, there will be a NEW farmers' market happening in Gallatin County, located in Warsaw at the Gallatin County Public Library parking lot, every Thursday from 4-7 PM, with the exception of every third Thursday, when it will be held at Warsaw City Park from 5-8. For their June 20th market,

We will be hosting a Longest Day of Play event in conjunction with the market. More details to come! We also launched the 500 Hours Outside Challenge beginning April 1st. In **Pendleton County**, the 1,000 Hours Outside.

Challenge launched with a kick-off hike event at Kincaid Lake State Park. PCHC also represented TRD well in their community, as they won the Paint the Town Red Contest in honor of Heart Month! (pictured right).



In other Pendleton County news, the Pendleton County Wellness Coalition has collaborated with community members and the KY Cancer Program to offer Hope Warriors Cancer support group. In Carroll County, over 40 high school & middle school students have completed INDEPTH courses since November. Wow! The Farmers and Artisans Market at General Butler will be starting on April 13th and running every Saturday from 8-1. They will also be continuing their markets at the Hometown parking lot on Saturdays from 8-12, and in the courthouse square on Wednesdays from 12-4. The PIER Recovery Center will also



be hosting Coffee and Conversation at CCPL every other Tuesday at 11AM, a group for individuals needing mental health and substance use support. The **Owen County** Community Easter Egg Hunt and Storywalk was on March 23rd. Although the weather was unfavorable, we had about 200 people stop by. Special thanks to everyone who came out to help! The 500 Hours Outside Mini.

OUR CONDOLENCES TO...

Kendall O'Toole, who lost her great grandmother in January.

SPLASH CARDS

- Leigh Hawkins
- Yvonne Karsner
- Laura Miles
- Angie Tudor (2)
- Emma Jones
- Cynthia Hickey
- Amanda Whobrey
- Danielle Tracy (2)
- Alicia Johnson
- Tammy McDonald (2)
- Cassie Woodward
- Addison Gibson (2)
- Sarah Clifton (2)
- Leslee Minch
- Ashley Badar
- Olivia Reffett
- Abby Henderson
- Abby Humphries (4)
- Patty Greene
- Amelia Ferguson (2)
- Chastity Smoot
- Lyndsi McNally



Challenges will begin April 1. Flyers have been sent home with all elementary students as well as at the daycares. Please help spread the word! The Owen County Farmers and Craft Market will open for the season on May 10th. They will have 6 vendors able to accept WIC this year. Stay tuned for information about Fridays we will partner with the farmer's market. Please mark your calendar for the Longest Day of Play, June 20th, at the Owen County Park & Fairgrounds. More details to follow.

MAY IS MENTAL HEALTH MONTH

Mental Health Month serves as a crucial period dedicated to raising awareness, promoting understanding, and advocating for mental health issues globally. During this month-long observance, individuals, communities, organisations, and governments come together to address the stigma surrounding mental health, provide education about mental health conditions, and offer support to those affected. Through various initiatives such as educational campaigns, workshops, and events, Mental Health Month aims to foster empathy, encourage open conversations, and promote access to mental health resources and services. By shining a spotlight on mental health, this observance strives to empower individuals to prioritize their mental well-being, seek help when needed, and work towards creating a more supportive and inclusive society for all. Check out <https://www.samhsa.gov/mental-health-awareness-month/toolkit>, or scan the QR code for a toolkit including social media graphics, key messages, weekly themes, stickers, and even tips for engaging in conversations about mental health. They also have resources available in Spanish.



WHAT'S ON MYPLATE?

Do you want to cook healthier meals for your family, but don't know where to look for tasty recipes that everyone will enjoy? MyPlate.gov is the perfect resource for eating healthier. In the "MyPlate Kitchen" > "Recipes" tab, you can search through hundreds of delicious recipes, filtered by course, nutrition focus, cooking equipment, total cost, and more! This quarter's featured recipe a yummy snack for any time of day. [Brag About It Bread Bake!](#)

Ingredients:

- 6 slices of bread, cubed
- 1 1/2 cups cooked broccoli, chopped
- 1 cup cheddar cheese, shredded
- Onion (or minced onion) to taste
- 1 cup cooked chicken, diced
- 3 eggs
- 4 egg whites
- 2 cups milk



Makes: 6 servings

Cost: \$\$\$\$

Directions:

1. Place half of the bread in a greased 9x9 pan
2. Top with broccoli, cheese, onion, and meat
3. Place remaining bread on top
4. In separate bowl, mix eggs, egg whites, and milk
5. Pour egg mixture over ingredients in pan
6. Cover and refrigerate for 1 hour
7. Bake uncovered at 325 for 1 hour and 15 minutes

April

	T 2	W 3	T	F	S
	Mammogram Van @ Triad GC	NorthKey Mobile Clinic in CC			
	8 Solar Eclipse	9 NorthKey Mobile Clinic in PC			13 General Butler Farmers' Market Opening Day
			17 Green Dot Bystander Training (CC)	18 Steered Straight Presentation (CCHS)	19 Safety Day (PC Schools)
					20 StoryWalk Event (PC)
	22 Earth Day Tree Giveaway (PC Extension)		24 What's Up Wednesday Golden Triangle Meeting (CCPL)		

National Public Health Week: April 1st - 7th

May

	T	W 1	T	F	S 4
		NorthKey Mobile Clinic in CC			PC Farmers' Market Opening Day
			8 Childbirth Education Class (PC)		10 Owen County Farmers' Market Opening Day
	13 Car Seat Training (DO)	14 NorthKey Mobile Clinic (PC) Car Seat Training (DO)	15 Car Seat Training Check-Off Event	17 Party in the Park (GC)	18 Peony Festival (GC)
	20 PHIT	21 PHIT			
	27 Memorial Day - All Offices Closed		29 What's Up Wednesday	30 Warsaw Farmers' Market Opening Day	1 Hike, Bike, Paddle at General Butler

June

T	W 5	T 6	F 7	S
	NorthKey Mobile Clinic in CC	CCHSP Meeting	Family Fun Friday (CC)	
	11 NorthKey Mobile Clinic in PC	12 PCCWC Meeting		
		19 OCCHC Meeting	20 Longest Day of Play (All counties)	
	25 GCCBHS Meeting Childbirth Education Class (PC)	26 What's Up Wednesday		

*GC Fair - June 6th-15th *PC Fair June 16th-22nd

REACCREDITATION REPORT

As we approach the crucial phase of reaccreditation, the Three Rivers District Health Department is diligently preparing to demonstrate our commitment to excellence in public health service. With the application window set to open on April 1st, our team has been hard at work ensuring that all standards and measures are not only met but exceeded.

One focus in this process has been updating our Workforce Development Plan. We understand that our greatest asset is our dedicated team of professionals, and investing in their growth and development is paramount to our success. By refining our workforce strategy, we aim to cultivate a culture of continuous learning and improvement, ultimately enhancing the quality of care we provide to our community. Additionally, we have revisited our strategic plan to align our goals and objectives with the evolving needs of the populations we serve. By staying proactive and adaptive, we strive to remain at the forefront of public health initiatives, addressing emerging challenges and opportunities with agility and innovation. Currently, we are proud to announce that 90% of our documentation is complete, reflecting the meticulous attention to detail and thoroughness that characterizes our approach to

reaccreditation. Every standard, every measure has been meticulously reviewed and addressed to ensure compliance and excellence across the board.

As we enter this crucial phase, we remain steadfast in our commitment to upholding the highest standards of public health practice. Our dedication to excellence, coupled with the unwavering support of our community, positions us for success as we embark on this reaccreditation journey.

Stay tuned for further updates as we progress through the application process and continue to strive for excellence in public health service delivery.



FROM THE DIRECTOR'S DESK

Happy Spring, Three Rivers!

As I am writing this, our legislators are battling through the last hours of the session to nail down the Commonwealth's budget for the next two years. By the time you read this, in our favour or not, their time will have run out. Efforts to educate them on our financial need have taken up much of my time since the legislative session began.



Looking forward, I know a lot of you will be enjoying the warmer weather by taking time off for Spring Break. Spring is the season for celebrating new life and renewal, and we are certainly brimming with new babies at Three Rivers! Currently, our employees have at least twenty (that I know of) children and/or grandchildren under the age of two!

The window for us to upload our reaccreditation documentation is April 1 – June 30. This application and the resulting re-accredited status represent a ton of hard work completed, either directly or indirectly, by all Three Rivers staff. The gathering of the data and the preparation of the application are primarily the responsibilities of the Health Strategy Team, but others are involved as well. Those particularly stressed are Lindsey Tirey, Meagan Meredith, and Michelle Wilburn – thank you, ladies!

We will be scheduling two Emergenetics events in the next couple of months. The first will involve those folks who have never had an Emergenetics training session at Three Rivers before, and the second will be an activity included during our next all-staff meeting.

Lastly, the Management Team is reviewing the survey information collected during our last staff meeting. We will be addressing all the comments, and you will be hearing from us soon. Thank you for all you do and please email, call, or text me with any questions you have about anything Three Rivers related.

ALL ONE TEAM,
Georgia



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