

## Welcome!



**Meredith Lewis, Finance Administrator**



**Allison Wolford, Owen County HANDS Home Visitor**

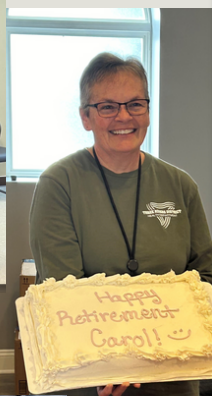


**Destinee Miller, returning as Pendleton County Public Health Nurse**

## Celebrating Carol

**Fond Farewell to Three Rivers' Carol, the Superstar of Two Decades:**

If you're looking for a true embodiment of hard work and dedication, Carol is the perfect example. She has been a vital hand at TRDHD for over twenty years and has left an indelible mark on the organization. Although Carol retired in December, her legacy continues to inspire us all. From HANDS home visitor for Pendleton County (who completing 8,655 visits!! WOW!!) to Clinic Clerk, Carol made a huge impact during her tenure. Retirement means more time to spend with her grandkids and be the ultimate wingman for her husband's business. Carol is a one-of-a-kind gem, with a gentle heart and a wicked sense of humor. As Linde puts it, "work moms are cool, but work grannies are the best!" Carol's warm yet humorous personality, impressive Easter Egg Hunt skills and stories of her "feline friends" (see bottom left photo) will be sorely missed. Congratulations, Carol, and here's to a lifetime of adventure!



# STAFF CHANGES



Linde Eaton is now the Community Outreach Nurse in Pendleton County.



Danielle Tracy is now the Nurse Administrator.

# HAPPY BIRTHDAY!

## January

- 3 - Greg Ramey
- 5 - Cynthia Hickey
- 13 - Yvonne Karsner
- 18 - Sarah Patton

## February

- 1 - Katie Columbia
- 3 - Amelia Ferguson
- 7 - Oralia Olguin-Sanchez
- 20 - Arielle Rosenbaum

## March

- 9 - Cassie Woodward
- 18 - Laura Miles
- 20 - Nieves Leon
- 22 - Alyse Wilburn



# NEW SERVICES AT TRDHD

Three Rivers is ecstatic to announce the addition of two services to our Health Departments. We can now offer lactation consulting services, via phone or in-person. These services are totally free, and the clients do not have to be patients of Three Rivers. Simply give one of the health centers a call, and we will meet you where you are - whether you're at home, in the hospital, or you want to come into the clinic.

Coming soon, Three Rivers will be offering Title X family planning services at all four of our health departments. Our nurses will be able to provide reproductive health services to include birth control options (male condoms, pill, shot, or patches), sexually transmitted infection testing, and multiple resources. The focus group of this funding is uninsured women of all ages, women with Medicaid insurance, and ladies under the age of 19. These have been identified, with recent data, to be the most underserved populations in our counties. Call your local health department for any questions. We are thrilled about these opportunities!

# 'TIS THE SEASON!

Three Rivers brought festive cheer to three counties this holiday season, as we participated in three of our counties' Christmas parades. Check out the photos below for a glimpse of our Holiday Cheer!



# HAPPY WORKIVERSARY!

## January

1 year - Addison Gibson

2 years - Kailee Workmann

7 years - Angie Tudor

## February

1 year - Emma Jones, Abby Humphries

3 years - Leigh Hawkins, Lyndsi McNally, Stacey Myers, Deedee Stewart, Alyse Wilburn

26 years - Justin Pittman

## March

2 years - Ashley Badar

3 years - Danielle Tracy

32 years - Carolyn Stewart

# CONGRATS TO...

Olivia First, who welcomed her baby girl, Marlee Jane, in October.

Kendall O'Toole & Ashley Badar, who were accepted into the KY Public Health Emerging Leadership Institute.

Carol Carr, who retired in December.

# OUR CONDOLENCES TO...

Laura Johnson, whose brother in-law passed away in October.

Cassie Woodward, whose grandmother passed away in November.

Deedee Stewart & Amanda Whobrey, whose mother/mother in-law passed away in December.

# SPLASH CARDS

Addison G  
Lyndsi M  
Katie C  
Yvonne K  
Linde E  
Angie T  
Danielle T

Sarah C  
Leslee M  
Justin P  
Sherry F  
Michelle W  
Ashley B

# HEALTH STRATEGY HIGHLIGHTS & COMMUNITY NEWS

The health strategy team launched the Spirit of Public Health Mini Grant opportunity in the fall, and recipients were selected in December. The grant funds up to \$5,000 for a project from each county that aligned with the priorities identified in the Community Health Improvement Plan. The grants were presented and voted on at each county's health collaborative meeting, by attendees outside of Three Rivers. The following projects were awarded:

**Carroll County:** Children's Home of Northern KY was awarded \$5,000 to implement telehealth behavioral health services in Carroll County Schools.

**Gallatin County:** Gallatin County's Focus on Food, led by the FRC, CECC, 4H, and the Educational Excellence Foundation, was awarded \$5,000 to implement healthy eating/cooking classes all across the county.

**Owen County:** Food From the Heart was awarded \$5,000 for equipment that will be used to increase their productivity.

**Pendleton County:** The Gathering Wing was awarded \$5,000 to implement a post-recovery support program for individuals who have received treatment for substance use.

Each awardee will be required to submit a mid-term progress report by April 1st, and the final project report will be due by June 30th. We are looking forward to the impact these projects will have on our communities.

In other community news, a Safe Haven Baby Box was installed in both Carroll and Pendleton Counties in November. The Carroll County box is located at the Carrollton Fire Station, and the Pendleton County Box is located at the EMS Headquarters in Falmouth. Owen County now hosts three Blessing Boxes, which contain items that an individual may be in need of, such as non-perishable food, baby supplies, blankets, etc. One box is located at the Owenton firehouse, one is located in front of the Christian Church in Monterey, and one is across from New Columbus Baptist Church. In Gallatin County, we have placed 3 Overdose Response Boxes in the community. One is located at the GC Health Center, one is at Sparta Baptist Church, and the last one was placed at Concord Church. These boxes are accessible 24/7. Since their placement, 2 of the boxes have been utilized. There is also a blessing box in Gallatin County, located at Warsaw Christian Church.

# HANDS HAPPENINGS

The HANDS program hosted events in each county during the month of December. Thirty-three HANDS families were represented at the events with a total of 134 people in attendance. All 4 events served food, snacks and deserts, and the participants got to make a keepsake plate for Santa Cookies. Santa visited all 4 events and participants learned about infant choking and CPR from our very own Amy Marston. Addison Gibson also demonstrated car seat safety at the Carroll Co. event. We want to thank our community partners for their generous donations that made these events a success.



## 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](https://www.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 is a sweet treat - Baked Bananas!

### Ingredients:

6 bananas, sliced in half length wise  
6 tbs packed brown sugar  
4 tbs margarine or butter  
1/2 cup raisins (or other chopped fruit)  
1/3 cup chopped pecans

### Directions:

- Arrange bananas in a greased 9" X 13" cake pan  
- Top bananas evenly with brown sugar, small pieces of butter/margarine, raisins and pecans  
- Bake at 350 for 30 minutes  
- Let coll and serve!



Makes: 6 servings

Cost: \$\$\$\$



<b>MARCH</b>		T 5 CCHSP Meeting	W 6 KPHA	T 7 KPHA	F 8 KPHA	S
			13 PCCWC Meeting			
			20 OCCHC Meeting			
		26 GCCBHS Meeting	27 What's Up Wednesday (All Call)		29 Good Friday	

## JUSTIN'S WINTER PREPAREDNESS TIPS

Winter weather is no joke! Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and communication disruptions. They also can close schools, stores, and workplaces. Stay prepared and have a plan!

### Gather supplies:

- Gather food, water, and medicine before a winter storm – roads and/or stores may be closed during a winter storm.
- Organize supplies into a Go-Kit and a Stay-at-Home Kit. Go Kits are designed to last for 3 days and are light enough to be carried with you should you need to evacuate. Remember to include winter coats and any medical equipment (wheelchairs, etc.) Stay-at-Home kits are designed to last 2 weeks. Supplies may include, but not limited to, flashlights/batteries, radio, emergency food supplies, medications, first aid, blankets, water, pet food, etc.
- Ensure you have enough warm blankets, hats, mittens, etc. for all members of the household.
- Water lines can freeze and you may lose access to fresh water – set aside one gallon per person per day.
- Consider having a Go-Kit in your car, including hats, coats, gloves, first aid kit, and warm footwear. Additional items could be jumper cables, tow rope, road flares, kitty litter, cell phone charger, and snacks. Always maintain a full tank of gas.
- Have at least one month of necessary medications and supplies. It is recommended to keep medications written on a card in case of evacuation.

## Stay SAFE!!:

- Use care with space heaters and fireplaces to prevent fires - keep all heaters at least 3 feet away from anything flammable.
- Avoid using candles due to fire risk – use flashlights and other battery-powered lights instead.

## Prevent Carbon Monoxide POISONING!

- Use grills, generators, and camp stoves outside only and away from windows.
- Carbon monoxide poisoning KILLS. If you start to feel weak or woozy, get to fresh air immediately! Install a carbon monoxide detector in your home.
- NEVER heat the home with the oven or stove.

## Plan to Stay WARM!:

- Stay indoors to prevent hypothermia! Seek out emergency shelters from your local Health Department or Emergency Management if you are unable to keep warm in your home.
- If you must go out in dangerous cold temperatures, dress in layers.
- Your face, fingers, and toes need to be covered. These are the first areas likely to be susceptible to frostbite.
- Drink plenty of warm fluids but avoid alcohol or caffeine if possible.
- If you must travel, use EXTREME caution while driving and walking. Ice may not be visible at first glance.
- **Remember: HYPOTHERMIA KILLS.** It occurs when your body loses heat faster than it can produce heat. Signs of hypothermia may be shivering, confusion, and slurred speech. Older adults and children are more susceptible to hypothermia.



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(502) 732-6641

Gallatin County  
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102 W Pearl St.  
Warsaw, KY 41095  
(859) 567-2844

Owen County Health  
Center  
1005 Hwy 22 E  
Owenton, KY 40359  
(502) 484-5736

Pendleton County  
Health Center  
329 Hwy 330W  
Falmouth, KY 41040  
(859) 654-6985



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60 Old Monterey Rd.  
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Prevent. Promote. Protect.

