

THREE RIVERS REVUE

OCTOBER 2023

EDITOR: ASHLEY BADAR

WELCOME!



Elizabeth Meadows, RN,
Carroll County Public
Health Nurse



Rachel Massie, Carroll
County Community
Health Strategist



Sarah Patton, RN, Owen
County Public Health
Nurse



Becky Hammond, RN,
Carroll County Public
Health Nurse

WORKDAY – COMING SOON!

We are now counting down the days for our new HR, Payroll and Financial Management System!
What is going on now? Three Rivers, along with the entire state is in the process of validating data transferred from the CDP system. The objective is to ensure every detail is accurate and translated into the new system with the same meaning and value we see today. This includes such details as your home address, tax ID, withholdings, voluntary deductions, leave accrued and leave used, to name just a few. We will be going through multiple phases of data validation in the coming months to ensure every detail is accurate down to the second decimal point and event date.

What is expected from you? Today, keep doing what you do so well using the systems we currently have in place! You guys' rock!

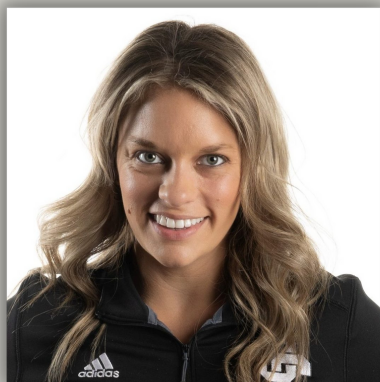
Highlighted new features you can expect to see: You can designate a "Preferred" name. For those of us who use a middle name or an alias to your formal first name, we now have a way to designate that in workday!

Countdown. You can see a countdown timer on the employee resources website under [events](#). Stay tuned for more updates!





Olivia Reffett, RN,
Pendleton County Public Health Nurse



Sarah Young, Owen County Community Health Strategist

SPLASH CARDS

- Cynthia Hickey
- Amanda Whobrey
- Danielle Tracy
- Lindsey Tirey
- Alicia Johnson
- Kendall O'Toole
- Tammy McDonald
- Cassie Woodward
- Deanna Stewart
- Katie Columbia

HAPPY BIRTHDAY!

October

12 - Sarah Young

November

5 - Amy Marston

21 - Tonya Spaeth

26 - Meagan Meredith

December

9 - Chastity Smoot

15 - Carolyn Stewart

18 - Don Jacobs

21 - Jessica Brooks

26 - Elizabeth Meadows

29 - Natasha Trauth

LACTATION ON THE LEVEE

Three of our nurses, Danielle Tracy (OC), Linde Eaton (PC), and Abby Humphries (GC), attended Lactation on the Levee in Newport on August 2nd. Attendees learned about the benefits of breastfeeding on mental health, birth trauma, causes and consequences of PTSD, obesity and



breastfeeding, and moral injury in maternity care providers. They also heard from guest speaker Dr. Kendall-Tackett, PhD, IBCLC, FAPA.

KIDS ARE WORTH IT!

In September, our HANDS team (home visitors, supervisors, and the manager) attended the Kids Are Worth It! Conference in Louisville, presented by Prevent Child Abuse Kentucky (PCAK). They heard from many great speakers including Governor Andy Beshear (pictured below with TRD HANDS Staff), and were able to choose from a plethora of workshops from increasing resiliency in military-connected youth, to tracking developmental milestones, and everything in between. Each attendee was able to broaden their understanding of families and topics important to Kentucky households. We are excited to see the new knowledge and support they can bring back to their HANDS families. The photo below was also featured in the Falmouth Outlook!



Three Rivers HANDS team meets with Governor Beshear

By Nila Harris
On September 11th and 12th, the HANDS team at Three Rivers District Health Department attended the Kids are Worth It conference in Louisville. This conference was hosted by Prevent Child Abuse Kentucky and featured many sessions and guest speakers, including Governor Andy Beshear. Topics included internet safety, understanding abusive trauma, tracking developmental milestones and much more. Each participant was able to broaden their understanding of topics important to Kentucky households with the intent of sharing their knowledge with the families they serve," according to Patty HANDS (Health Access Nurturing Developmental Services) is one of the many programs and expecting parents which offers support during the pregnancy and baby and second year of life. Families learn how to have a healthy pregnancy through the curriculum called Growing Great Kids, Inc which focuses on the latest information about infant development. They may also make hand-made toys that "encourage development in all areas of growth." The family is NOT income-based and open to any expectant family. To find out more about HANDS, call the health department at 859-654-6000. To find out more about the HANDS team at Three Rivers District Health Department, visit www.threerivershealth.com.

HAPPY WORKIVERSARY!

October

1 year - Cassie Woodward, Sarah Clifton, Natasha Trauth

2 years - April DeFalco

7 years - Sherry Fitzgerald

34 years - Tammy McDonald

November

1 year - Oralia Olguin-Sanchez

11 years - Lindsey Tirey

12 years - Linde Eaton

15 years - Yvonne Karsner

CONGRATS TO...

April DeFalco, LCSW and **Arielle Rosenbaum, LCSW**, who both passed their Social Work Licensure Exam.

Laura Miles, RN, who welcomed her baby boy, Wilk, in September.

Kendall O'Toole, who *FINALLY* (iykyk) got moved into her new home!

Emily Columbia, who is expecting a baby in February (which also means a new grandbaby for **Katie Columbia**)!

Cynthia Hickey, who celebrated her wedding in September.

OUR CONDOLENCES TO...

Natasha Trauth, who lost her grandfather in August.

Carolyn Stewart, Sarah Clifton, and Chastity Smoot, who lost a mutual relative in September.

MENTAL HEALTH FIRST AID TRAINING

Three Rivers District Health Department is offering two Mental Health First Aid courses, free of charge to community partners. One will be held in Pendleton County on November 1st at the Pendleton County Ambulance HQ, and the other will be held in Owen County on November 2nd at Owen Electric. If you'd like to participate, please register [here](#) (or by scanning the QR code below) no later than **October 11th**.

On average, **132** people die by suicide each day.



Suicide is the **2nd leading cause** of death for individuals aged **10-24** in Kentucky.

COMMUNITY MINI GRANTS

Three Rivers' Health Strategy team is excited to be offering Spirit of Public Health Community Mini Grants. One organization/group/individual per county will be awarded up to \$5,000 to work on Community Health Improvement Projects. These projects must align with our Community Health Improvement Plans and serve the respective counties. Reach out to your Health Strategist for more information.

CAR SEAT QUEENS

On September 26th, Three Rivers Car Seat Technicians held a Car Seat Check opportunity at Gallatin County Lower Elementary School. In 1.5 hours, the team checked 26 car seats. Amazing!



ROLLIN' ON THE RIVER



September 22nd wasn't an ordinary workday for the Three Rivers team. We spent the day building morale through canoeing, kayaking, and playing yard games at Cove Springs Park in Frankfort, KY. Many staff members were first-timers, and all enjoyed. We were fed a delicious lunch from Chick-Fil-A. We also had an extra sweet birthday surprise to all who had a birthday in the month of September! Thank you to those on the Morale Team who planned this fun event, and to all of management for allowing us to take part! Check out the photos for a glimpse of all the fun we had.



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 3-Can Chili, because nothing says "it's fall, y'all" like a warm pot of chili. Try it for yourself, or search the website for more.

Ingredients:

1 can beans (any sort),
undrained
1 can corn, drained (or 10oz
bag of frozen)
1 can crushed tomatoes,
undrained
Chili Powder

**low sodium options
recommended**

Tips: You can add other ingredients of your preference like ground meat, noodles, peppers, etc!

Directions:

Place contents of all 3 cans
into a pan
Add chili powder to taste
Stir over medium until heated
thoroughly

Makes: 6 servings

Total Cost: \$\$\$\$





OCTOBER

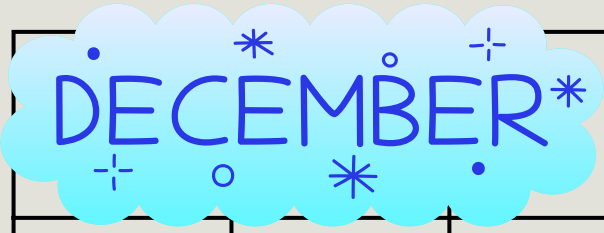


	W	T	F	S
9 Open Enrollment Begins				
	18 Golden Triangle Meeting	19 OC Halloween StoryWalk		21 PC StoryWalk
		24 NKY Youth Prevention Summit	27 Open Enrollment Ends	
30 GC Halloween StoryWalk	31 Halloween			

Oct. 21st - 31st: **Red Ribbon Week**

NOVEMBER

	W	T	F	S
	1 Adult MHFA Training - PC	2 Youth MHFA Training - OC		
			10 Veteran's Day Observance - All Office Closed	11 Veteran's Day
	15 Mini Grant Applications Due			
		23 Thanksgiving Day - All Offices Closed	24 All Offices Closed	

			W	T	F	S	2
				7 Carroll County HSP Meeting		9 OC Christmas Parade	PC Christmas Parade
			13 PCCWC Meeting				
		19 GCCBHS Meeting	20 OCCHC Meeting				
	25 Christmas Day - All Offices Closed	26 All Offices Closed			29 All Offices Closed		

FROM THE DIRECTOR'S DESK

NACCHO, NALBOH, SACCHO, KALBOH -- acronyms we often hear through our work, but what do they mean? Dr. Heise explains them below, and how they play a big part in the public health world. You'll also see how some familiar names are making a difference within those associations!

National Association of Local Board of Health (NALBOH)

NALBOH is the national voice for boards of health. One of our own local Three Rivers Board Members, **Melody Stafford**, sits on the NALBOH Board. Local boards of health like ours are a link between public health services and a healthy community. At the national level, NALBOH provides technical expertise in governance and leadership, board development, health priorities, and public health policy. NALBOH is engaged in establishing a significant voice for local boards of health on matters of national public health policy. Local boards of health around the United States have different authorities for carrying out their responsibilities. Some boards enact rules and regulations, while others advise or make recommendations to the local governing body for public health. All boards of health, regardless of the extent of their legal authority, are obligated to either enact or to recommend policies that serve the interest of the public's health. In Kentucky, our health departments are jointly governed by our Boards of Health and the State Department for Public Health. A large group from Kentucky (including five Three Rivers employees and Board Members) attended the NALBOH national conference held in Tacoma, Washington.

Kentucky Association for Local Boards of Health (KALBOH)

KALBOH is an association for our local board members in Kentucky to come together in support of health departments. **Melody Stafford** serves as treasurer for this organization as well as her role with NALBOH.



Kentucky and Three Rivers representatives at NALBOH Conference in Seattle, WA.

National Association of County and City Health Officials (NACCHO)

NACCHO is dedicated to supporting every local health department in the nation. NACCHO serves 3000 local health departments and is the leader in providing cutting-edge, skill-building, professional resources and programs, seeking health equity, and supporting effective local public health practice and systems. NACCHO began in 1965, 1989, NACHO held its first annual conference in Covington, Kentucky. In 1994, NACHO changed its name to the National Association of County and City Health Officials (NACCHO). From the very beginning, NACCHO has been focused on protecting the interest of local public health. **Our director** served as NACCHO president and served ten years on the Board. Currently, she is a member of the Past Presidents Council and a Representative for Kentucky's SACCHO.



State Association of County and City Health Officials (SACCHO)

Kentucky's version of a SACCHO is called Kentucky Health Departments Association (KHDA). The directors of the 61 health departments across Kentucky make up the membership of KHDA. Last week we met for our annual conference for three days. During this time we voted for our legislative priorities and had visitors from both the CDC and NACCHO.

Carroll County Health Center

401 Eleventh St.
Carrollton, KY 41008
(502) 732-6641

Gallatin County Health Center

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



District Office
60 Old Monterey Rd.
Owenton, KY 40359
(502) 484-3412



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