

The Health Connection

NEWSLETTER



Meet Our Dental Team!

The Greenup County Health Department is now offering a FREE dental hygiene program aimed at improving the oral health of Greenup County School District students. The GCHD Dental Team members are Kayleigh Hambrick, PHRDH and Dental Assistant, Joanie Luther. This initiative is part of a broader effort to ensure children have access to essential health services, which will improve overall well-being and academic success.

The program will include routine dental check-ups, cleanings, and preventive treatments such as fluoride applications and sealants. These services are provided by a public health registered dental hygienist (PHRDH) and overseen by the State of Kentucky Dentist to ensure students receive high-quality care. If restorative treatment is needed, it is our goal to be the door that students/patients walk through to find a dental home.

Parents and guardians interested in taking advantage of the program can find more information by contacting their children's school or the district's health services department. This program not only helps maintain students' dental health but also alleviates financial burdens on families, which fosters a healthier community.

Look For Us In Schools!

Consent forms to participate in this dental program will be handed out on the first day of school to any parent/guardian who wishes their child to receive these services.

In This Edition:

Why Vaccines Matter

Vaccines are one of the most powerful tools we have to keep children safe and healthy. Staying up-to-date on immunizations is not only important for you and your child, but for everyone.

A Time to Prioritize Mental Health

Are you feeling overwhelmed? Are you taking time to enjoy your life, or just getting through it? Honest self-reflection is the first step in nurturing your mental health.

Legionella Training and Education

Legionella causes a severe type of pneumonia called Legionnaires Disease. Read about where its at and how to prevent it.

Food Scores!

Check out this months food scores !



Greenup County Health Department

Diabetes Coalition Returns to the Farmer's Market

Fuel Your Health One Bite at a Time!

Stop by & grab some FREE farm-fresh produce, eggs, honey, sugar-free jams and jellies - while learning how food can help manage or prevent diabetes. All items are sourced from your wonderful local vendors at the Greenup Co. Farmers Market!

Our registered dietitian, as well as one of our nurses, will be there to help answer questions, share tips, and support your health journey. Let's talk nutrition and make healthy living easier together!



Why Vaccines Matter: Protecting Our Youth, Our Community, and Ourselves



By: Leslie Boardman, BSN, RN

Vaccines are one of the most powerful tools we have to keep children safe and healthy. But did you know that when children don't get their recommended immunizations, they not only put themselves at risk for serious diseases, but their classmates, teachers, loved ones, and neighbors? Staying up-to-date on immunizations is not only important for you and your child, but for everyone.

What Are Vaccines and Why Do We Need Them?

Vaccines protect us from serious or even deadly infections like measles, tetanus, and whooping cough. When you receive an immunization, your body learns how to fight off the bacterial or viral diseases. This helps you to stay healthy and protects you from the harmful effects of what these infections can do to your body.

Most of us receive immunizations when we are babies or young children, when our immunesystems are most vulnerable and need assistance in building up our natural defenses. Some vaccines may need boosters, like tetanus and influenza, while others can provide protection that can last a lifetime (CDC, 2024).

For more information on how vaccines work, click here: [Explaining How Vaccines Work | Vaccines & Immunizations | CDC](#)

Why Vaccinations are Important for Everyone

Vaccines don't just protect the person receiving it – they protect everyone around them. Some individuals cannot get fully vaccinated because they have certain health conditions or are too young for certain vaccines. These people, your loved ones or neighbors, depend on the rest of us to stay healthy and help stop the spread of diseases. When more people get vaccinated, it's harder for diseases to spread from person to person. It is important to start young, before it is too late. CDC recommends a schedule for childhood immunizations: some starting at birth, 2-month, 4-month, 6-month, 12-month, and 15- to 18-month old then at 4-6 years old, 11-12 years old, and 16 years old. Additional doses may be needed thereafter. To see if you or your child's immunizations are up-to-date in accordance with CDC recommendations and the Kentucky Immunization Registry (KYIR), click on the links below:

What Should You Do If You Have Questions?

If you're unsure about you or your child's vaccines, or if you have any questions, don't worry – you are not alone! You can reach out to your primary health care provider for personalized recommendations and your local health department for assistance in getting vaccinated.

Call ahead to schedule you or your child's immunization appointment. Services are available for those without insurance or who have Medicaid, Medicare (part B), or private insurance. Give us a call for more information or if you may have any questions.

EMPOWERING PARENTS, PROTECTING KIDS:

Instant access to immunization records

You can now access your child's school immunization certificate from home through the:

KENTUCKY IMMUNIZATION PUBLIC PORTAL



Just answer a few questions to verify your identity. It's **THAT** easy!

Scan the QR code or visit:

chfs.ky.gov/KDPHMyVaxRecord

August Employee Anniversaries



Krista Alexander
15 Years



Alexander Osborne
8 Years

George Burney
8 Years



Dianna Charles
5 Years



Stephanie Gillum
3 Years



Cribs for Kids

HANDS, Keeping your infants safe!

Greenup County Health Department set up at the Farmer Market on Saturday July 12, 2025. LaBreeska Adams, supervisor over the HANDS program, demonstrated how to set up a pack n play from the crib for kids' program for safe sleep for the community. This was for community outreach to families needing safe sleep for their infants.



Check Out the Latest Food Scores

Our environmentalists have been hard at work making sure the county is safe. Check out the latest scores!

[Click](#)
[Here!](#)



HANDS, Building Positive Parenting Skills and Practices in Greenup County



By: LaBreeska Adams, HANDS Supervisor

One of the most important things HANDS does is help create a healthy parent-child relationship. That is at the heart of having a secure attachment and building a good foundation for healthy relationships. Creating these secure attachments include supporting child development, increasing parent engagement, creating partnerships with families and reducing toxic stress.

The HANDS program does parent-child activities with all parents and children to encourage positive parenting skills. This creates resilience, helps children to bounce back if things don't go well. Parents doing these activities with their children help

health and development. Then it goes on to build secure attachments and build nurturing relationships. These activities reduce stress and improve social and emotional resilience. This creates positive memories for both parents and children. These activities help children express themselves and work through their feelings.

The HANDS program and activities help build positive parenting skills and practices. This helps build partnerships with parents and promotes them to keep engaged with the program. Some of the favorite activities for parents and children to do are pulling colors, lots of lids, shake it up bottle and it's an orchestra. Having this joyful interaction together helps both parent and child mental and physical health, creating a good bond between them both. Parents will also tell friends and family about the HANDS program and that is good referrals for the program.



August: A Time to Pause and Prioritize Mental Health



By: Cassie Mace, RN

August, nestled at the tail end of summer, is often seen as a transitional month. As vacations wind down and the anticipation of fall approaches, it offers a unique opportunity to slow down and reflect. For many, the pace of the year starts to pick up again in September, making August the perfect time to focus on mental health and self-care.

In a world that constantly values productivity and busyness, taking time for ourselves can feel like a luxury or even a weakness. But in reality, self-care is essential to maintaining our emotional and psychological well-being. Ignoring our mental health can lead to burnout, anxiety, and even physical illness.

August serves as a reminder that rest is productive. Whether it's taking a weekend off, scheduling a digital detox, or simply setting boundaries around work and personal time, these small acts can have a significant impact. Self-care doesn't have to be extravagant. It can be as simple as reading a book, going for a walk, journaling, or reaching out to a friend.

This month also provides a chance to check in with yourself: Are you feeling overwhelmed? Are you taking time to enjoy your life, or just getting through it? Honest self-reflection is the first step in nurturing your mental health.

As the sun begins to set earlier and routines shift once again, August invites us to find balance. It encourages us to recharge, reset, and prepare ourselves mentally for what's ahead. By prioritizing mental wellness now, we equip ourselves with the resilience and clarity needed for the months to come.

In short, let August be your reminder: caring for your mind is just as important as caring for your body.

If you or someone you know is struggling with mental health, emotional distress, or thoughts of suicide, help is just three digits away. Dialing 988 connects you to the Suicide & Crisis Lifeline, a free, confidential resource available 24/7 across the United States. Whether you're in a moment of crisis or simply need someone to talk to, trained counselors are there to listen and support you without judgment. You don't have to face your challenges alone. 988 is a lifeline for anyone in need of mental health support.



24/7 CALL, TEXT, CHAT

[Click Here](#)

GCHD Staff Attend "Lactation on the Levee" in Cincinnati, OH

Training to Support Breastfeeding Families in Greenup County

In July 2025, Andrea Galloway, MS, RDN, LD, and Brandi Roe, LPN, from the Greenup County Health Department, attended the Lactation on the Levee conference in Cincinnati, Ohio. This specialized training was part of their ongoing education to become Designated Breastfeeding Experts (DBEs), enabling them to better support lactating mothers and those interested in breastfeeding.

This event came just in time for National Breastfeeding Month (August) and World Breastfeeding Week, celebrated during the first week of August. It's a perfect opportunity to raise awareness about the importance of breastfeeding and to highlight the support available to families in our community.

A key speaker at the event was Dr. Jenny Thomas, a nationally recognized pediatrician and breastfeeding advocate from Wisconsin and a member of the American Academy of Pediatrics (AAP). Dr. Thomas provided deep insights into the physiology of lactation, newborn development, and the critical support needed during the early weeks of breastfeeding.

Why Breastfeeding Matters:

Breastfeeding is a powerful foundation for lifelong health. It promotes optimal infant nutrition, supports immune function, and strengthens the bond between mother and baby. Some key takeaways from the training include:

- Skin-to-skin contact immediately after birth, especially during the "Golden Hour" is essential for helping newborns transition to life outside the womb. It promotes bonding, improves breastfeeding success, regulates



baby's temperature and blood sugar, and supports emotional connection between parent and child.

- Breastmilk contains antioxidants, essential nutrients, microRNAs, and probiotics that support a baby's immune system, gut health, and development.
- Breastfeeding is associated with reduced risks of sudden infant death syndrome (SIDS), especially when continued for two months or more.
- It also provides lasting benefits for the mother, including reduced risks of breast cancer, ovarian cancer, hypertension, and type 2 diabetes.

Dr. Thomas also addressed common challenges in the early postpartum period, such as appropriate supplementation, tongue tie assessment, reflux, and managing oversupply.

GCHD Staff Attend "Lactation on the Levee" (Continued)

Practical tools and updated research were shared to help professionals provide compassionate, evidence-based care.

Andrea and Brandi are excited to bring this knowledge back to Greenup County to empower families. Whether you're expecting a baby, currently breastfeeding, or simply want to learn more, we're here to help.

Our WIC team provides breastfeeding support, education, and nutrition assistance for moms and babies. Come visit the Greenup County Health Department to learn more about how we can support your breastfeeding journey during National Breastfeeding Month and all year long!

Ask us about the WIC Program!



**GREENUP COUNTY
DIABETES COALITION
MEETING**

AUGUST 28

3:00PM-4:00PM
**Greenup County Health
Department**

The graphic features a dark blue background with various medical icons including a hand holding a glucose meter, a syringe, and several red blood cells. The text is in white and light blue.

606-473-9838

Download our app today!

Search: Greenup Health Department, KY



SCAN
TO DOWNLOAD!



Built by:



Together for Better Health: A Community-Driven Plan in Action



By: Leslie Boardman, BSN, RN

The Greenup County Health Department is excited to share an important update on our Community Health Improvement Plan (CHIP) – a roadmap developed to improve the overall health and wellbeing of our community. The CHIP is a collaborative, data-driven effort that sets priorities, focuses resources, and aligns community partnerships around a common goal: a healthier future for all.

What is the CHIP?

The Community Health Improvement Plan is a long-term, strategic plan that outlines key health priorities based on community health data, local feedback from people like you, and shared goals. It is developed through collaboration with local hospitals, clinics, schools, organizations, and our community members.

Our CHIP Priorities

After assessing local health data and conducting community input sessions and surveys, we have identified five priority health areas for focused action:

1. Diabetes
2. Overweight/Obesity
3. Dental Care
4. Smoking Cessation
5. Access to Care

These priorities reflect the health challenges most affecting our residents and the opportunities where we can make the greatest impact together.

How This Impacts You

By addressing these health issues, we aim to reduce chronic disease, improve quality of life, and ensure every person – regardless of age, income, or background—can access the care and support they need. Whether it is through new health education campaigns, providing resources and meeting you where you are at, to forming stronger support for prevention and management of health conditions, these initiatives are designed with your health in mind.

Have Questions or Want to Get Involved?

We would love to hear from you! If you have questions about the CHIP, would like to participate in an initiative, or your organization would like to share ideas, please reach out:

Call us at (606) 473-9838 and ask for Leslie Boardman.

Health Department Staff Attend Legionella Training

On July 21st, Nurse Supervisor, Krista Alexander, Environmentalist Alex Osborne, and Infectious Disease Nurse Cassie Mace attended a Legionella Exposure Investigation Training at Magoffin County Health Department. During the training, participants learned more about legionella and how to conduct an investigation in the event someone becomes sick in Greenup County. On July 22nd, Alex returned to Magoffin County to learn how to take samples to test for legionella.

Legionella is a bacteria found in water and occurs naturally. It can become a health concern when it grows and spreads in human made building water systems. This bacteria can cause two diseases in people called Legionnaires' Disease and Pontiac Fever. People can become infected by breathing in airborne particles. Scientists named the bacteria after an outbreak in Philadelphia in 1976. During that outbreak, many people who went to an American Legion convention got sick with pneumonia (lung infection).

It is very important to remember that people do not spread this disease to other people and that not everyone who is exposed to legionella will become sick.



Krista



Alex



Cassie

People at increased risk of getting sick if exposed include:

- Current and former smokers/vapers
- People 50 and older
- People with certain health conditions including, but not limited to
 - Cancer
 - Chronic lung disease
 - Diabetes
 - Kidney failure
- People who have health problems or take medicines that lower their body's ability to fight germs and sickness—such as people whose immune systems are weakened because of cancer, an organ transplant, or HIV.

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