

The Health Connection NEWSLETTER



Get ready for some Halloween fun at the Monster Bash!

The annual Monster Bash is just around the corner!

Join the Greenup County Diabetes Coalition at the Greenup County Health Department on Thursday, October 16th from 5:00-7:00 PM for a boo-tastic evening filled with games, giveaways, and ghoulishly good fun! Dozens of local vendors will be set up around our walking track- sharing info, goodies, and treats for the whole family. Kids who come dressed in their Halloween costumes will get a special treat, and there'll be plenty of activities to keep everyone entertained.

This free event is open to everyone and is all about raising awareness for diabetes prevention and education—while having a blast doing it! So, grab your costume, bring your family, and come celebrate health and Halloween with us!

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Stronger Together:

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September is Preparedness Month

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GCHD

Greenup County Health Department

Public Health = Public Wealth

Stronger Together: Advancing Recovery in Our Northeastern KY Region

By Leslie Boardman, BSN, RN

We were honored to receive the Recovery Ready Communities (RCC) Certificate for the Northeastern KY region from Governor Andy Beshear on September 5, 2025, during the Recovery at the Capital event in Frankfort, KY. It was a meaningful achievement in our community's shared commitment to support individuals and families affected by substance use disorder (SUD). This recognition highlights the ongoing collaboration and dedication of local partners working to expand recovery services and improve public health across the region. RCC evaluates and ensures a community's response to SUD, surrounding a quality framework that covers 3 key areas: prevention, treatment, and recovery support. Recovery is not a one-size-fits-all journey – it requires a network of coordinated care, including healthcare providers, peer support, housing, education, employment services, and more. Recovery care is strongest when it's built on trust, shared responsibility, and unified action.

As Scott Murphy the Director of Community Impact at Ramey-Estep/Re-group and chair of the Healthy Choices Healthy Communities Coalition's Substance Use Disorder Workgroup shared, "This recognition affirms the collaborative efforts of local organizations, leaders, and residents who have worked tirelessly to create a more inclusive, compassionate, and resilient region... Together, we're building a future where recovery is not only possible—but fully supported."

Without strong community partnerships, our efforts in prevention, treatment, and recovery support become disconnected and less impactful. Together we are stronger, as we can ensure individuals and families have access to the resources they need to heal and thrive.



Thank you to all the organizations and partners who participated in the 2-day RCC site visit and application process – your efforts made this achievement possible:

- UK King's Daughters
- The Neighborhood - Ashland, KY
- Member's Choice Credit Union - Grayson, KY
- Young People in Recovery - Grayson, KY chapter
- Genesis Recovery Kentucky Center
- Pathways To Go Mobile Unit
- Carter County Health Department
- Argillite KY Community Center
- Greenup County Health Department
- Greenup County Detention Center
- Ashland-Boyd County Health Department
- Boyd Co Situation Table
- Ashland FRYSC
- Safe Harbor
- Hillcrest-Bruce Mission
- The Journey Women's Recovery Center
- Ramey-Estep/Re-group

Stronger Together Continued



From Left to Right:

Dallas Hurley (Senior Project Director of Recovery Ready Communities - Volunteers of America Mid-States), Tiffanie Buckner (Health Education Coordinator - Ashland Boyd County Health Dept.), Jennifer Newman, DrPH (Health Planner - Accreditation Coordinator/Lawrence County Health Dept.) Leslie Boardman (Accreditation Coordinator - Greenup County Health Dept.), Iesha Elam (Ramey-Estep/Re-group TCM), Carrie Pemberton (Director of Prevention Services-Ramey-Estep/Re-group), Scott Murphy (Director of Community Impact-Ramey-Estep/Re-group), Van Ingram (Executive Director - KY Office of Drug Control Policy), Mariann Mota (Addiction Services Director/Pathways) Brittany Herrington (Outreach and Recovery services Coordinator/Pathways) Kayla Stockham (Hillcrest-Bruce Mission PSS), & Sue Fox (Community Outreach Supervisor - Volunteers of America Mid-States)

Others involved with the application and site visit (not pictured)

- Mike Maynard (Hillcrest-Bruce Misson)
- Lew Nichols (Argillite Community Center & Retired Greenup/Lewis Co. Judge)
- Angela Kinney (Greenup County Health Department/Ashland Workforce Development Center)
- Brittany Brown (Ashland FRYSC)
- Julie Thornbury (Ashland Middle School FRYSC)
- Sam Castle (Pathways Regional Prevention Center)
- Dominique Ellis (Pathways Regional Prevention Center)
- Chris Crum- Greenup County Health Department
- Cassie Mace- Greenup County Health Department

September is Preparedness Month

By Alex Osborne,
Preparedness Coordinator

The Greenup County Health Department has employed a Preparedness Coordinator since December of 2004. Over the years, the Coordinator has worked to increase the preparedness of the Health Department and the community through various programs and outreach events. Each September, special focus is placed on preparedness and is known as Preparedness Month. This month is a great time to take small steps and make a big difference in being prepared.

Preparedness Starts at Home, the 2025 theme, focuses on getting back to the essentials of preparedness. Four key actions you can take to prepare for any disaster you may face:

1. Know Your Risk

- Know what could happen where you and your family live. This helps you figure out what you need to do to stay safe. You can explore various disasters and emergencies on Ready.gov.

2. Make a Family Emergency Plan

- Making a plan early helps reduce stress and save time and money.
- Disasters are costly but preparing for them doesn't have to be. Taking time to

prepare now can help save thousands of dollars and give peace of mind when the next disaster or emergency occurs. Visit Ready.gov's low and no-cost tip page to see ways to be better prepared without spending a lot of money.

3. Build an Emergency Supply Kit

- Having enough food, water and medicine can help you stay safe and comfortable until help arrives. Having what you need can also prevent injury and damage to your home.
- Build a go-bag with all the essentials you might need, so you don't need to scramble in an evacuation situation. Find a list of supplies at Ready.gov/kit.

4. Get Involved in Your Community by Taking Action to Prepare for Emergencies

- Emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You can learn these steps when you take a first aid class through many organizations in your community.
- Take a free online independent study course through FEMA's Emergency Management Institute or a CPR course through the American Red Cross to learn more about how to help your community become more prepared.

September Employee Anniversaries



Jamee Helms
3 Years



Brandi Roe
3 Years

Vital Statistics

Getting the Documents You Need

By **Stephanie Daniels**

Are you in need of a certified copy of a birth or death certificate? Let the Greenup County Health Department help you navigate the process. Unlike surrounding states, copies cannot be obtained at our facility - those are kept at the Office of Vital Statistics in Frankfort, Ky. Forms can be found on our website and physical order forms can be obtained at the health department where our staff can assist with filling them out. The Office of Vital Statistics can be contacted directly via website, phone, or in person.

There are multiple reasons to have a physical copy of a birth or death certificate. They include:

- ID'S & DRIVER'S LICENSES
- EMPLOYMENT
- ENROLLING IN SCHOOL
- HOUSING
- PASSPORTS & SOCIAL SECURITY
- INSURANCE & RETIREMENT

For those interested in genealogy research, the health department has birth and death notifications for Greenup Countians stored in our office. Unfortunately, any documents dated prior to 1911 were destroyed by devastating flooding. Those wishing to access these records can come to the health department and view any records available, however, state law prohibits photographing and photocopying of these documents. Any information has to be written down.

The Health Department also offers paternity affidavits. This is a form usually completed at birth while the baby is in the hospital. Sometimes, this does not occur. Reasons for this may be because of not having a notary on duty, parents being unwed or father not being present.



In that situation, the affidavit will need to be completed at our facility. This form requires both parents to fill out and sign in front of a notary (the Health Department has a staff notary) and once complete, we will mail it to the Office of Vital Statistics for registration of birth certificate. This form can also be downloaded, completed, notarized, and then sent to the Office of Vital Statistics without visiting the Health Department.

For any additional questions or assistance, please contact the Greenup County Health Department or The Office of Vital Statistics.

Greenup County Health Department
806 Seaton Ave.
Greenup, Ky. 41144
(606) 473-9838
<https://greenupchdky.gov>

Office of Vital Statistics
275 E Mail St #1E-A
Frankfort, Ky. 40621
(502)564-4212 option 1
www.vitalchek.com

QPR - Question, Persuade, Refer

Suicide remains a serious public health crisis worldwide, with devastating consequences for individuals, families, and communities. In the United States, suicide is among the leading causes of death, especially among young people, veterans, and marginalized populations. In the face of these alarming trends, accessible and effective intervention strategies are urgently needed. One such strategy is QPR, which stands for Question, Persuade, Refer. QPR, is an evidence-based training that teaches individuals how to recognize the warning signs of suicide, engage with someone in crisis, and connect them with appropriate help. Much like CPR provides emergency aid for physical health crises, QPR serves as a mental health first-aid technique that empowers ordinary people to save lives.



Let's Break the Stigma

TRAINING YOU WILL LEARN:

- Recognize the warning signs of suicide
- Offer hope and support
- Refer someone to appropriate help and resources

*Let's shine a light on
mental health together.*

See you there!

To inquire about hosting a class contact
Jamee or Kara at 606-473-9838



Greenup County Health Department
Public Health = Public Wealth

Tuberculosis- An Old Disease On the Rise Again



**By Dianna Charles, RN BSN
TB Coordinator**

One program at the Health Department may surprise you. The Health Department is responsible for monitoring tuberculosis (TB) in Greenup County. While many may feel TB is a disease of the past, TB is one of the TOP 10 causes of death globally.

Tuberculosis (TB) is caused by a bacteria called Mycobacterium Tuberculosis and it spreads primarily through the air. When someone with active TB in their lungs coughs, sneezes, talks, or even sings, they release tiny droplets into the air. If someone breathes in those droplets, they can become infected, especially with prolonged or repeated exposure.

It's NOT spread by shaking hands, sharing food, or touching surfaces.

TB is contagious only when it's active and primarily in the lungs or throat.

There are two stages of TB:

1. **Latent TB Infection (LTBI)**

This stage is where the bacteria or germ enters the body but stays INACTIVE. People don't feel sick, they can't spread it and may never develop symptoms. BUT—it can become active later, especially if their immune system weakens.

2. **Active TB Disease**

The bacteria multiply and cause symptoms. This stage is contagious and can be life-threatening if left untreated.

Symptoms of Active TB

- Persistent Cough (lasting more than 3 weeks)
- Coughing Up Blood or Mucus
- Night Sweats
- Unusual Fatigue
- Weight Loss
- Loss of Appetite

The GCHD plays a crucial role in controlling, treating, and preventing TB by helping protect individuals and stopping community spread. Educating the public and health care workers on signs and symptoms of TB and prioritizing early detection are key steps.

The Greenup County Health Department provides low-cost testing for people who need a TB Risk Assessment or Mantoux Skin Test.

In the event someone tests positive, immediate steps are taken to confirm diagnosis, start appropriate treatment, and track progress as the person recovers. Our dedicated staff can spend months monitoring their patients to ensure they eliminate the disease and don't spread TB to anyone else. 61

Fresh Produce, Fresh Impact!



purchase fresh produce directly from local farmers and hand it out free to Kentucky residents helping to promote healthier eating habits and raise awareness about diabetes prevention and management.

Not only did this help families access healthy food, the program also gave a boost to our local farmers by putting thousands of dollars back into the local economy. The response was inspiring, and we're proud of how this initiative supported both community health and local agriculture.

We're grateful to the Greenup County Farmer's Market and everyone who helped make this happen— we're already looking forward to next season!

This farmers market season, the Greenup County Diabetes Coalition made a big difference in our community! Thanks to a generous grant of over \$5,000, we were able to

Join Us for the Next Diabetes Coalition Meeting

By Brandi Roe, LPN, Diabetes Coordinator

Date: Thursday, September 25, 2025

Time: 3:00–4:00 PM

Location: Greenup County Health Department

Come be part of the conversation as we work together to raise awareness, share resources, and support our community in the fight against diabetes. Everyone is welcome, we'd love to see you there!



September is Hunger Action Month:

Let's Fight Hunger in Greenup County

By Andrea Galloway MS, RDN, LD

September is Hunger Action Month. This is a time when people across the country work together to end hunger. Families everywhere-- including right here in Greenup County--sometimes struggle to put enough healthy food on the table.

How Hunger Affects Greenup County

- About 1 in 7 Greenup Countians do not always have enough food.
- Even more children are affected—about 1 in 5 kids in our county face hunger.
- Families here are missing out on about \$2.7 million worth of food each year because of high grocery costs.

These numbers demonstrate why it's so important for us to help each other.

Where to Find Help

If you or someone you know needs food, there are local groups ready to help:

- [Helping Hands of Greenup County](#) - 412 Main St, Greenup, KY. Open Monday-Friday, 10 a.m.-3 p.m. Call (606) 473-6916. They give out food boxes, help seniors, and even assist with clothes, utilities, and medicine.
- [Wurtland Church of God](#) - Facing Hunger Mobile Foodbank on September 18 from 10:00am-12:00 pm.
- [Raceland Christian Church](#) - Facing Hunger Mobile Foodbank on September 20 from 8:30am - 10:00am.
- [Other food pantries](#) - Hillcrest Bruce Mission (M-Th 9am-3pm), Freedom Worship Church of God (call (606)331-6752 for pantry hours), Harvest for the Hungry (M-W 9am-12pm & Th 5pm-7pm)



How You Can Help

- Spread the word. Tell friends and neighbors about Hunger Action Month.
- Volunteer your time. Local pantries need help sorting and handing out food.
- Donate food or money. Even a small gift can feed many people.
- Start a food drive. Work with your school, church, or workplace to collect food.

Let's work together this September to fight hunger in Greenup County. Every can of food, every hour volunteered, and every dollar donated makes a difference.

Sources: Feeding America's Map the Meal Gap (2023); Kentucky By The Numbers - Greenup County Profile (University of Kentucky Extension, 2021)

Rear Facing Car Seats for Child Safety



By Cassie Mace, RN

In recognition of Rear-Facing Awareness Month this September, the Greenup County Health Department is urging parents and caregivers to keep their young children in rear-facing car seats for as long as possible. Studies show rear-facing is the safest option for infants and toddlers, offering superior protection for their delicate head, neck, and spinal cord in the event of a crash.

This campaign aligns with National Child Passenger Safety Week, also in September, to educate the public on the life-saving benefits of extended rear-facing car seat use.

"Child passenger safety is not just a recommendation; it's a critical, life-saving practice," said LaBreeska Adams, HANDS Supervisor. "We want to empower every parent with the knowledge and confidence to make the safest choices for their children on the road. For many, that means keeping them rear-facing far beyond their first birthday."

The science behind rear-facing safety

- **Optimal protection:** Rear-facing seats cradle a child's head, neck, and spine. In a collision, the seat absorbs and distributes the crash forces across the strongest parts of the child's body, protecting them from serious injury.
- **Misconceptions:** Many parents transition their children to forward-facing seats prematurely, often due to a misconception that a child is more comfortable facing forward. The reality is that a child's safety is maximized by remaining rear-facing for as long as they fit the seat's height and weight limits. Many convertible seats can accommodate rear-facing use up to 40–50 pounds.
- **Legal vs. best practice:** While state laws often have minimum requirements, safety advocates recommend exceeding them. Keeping a child rear-facing until they outgrow the height or weight limit of their convertible seat provides the highest level of safety.

To help protect children in our community, the Health Department offers these tips for parents and caregivers:

- **Schedule a car seat check:** Make an appointment with a certified Child Passenger Safety Technician (CPST) to ensure your car seat is installed correctly and used properly.
- **Educate others:** Share information about rear-facing safety with friends, family, and parent groups. Encourage them to do their own research and follow best practices.
- **Use social media:** Share photos, infographics, and safety tips using campaign hashtags like #RearFacingAwarenessMonth and #StayRearFacing to help raise awareness throughout September.
- **Lead by example:** Commit to keeping your child rear-facing for as long as possible and share your journey with others to inspire confidence and commitment to safety.

Check Out the Latest Food Scores!

Our environmentalists have been hard at work making sure the county is safe. Click to see the scores in Greenup County!

[Click Here](#)

GCHD at the Greenup County Fair!

Krista, Lauren, Leslie, and LaBreeska showing off some of the programs offered at GCHD. We met lots of friendly faces at the Greenup County Fair!

