

The Health Connection NEWSLETTER

Welcome Crystal!

My name is Crystal Dobson, APRN, and I have spent the past 15 years working in various areas of nursing, building a strong foundation in patient care. About five years ago, I earned my MSN and became a Family Nurse Practitioner through Walden University. Since then, I've focused on primary care and women's health, primarily at the University of Kentucky.

I'm originally from Eastern Kentucky, and I'm proud to serve this region. I'm also a wife and mother of three boys, ages 15, 12, and 5. In my free time, I enjoy camping, fishing, and spending quality time with my family.



I'm excited to begin providing services through the Family Planning Program at the Greenup County Health Department and to continue caring for individuals and families in the community.

In This Edition:

A Legacy of Nutrition, A Community of Care

I recently had the honor of attending the Kentucky Public Health Association (KPHA) conference in Covington, KY. While there, I was humbled to receive the 2026 Peggy Kidd Nutrition Award.

How to Become an Environmentalist

Taylor is our newest Health Environmentalist. She is currently working on her education to be a Registered Sanitarian.

New WIC Food Options

During March 2026, Kentucky WIC Food Packages will be updated to meet new United States Department of Agriculture (USDA) WIC requirements.

GREENUP COUNTY HEALTH DEPARTMENT

CAR SEAT SAFETY EVENT

PHONE (606) 473-9838

CALENDAR **DATE** April 13, 2026

CLOCK **TIME** 5:00-7:00 PM

A Legacy of Nutrition, A Community of Care

By: Andrea Collins, MS, RDN, LD



I recently had the honor of attending the Kentucky Public Health Association (KPHA) conference in Covington, KY. While there, I was humbled to receive the 2026 Peggy Kidd Nutrition Award.

This award recognizes a nutrition professional who has made strong contributions to public health through leadership and service. It is named after Peggy Kidd, a leader who helped shape nutrition programs across Kentucky.

Years ago, Peggy Kidd saw a problem. Many families, especially mothers and young children, did not have enough healthy food or support. Instead of accepting that, she got to work. She helped lead early nutrition programs and played a role in building what would become the WIC Program in Kentucky. She believed that every family deserved access to healthy food and simple, clear nutrition education.

Because of her work, programs grew and reached families in every part of the state. Today, those same programs continue to support mothers, babies, and children, right here in our own community.

She saw a need, took action, and helped create change that still helps families today.

To be connected to her legacy in any way is truly meaningful to me, but this honor is not just mine. I am proud to serve as a dietitian at the Greenup County Health Department, where I work with an incredible team. Every program we offer and every person we serve is supported by staff who truly care about this community. I could not do this work without them.

I also want to thank our partners and community members. Your support and trust allow us to continue this important work each day. Together, we are making a difference in Greenup County.

I truly believe in the work we are doing. We are blessed to have people who show up, work hard, and care deeply about others. This recognition reflects the heart of our entire team.



2026 KPHA Conference

By Sarah Roark- Billing Manager

The Annual KPHA Conference is officially in the books, and the Greenup County Health Department was well represented throughout the event.

The Kentucky Public Health Association, founded in 1949, organizes conferences and workshops that foster the growth and development of its members. Through these opportunities, public health professionals can connect with other organizations, share ideas, and collaborate to improve the health of the communities they serve.

GCHD had at least one representative at every session offered, ensuring we brought back a wide range of knowledge and ideas. The sessions covered a variety of topics including leadership, opioid use, community outreach, media and communication, and building partnerships. Many presentations highlighted successful programs from other health departments and provided insight into how similar initiatives could be implemented in our own community.

In addition to the professional sessions, the conference also featured a student section for those studying public health. This portion of the conference promotes learning and engagement, allowing students to lead sessions and compete for scholarships to further their education. The event also included annual awards recognizing outstanding public health professionals. A huge congratulations to our own Andrea Collins on her well-deserved award of Nutritionist of the Year!

One of the biggest takeaways from the conference was the strong sense of camaraderie among public health professionals across the state. There is a shared commitment to not only improving individual communities but also strengthening the health of Kentucky as a whole. I feel truly grateful to have attended and look forward to applying what I learned, and the connections I made, to continue improving public health right here in Greenup County.



Attendees L to R: Lauren Kitchen, Andrea Collins, Summer Kershner, Chris Crum, Dianna Charles, Jackie Applegate, Krista Alexander, Sarah Roark



GCHD

Greenup County Health Department

Public Health = Public Wealth

Greenup County Health Department

will be **CLOSED**

in observance of

Good Friday

Friday, April 3, 2026

We will reopen for regular business hours on

Monday, April 6, 2026

Check Out the Latest Food Scores!

That special night out can be lots of fun!
Unless the restaurant is less than clean.

You can know how clean that restaurant really
is! Click to see the scores in Greenup County!

[Click Here](#)



Celebrating Public Health Week in Kentucky: Building Healthier Communities Together

By: Cassie Mace, RN Infection Control Nurse

Each year, communities across the nation come together to recognize the importance of public health during National Public Health Week, observed April 6–12. Here in Kentucky, this week offers a valuable opportunity to highlight work being done to protect, promote, and improve the health of our families, friends, and neighbors.

Public health is often working quietly behind the scenes, but its impact is felt every day. From ensuring safe drinking water and preventing the spread of disease to promoting healthy lifestyles and supporting mental health, public health professionals play a vital role in keeping our communities safe and thriving.

In Kentucky, local health departments, community organizations, schools, and healthcare providers collaborate year-round to address some of our most pressing health challenges. These include reducing chronic diseases, improving maternal and child health, preventing injuries, and expanding access to care, especially in rural areas.

This year's Public Health Week theme, led by the American Public Health Association, focuses on creating stronger, healthier communities through prevention, education, and equity. It's a reminder that everyone has a role to play in public health. Whether it's staying up to date on vaccinations, practicing safe behaviors, supporting mental wellness, or simply checking in on a neighbor, small actions can make a big difference.



Throughout the week, Kentuckians are encouraged to participate in local events, share educational resources, and recognize the contributions of public health workers who dedicate their careers to serving others. It's also a time to reflect on how we can continue building a healthier future for all.

As we celebrate Public Health Week, let's reaffirm our commitment to working together to create safer, healthier communities across the Commonwealth. Because when public health succeeds, we all succeed.

How to Become an Environmentalist



Taylor is our newest Health Environmentalist. She is currently working on her education to be a Registered Sanitarian. To do this, a rigorous training pathway is required. An individual must become certified in food safety, onsite systems, and general sanitation.

Each certification requires a series of educational days, followed by days practicing in the field, and ends with an examination over the content discussed.

As a Health Environmentalist just beginning the journey, Taylor has been certified in food safety and is beginning the process of becoming certified in onsite systems as well as general sanitation. In addition to the training required, a Health Environmentalist must obtain a Registered Sanitarian license within one year of employment. To obtain this license, a standardized examination must be taken and passed. While it may sound daunting, becoming a Health Environmentalist is a rewarding pathway that allows you to connect with many different people in many different places!

GREENUP COUNTY HEALTH DEPARTMENT MOBILE APP



SCAN
to download



Built by:



ThePublicHealthApp.com
CUSTOM APPS



April: Autism Awareness Month

By Jamee Helms

April is Autism Awareness Month, a time to recognize, celebrate, and support individuals on the autism spectrum. Autism is not a limitation, but a different way of experiencing and interacting with the world. Every individual with autism brings unique strengths, perspectives, and talents that enrich our communities.

It is important that we move beyond awareness and embrace acceptance, understanding, and inclusion. By fostering a community that is compassionate, patient, and informed, we create a space where all individuals feel valued, respected, and supported.

We at the Greenup County Health Department are committed to being mindful, inclusive, and sensitive to the needs of all people. Together, we can build a stronger, more accepting community, one where everyone has the opportunity to thrive.

Let's continue to listen, learn, and lead with kindness not just this month, but every day!
What is Autism?

Autism is a lifelong neurodevelopmental condition affecting how a person perceives, communicates, and interacts with the world. It's characterized by differences in social communication, repetitive behaviors and intense, specific interests. As a spectrum, it affects people differently, ranging from requiring significant support to living independently.



Some signs and symptoms of Autism:

- Avoids or does not keep eye contact
- Does not respond to name by 9 months of age
- Does not show facial expressions such as happy, sad, angry, and surprised by 9 months of age
- Does not play simple interactive games like pat-a-cake by 12 months of age
- Uses few or no gestures by 12 months of age (for example, does not wave goodbye)
- Does not share interests with others by 15 months of age (for example, shows an object that they like)
- Does not point to show something interesting by 18 months of age
- Does not notice when others are hurt or upset by 24 months (2 years) of age
- Does not notice other children and join them in play by 36 months (3 years) of age
- Does not pretend to be something else, like a teacher or superhero, during play by 48 months (4 years) of age
- Does not sing, dance, or act (play pretend) by 5 years of age

If you have concerns about your child's development, early screening is key. Please contact your pediatrician to discuss developmental milestones and appropriate evaluations.



CELEBRATE MORE

Life

Blood Drive **Greenup Health Dept**

Health Education Center
806 Seaton Ave
Greenup, KY

Monday, May 18
1:00 p.m. to 5:30 p.m.

Please bring Red Cross Donor Card, a photo ID, or 2 forms of non-photo ID.

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org and enter: greenup to schedule an appointment.

**Get summer ready! Come to give blood May 18-31 for
an exclusive Red Cross beach towel, ltd. qty!**

Give Blood.

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2026 The American National Red Cross | 517301-3 CW

[156] - Order ID: 1557276 - Item ID: 3885558 - Qty: 1 of 1 - 388730 - 2025-APL-C083 - ARC-A - 254829

KENTUCKY WIC: New WIC Food Options, New WIC Food Packages and New WIC Approved Food List

During March 2026, Kentucky WIC Food Packages will be updated to meet new United States Department of Agriculture (USDA) WIC requirements.

You will not see any changes to your current benefits until your next issuance. Make sure to keep your next appointment because you may need a new food package.

In April 2026, Kentucky WIC will have a new WIC Approved Food List available in the WIC Shopper App.

What's Changing?

- More flexibility in product sizes at the store.
More sizes of whole grains, infant fruits and infant vegetables
- New items.
Canned fish for all women and children.
More Whole Grain options.
Whole Grain Breads, Bagels, Buns, English Muffins and Rolls.
More Cereal Choices.
- Some items will be removed because they are no longer available or do not meet the updated nutrition guidelines.
Some yogurts no longer meet the new USDA sugar limit and will be removed.
Some bread and cereals are no longer available and have been removed.
- Some changes to the amount of food you will receive in your package.
Juice decreased to 64 ounces.
48 ounces of Whole Grains for most women, 24 ounces for children.
Some food packages now have 1 less pound of cheese.

- New Food Package options!
Option to substitute \$3 of Cash Value Benefit for the 64 ounces of Juice.
Option to substitute beans/peanut butter for eggs.
Option to receive 2 quarts of yogurt in place of milk (formerly, only 1 quart of yogurt could be issued).

Talk to your WIC Nutritionist or Nurse at your next WIC visit if you want to try one of the new options!

Shopping Tips

- Review your benefits in the WICShopper app/printed copy of WIC shopping list before you shop.
- Starting in April, review the new WIC Approved Food List before you shop. (available in the WICShopper App)
- Pay attention to package sizes when shopping. Keep in mind that you have more flexibility, but not all package sizes will add up to your full benefit. Leftover benefits do not carry over to the next month.

Questions: Call your WIC Clinic 606-473-9838.



FREE
family
FUN NIGHT

CELEBRATE THE CHILD

FRIDAY, APRIL 24TH
5:30 – 7:30 P.M.

@ the Greenup Co. Farmers Market
35 Wurtland Ave. Greenup, KY 41144



- Putt-Putt Golf
- Scoopy Scoops Ice Cream
- Pizza
- Popcorn
- Bingo
- Community Partners
- Door Prizes
- & More!



APRIL IS CHILD ABUSE PREVENTION MONTH TO RAISE AWARENESS AND HELP STRENGTHEN FAMILIES. BRING YOUR FAMILY FOR THIS **FREE AND FUN** EVENT!

Sponsored by:



GREENUP COUNTY FARMERS MARKET

Saturdays at the Greenup County Extension Office
9AM to 2PM

Opening Day May 9
Closing Day September 26

Tuesdays at the Greenup County Extension Office
2PM to 5PM

Opening Day May 12
Closing Day September 22

We Welcome SNAP EBT Customers



2026 SCHEDULE

—

YOUR SOURCE FOR ALL THINGS HOME GROWN AND HANDMADE

—

WIC ELIGIBLE FRUITS, VEGETABLES AND FRESH CUT HERBS

—

FRESH BREAD, SWEET TREATS, JAMS, JELLIES, AND CANNED GOODS

—

LOCAL SKILLED ARTISANS

GREENUP COUNTY FARMERS MARKET
35 Wurtland Ave
Greenup, KY 41144





Community Health & Career Fair

📅 April 16th, 2026

🕒 9am-1pm

📍 Greenup County Health Department
806 Seaton Avenue, Greenup, KY 41144

Sponsored by:
Kentucky Career Center-TENCO
NEKY Chamber of Commerce
Greenup County Health Department

HEALTH FAIR - 9:00 am - 1:00 pm



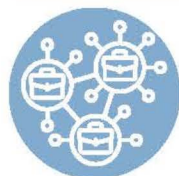
LABORATORY SCREENINGS

- **Lipid Panel**
- **Vaccines**
 - Hepatitis A for Food Service Workers
 - TB Screenings for work requirement available
 - Flu and COVID vaccinations available on request
- **Other Screenings:**
 - BP Screenings
 - Heart Rate Checks
 - BMI Scores
 - Nutritional Education

Register Today!



CAREER FAIR - 10:00 am - 1:00 pm



- Meet with local employers, training programs, and community resources
- Learn about full-time, part-time available
- Receive on-site resume and interview assistance



April Employee Anniversaries



Rebecca Wilburn
7 Years



Stephanie Daniels
9 Years

WALK YOUR WAY CHALLENGE

Meet with us in person for motivation and track your walks at home while building healthy habits and preparing for the Farmers Market 5K Lettuce Run on June 20th!



SIGN UP →

KICKOFF MEETING:

Tuesday, March 24th
5:30 PM - 7:00 PM

Greenup UK Extension Office
35 Wurtland Ave
Greenup, KY 41144

MID-POINT MEETING

Tuesday, May 5th
5:30 PM - 7:00 PM

Greenup County Health Dept
806 Seaton
Greenup, KY 41144

CELEBRATION & WRAP-UP

Lettuce Run 5K
June 20th, 2026



**GROW WELL
GREENUP**
EAT WELL, MOVE WELL, BE WELL.

Cooperative
Extension Service

GCHD
Greenup County Health Department
Public Health = Public Wealth

CAR SEAT

- SAFETY EVENT -



GET YOUR CAR SEAT CHECKED!



- 5:00 PM - 7:00 PM -

— Free gift at check in —

Greenup County Health Department

806 Seaton Ave. Greenup KY 41144

(606) 473-9838

LOCATED IN THE HIENEMAN IMMUNIZATION DRIVE THROUGH CLINIC

Kentucky
HANDS



Health Access Nurturing Development Services
Every family needs an extra pair of HANDS



GCHD

Greenup County Health Department
Public Health = Public Wealth