

The Health Connection

NEWSLETTER

Scott Hill Honored as July Health Hero

Scott Hill is being honored as the July Health Hero for his leadership, partnership, and dedication to improving the health of the communities served by UK King's Daughters hospital.

His work reflects a commitment to bringing people together around a shared goal: creating better outcomes for patients, families, and neighbors across the region. At UK King's Daughters, Scott has helped strengthen community connections and support efforts that reach beyond the hospital walls. He believes progress in health care happens when hospitals, local organizations, and community leaders work side by side. That approach has helped build partnerships that address immediate medical needs while also supporting the broader factors that shape well-being.

Scott's leadership is rooted in service and guided by strong faith. He has advanced a vision of



care that is accessible, responsive, and focused on the people it serves. Whether supporting outreach efforts, encouraging teamwork, or helping guide community-centered initiatives, this lifelong Greenup County resident has made a meaningful impact on the region. He will also be featured this Friday, July 10th, in a new episode of The Healthy Department podcast, where he shares his career journey, his passion for the region, and his thoughts on community partnerships.

Greenup County Health Department is proud to recognize Scott Hill for the difference he continues to make in the lives of others every day.

In This Edition:

Protect Your Skin Today for a Healthier Tomorrow

July is UV Safety Awareness Month, a timely reminder to protect your skin while you enjoy summer activities.

Greenup County Celebrates the Longest Day of Play

On June 20, the Greenup County Farmers' Market was filled with laughter, friendly competition, and active fun as community members gathered for the second annual Longest Day of Play.

Wellness Where We Live: Alan Osuch

Since founding Osuch Tri-State Race Planners in 2011, Alan Osuch has given countless hours to promoting health, fitness, and community pride throughout the Tri-State region.



Greenup County Health Department
Public Health = Public Wealth

Protect Your Skin Today for a Healthier Tomorrow



July is UV Safety Awareness Month, a timely reminder to protect your skin while you enjoy summer activities. Whether you are mowing the lawn, tending a garden, working outdoors, cheering at a ballgame, or relaxing by the lake, ultraviolet (UV) rays can begin harming your skin in as little as 15 minutes.

Skin cancer is the most commonly diagnosed cancer in the United States, yet it is also among the most preventable. A few everyday precautions can lower your risk without keeping you indoors or away from the activities you love.

At the Greenup County Health Department, Environmentalist Wayne learned that lesson personally. After noticing a concerning spot on his face, he sought medical care and discovered it was skin cancer. Because it was found early, it was removed successfully with surgery, although the procedure did require stitches and a period of healing.

Since then, Wayne has changed the way he approaches time outdoors. He now wears a wide-brimmed bucket hat, applies sunscreen consistently, and follows up with a full skin examination to make sure there are no other suspicious areas. His experience is a strong reminder that skin cancer can affect anyone, especially people who spend a lot of time outside, and that early detection can make a major difference.

Sun safety starts with broad-spectrum sunscreen that has an SPF of at least 30. Put it on 15 to 30 minutes before going outside, and reapply every two hours, or more often if you are swimming or sweating.

Clothing also helps. Wide-brimmed hats protect the face, ears, and neck, while sunglasses with UV protection help shield the eyes. Lightweight long sleeves and pants made from tightly woven fabric add another layer of defense.

When you can, seek shade during peak sun hours, usually between 10 a.m. and 4 p.m. Even on cloudy days, UV rays can still reach your skin, so keep up with sunscreen and protective clothing.

It is also wise to know your skin. Check regularly for new moles, spots, or changes to existing ones. Watch for sores that do not heal, growths that change in size, shape, or color, or any spot that bleeds or itches. If something looks unusual, contact your healthcare provider or a dermatologist.

Summer should be enjoyed, and with simple habits, you can do that safely. Make sun protection part of your routine, and let Wayne's story be a reminder to stay alert all year long.

Greenup County Celebrates the Longest Day of Play

On June 20, the Greenup County Farmers' Market was filled with laughter, friendly competition, and active fun as community members gathered for the second annual Longest Day of Play. Families, local organizations, and community partners came together for a day centered on movement, healthy choices, and time spent outdoors.

Guests enjoyed a wide range of free, hands-on activities. Children built birdhouses and learned about nature, while the Master Gardeners helped participants plant seeds to take home and nurture. A favorite attraction was the smoothie bike, where riders powered a blender by pedaling an exercise bike to make fresh fruit smoothies. The activity offered a memorable reminder that healthy living can also be fun and interactive.

The Greenup County Homemakers hosted a Father's Day card-making station, giving children the chance to create special keepsakes for dads and father figures. The Greenup County Health Department also brought the Mega Lung, allowing visitors to see firsthand how smoking can affect lung health.



Kara



Andrea and Lauren

Several community organizations shared health education and resources throughout the event. The Diabetes Coalition distributed bags to participants who completed the Grow Well Greenup County program, celebrating their efforts toward healthier habits. Representatives from the Tobacco Cessation Program and the Health Department's Dental Program were available to answer questions and offer helpful information. The Extension Office provided healthy food samples, introducing visitors to nutritious recipes they can easily make at home.

Families also took part in lawn games, Farmer's Market Bingo, and visits to local vendors offering fresh produce, homemade goods, and locally grown products. Racers received pre-race stretching support and post-race massages from Bodyworx, adding to the day's wellness-focused atmosphere.

The highlight was the inaugural Lettuce Run 5K, which drew 104 runners and walkers of all ages. From experienced athletes to first-time participants, everyone shared the same goal: staying active and having fun. The overall winner finished in 20 minutes and 12 seconds, while many others celebrated simply by crossing the finish line.

Organizers thanked volunteers, sponsors, community partners, and all who attended. With strong support and a great turnout, they hope to make the Longest Day of Play an annual Greenup County tradition.



Cassie

More fun at the Longest Day of Play!



The Mega Lung!



Tractor Rides!

Fresh Air Yoga!



**Lincoln Howard, DC
from BodyWorx!**



**Shane Badger
Winner of
the Lettuce Run!**

Check Out the Latest Food Scores!

When you stop for a quick bite of lunch, are you worried about food-borne illness? How do you know if that restaurant is clean?

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

[Click Here](#)





July Employee Anniversary



Cassie Mace
24 Years

Greenup County Health Department Staff Member Attends Kentucky Overdose Prevention Summit



The Greenup County Health Department is committed to staying informed on the latest evidence-based strategies to address substance use and overdose prevention in our community. As part of that commitment, Cassie Mace, Overdose Prevention Coordinator, attended the 2026 Kentucky Overdose Prevention Summit on June 15–16 in Louisville.

The summit was hosted in partnership with the Kentucky Department for Public Health, the Kentucky Injury Prevention and Research Center, and UK HealthCare Central at the University of Kentucky. The annual event brings together public health professionals, healthcare providers, first responders, community organizations, researchers, and others from across the Commonwealth to share knowledge, discuss emerging trends, and strengthen Kentucky's response to the overdose epidemic.

Throughout the two-day conference, attendees participated in educational sessions highlighting evidence-based prevention strategies, harm reduction initiatives, community partnerships, recovery support services, and the latest data related to substance use and overdose prevention. The summit also provided valuable opportunities to collaborate with professionals from across the state, exchange ideas, and learn about innovative programs that are making a difference in communities throughout Kentucky.

"The opportunity to learn from experts and collaborate with colleagues from across Kentucky helps ensure that we continue bringing current, evidence-based practices back to Greenup County," said Mace. "Every community faces unique challenges, but by working together and sharing successful strategies, we can better support individuals and families affected by substance use."

The Greenup County Health Department remains committed to providing education, prevention resources, and support services that promote healthier, safer communities. Participation in statewide training opportunities like the Kentucky Overdose Prevention Summit helps ensure our staff remain equipped with the knowledge and tools needed to address one of today's most significant public health challenges.

By continuing to invest in education, collaboration, and evidence-based prevention, the Greenup County Health Department strives to improve the health and well-being of all Greenup County residents.

Wellness Where We Live:

Alan Osuch

Since founding Osuch Tri-State Race Planners in 2011, Alan Osuch has dedicated countless hours to strengthening health, fitness, and community pride across the Tri-State area. Working with his wife, Pam, he has helped create professionally managed, certified road races that welcome runners and walkers of every age and ability. Many events also support local charities and nonprofit organizations, turning each mile into an opportunity to advance meaningful causes. Through Alan's leadership, thousands of participants have been encouraged to improve their well-being while helping raise funds for programs that serve our communities.

This year, Alan partnered with the Greenup County Farmer's Market to launch the first Lettuce Run 5K during the Longest Day of Play celebration. His planning, organization, and careful attention to detail helped make the event a success, bringing 104 participants

together for a fun, active, and memorable community experience.

From route design and race logistics to safety, hospitality, and participant support, Alan and Pam spend many hours working behind the scenes. Their dedication helps ensure that every event runs smoothly and that everyone feels welcomed and encouraged. Their efforts also create opportunities for people to enjoy the physical and mental benefits of an active lifestyle.

Thank you, Alan and Pam, for championing healthier communities across the Tri-State region. Alan's leadership brings people together through running and walking events, inspiring fitness, connection, and kindness. We value his steady partnership, generosity, and example, which strengthen families, volunteers, young athletes, and communities, with every race.



Ride Smart: Staying Safe on E-Bikes, E-Motorcycles, and Electric Scooters



Summer brings plenty of outdoor fun, and across Greenup County, children, teens, and adults are riding electric bikes, electric motorcycles, and electric scooters. These devices offer a convenient way to travel, but they also come with real risks. A few simple safety steps can help prevent serious injuries and make sure every ride ends safely at home.

Unlike a regular bicycle, many electric-powered rides can travel 20 to 30 miles per hour, and some go even faster. At those speeds, a minor crash or fall can lead to broken bones, head trauma, or other life-threatening injuries. Emergency rooms nationwide are seeing more accidents involving these vehicles, especially among riders without helmets.

The best protection is a properly fitted helmet. Whether riding an e-bike, scooter, or electric motorcycle, a helmet can greatly reduce the chance of a serious head injury. It should fit snugly, sit level on the head, and have the chin strap fastened every time.

Parents should also choose equipment that matches a child's age, size, and ability. Some electric bikes and motorcycles are powerful enough to require maturity, balance, and quick judgment. Before a child rides, families should review the manufacturer's age recommendations and supervise new riders until they can handle the vehicle safely.

Safe behavior matters just as much as protective gear. Riders should follow traffic laws, stay alert for cars backing out of driveways, and avoid distractions such as cell phones or headphones. Passengers should never be carried unless the vehicle is designed for them. A quick check of brakes, tires, lights, and battery before each ride can also help prevent crashes.

Being visible is important too. Bright clothing, reflectors, and front and rear lights make it easier for drivers to see riders, especially in the early morning, at dusk, or on cloudy days. Whenever possible, ride in bike lanes or in areas where electric vehicles are allowed, and remain aware of road conditions at all times.

Parents can help by setting clear rules, requiring helmets on every ride, and limiting riding after dark. Most importantly, children should understand that electric-powered vehicles are not toys. They require attention, responsibility, and respect for the rules of the road.

Electric bikes, scooters, and motorcycles can be enjoyable and practical when used responsibly. By wearing a helmet, riding carefully, and staying alert, riders of all ages can help ensure every trip ends safely.

This summer, let's work together to keep Greenup County's roads, sidewalks, and neighborhoods safer for everyone.