

The Health Connection NEWSLETTER

Meet Vicki!

My name is Vicki Tuell and I am from Raceland, KY. I've been married to my husband, Brent, for nineteen years. We have two children, Brycen 18 & Braylee, 17.

I recently started my new career as a Public Health Support Specialist. The team at GCHD have been very welcoming and I knew instantly that this new opportunity was the perfect fit for me and my family. I'm looking forward to learning and growing my role and helping members of our community.



The Accreditation Connection: Our Accreditation Journey Begins

The Greenup County Health Department is pursuing Initial Accreditation through the Public Health Accreditation Board (PHAB), demonstrating our commitment to excellence, accountability, and continuous improvement. Over the coming

months, we'll share updates about the accreditation process and how our staff, Board of Health, partners, and community members all play an important role. To learn more about PHAB, go here: <https://phaboard.org/about/our-purpose/>.

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Greenup County Health Department
Public Health = Public Wealth

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Four Greenup County Health Department staff members attended the NACCHO360 Conference July 14- 17 in Louisville, Kentucky. Deputy Director Summer Kershner, Dietitian Andrea Collins, and Nurse Administrator Krista Alexander represented the department during the national public health conference. Director Chris Crum also attended but is not pictured.

NACCHO360 brings together local public health professionals from across the country to share ideas, explore emerging public health issues, and learn about innovative programs and best practices. The conference provided staff with opportunities to attend educational sessions, connect with other public health leaders, and gather information that can support the continued growth of services in Greenup County.

Attending conferences like NACCHO360 allows our team to stay informed, build valuable partnerships, and bring new ideas back to the department. We are proud to invest in the professional development of our staff and remain committed to strengthening public health services for the communities we serve.

NACCHO

National Association of County & City Health Officials

Back-to-School, Back-to-Health: Why Immunizations Matter

August is National Immunization Awareness Month, a timely reminder to look beyond backpacks, lunch boxes, and school schedules and make sure your family's vaccines are up to date.

Vaccines help protect children and adults from serious diseases by training the immune system to recognize and fight infections before they cause major illness. Because immunizations have been used for generations, many once-common diseases are now far less widespread in the United States.

Back-to-school season is often focused on kids, but adults need protection too. Depending on age, health conditions, occupation, or travel plans, you may need vaccines such as shingles, pneumonia, tetanus, RSV, COVID-19, or your annual flu shot.

Staying current helps protect not only you, but also babies, older adults, and others who are more vulnerable to infection. If you're unsure whether your family is current, your healthcare provider or local health department can review records and tell you what is due.

One of the best things about vaccines is that they offer a simple way to prevent illness before it starts. Being up to date can mean fewer missed days of school, fewer sick days at work, and more time enjoying the people and activities you love.

This National Immunization Awareness Month, take a few minutes to check your family's immunization records. A quick review today can help protect your health tomorrow and throughout the year.

If you have questions about recommended vaccines, need to update records, or want to make an appointment, the Greenup County



Health Department is ready to help. Call 606-473-9838 to learn more about immunization services and to speak with someone who can guide you through the next steps. Whether you're preparing for school, work, travel, or simply trying to stay healthy, keeping vaccines current is one of the easiest ways to care for yourself and the people around you.

A small amount of time today can help prevent bigger problems later, including missed activities, extra doctor visits, and avoidable illness. Use this month as your reminder to check each family member's record, ask about needed vaccines, and schedule any appointments before the busy season gets underway. Prevention is always easier than treatment, and immunization is a smart, practical step that supports lifelong wellness for children, teens, adults, and seniors alike. When families stay on schedule, they help protect classrooms, workplaces, grandparents, newborns, and neighbors who may not be able to fight infection as easily. Taking a few minutes to verify records now can bring peace of mind later, and it can make fall routines a little smoother for everyone.

This National Immunization Awareness Month, let vaccines be one item you confidently check off your list for the health of your whole family.

August Employee Anniversaries!



Krista Alexander
16 years



George Burney
9 years



Stephanie Gillum
4 years



Dianna Charles
6 years

Welcome to the KALBOH Corner!

This month, we're excited to introduce a new section in our newsletter! Each month, we'll share news and updates from the Kentucky Association of Local Boards of Health (KALBOH) and show how local boards of health are working together to improve the health of communities across Kentucky.

KALBOH brings together board of health members from every corner of the Commonwealth. The association provides training, shares ideas and resources, and helps local boards learn from one another. By working together, board members are better prepared to support their local health departments and make informed decisions that benefit their communities.

This year, KALBOH is focusing on educating board members, building stronger

partnerships, and sharing ideas that help local health departments meet the changing needs of the people they serve.

We hope you'll enjoy this new feature as we share stories, updates, and ways local boards of health are making a difference for Kentuckians every day.



Eyes Up, Greenup County!



Let's be honest, we've all done it.

Your phone buzzes, and you think, "I'll just glance at it for a second." Or maybe you're digging around for a French fry, changing the music, or trying to remember which turn your GPS just told you to make.

The problem is that driving doesn't need our attention most of the time, it needs it all the time.

Here in Kentucky, distracted driving continues to be one of the biggest factors in traffic crashes. According to the Kentucky Transportation Cabinet, distracted driving was involved in 43% of all crashes and 31% of all fatal and serious injury crashes analyzed through the state's Strategic Highway Safety Plan.

Even more concerning, Kentucky State Police reported 5,505 crashes related to distracted driving or cell phone use in 2025, including 18 fatal crashes.

Most of us picture texting when we hear "distracted driving," but distractions come in many forms. Eating breakfast on the way to work, reaching into the back seat, changing your playlist, talking on the phone, or even getting lost in thought can all pull your attention away from the road.

Here's something to think about: taking your eyes off the road for just five seconds while traveling 55 mph means you've driven the length of a football field without looking. Imagine closing your eyes for that entire distance. That's how quickly things can change.

The good news? This is one of the easiest traffic risks to prevent.

Before you put the car in gear:

- Set your GPS.
- Pick your playlist.
- Silence your phone or turn on "Do Not Disturb While Driving."
- If a call or text can't wait, pull over somewhere safe before responding.

If you're riding with someone, offer to answer a text or navigate so the driver can stay focused. And if you're a parent or grandparent, remember that little eyes are always watching. The driving habits they see today are often the ones they'll practice tomorrow.

No message, email, or social media notification is worth risking a life. Whether you're heading to work, taking the kids to practice, or just running to the grocery store, make one simple commitment every time you get behind the wheel:

Phone down. Eyes up. Everyone gets home safely.

BACK
to
SCHOOL

Berry Spinach Smoothie

Prep Time 5 min Serves 2



Ingredients

- 1 Handful Fresh Spinach
- 1 Cup Frozen Berry Mix
- 1 Tbsp Peanut Butter
- $\frac{1}{2}$ Cup Plain Vanilla Yogurt
- 1 Cup Almond Milk



Directions

1. Wash hands with soap & water.
2. Place ingredients in blender & blend until desired consistency.

**** Can add more/less milk for thicker/thinner consistency**

Start the school year strong with a colorful smoothie! Different colored fruits and vegetables provide different vitamins and nutrients to help support a healthy immune system. Remember, the more color, the more nutrition!

PRENATAL POP-UP: Support for A Healthy Start

By Dianna Charles, Healthy Women Healthy Beginnings Coordinator

Pregnancy can be exciting, but it can also bring questions, concerns, and unexpected challenges. Greenup County Health Department's Healthy Women Healthy Beginnings program is here to help pregnant women connect with the care and resources they need for a healthier pregnancy and a strong start for their baby.

When a pregnant client visits our department, we can help determine WIC eligibility and encourage her to establish care with a prenatal provider during the first trimester. We can also connect families with HANDS, a free,

voluntary home-visiting program that supports parents during pregnancy and through a child's first two years of life.

Our nurses provide education and referrals based on each client's individual needs. Services may include tobacco or vaping cessation, substance-use support, mental health and postpartum depression resources, and help for anyone experiencing violence, abuse, or neglect. We also offer medical nutrition therapy and guidance about infant feeding.

Clients who plan to breastfeed may meet with our Breastfeeding Peer Counselor, while those planning to formula feed can receive information to help them prepare safely. When we meet with clients, we review previous pregnancies, including miscarriages and preterm births between 20 and 36 weeks, so they can discuss appropriate monitoring and possible preventive treatments, including progesterone when medically indicated, with their prenatal provider.

Additional assistance may include Medicaid application guidance and referrals to other community services. Every pregnancy is different, and no one should have to navigate it alone.

Pre-Natal Pop-up connects women, mothers, and mothers-to-be with information, encouragement, and trusted support during one of life's most important journeys. Our goal is to make each family feel informed, supported, and ready for the next step in care and at home, too, always.



Dental Team Expansion

The Greenup County Health Department is one of the newest recipients of the Rural Health Transformation Public Health Dental Hygiene Expansion Funding. What does this mean? We have added a second Dental Hygiene Team to serve our community!

The Commonwealth of Kentucky has been awarded funding through the Centers for Medicare & Medicaid Services (CMS) Rural Health Transformation Fund (RHTF). This investment will empower Kentucky to launch and implement its Rural Health Transformation Plan (RHTP) – a community-driven strategy to expand access and improve health outcomes for rural residents across the Commonwealth.

RHT programs aim to strengthen rural health infrastructure and drive sustainable, long-term improvements. The oral health program, Rooted in Health (RIH), focuses on prevention of oral disease and expansion of dental care access in Kentucky's rural

communities. Through the RIH program, DPH is investing in Public Health Dental Hygiene Teams to expand access to preventive oral health services in rural areas statewide.

Stay tuned for more exciting news from our Dental Team!



Katelyn and Kayleigh

Check Out the Latest Food Scores!



A good experience for your night out can be wonderful. But what if that restaurant struggles with being clean? How do you know if that particular restaurant is up to clean standards?

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

[Click Here](#)

Breastfeeding Support Starts Here: Celebrating National Breastfeeding Month



By Stephanie Gillum, Breastfeeding Peer Counselor

Whether you're expecting your first baby or adding another little one to your family, there's no shortage of decisions to make before your baby arrives. One of those decisions may be whether breastfeeding is right for you.

Breastfeeding provides ideal nutrition for babies and offers health benefits for both mother and child, but every family's feeding journey looks different.

The truth is, every breastfeeding journey is unique. There isn't a one-size-fits-all experience, and that's okay. What every mother deserves is encouragement, reliable information, and someone to remind her that she isn't alone. That's exactly why the Breastfeeding Peer Counselor Program is such an important part of prenatal and postpartum care.

As the Breastfeeding Peer Counselor at the Greenup County Health Department, I have

the privilege of supporting mothers during one of the most exciting, and sometimes overwhelming, times in their lives. My goal is to provide education, answer questions, and offer encouragement every step of the way.

Breastfeeding is a learning experience for both mom and baby. It's completely normal to have questions about latching, milk supply, pumping, returning to work, or simply wondering if what you're experiencing is normal. Sometimes, all you need is someone who understands, can offer reassurance, and remind you that you're doing a great job.

As a peer counselor with Kentucky WIC, I'm specially trained and have personal breastfeeding experience. That combination allows me to offer practical guidance while understanding the emotions that often come with this journey. If additional support is needed, I'm also happy to connect families with other helpful breastfeeding resources.

One of my favorite parts of this job is watching mothers grow in confidence. Seeing a new mom overcome challenges and reach her breastfeeding goals is incredibly rewarding. Every family deserves to feel supported, empowered, and celebrated along the way.

If you're pregnant, recently welcomed your baby, or simply have questions about breastfeeding, I'd love the opportunity to support you. You don't have to have all the answers before your baby arrives—and you don't have to navigate your breastfeeding journey alone.

To learn more about the Greenup County Health Department's Breastfeeding Peer Counselor Program or to see if you're eligible, please call 606-473-9838. I look forward to helping you and your baby get off to the best possible start.

Lora Pullin Receives Health Hero Award

Greenup County is celebrating Lora Pullin as this month's Health Hero, recognizing her outstanding commitment to community wellness and her steady work to help residents live healthier lives. Pullin has become a familiar and trusted presence through her leadership in local health education programs, cooking classes, food preservation workshops, and wellness initiatives that encourage people to take practical steps toward better health.

Her efforts have been especially impactful through the Grow Well Green Up program, a collaborative effort that brings together the extension office, the health department, the library, the medical center, Body Works, and other community partners. Pullin believes the county is stronger when organizations work together, and her work reflects that belief. By helping create programs that are approachable, supportive, and useful, she has made health education more accessible for individuals and families across the county.

Pullin's influence goes beyond instruction. She helps build relationships, encourages accountability, and offers the kind of support that makes people feel welcome and motivated to keep going. Whether she is helping with meal planning for busy families, sharing ideas for healthier cooking, or supporting residents who are managing dietary restrictions or chronic health conditions, she consistently meets people where they are.

The Health Hero award honors not only Pullin's knowledge, but also her compassion and dedication to making a lasting difference. In a community where partnership and encouragement matter, Lora Pullin stands out as someone who helps others feel empowered to improve their health and wellness. Her work is a reminder that real change begins with people who are willing to serve, connect, and lead with heart.



Lora and Andrea

CAR SEAT SAFETY CHECKS



AUGUST 15TH 10 AM - 12 PM



**35 WURLAND AVE,
GREENUP, KY 41144**



**CHILD
PASSENGER
SAFETY TECHS
WILL BE
PRESENT!**



**MAKE SURE THEIR SEAT IS
SAFE FOR EVERY RIDE
& SHOP LOCAL PRODUCE!!**



GCHD

Greenup County Health Department
Public Health = Public Wealth



GREENUPCHKY.GOV



(606)473-9838