

The Health Connection NEWSLETTER

Greenup Health Department Staff Attend KYACHW Conference



Lauren and Vicki recently represented the Greenup County Health Department at the Kentucky Association of Community Health Workers (KYACHW) Conference in Lexington. The conference brought together community health workers and public health professionals from across Kentucky to learn, share ideas, and discuss ways to better support the communities they serve.

Throughout the conference, Lauren and Vicki attended educational sessions, connected with other professionals, and learned about helpful programs and resources available throughout the state. They look forward to using the information and connections they gained to help strengthen outreach efforts and better serve the residents of Greenup County.

In This Edition:

New Team Members!

Meet Karli and Tiffany, new team members in our Dental Team!

What Does Your Board of Health Do?

You may know that the Greenup County Health Department has a Board of Health, but what does the Board actually do?

Boards of Health play an important role in protecting and improving the health of their communities.

September is Suicide Prevention Month

We all have hard days. Sometimes, though, someone may be going through more than we realize.



Greenup County Health Department
Public Health = Public Wealth

New Team Members!

Meet Karli!

Hello! My name is Karli Robinson, and I am excited to join the Greenup County Health Department as a Dental Hygienist. In my role, I will be providing preventive dental care and oral health education to children throughout our community, helping them build healthy habits and bright smiles.

Outside of work, I am a wife to my husband, Matthew, and a mom to our daughter, Annie. As a family, we enjoy spending time outdoors and making the most of our time together.

I look forward to connecting with local families and making a positive impact on the oral health of children in our community.



Meet Tiffany!



Hello! I'm Tiffany Manis and I am the newest Dental Assistant here at the Greenup County Health Department. I will be working alongside Karli, our newest Dental Hygienist. My role as a Dental Assistant is to lend a helping hand when Karli is doing dental cleanings, treatments and will be charting for each patient we see.

I am a wife to my wonderful husband of 5 years. I am a heart momma to two little boys living with Congenital Heart Defects. I look forward to growing and learning new things in my role as a Dental Assistant as the years come!



GREENUP COUNTY HEALTH DEPARTMENT

WE WILL BE
CLOSED

FOR STAFF DEVELOPMENT

on
**MONDAY,
SEPTEMBER 14, 2026**



MONDAY
SEPTEMBER

14

THE HEALTH DEPARTMENT
WILL BE CLOSED FOR
STAFF DEVELOPMENT ON
MONDAY, SEPTEMBER 14, 2026.



TUESDAY
SEPTEMBER

15

WE WILL REOPEN ON
TUESDAY,
SEPTEMBER 15, 2026
AT 7:30 AM.

Thank you for your understanding!

September Employee Anniversaries!



Jamee Helms
4 Years

What Does Your Board of Health Do? A Six-Part Look at Public Health Governance

You may know that the Greenup County Health Department has a Board of Health but what does the Board actually do?

Boards of Health play an important role in protecting and improving the health of their communities. The National Association of Local Boards of Health (NALBOH), working with the Centers for Disease Control and Prevention (CDC) and other public health partners, identified six important functions of public health governance.

Over the next six issues, we'll take a closer look at each one and explain what it means, why it matters, and how it helps support healthier communities.

The six functions are:

1. **Policy Development:** Helping establish policies that protect and improve community health.
2. **Resource Stewardship:** Making sure public health resources are used responsibly.
3. **Legal Authority:** Understanding and carrying out the responsibilities given to Boards of Health by law.



4. **Partner Engagement:** Working with community organizations and other partners to improve health.
5. **Continuous Improvement:** Looking for ways to make public health programs and services better.
6. **Oversight:** Helping ensure the health department is meeting its responsibilities and serving the community effectively.

No single function stands alone. Together, all six help Boards of Health provide strong leadership for public health and the communities they serve.

September is Food Safety Awareness Month!



September is Food Safety Awareness Month, a great time to remember that food safety starts with each of us. Whether you're preparing dinner at home, packing a lunch, enjoying a family gathering, or serving food at a community event, simple food safety habits can help protect you and the people around you from foodborne illness.

Foodborne illness, often called food poisoning, can happen when food becomes contaminated with harmful germs. Fortunately, many cases can be prevented by remembering four simple steps:

CLEAN

Wash your hands with soap and water before preparing or eating food. Keep counter tops, cutting boards, utensils, and other food preparation surfaces clean. Remember to wash fresh fruits and vegetables under running water, too.

SEPARATE

Keep raw meat, poultry, seafood, and eggs away from foods that are ready to eat. Use separate cutting boards when possible, and never place cooked food back on a plate that held raw meat.

COOK

Cook foods thoroughly to kill harmful germs. A food thermometer is the best way to know when meat and other foods have reached a safe internal temperature, color alone isn't a reliable guide.

CHILL

Refrigerate perishable foods promptly. Don't leave foods that require refrigeration sitting at room temperature for more than two hours or more than one hour when temperatures are above 90°F. Keep your refrigerator at 40°F or below.

Food Safety Starts With All of Us

Food safety isn't just important in restaurants. It begins in our homes, at family gatherings, during cookouts, at community events, and anywhere food is prepared and served.

This September, take a few minutes to look at your own food safety habits. Small actions, washing your hands, preventing cross-contamination, checking temperatures, and refrigerating leftovers promptly can make a big difference.

MONSTER BASH

OCTOBER 15TH, 2026

Greenup County Fairgrounds
4PM - 8PM

A SPOOKTACULAR CELEBRATION
OF HEALTHY LIVING!!



**GROW WELL
GREENUP**

Eat Well, Move Well, Be Well.

September is Suicide Prevention Month

Check In. Listen. Be There.

By: Cassie Mace, RN

We all have hard days. Sometimes, though, someone may be going through more than we realize.

September is Suicide Prevention Month, and it's a good reminder to check in on the people around us. A simple "How are you doing?" or "I've noticed you haven't seemed like yourself lately" can open the door for someone who is struggling.

You don't have to have all the right words. You don't have to be a counselor. Sometimes the most important thing you can do is simply listen and let someone know they aren't alone. What should you watch for?



Someone who is struggling may pull away from family and friends, seem unusually sad or angry, talk about feeling hopeless or like a burden, give away important belongings, or talk about death or suicide. You may also just notice that they don't seem like themselves.

Trust that feeling and check on them.

And don't be afraid to ask, "Are you thinking about suicide?" Asking the question does not put the idea in someone's head. It gives them a chance to tell you what they are going through.

A Little Kindness Matters

Check on your friend who has been quiet lately. Call the family member you haven't heard from. Sit and listen when someone needs to talk. And remember to check in with yourself, too.

We never really know what someone else may be carrying.

If you or someone you know is struggling or thinking about suicide, call or text 988 to reach the Suicide & Crisis Lifeline. Help is available 24 hours a day, 7 days a week.

If someone is in immediate danger, call 911 or go to the nearest emergency department. You matter. Your neighbor matters. And sometimes just knowing someone cares can make a difference.



Blood Drive **Greenup Health Dept**

Meeting Room
806 Seaton Ave
Greenup, KY

Tuesday, September 15
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.

**The American Red Cross and Hello Kitty are releasing
exclusive NEW merch! Come give blood Sept. 1-20 for a
super-cute Red Cross x Hello Kitty collectible item,
while supplies last!**

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

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[110] - Order ID: RED359 - Item ID: 003571 - Qty: 1 of 1 - 42332 - 3005-APL0325 - APC A - 25-425

Eating for a Healthy Pregnancy: Nutrition Before and During Pregnancy



By: Dianna Charles, RN- Healthy Women
Healthy Beginnings Coordinator

Healthy pregnancy starts with good nutrition. The foods you choose before conception and throughout pregnancy help supply the nutrients needed for your health, your baby's growth, and your baby's developing organs, bones, and brain. Eating well also supports energy, immune function, and overall well-being during a time of major change.

Before Pregnancy

Nutrition matters even before pregnancy begins. If you are planning to conceive, aim for a balanced diet that includes fruits and vegetables, whole grains, lean proteins, dairy or fortified alternatives, and healthy fats. These foods provide vitamins, minerals, and energy that help prepare your body for pregnancy.

Folic acid is especially important before conception and in early pregnancy because it helps lower the risk of neural tube defects, which affect the brain and spinal cord. Many healthcare providers recommend a prenatal

vitamin with folic acid before pregnancy. It is also helpful to maintain a healthy weight, stay active, sleep well, and limit highly processed foods.

During Pregnancy

As pregnancy progresses, your body needs extra nutrients. Protein supports the growth of tissues and organs. Iron is needed to make additional blood, and good sources include lean meat, beans, lentils, spinach, and fortified cereals. Calcium and vitamin D help build strong bones and teeth, and can be found in dairy products, fortified plant-based beverages, leafy greens, and certain fish.

Fruits, vegetables, and whole grains provide fiber and important vitamins and minerals. Healthy fats from avocados, nuts, seeds, and low-mercury fish support brain and eye development. Just as important, drinking enough water helps maintain circulation, digestion, and other essential body functions.

Foods to Avoid or Limit

Food safety is especially important during pregnancy. Avoid alcohol completely. Skip raw or undercooked meats, eggs, and seafood, as well as unpasteurized dairy products, because they can increase the risk of foodborne illness. Choose low-mercury fish and avoid fish with high mercury levels. Caffeine should also be limited, based on your healthcare provider's advice.

The Bottom Line

Healthy pregnancy nutrition is about balance, variety, and consistency. Small, steady choices before and during pregnancy can make a lasting difference for both parent and baby.

Preparedness Month

By: Cassie Hamilton, Preparedness Coordinator

Each September, communities across the country recognize National Preparedness Month, a time to focus on preparing ourselves, our families and our communities for emergencies and disasters.

The 2026 theme, “**Americans Stand Ready**,” highlights how individual preparedness helps strengthen families, support first responders and build more resilient communities. FEMA’s campaign focuses on three ideas: Americans stand ready to uphold our patriotic duty, protect our family and friends, and help our communities.

Preparedness Starts Before the Emergency

Emergencies such as tornadoes, severe storms, flooding, power outages, winter weather and infectious disease outbreaks can happen with little warning. Being prepared doesn't mean planning for every possible situation. Simple steps like, signing up for emergency alerts, knowing where to shelter, keeping basic emergency supplies on hand and having a family communication plan, can make a difference.

Your Health Department Stands Ready

Preparedness is also an important part of public health. Throughout the year, the health department develops and reviews emergency plans, participates in training and exercises, prepares for severe weather and public health emergencies, and works with local and regional partners.

We also plan for situations when medications, vaccines or other critical resources may need to be provided to the community and for ways to continue essential public health services during an emergency.

Preparedness is an ongoing process of planning, training, practicing, evaluating and improving.



SEPTEMBER IS
**NATIONAL
PREPAREDNESS
MONTH**

We All Have a Role

A prepared community begins with prepared individuals and families. This September, take one step toward being better prepared: update your emergency plan, check your supplies, sign up for alerts or talk with your family about what to do during an emergency.

Preparedness doesn't begin when the sirens sound or disaster strikes. It begins today.

This National Preparedness Month, let's make sure our families, our health department and our community can proudly say:

Americans Stand Ready.

The Accreditation Connection

Understanding Our Community: The Community Health Assessment

Accreditation begins with understanding the health needs of our community through a Community Health Assessment (CHA). By reviewing local health data and gathering community input from people who live, work and/or play in Greenup County, we identify the issues that matter most to the people we serve. These identified priorities help to direct future public health planning measures. To view the Greenup County Health Department CHA, click here: [Greenup County Health Department - Community Health Assessment](#)



Check Out the Latest Food Scores!



Trust is an important thing. When you eat out, do you trust the person who prepared your meal? How do you know if that particular restaurant is up to clean standards?

You don't have to rely on trust! You can know how clean any restaurant really is! Click to see the scores in Greenup County!

[Click Here](#)