VOLUME 17 | November 2026

The Health Connection NEWSLETTER

Bringing New Knowledge Home to Greenup County Families

Keeping our community's mothers, babies, and children healthy is a priority at the Greenup County Health Department! Nurses Cassie Mace and Dianna Charles recently attended the 2026 Maternal and Child Health (MCH) Conference last month in Lexington, Kentucky, to learn new ways to better serve local families.

Conference topics included perinatal mental health, pediatric ingestion prevention, childhood fatality review, safe sleep practices, and oral health. The conference also provided opportunities to share ideas and discuss best practices with other public health professionals.

By bringing this knowledge and resources back to Greenup County, our nurses can continue strengthening programs, supporting parents, and helping children get a healthy start in life.



Dianna and Cassie

In This Edition:

New Employees!
Say hello to Brittany and Tausha as they join the GCHD team.

Hunting Season Is Here: Keeping Our Children and Families Safe
Kentucky's modern gun deer season runs November 14–29, 2026. Hunting brings families together, teaches children about the outdoors, and ...

Premature Birth: Every Little Life Matters
Premature birth, also known as preterm birth, occurs when a baby is born before 37 completed weeks of pregnancy.

GCHD
Greenup County Health Departmer
Public Health = Public Wealth

GCHD Welcomes New Employees

Meet Brittany May!



Hi everyone! My name is Brittany, and I'm excited to be joining the team as a Support Services Associate!

After spending the last 20 years in the food service industry, I am excited to take a leap into a new career. I have a bachelor's degree in business administration, and I'm looking forward to putting that education to work while learning lots of new things along the way. It's definitely a change, but one I'm really excited about!

I'm a native of Ashland, Kentucky, and recently made the move to Flatwoods. Outside of work, I love spending time with my husband, Stephen, and our two puppies, Roxy and Annabelle. Since joining the team, everyone has been so welcoming, kind, and helpful, which has made the transition into a new career feel incredibly positive.

I'm excited to meet more of you, become part of the team, and see where this new adventure takes me. I'm looking forward to what's ahead!

Meet Tausha Simpson!



Hello, my name is Tausha Simpson, and I am one of the new clerical staff, and I'm a proud mom of four amazing kids and a proud Nana to my grandson, Anakin. I've been happily married for 17 years and am grateful for the life we've built together. I also have two mini doodles who keep life fun and full of energy.

I'm originally from Greenup and, after spending 11 years away, I was happy to move back home. There's something special about returning to your roots and being close to family and friends. I am excited to be a part of the GCHD team.

THANK YOU FOR MAKING MONSTER BASH



A MONSTER SUCCESS

A SPECIAL THANK YOU TO:

B&T FOOD TRUCK
SMOKN J'S
KONA ICE
FACEPAINT BY MARY
KENTUCKY POWER
GREENUP COUNTY FAIRGROUNDS

YOGA BY APPALACHIAN FOLKOLOGY
POPPY'S GOLF CART RENTALS
IMEL'S GREENHOUSE
BODY REFIT BY GREENUP CHRISTIAN CHURCH
JOHNATHAN CHARLES – DJ
HANNAH BLAINE PHOTOGRAPHY

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Hunting Season Is Here: Keeping Our Children and Families Safe

Cassie Mace, RN MCH Coordinator

Kentucky's modern gun deer season runs November 14–29, 2026. Hunting brings families together, teaches children about the outdoors, and creates lasting memories. As families prepare, firearm safety must come first, not just for hunters, but for everyone in our community.

A Moment Can Change a Lifetime

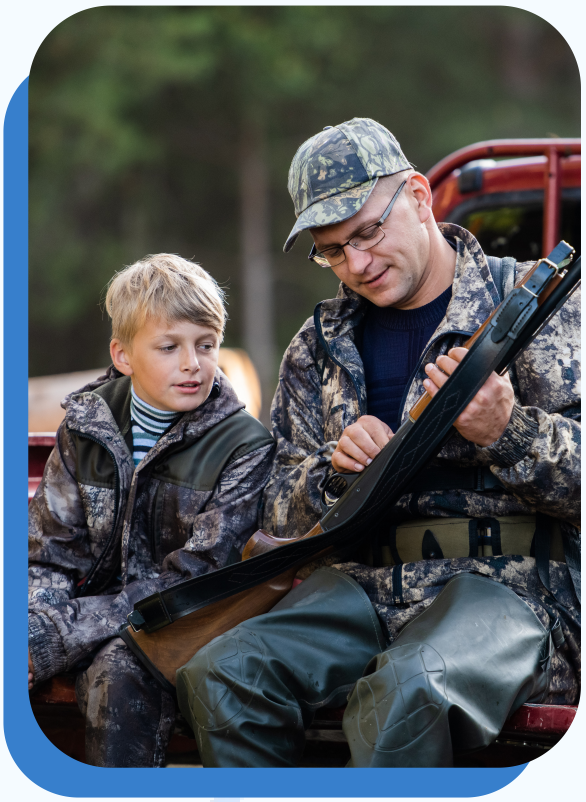
An unsecured firearm in a bedroom, closet, or vehicle can turn a child's curiosity into tragedy. Families and communities may carry the grief for years. Even children taught not to touch firearms may not understand the consequences. Education alone is not enough; responsible storage is essential.

Safe Storage Saves Lives

- Keep firearms unloaded and locked in a gun safe or lock box when not in use, whether used for hunting, sport, or protection.
- Store ammunition separately and locked away.
- Keep keys and combinations inaccessible to children and unauthorized people.
- Treat every firearm as loaded; never assume it is unloaded.
- Teach children never to touch a firearm, to leave the area, and to tell a trusted adult immediately.
- Before children visit friends or relatives, ask whether firearms are present and securely stored.

Teaching Young Hunters Responsibility

Begin safety education before entering the woods. Teach young hunters to point firearms in a safe direction, keep fingers off triggers until ready to shoot, and identify their target and what lies beyond it.



Wear required hunter-orange clothing, stay aware of others, and never handle firearms while impaired. Ensure young hunters meet Kentucky's hunter education and supervision requirements. Adults must model safe behavior.

Safety Is a Family Responsibility

The Greenup County Health Department encourages families to make safety a year-round tradition. Secure firearms, review safety rules, and keep conversations going. The greatest hunting story ends with everyone home safely.

Together, we can protect those we love.

What Does Your Board of Health Do?

Part Two: Resource Stewardship

Last month, we took a closer look at Policy Development, the first of the Six Functions of Public Health Governance. For our second month, we're looking at Resource Stewardship and how Boards of Health help make sure local public health has the resources it needs to serve the community.

Resource Stewardship: Making the Most of What We Have

When we hear the word "resources," money may be the first thing that comes to mind. While funding is certainly important, public health resources means much more.

Your Board of Health helps make sure the Greenup County Health Department has the people, facilities, technology, equipment, funding, and other resources needed to provide essential public health services.

One important part of resource stewardship is financial responsibility. Boards of Health help develop or approve budgets based on the needs of the health department and community. They also look ahead and help plan for future expenses and needs. Public funds are entrusted to the health department, and the Board has an important responsibility to make sure those funds are managed carefully.

Resource stewardship can also mean looking for ways to work together. Health departments may share resources or develop agreements with neighboring communities and other organizations when doing so allows them to serve people more effectively.

Boards can also help advocate for the funding and resources needed to continue important public health programs and services.

What Does That Mean for Our Community?

Resource stewardship is about asking:

- What do we need to serve our community?
- How can we use our resources wisely?
- How can we plan today so we're prepared for tomorrow?

Good stewardship helps make sure the resources entrusted to public health are used responsibly while helping the health department remain ready to meet the changing needs of our community.





Check Out the Latest Food Scores!



Great friends and great food sounds like a great time!! But how do you know if that favorite 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

Diabetes Awareness: Taking Steps Toward a Healthier Greenup County

By: Andrea Collins MS, RDN, LD

Diabetes is an important health concern right here in Greenup County. According to the Greenup County Health Department's 2025 Community Health Assessment, an estimated 15.1% of adults in Greenup County are living with diagnosed diabetes, compared to 14% statewide. That's approximately 1 in 7 adults in our community.

These numbers remind us why prevention, early detection, and ongoing care are so important. Diabetes can develop without noticeable symptoms, and many people may not realize they are at risk.

One important step in understanding your health is getting an A1C screening. An A1C test measures your average blood sugar over the past two to three months. It can help identify prediabetes and diabetes, allowing individuals to take steps toward better health and work with their healthcare provider on a plan of care.

The Greenup County Health Department wants our community to know that you don't have to navigate your health journey alone. Whether you have questions about diabetes, need help finding screening resources, or would like assistance getting scheduled for an A1C screening, our team is here to help.

Your health matters, and knowing your numbers is a great place to start! Call the Greenup County Health Department at 606-473-9838 to learn more about available resources and how we can help.
To learn more about the health needs and priorities of our community, visit the Greenup County Health Department's Community Health Assessment at https://dashboards.mysidewalk.com/preliminary-greenup-county-health-department-lna-2025-85a479d57fb7.



Premature Birth: Every Little Life Matters

By: Dianna Charles, RN Healthy Women Healthy Futures Coordinator

Premature birth, also known as preterm birth, occurs when a baby is born before 37 completed weeks of pregnancy. Every year, millions of babies around the world are born prematurely, beginning their lives with unique challenges and incredible strength.

What Causes Premature Birth?
Premature birth can happen for many reasons, and sometimes the exact cause is unknown. Factors may include certain infections, high blood pressure, multiple pregnancies (such as twins or triplets), and previous preterm births. Regular prenatal care can help identify potential risks and support a healthier pregnancy.



Challenges and Care
Babies born prematurely may need extra medical support because their lungs, brains, and other organs are still developing. Some require specialized care in a neonatal intensive care unit (NICU). With advances in medical care, many premature babies grow and thrive, although some may experience ongoing health or developmental challenges.

How Can We Help?
Families of premature babies may experience worry, uncertainty, and emotional stress. Compassion, encouragement, and practical support can make a meaningful difference. Healthcare professionals can guide families through their baby's care and development.

Practices such as attending prenatal appointments, avoiding tobacco and alcohol during pregnancy, and managing existing health conditions can support a healthy pregnancy. However, premature birth cannot always be prevented, and it is not a parent's fault.

A Message of Hope
Every premature baby has a unique journey. Through medical care, family support, and community awareness, we can help give these little fighters the best possible start in life. By learning more about premature birth, we can replace fear with understanding and offer hope to families navigating this experience.

Every small beginning deserves care, compassion, and the opportunity to thrive.

Our Latest HANDS Graduate!



His name is Grayson Wilburn; he was in the program until he turned 3. HANDS Specialist Ashlee McMillan had the privilege to watch him grow from infancy.

Ashlee said, "He is so smart, energetic , and the sweetest little boy. "

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

GREENUP COUNTY HEALTH DEPARTMENT
MOBILE APP

SCAN to download

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Built by: ThePublicHealthApp.com CUSTOM APPS



The Accreditation Connection

Working Together Through Partnerships



Community health is a shared responsibility. The success of the Community Health Improvement Plan (CHIP), mentioned in our previous newsletter, depends on strong partnerships among our Board of Health, healthcare providers, schools, local governments, businesses, community organizations, and residents working toward common goals. Regular coalition meetings help to keep our partners informed and engaged in our shared CHIP priorities.

November Employee Anniversaries



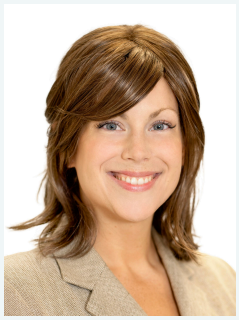
Brenda Barney- Howe
14 Years



Cassandra Hamilton
5 Years



Sarah Roark
1 Year



Leslie Boardman
6 Years



Taylor Morrison
1 Year

GCHD

Greenup County Health Department

Public Health = Public Wealth

CLOSED

For Thanksgiving

THE GREENUP COUNTY HEALTH DEPARTMENT WILL BE CLOSING @ 2:30PM ON

WEDNESDAY, NOVEMBER 25

AND CLOSED ALL DAY ON

THURSDAY, NOVEMBER 26

&

FIRDAY, NOVEMBER 27



We will reopen on Monday, November 30 at 7:30am