Lex-CHIP Monthly Newsletter

October 2026



www.LFCHD.org Lex-CHIP@LFCHD.org

Growing Stronger Together

As October arrives, Lex-CHIP partners continue building on a year of collaboration, connection, and community action. Across Lexington-Fayette County, partners are working together to strengthen resources, share knowledge, and address the priorities that matter most to our community. As we move into the final months of the year, we celebrate the relationships that make this work possible and look forward to continuing our shared progress toward a healthier, safer, and more connected Lexington.





Month-Long Observances

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- Health Literacy Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

Awareness Days & Weeks

- October 4–10: Mental Illness Awareness Week
- October 5: Child Health Day
- October 8: National Depression Screening Day
- October 10: World Mental Health Day
- October 15: Global Handwashing Day
- October 18–24: National Health Education Week
- October 23–31: Red Ribbon Week
- October 29: World Stroke Day



- **10/5 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/6 | 10 - 11 AM**
  Diabetes Support Group
  Lexington Senior Center
  Learn More

- **10/7 | 1 - 4 PM**
  LFCHD Free Flu Clinic
  Lexington Senior Center
  Register HERE

- **10/7 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/7 | 2 - 6 PM**
  LFCHD Free Flu Clinic
  BCTC Leestown Campus
  Register HERE

- **10/8 | 10 AM - 2 PM**
  YMCA Senior Health Fair
  North Lexington Family YMCA
  Learn More

- **10/10 | 2 - 3 PM**
  Nutrition for Peri- & Menopause
  Eastside Library
  Learn More

- **10/10 | 2 - 6 PM**
  Beaumont Presbyterian Church Family Fall Festival
  Beaumont Presbyterian Church
  Learn More

- **10/12 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/13 | 10 - 11 AM**
  Health Literacy Class
  Lexington Senior Center
  Learn More

- **10/13 | 5 - 6:30 PM**
  LFCHD Community Pop-Up
  Appian Way Apartments
  Learn More

- **10/14 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/15 | 10 AM - 2 PM**
  National Latino HIV/AIDS

- **10/17 | 9:30 - 11 AM**
  YMCA Walking Club
  Raven Run Sanctuary
  Learn More

- **10/19 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/21 | 11 AM - 2 PM**
  HIV testing
  Shiloh Baptist Church
  Learn More

- **10/21 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/22 | 5 - 6:30 PM**
  Diabetes Nutrition Basics
  Marksbury Library
  Learn More

- **10/23 | 6 - 8 PM**
  Fall Festival
  Dunbar Community Center
  Learn More

- **10/26 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

- **10/27 | 11 AM - 2 PM**
  HIV Testing
  Voices of Hope
  Learn More

- **10/27 | 4 - 6 PM**
  LFCHD Trunk-or-Treat
  LFCHD
  Register HERE

- **10/27 | 4 - 5 PM**
  Diabetes Support Group Healthy Eating Class
  Nathaniel Mission
  Learn More

- **10/28 | 1:30 - 2:30 PM**
  BingoCize
  Beaumont Presbyterian Church
  Learn More

Awareness Day
Molina Health Care- Lexington
One Stop Help Center
Learn More

Learn More

- **10/16 | 2 - 3 PM**
  Feeding Your Family Class
  Beaumont Library

SPOTLIGHT STORY



Get Ready for Flu Season

Flu season is approaching, and LFCHD is making it easier for Lexington residents to protect themselves and their families. Free flu vaccination clinics will be offered at two community locations on October 7. A limited number of high-dose flu vaccines will also be available.

Free Flu Clinics — October 7

- **Lexington Senior Center**
  1 – 4 PM, 195 Life Lane, Lexington, KY 40502
  Register **HERE**.
- **BCTC Leestown Campus**
  2 – 6 PM, 164 Opportunity Way, Building M122, Lexington, KY 40511
  Register **HERE**.

Can't Make It?

Beginning in October, flu shots will also be available at no charge for those who qualify at the LFCHD Public Health Clinic, 650 Newtown Pike. Vaccinations are available by same-day appointment Monday – Thursday. Call 859-288-2483 to schedule.

Protecting yourself from flu also helps protect the people around you. Make vaccination part of your family's fall health routine and encourage friends and loved ones to do the same.

For respiratory illness updates and local data, visit the Kentucky Department for Public Health respiratory disease **dashboard**.



Trunk or Treat:
Public Health Boo Bash!

Join LFCHD and Lex-CHIP for an evening of treats, activities, resources, and community fun at our Trunk or Treat: Public Health Boo Bash! Families with little ones are invited to visit creatively decorated trunks hosted by LFCHD and community partners while enjoying games, music, activities, and free treats and resources while supplies last.

This free, family-friendly event is a fun way to celebrate the season while connecting with local organizations and helpful community resources.

Tuesday, October 27
4–6 p.m.
Lexington-Fayette County Health Department
650 Newtown Pike, Lexington, KY 40508

Be sure to visit each trunk—you'll be entered into a prize drawing!

Costumes are welcome, so bring the family and come ready for some Halloween fun!

Register for the Public Health Boo Bash HERE!
(An RSVP is NOT required to attend.)







Celebrating Coreise Johnson: Community Service in Action



LFCHD and Lex-CHIP are proud to celebrate Coreise Johnson, Public Health Educator & Community Engagement Coordinator, who was honored with the 2026 Kentucky Black Pride Festival Community Service Award!

For years, Coreise has worked alongside Kentucky Black Pride to connect community members with HIV prevention resources, education, and testing opportunities. Her partnership has also created opportunities to encourage broader conversations about health and wellness.

The Community Service Award recognizes her commitment to meeting people where they are, building trusted relationships, and connecting residents with public health resources..

Congratulations, Coreise, on this well-deserved recognition and your continued impact throughout Lexington-Fayette County!







CHIP IN ACTION

Lex-CHIP's three Prescription of a Person work groups came together this week to share progress, learn from local programs and data, and identify opportunities to continue advancing their priorities across Fayette County.



Child Safety & Wellbeing

The Child Safety & Well-Being Workgroup met September 22 with a focus on supporting children and families. Partners learned more about LFCHD's HANDS program, a free, voluntary home-visiting program for new and expectant parents that supports families through pregnancy and the first three years of a child's life. The group also discussed safe sleep and expanding access to cribs.

An exciting update showed that 102 cribs were distributed in 2025–2026 - nearly twice the previous year's total.

Partners also received a new Child Care and Safety Resource Listing featuring child care and preschool resources, car seat installation and training, Safe Kids information, resources for educators, and more.

This resource list can be found **HERE**.



Crime & Violence

The Crime & Violence Workgroup met September 23 and continued its focus on firearm safe storage and the Let's Lock It, Lex! campaign. Partners reviewed campaign outreach and learned that another 1,200 free gun locks are coming to Lexington through LFCHD's partnership with the Whitney/Strong Organization and a Neighborhood Grant supported by District 5 Councilmember Liz Sheehan.

Building on that momentum, Lex-CHIP and LFCHD have also secured an additional 2,500 gun locks to further expand the Let's Lock It, Lex! initiative.

Together, these new resources will allow the program to reach even more residents and community partners across Lexington-Fayette County, increasing access to free firearm safe-storage resources and creating more opportunities to make safe storage part of everyday life.



Opioid Overdose Prevention

The Opioid Overdose Prevention Workgroup met September 24 to explore how epidemiology and multiple data sources help identify overdose trends and guide prevention and response efforts. The group reviewed Fayette County trends, including a 40% decrease in overdose deaths from 120 in 2024 to 72 in 2025, while also discussing the continued importance of monitoring emerging trends and using data to guide resources and interventions.

Partners also received an update on LFCHD's Overdose Awareness Day event, where approximately 75 community members were reached and 49 people completed HIV testing while accessing overdose prevention, HIV education, and other health resources.



Overdose Awareness Day:
Connecting Prevention, Testing & Support

On August 31, LFCHD recognized Overdose Awareness Day with a special outreach and HIV testing event focused on making prevention services, testing, and supportive resources easier to access. Staff extended outreach into the surrounding community, including nearby bus stops, Hope Center campuses, local businesses, and LFCHD Clinical Services.

Approximately 75 people engaged with the event and 49 completed HIV testing, exceeding the event goal by 50%! Participants could also access HIV and STI prevention education, PrEP information, condoms, naloxone, harm reduction resources, and connections to additional health and community services.

→ More Than Testing

It was a very hot day, so staff made sure participants had a place to cool down and something to eat and drink while accessing services. Pizza, fruit, water, Gatorade, and chips were provided, along with practical health resources. Participants who completed testing also received either a FoodChain or Kroger gift card.

→ Sharing the Message

The event was also featured by local news media, helping extend awareness of HIV testing, overdose prevention, harm reduction, and other resources available in our community. Read the interview **HERE**!

This effort also reflects Lex-CHIP's work to improve access to care and advance overdose prevention and response across Lexington-Fayette County. By bringing testing, prevention, food, harm reduction, and other support together in one welcoming setting, we can reduce barriers and create more opportunities to connect people with the resources they need.



Throughout September, Lex-CHIP and LFCHD continued bringing health education, screenings, prevention resources, and connections to services directly into communities across Fayette County. Staff connected with residents at neighborhood events, apartment communities, parks, churches, community centers, college campuses, food-access events, and community festivals.

Community outreach included Pralltown Day, Hope Out Loud, Roots and Heritage Festival, Hunger Action Month events with God's Pantry Food Bank, the NorthEast Food Pantry Resource Fair, Thrive Fest, The Art of Healing, Be Healthy Bash, Festival Latina Health Fair, and Kentucky Black Pride Festival. Staff also participated in Shop for a Cause events throughout the month.

LFCHD continued taking services directly into neighborhoods through Mobile Market outreach at the Emerson Center, Briarwood Apartments, Baunta Apartments, and Friendship Towers. Other activities included blood pressure screenings at New Circle Goodwill, HIV testing at BCTC's Newtown Campus, youth hygiene education at the William Wells Brown Community Center, and the YMCA Walking Club on the Legacy Trail.

September Outreach Highlights

- LFCHD Mobile Market outreach
- Pralltown Day & Hope Out Loud
- CARE blood pressure screenings
- Shop for a Cause
- Roots and Heritage Festival
- Hunger Action Month events
- HIV testing and prevention outreach
- Youth hygiene education
- NorthEast Food Pantry Resource Fair
- YMCA Walking Club – Legacy Trail
- Thrive Fest & The Art of Healing
- Be Healthy Bash
- Festival Latina Health Fair
- Kentucky Black Pride Festival







From neighborhood outreach and health screenings to food-access initiatives, youth education, festivals, and HIV prevention, September created opportunities to meet residents where they are and connect them with helpful resources. Together, these efforts continue to strengthen community connections and make public health more visible and accessible throughout Lexington-Fayette County.



Nutrition Facts

Serving Size 2 cups

% Daily Value*

CALORIES 180	
Total Carbohydrate 25g	**9%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Protein 12g	
Total Fat 5g	**6%**
Saturated Fat 2g	**10%**
Cholesterol 10mg	**3%**
Sodium 370mg	**16%**
Potassium 720mg	**15%**

**Percent Daily Values are based on a 2,000-calorie diet.*

WHAT'S Cookin'?

• Healthy recipes, fresh ideas, and kitchen inspiration. •

Cheesy Tomato and White Bean "Pizza" Skillet

10 min prep time - 15 min cook time - 4 servings

Ingredients:

1 tsp olive oil

½ small onion(s) (finely chopped)

2 cloves of garlic

1 tsp dried oregano

½ tsp crushed red pepper flakes

1 ½ cups canned crushed tomatoes

1 cup vegetable broth

¼ tsp salt

¼ tsp black pepper

1 (15 0z) can white beans

4 cups chopped baby spinach

2 oz shredded mozzarella

1 tbsp grated parmesan cheese

2 tbsp chopped basil

Step-By-Step Instructions:

1. Preheat the oven to broil.
2. Heat the olive oil in a large oven-safe skillet over medium heat. Add the onion and cook until softened, about 3-4 minutes. Stir in the garlic, oregano, and red pepper flakes, cooking for 30 seconds until fragrant.
3. Pour in the crushed tomatoes and vegetable broth, then season with the salt and black pepper. Simmer for 5 minutes, stirring occasionally.
4. Stir in the white beans and spinach, cooking for another 3-4 minutes until the spinach wilts and the beans are heated through.
5. Sprinkle the mozzarella and Parmesan evenly over the skillet. Place the skillet in the oven and broil until the cheese is melted and golden-brown, 2-3 minutes.
6. Remove from the oven and garnish with fresh basil.

*See the original source for this recipe **HERE**.*



WELLNESS PASSPORT

Your Path. Your Health. Your Community.

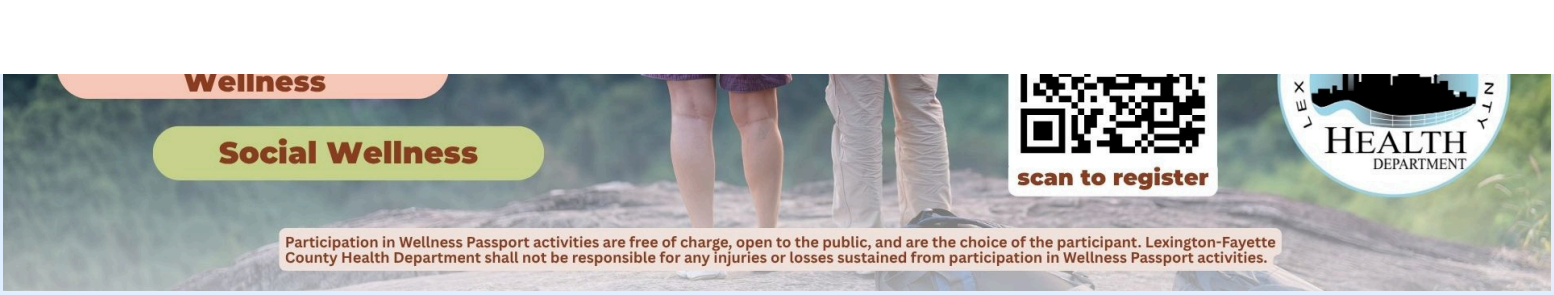
The Wellness Passport program encourages individuals and families to explore local wellness opportunities while building healthy habits. Participants attend community events, classes, and activities to collect stamps and track their progress toward improved health and well-being.

The July–September Wellness Passport quarter recently concluded, and a new activity period is now underway. Participants can continue earning stamps by attending approved wellness activities and events. The current quarter runs through December 31, 2026, providing another opportunity to stay active, engage with the community, and build healthy habits.

Participants continue to report improvements in both their physical and mental well-being, sharing that the program helps them stay active, build healthier habits, and become more mindful of their overall health.

Registration is open and participation is free. To learn more about the program and upcoming opportunities, scan the QR code or visit: https://www.lfchd.org/wellnesspassport/




Wellness
Social Wellness
scan to register
LEX
HEALTH
DEPARTMENT
NTY
Participation in Wellness Passport activities are free of charge, open to the public, and are the choice of the participant. Lexington-Fayette County Health Department shall not be responsible for any injuries or losses sustained from participation in Wellness Passport activities.

FAMILY CORNER

Resources, tips, and activities for a healthier, happier family.

Family Corner: Make Healthy the Easy Choice

Healthy habits don't have to mean expensive groceries, gym memberships, or major changes to your family's routine.

The **5-2-1-0 plan** is an easy way to remember four goals for healthier days: 5 fruits and vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity, and 0 sugary drinks.

Pick one small change your family can work on together.

5-2-1-0 plan

5 — Add more fruits & veggies
Let kids pick a fruit or vegetable at the store, add frozen or canned vegetables to meals, or swap one snack for fruit.

2 — Take a break from screens
Try a screen-free dinner, family game, craft, or trip to the library. A Lexington Public Library card is free and gives families access to books, eBooks, audiobooks, learning resources and more.

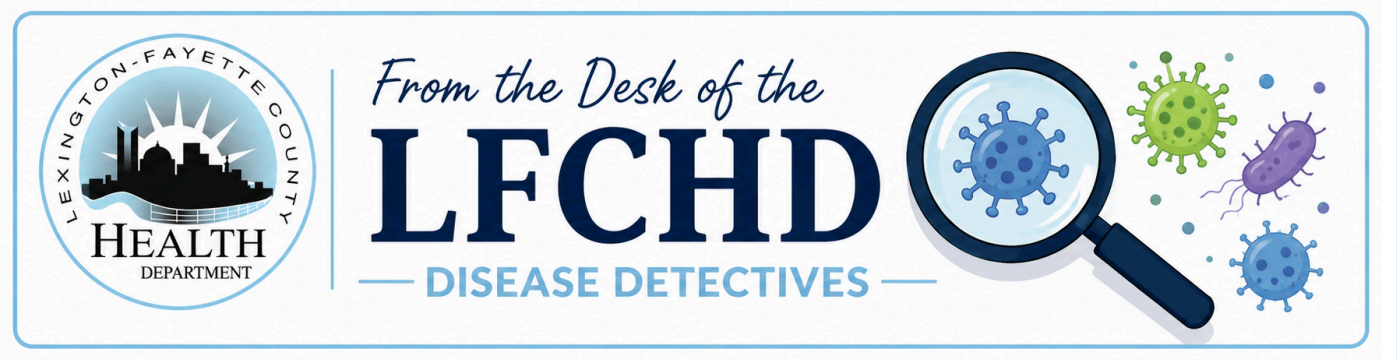
1 — Get moving together
You don't need a gym! Take a family walk, ride bikes, play at the playground, dance at home, or explore a new trail. The City of Lexington has more than 100 parks and many miles of walking, biking and hiking trails.

0 — Rethink your drink
Make water the everyday choice. Keep reusable bottles handy or make water more fun with sliced strawberries, oranges, lemons or cucumber.

Make It a Family Challenge!

See how many **5-2-1-0 goals** your family can complete in one week. Keep it fun—take a walk together, try a new fruit or vegetable, put the screens away for a while, or make water your drink of choice.

Every healthy choice is a win!



Syphilis

Theories on the origin of syphilis vary considerably. Some believe the sexually transmitted infection (STI) was recognized as early as 3000 BC in South-Western Asia while others believe it started in Central and Western Africa and spread with the slave trade. Others believe it traveled with the crew when Christopher Columbus returned from America then spread throughout Europe[1]. Nevertheless, syphilis has been around a long time, even though it is a completely preventable and curable bacterial infection.

Back at the turn of the century, syphilis was nearing eradication in the US, with the lowest rates reported in 1999. However, since 2000, the rates have steadily increased, annually. In 2024, 190,242 people were diagnosed with syphilis in the US, which is a 42% increase since 2020[2].

One reason cases may be higher is that the infection does not always cause visible symptoms. If someone does not see a rash or sore, they probably would not suspect they have syphilis to seek medical care. Also, syphilis symptoms can mimic other diseases, particularly viral illnesses, various rashes, and skin conditions, and can go undiagnosed. It is very important to be tested and evaluated regularly, because syphilis can cause heart or brain damage, blindness, deafness and even death in an unborn baby. All these complications from untreated syphilis can be completely preventable conditions.

Aside from not having sex, safe sex practices are the best way to prevent getting a syphilis infection. These include limiting the number of sexual partners, getting tested regularly, wearing a condom the right way with every encounter, and being in a relationship with only one partner that does not have an STI[3].

If you need more information, please email **epidemiology@lfchd.org** or visit **https://www.cdc.gov/syphilis/about/.**

Sources:

[1] *https://pmc.ncbi.nlm.nih.gov/articles/PMC3956094/*

[2] *https://www.cdc.gov/sti/media/pdfs/2024/10/StateOfSTIs508.pdf*

[3] *https://www.cdc.gov/sti/prevention/?CDC_AAref_Val=https://www.cdc.gov/std/prevention/default.htm*



Common Foodborne Illnesses and Prevention

The top foodborne illnesses in the United States are caused by pathogens like Norovirus, Salmonella, and Campylobacter, which you can prevent by following basic food safety steps outlined below:

• **Norovirus**: *The leading cause of foodborne illness. It spreads easily through contaminated food, unwashed produce, or sick food workers. Symptoms include vomiting and diarrhea.*

• **Salmonella**: *A common bacterial infection linked to raw or undercooked eggs, poultry, meat, and unpasteurized milk. It causes fever, diarrhea, and cramps. It is a leading cause of hospitalizations.*

• **Campylobacter**: *A frequent bacterial cause found in raw or undercooked poultry and unpasteurized milk. It leads to diarrhea (sometimes bloody), cramps, and fever.*

• **Clostridium perfringens**: *A bacterium found in meats, poultry, and gravies left too long at unsafe temperatures.*

• **E. coli (STEC)**: *A dangerous bacterium often found in undercooked ground beef or contaminated produce.*

Prevent Food Poisoning

To keep your food safe, practice the four core steps:
Clean, Separate, Cook, and Chill.

• **Clean**: Wash your hands with soap and water for 20 seconds before and after handling food. Wash and sanitize cutting boards, counters, and utensils.

• **Separate**: Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods like salads and fresh fruit to stop cross-contamination.

• **Cook**: Use a food thermometer. Do not guess if meat is done by color.

Whole cuts of beef, pork, veal, and lamb: *145°F*
Ground meats (beef, pork): *160°F*
All poultry (chicken, turkey): *165°F*
Leftovers and casseroles: *165°F*

• **Chill**: Put perishable foods in the refrigerator or freezer as soon as possible.

• **Avoid risky foods**: Do not drink raw (unpasteurized) milk or eat foods made with it.

For more information or questions, contact
LFCHD Environmental Health at (859) 231-9791.

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

HELPING YOU BE WELL

LFCHD.ORG

PUBLIC HEALTH CLINIC

650 NEWTOWN PIKE
8 AM-5 PM: MON, TUES, & THURS
8 AM-6:30 PM: WED
*CLOSED FRIDAY
859-288-2483

IMMUNIZATIONS

Low cost immunizations for children and adults who qualify for the state immunization program. Flu shots provided every flu season.

TUBERCULOSIS (TB) SCREENING

Tuberculosis screenings and treatment.

SEXUALLY TRANSMITTED INFECTIONS (STI) SERVICES

Confidential testing for HIV, Hepatitis C, Syphilis, Chlamydia, and Gonorrhea. Treatment available for Syphilis, Gonorrhea, and Chlamydia. Referrals for HIV and Hepatitis C treatment available. Free condoms available.

WOMEN, INFANTS, AND CHILDREN (WIC)

Nutrition education, supplemental food packages, and breastfeeding support for pregnant women, mothers and children who qualify.

HARM REDUCTION

Free, anonymous syringe exchange services and confidential HIV, Hepatitis C, and Syphilis testing, treatment referrals, and naloxone.
Hours of operation – Monday 11-5, Wednesday 3-6:30, Thursday 11-5
harmreduction@LFCHD.org or 859-899-4230

COMMUNITY

DIABETES EDUCATION & PREVENTION

Nutrition programs for all ages. Free diabetes management and prevention programs. Monthly diabetes support groups.
859-288-2446

SMOKING CESSATION

Get involved in a class to help you quit smoking.
859-288-2446

ENVIRONMENTAL

Mandated retail food service and public facility permitting and inspections. Food handler/Manager certifications. Certified pool operator course. Mosquito, rabies, and health related nuisance complaints.
859-231-9791

HANDS - HEALTH ACCESS NURTURING DEVELOPING SERVICES

Trained professionals visit the home of new or expectant parents to provide support in building healthy, safe and nurturing environments for families. Families must be enrolled during pregnancy or before baby is 90 days old.
HANDS@lfchd.org or 859-288-2338



Missed a Newsletter?

Looking for past editions of the Lex-CHIP Newsletter? Visit our online newsletter archive to explore previous issues, catch up on community initiatives, and stay informed about the latest public health news, events, and resources.

View the Newsletter Archive:

https://drive.google.com/drive/folders/1xfL8DOp5qhMIh5uT0uQHz3K-3SvbJrOg?usp=sharing

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Thank You!

Thank you for being part of our community and for supporting healthier, safer families.

We look forward to sharing more updates, resources, and opportunities with you next month.

Stay connected *with us...*

for upcoming events, outreach opportunities, and community resources.

We invite you to share this newsletter and join us in supporting health and well-being across our community.

FOLLOW US ON *Social Media!*

@LFCHD

Like us on Facebook!

@lfchd

Follow us on X!

@lexpublichealth

Follow us on Instagram!

Interested in learning more about Lex-CHIP, the Lexington-Fayette County Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)? CLICK HERE to learn how community partners are working together to improve health and well-being across Lexington-Fayette County.

You can contact us directly at 859-252-2371 or Lex-CHIP@LFCHD.org.

VISIT US | JOIN US

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