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## **Child Safety Branch Provides Backpacks to Children**

*Recipients removed from homes with possible drug production*

*By Anya Armes Weber*

The Child Safety Branch in the Division of Protection and Permanency has joined with the Kentucky State Police (KSP) to provide a helping hand to children removed from their homes because of alleged methamphetamine production in the homes.

The branch supplied 6,300 clear vinyl backpacks, which KSP stuffed with toys and supplies, to give to the nine Department for Community Based Services regions for their local child protective services staff.

“In homes with meth production, children’s health is at risk because of possible contamination of dangerous toxins,” said Debbie Dile, a child protective services specialist. “Not only are they separated from parents, but these kids can’t even take their favorite toy or book with them because of the dangers. These backpacks are meant to give the children a small sense of comfort.”

The bags given to the children include toys, coloring books and crayons, games, stuffed animals and KSP T-shirts. There are also personal items like soap, shampoo, combs and toothbrushes.

For the caseworker, there are copies of the standards of practice for removing children from home during a neglect investigation involving meth production.

The packs also include wipes and a protective drape for the children to lessen the chance of spreading contaminants.

“Our policy directs us to remove these children and care for them in the least threatening manner,” Dile said. “These backpacks help us do that.”

## ***KY-CHILD Wins National Award***

The American Council for Technology recently presented its 2007 ACT Intergovernmental Solutions Awards and the Cabinet for Health and Family Services was among the recipients. KY-CHILD (Kentucky – Certificate of Birth, Hearing, Immunization, and Lab Data), Kentucky Cabinet for Health and Family Services received one of the awards.

The awards are given to recognize the best technological efforts being made in federal, state and local governments. More than 100 nominations were received for these awards and each provided an example of the outstanding progress being made at all levels of government. A committee of government and industry IT professionals selected finalists.

## **Elder Abuse Awareness Rally Friday**

The public is invited to a rally on Friday recognizing the efforts to protect older Kentuckians and stop elder abuse.

The Cabinet for Health and Family Services, the Kentucky Association of Gerontology, AARP, the Office of the Attorney General and the International Network for the Prevention of Elder Abuse are sponsoring Kentucky Elder Abuse Awareness Day on Friday, June 15. The event will begin at 10 a.m. in the Capitol rotunda and coincides with World Elder Abuse Awareness Day.

Kimberly Baker, a specialist in CHFS’ Adult Safety Branch, said organizers of the rally hope it will raise public awareness of elder abuse and neglect, advance victims’ rights to justice and promote participation in the statewide network of Local Coordinating Councils on Elder Abuse (LCCEAs).

A reception on the second floor of the Capitol will follow the ceremony.

The state's 40 LCCEAs came under joint leadership of the Area Agencies on Aging and the cabinet's Adult Protective Services staff in 2002. Members include cabinet staff, law enforcement officers, business leaders, health care providers and advocates for the elderly.

For more information about elder abuse prevention in Kentucky, log on to <http://chfs.ky.gov/dcbs/dpp/ea/>.

### Living Well: Healthy Summer Skin

You can't help but wonder - seeing the effects of above-average temperatures on grass and plants - what effect warmer weather has on the skin. Particularly, sun exposure

May and June both carry skin health awareness and skin cancer prevention designations. So now is the perfect time to take note of how to care for your skin in the coming months.

Skin cancer is the most common form of cancer in the United States with more than one million cases being diagnosed each year. Skin cancer diagnosis can be linked to sun exposure in 90 percent of all documented cases. Review the following startling facts:

- More than 20 people die a day from skin cancer (primarily melanoma).
- One blistering sunburn during childhood more than doubles an individual's chances of developing melanoma later in life.
- Melanoma is more uncommon in African-Americans, Hispanics and Asians, but it is more deadly for these populations because it is more likely to go undetected.
- The majority of individuals diagnosed with melanoma are white males older than 50.

- Men older than 40 spend a greater amount of time outdoors and have the highest annual exposure rate to ultra violet radiation.
- Exposure to tanning beds before age 35 increases melanoma risk by 75 percent.
- Approximately 30 million people tan indoors in the United States each year and 2.3 million of them are teens.
- Up to 90 percent of visible skin changes related to aging are caused by the sun and can be visible as early as a person's 20's.
- Survival rates for individuals with early detection are approximately 99 percent.

The use of some type of sun protection factor or SPF is effective in shielding your skin against the harmful rays of the sun, but not all of us need the same amount of protection. To determine what type of SPF you should use requires knowing how long it takes your skin to burn when unprotected and exposed to natural sunlight. The rule of thumb is to wear at least an SPF 15. Follow the below equation to determine what SPF you need:

- Determine how many minutes you can expose your skin to natural sun light before it burns.
- Divide the number of minutes into the total number of minutes you would like to stay outside. (an example would be if your unprotected skin burns in 10 minutes, and you want to stay outdoors with sun exposure for 3 hours, you would need to divide 10 minutes into 180 minutes. You would require an SPF of at least 18.)

Also follow these facts to stay safe and have healthy skin this summer:

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- Wear sunscreen every day if you plan to be outdoors for more than 20 minutes (even if it is overcast or cloudy conditions.)
- Apply sunscreen 15 to 30 minutes before going outdoors, and reapply every two hours or sooner if swimming or sweating.
- One ounce (a shot glass full) is the proper application amount to cover exposed areas.
- Monitor and limit your exposure to sunlight from 10 a.m. to 4 p.m. That timeframe is when the sun's rays are at their strongest.
- Choose a sunscreen that has an SPF 15 or higher that provides a broad-spectrum coverage of against all ultra violet wavelengths.
- Check the bottle and discard sunscreen that is older than 3 years.

In addition to wearing an SPF of 15 or more choose light-colored clothing, sunglasses and a hat to provide maximum protection. Also, remember to drink plenty of water and get plenty of physical activity to maintain healthy glowing skin from the inside out. Everyone needs a little sunshine to brighten their day. Research has linked a lack of sunlight with depression. When the warmer temperatures and longer days come around, it is hard to resist basking in the sun. Just remember to apply that sunscreen so you can avoid those unnecessary and unpleasant consequences.

### CHFS Employees Respond to Survey

The third annual Employee Satisfaction Survey was taken May 9 through 23. The overall cabinet response rate was nearly 34 percent, with 3,491 employees and contractors completing the survey. The Office of Human Resource Management is compiling the results now and will work with departments to understand the reports and develop plans and responses as

appropriate. OHRM would like to thank all employees who participated.

### Employee Enrichment

*By Anya Armes Weber*

While you might feel that most of your workdays are very productive, you may have some that fly by without having much to show for them. If you need help in organizing your time to get more accomplished, follow these tips from [GetMoreDone.com](http://GetMoreDone.com).

**Make long-term goals and review them frequently.** These goals should be specific, measurable, achievable and compatible.

**Make a “to do” list for each day.** Prioritize the list so you will know which items need to be finished sooner. Tackle the most important items first. It's OK if some items carry over to the next day.

**Check off completed items.** You'll feel a sense of accomplishment as you finish them.

**Leave yourself some wiggle room.** Don't cram your day full of activities and meetings. Leave time for emergencies, new opportunities and personal time.

**Don't put things off.** Addressing issues as they arise will save time. And when the details of a situation are fresh on your mind, the solution may be clearer.