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Caught in the Act

Hazel Fraine, Office of Fiscal Services

Health is a lifestyle for Hazel Fraine. This week, the 69-year-old shares her secrets of successful health with Focus readers.



I started working with the state Sept. 1, 1987. I soon started walking outside in the park area around the CHR building or in the basement during break time.

For several years when the weather permitted, Sally Boling, now retired, and I would walk to the Frankfort Cemetery. This was great exercise with the up and down hill grade and pleasant with viewing the beautiful trees and flowers.

There was a period that I was in with an office group that exercised during our lunch hour and we used dumbbells. I started carrying the dumbbells when walking about six months ago. I feel it strengthens my arms. I walk two to three miles five days a week and climb the 100 steps from the basement to the fourth floor here at the CHR building two to three times daily.

I feel much better when I walk and eat light. I have whole grain cereal with fruit for breakfast. My normal lunch at the office consists of low fat yogurt with fruit or an apple dipped in natural peanut butter. I eat more vegetables and lentils in the evening with meat occasionally. I eat a 1/4-cup of walnuts or peanuts a day. I indulge occasionally on chocolate, pizza and sweets, but it's not an everyday thing. I think the key is

moderation in everything, whether it is eating or exercise.

I have been very health conscious most of my adult life. Having lived on a farm for most of my life, I was accustomed to long hours of physical labor. We grew most of what we ate and raised our own meat. I feel this was better for us than the processed foods we have today.

I will be 70 in February and I think walking and climbing the stairs have helped me be more agile.

Staff Questions to be Answered via Focus

Starting next week, the Focus newsletter will bring you answers to your questions posed to CHFS leadership via CHFS Listens.

Employees can submit questions by contacting CHFS.Listens@ky.gov using their work or private e-mail accounts (be sure to include a dot between CHFS and Listens) OR you may use the anonymous CHFS Listens feedback form at <http://chfs.ky.gov/contact/online.htm>. This is an anonymous fill-in form that does not identify the writer beyond information the writer chooses to provide.

If you submit a question to be answered in the Focus newsletter, please write "Employee Feedback" in the subject line of the e-mail. This will make it easier to sort employee queries from public e-mail so inquiries and messages can be quickly and accurately routed to appropriate staff.

"Leadership wanted to continue and expand the dialogue started during the Secretary's Forums," said Secretary Mark D. Birdwhistell. "I especially hope employees outside Frankfort will take advantage of this opportunity to connect with the central office."

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Birdwhistell Calls Task Force to Study Adoption Procedures

By Anya Armes Weber

Secretary Mark D. Birdwhistell has appointed a 12-member blue ribbon panel to explore the Cabinet's adoption procedures.

The group will review the process and current practices that led to the termination of parental rights and adoption of children in the state's child welfare system. Birdwhistell will serve as the panel's chairman.

"Members of this group represent the community advocacy groups, the state legislature, the court system, academics and social workers," Birdwhistell said. "These are the people who are invested in the lives of our foster children who await adoption. Their ideas and perspective will help us strengthen the policy that guides our work."

The group's first priority will be the children, said Tom Emberton Jr., commissioner of the Department for Community Based Services.

"We look forward to working with this panel to achieve good outcomes for children," he said. "We are asking for an honest assessment of our practices."

Sky Tanghe, a social services worker in Jefferson County's DCBS office, is representing the Department on the panel.

For a complete list of panel members, visit <http://kentucky.gov/Newsroom/chfs/chfs070506b.htm>.

Kentucky Selected as First State for CDC Training

The Kentucky Department for Public Health (DPH) has been selected by the Centers for

Disease Control and Prevention (CDC) to host its first inventory management system training course offered to all states on July 10-11 at the Lexington-Fayette County Health Department. The course covers procedures for proper receiving, staging and storing federal assets, such as medical supplies deployed through the Strategic National Stockpile (SNS). Representatives from across the country have been invited to attend the course.

The federal government initially established the CDC's SNS program in 1999 to assist states and communities in responding to public health emergencies, including those resulting from terrorist attacks and natural disasters. The program ensures the availability of medicines, antidotes, medical supplies, and medical equipment necessary for states to counter the effects of biological pathogens and chemical and nerve agents.

During an emergency, state, local and private stocks of medical material could be quickly depleted. In the event of a national emergency, the SNS program stands ready for deployment to any U.S. location within 12 hours. Each state has plans to receive and distribute SNS medicine and medical supplies to local communities as quickly as possible.

In conjunction with the inventory tracking system course, the CDC will conduct two SNS mobile preparedness course sessions during this week at the Fire Training Center in Lexington and at the Eagle Lake Convention Center in Lawrenceburg. During the course, participants will receive an overview of the mission, operation and deployment of the SNS, as well as how to properly receive, stage and store the SNS materials in a warehouse environment.

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CHFS Focus Health Tip: July is UV Safety Month

Submitted by Anne Parr, R.N.

We all know the importance of using sunscreen to protect our skin from the sun's harmful rays, but what about protection for our eyes?

Studies have shown prolonged exposure to the sun's high energy ultraviolet rays without protection may cause eye conditions that can lead to cataracts and age-related macular degeneration.

During the summer months the level of ultraviolet radiation is three times greater than the winter. The more you are exposed to bright light, the greater the chances of developing these serious eye problems.

Sunglasses and a wide-brimmed hat are the best defense system for your eyes. To be effective, both must be worn anytime you are outside for prolonged periods of time, even when the sky is overcast.

Make sure you buy the right sunglasses:

- Buy sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
- Don't be misled by the color of the lens. The ability to block UV light is not dependent on the darkness of the lens. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface.
- More money doesn't always equal more protection. Many \$10 sunglasses provide equal or greater protection than a \$100 pair. With expensive sunglasses, you're paying for style, frame quality and options such as scratch-resistant coatings, not protective ability.

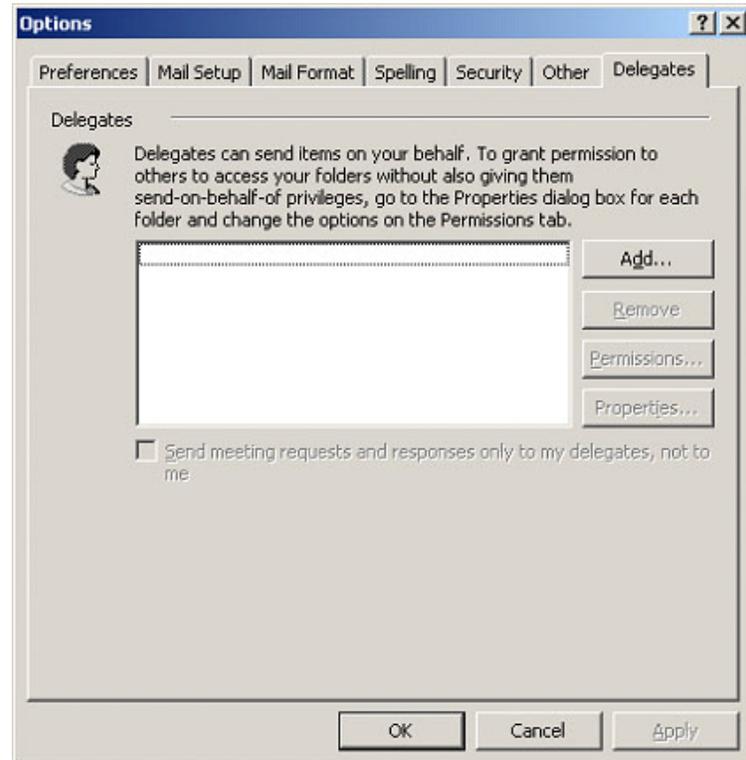
Tech Tips

Submitted by Office of Information Technology

Did you know in Microsoft Outlook e-mail you can allow other users to access your e-mail, calendar, tasks, journal and notes? Ultimately, you control the level of access anyone has to your e-mail. But if you'd like to share your calendar or any other facet of your e-mail account with others in your office – to set up meetings or for other purposes – follow these steps.

How to set up a delegate.

Step 1: From the Outlook main screen select Tools, then Options.
You will see this.



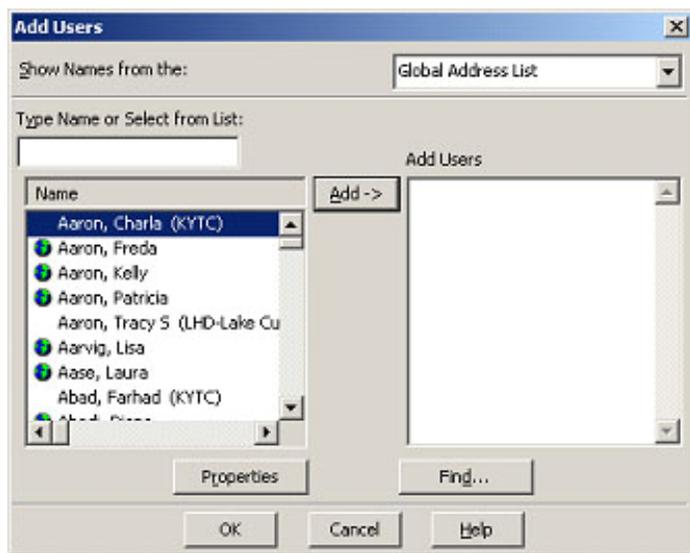
Select the delegate tab.

Select Add.

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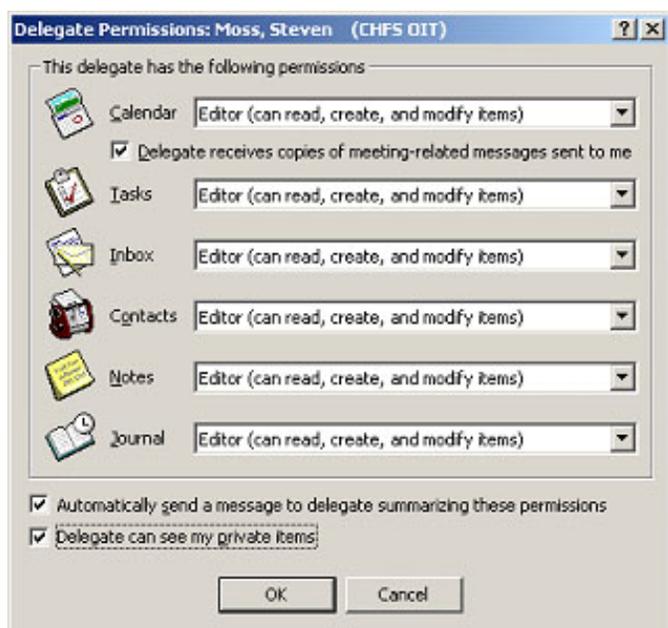
Step 2: Find the user you want to allow access to your mailbox

Click Add.



Select OK.

Step 3: Give the user the level of access you want them to have. The below screen is an example of allowing full control.



When you have chosen the access level, select OK.

Step 4: The user (delegate) you have just given access to will need to take these actions to access your account:

From the main Outlook screen select File, Open, Other User's Folder.

You will see this screen. Type in the user's account you want to access.



This is the "nt" logon account. You may need to verify with the person granting you access.

The next screen you see should be the other user's mailbox.

Employee Enrichment

By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.



Working with someone who always seems to have the answers is usually a blessing. But when a co-worker routinely boasts his or her abilities, experience and opinions, it can become tiresome and even cause you to doubt your own strengths. Cynthia M. Piccolo, who writes a career advice column for Medhunters.com, offers these tips for dealing with a co-worker who may be unnecessarily immodest.

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- Don't let their boasting diminish your confidence.
- Tell them they are being boastful. You may be able to do this in a humorous way that still brings attention to their behavior.
- Call them on their mistakes in a matter-of-fact way. Don't make a big deal out of them.
- Accept their behavior. Some people who think they have all the answers aren't going to change, even when you note that there are other possible solutions. Deal with this person with a laugh and worry about more important things that you can change.