

Quantities of Seasonal Flu Vaccine Diminishing in Kentucky

Nationwide Shortage of Seasonal Flu Vaccine Result of Earlier, Heavier Demand than Projected

Department for Public Health officials announced last week that most of the seasonal influenza vaccine manufactured for this season has already been given, due to earlier, increased demand nationwide. People in recommended groups for seasonal flu vaccine — including those over 65, pregnant women and people with chronic health conditions — should check with health care providers in their area to see if seasonal flu vaccine is still available.

"In many cases seasonal flu vaccine was given as soon as the vaccine arrived, in the months of September and October," said William Hacker, M.D., commissioner of DPH. "While vaccine manufacturers produced more seasonal flu vaccine than last year, we have learned that it will ultimately not be enough to meet the increased demand, though some limited quantities should still become available. At this point we are still not seeing seasonal flu circulating, but we do encourage those at highest risk for complications from seasonal flu to check for vaccine availability with health care providers."

The increased demand for the seasonal flu shot is thought to be tied to heightened awareness of flu activity due to the emergence earlier this year of the new 2009 H1N1 flu strain (swine flu), which the seasonal vaccine does not protect against. Seasonal flu vaccine is highly recommended for: children age 6 months to 19 years old; pregnant women; people 50 years old or older; people of any age with chronic health problems; people who live in nursing homes and other long-term care facilities; health care workers; caregivers of or people who live with a person at high risk for complications from the flu; and out-of-home caregivers of or people who live with children less than 6 months old. While seasonal flu is not yet circulating in Kentucky, the virus is expected to make an appearance later this fall or winter.

The vaccine against 2009 H1N1 (swine flu) is also in limited supply, but unlike seasonal flu vaccine, more is being produced and gradually increasing amounts are expected over the coming weeks and months. Individuals should check with their local health departments or other health care providers to see if they are in a target group for the swine flu vaccine and should receive it as soon as it is available in their community. Target groups for this vaccine differ somewhat from those targeted for the seasonal flu shot.

Individuals may also want to talk to their health care provider about whether they should receive the pneumococcal vaccine. This vaccine protects against pneumococcal pneumonia, a relatively common complication of the flu, and is widely available. The Centers for Disease Control and Prevention's Committee on Immunization Practices (ACIP) now recommends this vaccine for all people 65 years and older and for persons 2 to 64 years of age with certain high-risk conditions. A single revaccination at least five years after initial vaccination is recommended for people 65 years and older who were first vaccinated before age 65 years, as well as for people at highest risk, such as those who have no spleen, and those who have HIV infection, AIDS or malignancy.

Visit <http://healthalerts.ky.gov> for information on seasonal flu, swine flu and flu vaccine in Kentucky, or follow KYHealthAlerts on Twitter. Kentucky's toll-free influenza hotline number is 1(877)843-7727, and operates from 8 a.m.-10 p.m. daily EST.

Long-Term Care Planning Campaign Announced

'Own Your Future' by Planning Ahead

Lieutenant Governor Daniel Mongiardo last week kicked off a state-federal partnership to encourage Kentuckians age 45 to 65 to plan for their futures.

The "Own Your Future" campaign offers Kentuckians tools to assist them in planning for their long-term care (LTC) needs. The announcement was made at Rose Mary C. Brooks Place, a retirement and assisted living community in Winchester, Ky. Lt. Gov. Mongiardo urged Kentuckians in the target population to start planning now.

"About 70 percent of people older than 65 will need some long-term care services at some point in their lives," said Mongiardo. "Contrary to what many people believe, Medicare and private health insurance programs do not pay for the majority of long-term care services. You must plan now to be able to receive the care you might need later."

LTC includes a broad range of services that people need as they age or if they are disabled. The majority of these services are personal care or assistance with activities of daily living that many families are able to provide at little or no cost. As care and support needs increase, paid care is usually needed to supplement family-provided services and supports or to provide respite to family caregivers. In some cases, individuals may need more extensive services provided in a facility, such as a nursing home or assisted living community.

"There is no such thing as planning too early for your older years," said Cabinet for Health and Family Services (CHFS) Secretary Janie Miller. "I strongly encourage Kentuckians to request the free 'Own Your Future' materials to help them plan for their long-term care needs."

The "Own Your Future" campaign began last month with a mass mailing targeted at Kentuckians in the specified age range. The mailing includes a letter from Gov. Steve Beshear and a brochure that explains the importance of long-term care planning and offers options for more information. One of those outlets is Kentucky's own long-term care planning kit, which can be requested in three ways: returning a prepaid postcard included in the mailing; calling 1-866-PLAN-LTC, or requesting it online at www.longtermcare.gov/campaign/ky. The kit is free and available in hard copy format and on compact disc, or can be downloaded online.

"Although many people live long and healthy lives, health problems can increase as we age," said Renard Murray, regional administrator for the Atlanta and Dallas Regions of the Centers for Medicare and Medicaid Services. "A long-term care plan will help you control how you'll live in your later years. It will also help avert an unnecessary crisis for you and your family."

The U.S. Department of Health and Human Services has partnered with 22 other states on the “Own Your Future” campaign. Kentucky’s campaign is administered through a grant awarded to the Department for Aging and Independent Living, part of CHFS.

MADD Food Drive a Tremendous Success

Enough food collected to feed nearly 500,000 Kentuckians

As Thanksgiving approaches, Kentuckians have another reason to celebrate, thanks to the generosity and hard work of state employees. The statewide Make A Difference Day (MADD) Food Drive yielded 123.27 tons, enough food to feed 493,087 Kentuckians an 8-ounce serving.

Thanks to the strong support of Governor Steve Beshear and First Lady Jane Beshear, this is a 74 percent increase over the amount collected in the 2008 food drive.

In early October, Gov. and Mrs. Beshear launched the expanded food drive as part of Make A Difference Day, a massive national day of giving and helping others that is hosted annually by the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services (CHFS).

The KCCVS traditionally sponsors a campaign to collect as much non-perishable food as possible as part of its Make A Difference Day observance. Collected food is donated to food pantries and emergency feeding centers in the communities where the food is collected.

The KCCVS once again hosted the food drive competitions between the Kentucky AmeriCorps programs and the nine Department for Community Based Services (DCBS) regions. A new competition between state government cabinets and agencies was held this year, as well. Winners were determined by the number of ounces per employee or member.

The winning DCBS service region was The Lakes Service Region with 2.12 tons and 374 employees. This equates to more than 180 ounces per employee. All DCBS regions combined collected 4.38 tons.

The leading AmeriCorps program was SERV Corps, based at Eastern Kentucky University in Richmond, which collected 42.28 tons of food. With only 30 members, this equates to more than 45,000 ounces per member. Combined, Kentucky’s AmeriCorps programs collected 105.94 tons of food.

The Cabinet for Economic Development came out on top of the cabinet/agency challenge, collecting more than 134 ounces per employee. All Cabinets combined collected 12.96 tons. Statewide, the final tally of food collected by state employees was 17.34 tons.

CHFS finished third in state government collections with 3.77 tons of food or 38.84 ounces per employee. This total does not reflect the amount collected by DCBS in a separate competition. If combined, all CHFS employees, including DCBS, account for 8.15 tons of food or 47 percent of

the total amount collected by state agencies, enough to feed 32,590 Kentuckians. This equates to 35.52 ounces per employee.

Of particular note within CHFS were Central State Hospital, Commission for Children with Special Health Care Needs (CCSHCN), and Vital Statistics. Central State raised a little over 2 tons of food through a variety of means including bake sales and cake and gift card raffles with tickets purchased with non-perishable food items. The food collected by Central State employees was donated to the Dare to Care food bank in Louisville.

The CCSHCN held a competition between its 12 regional offices, collecting nearly 1.5 tons of food statewide. The co-champions were Morehead with 97 pounds per employee and Hazard with 122 pounds per employee. The donated food benefitted a variety of charitable programs in their respective areas, including a family resource center, Kentucky Homeplace and Christian Social Services.

Within the CHR Building in Frankfort, Vital Statistics accounted for 33 percent of all food collected. Over 6 tons of food, including that collected in the CHR Building, was donated to the Emergency Food Pantry of Franklin County.

SERV Corps, The Lakes Service Region and the Cabinet for Economic Development were all first time winners. Winners will be recognized next spring at the annual Governor's Awards for Outstanding Volunteer Service.

The amount collected this year is enough to feed nearly 500,000 Kentuckians an 8-ounce serving of food. If all 493,087 Kentuckians stood in line for their serving of food, the line would be more than 186 miles long.

Eileen Cackowski, executive director of KCCVS, said the campaign is a great way for AmeriCorps members and CHFS staff to connect with other state employees in service.

“The Make A Difference Day food drive calls attention to the great needs of people across the state that so many families – even families with working parents – are experiencing,” she said. “The day also highlights the ease and fun of volunteering when you do it as a group with your coworkers, church or family.”

The food drive project was part of Make A Difference Day, an annual nationwide effort held on the fourth Saturday of October and billed as a day to help others. USA Weekend magazine is the main sponsor.

For more information about the competitions, totals and pictures visit, the Make A Difference Day 2009 Web page at <http://chfs.ky.gov/dfrcvs/kccvs/madd2009>.

Holiday Eating Tips from the CHFS Wellness Committee

By Willa Thomas and Elizabeth Fiehler, Registered Dietitians

Are you wondering how you will cope with eating at your holiday celebrations? Planning ahead is the key to healthful holiday eating. Don't starve yourself before a holiday party. Instead, eat small healthy meals that include fruit, dairy, whole grains and lean proteins throughout the day.

Arrive at the party ready to have fun, pace your eating, and enjoy the company of good friends and family. Survey the food selection upon arrival to determine the foods you will definitely eat, those you will only sample, and most importantly, those you will skip all together.

Do you do a lot of holiday cooking? Are you wondering how to make your traditional food healthier? Here are some substitutions that can help:

- Choose products that are transfat-free. You can find this information on the nutritional label.
- Switch from butter to transfat-free margarines.
- Add healthy ingredients to cakes, cookies and even casseroles. Some ideas include nuts and dried fruits such as cherries, cranberries and apricots.
- Reduced-fat cheeses are good choices for casseroles and salads. You will be pleasantly surprised by the taste of these products!
- Fruit purees such as applesauce can frequently replace some of the fat in recipes.
- Low-fat or fat-free yogurt can be used to replace some or all of the sour cream in many recipes.
- Use two egg whites in place of one egg
- Use 3 tablespoons of cocoa and 1 tablespoon oil in place of baking chocolate

Compare these menus:

3 oz. roasted turkey with skin ½ cup dressing ½ cup broccoli with 2 Tbsp Hollandaise Sauce ½ cup cranberry relish 1 crescent roll 1 slice pecan pie	3 oz skinless roasted turkey ½ cup wild rice ½ cup broccoli with lemon juice ¼ cup cranberry relish 1 whole-grain roll 1 slice pumpkin pie
1290 calories 54 gm fat 175 gm carbohydrate 36 gm protein	762 calories 19 gm fat 112 gm carbohydrate 41 gm protein

The healthier version has less than two-thirds of the calories and just slightly more than a 1/3 of the fat. What a difference planning can make especially when there is no loss of flavor!

Employee Enrichment

By Anya Armes Weber

The season of thanks is here, and many employees are planning ways to show their appreciation for one another. Here are a few ideas to celebrate your team.

CHFS Focus
Dec. 16, 2009

Send an e-mail or write a personal note to each of your officemates telling them why you appreciate them. Be specific.

Leave a small goody in a coworker's chair anonymously.

Spring for your neighbor's coffee, water or snack on your next break. It's a pick-me-up he or she may return one day.

Have an office potluck with everyone bringing a specialty dish. Swap recipes and stories of cooking triumphs and disasters.

Smile. This is easy enough to do every day. Being friendly and open lets coworkers know you are glad to be on the same team.