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Change Habits, Cut Costs at the Pump

By Emily B. Moses

While the price of gas right now may make you to feel like someone has stabbed you in the wallet, there are steps you can take at the pump – and while you are out and about driving – to squeeze every penny out of your precious gasoline before refueling.

According to the U.S. Department of Energy (DOE), the price of gas was 64 cents higher last week than during the same time last year. Americans are paying the highest prices for gasoline they've paid since Oct. 24 of last year.

So what can be done? You may not be able to change the price of gas, but changing your driving habits and making sure your car is in good working condition can make a big difference.

Save your pennies: The following two tips could save you 12 to 82 cents per gallon.

- Slow down or better yet, drive the speed limit. Each 5 miles per hour you drive over 60 is costing you an additional 15 cents per gallon.
- Aggressive driving, including speeding, rapid acceleration and hard braking, wastes gas.

Stay in shape: These days, fitness isn't just for our bodies. Your car gets better gas mileage when it is in good condition. These tips can save 3 to 96 cents per gallon.

- Keep your engine properly tuned.
- Check and replace air filters regularly.
- Keep tires properly inflated. (Don't know how to check or inflate your tires? Keep reading for more info.)
- Use the recommended grade of motor oil for your vehicle. Doing so can improve your gas mileage by 1 to 2 percent.

- Lose weight – not yours, your car's. Avoid keeping unnecessary items in your vehicle, especially heavy ones. This affects smaller vehicles more than larger ones.

Kick back: Do you have a long commute? Planning a late-summer road trip? These tips are for you.

- Use cruise control. Maintaining a constant speed, in most cases, will help you use less gas.
- Use overdrive gears. When in overdrive, your car's engine speed decreases. This saves gas and reduces engine wear.

The DOE also recommends looking into more fuel efficient cars if you're planning to purchase a new vehicle in the near future.

For more gas-saving tips like these and to learn more about fuel economy, visit www.fueleconomy.gov.

For other tips on saving gas and keeping your car in good condition, visit:

- The DOE's Web site. www.energy.gov/yourcar.htm
- AAA's Web site. www.aaapublicaffairs.com/Main/.
- Get your own Gas Watcher's Guide from AAA. http://www.aaapublicaffairs.com/Assets/Files/2006261159270.Gas_Watchers_Guide_2004.pdf
- Read about fuel economy and tax credits for hybrid vehicles at [fueleconomy.gov](http://www.fueleconomy.gov). http://www.fueleconomy.gov/feg/tax_hybrid.shtml
- Learn how gas prices are calculated and why they fluctuate at the Energy Information Administration's Web site. http://www.eia.doe.gov/pub/oil_gas/petroleum/analysis_publications/primer_on_gasoline_prices/html/petbro.html

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Got air?

Make habit of checking tire pressure

Are you being too hard on your tires? If you haven't taken a good look at the four rubber orbs that take you to and from work everyday, you may be surprised.

According to the Finance and Administration Cabinet's Division of Fleet Management, you can gain the most miles per gallon by making sure your tires are properly inflated. Doing so can increase your miles per gallon by up to 10 percent.

Now would be a great time to get in the habit of checking the air pressure in your tires when you get gas, remembering one important rule: Tire pressure should not be checked after long periods of driving.

First you need a tire gauge, which can be bought from \$1 to \$3 at any auto parts store. More expensive gauges that give you digital readouts are available as well.

Follow these instructions to check your tire pressure in your personal vehicles and anytime you may be driving a state vehicle.

To know how much pressure should be in your tires, check your driver's manual. The recommended tire pressure can also be found in the door jamb of the driver's side door or in your glove box. (On state cars, it is in the door jamb.) Most cars need 28 to 35 pounds of air pressure.

When you are ready to check the pressure, pull up to the air pump at your service station. Unscrew the valve on the rim of your tire and place the gauge onto the stem of the valve. A calibrated stick will pop out the end of the gauge telling you how much pressure is in your tires.

Use the air pump to re-inflate the tires if needed. If your tires are over-inflated, use the open end of the pressure gauge to deflate. Finally, make sure you replace the valve covers before you drive away.

According to Fleet Management, maintaining proper tire inflation on state government vehicles could save 5 percent on fuel costs, reduce the use of gas by 750,000 gallons a year and create a \$2.25 million savings for taxpayers.

State Fair Starts Thursday

Cabinet booth has something for everyone

By Anya Armes Weber

The 2006 Kentucky State Fair starts Thursday in Louisville. The Cabinet for Health and Family Services will be encouraging its visitors to make better choices to improve their families' health and well-being.

"Wellness – A Life Connection" is the Cabinet's theme, and physical health will be the main focus of the highly interactive display in the Kentucky Fair and Exposition Center's South Wing.

"So many Kentuckians need help to make better lifestyle choices," said Cabinet Secretary Mark D. Birdwhistell. "By simply improving diet and activity habits, people can make a big difference in their overall health."

The Cabinet display will offer educational games and activities to encourage visitors to take better control of their families' health and well-being. Birdwhistell said the Cabinet can potentially reach more than 600,000 visitors with that message at the fair.

Guests may take advantage of free health screenings ranging from diabetes risk assessment to bone density testing.

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Staff will also guide visitors in activities centered on other topics like smoking cessation, cardiovascular health, child and adult abuse prevention and body mass index.

In addition to these daily elements, rotating displays featuring programs like family preparedness, lead poisoning prevention and environmental safety will be featured each day.

Also in the South Wing, the Cabinet's Nutrition Services Branch staff will assist Louisville's Metro Health Department in staffing the Rock 'N' Relax room, where parents can stop by to nurse, feed or change their infants and pick up information on baby safety.

Cabinet staff from Jefferson County's Department for Community Based Services will help manage the South Wing's Wednesday's Child booth, which will recruit adoptive families.

Listed below is a calendar of rotating display elements and program areas featured daily. The fair runs through Sunday, Aug. 27. Exhibit buildings at the Kentucky Fair and Exposition Center are open daily from 9 a.m.-10 p.m.

Advance discount tickets, purchased at Kroger, are \$5 for adults and \$2 for children ages 3-12 and seniors. After Aug. 16, tickets are \$7 for adults, \$3 for children and \$3 for seniors 55 and older. Children 2 and younger get in free. Parking is \$5. Log onto kystatefair.org for more information.

Kentucky Health and Family Services 2006 State Fair Schedule

Daily Elements

Nutrition – (Reading Food Labels)
Physical Activity/Arthritis Information
Tobacco Assessment and Education/Asthma
Cardiovascular Health (Blood Pressure Monitoring for adults 18 and older)

Diabetes Information
Public Health Protection and Safety
Body Fat Analysis (Kentucky State University)
Abuse and neglect prevention

Featured Elements

Thursday, Aug. 17: Women's Health Day

University of Kentucky Women's Health Registry enrollment
Breast and Cervical Cancer Screening Information
Bone density testing (10 a.m.-4 p.m.)

Friday, Aug. 18 and Saturday, Aug. 19

Family Preparedness and Flu Information

Sunday, Aug. 20: Women's Health Day

Breast and Cervical Cancer Screening Information
Bone Density Testing (11 a.m.-4 p.m.)

Monday, Aug. 21

Children's Physical Activity
Children's Dental Health

Tuesday, Aug. 22: Senior Day

Glucose Monitoring and Cholesterol Testing (10 a.m.-2 p.m.)
"Body Recall" Exercises with Dorothy Chrisman (2-4 p.m.)
Aging Services Information

Wednesday, Aug. 23

Substance Abuse Prevention

Thursday, Aug. 24:

Recognizing Signs of Prescription Drug Abuse

Friday, Aug. 25:

Environmental Safety

Saturday, Aug. 26:

Glucose Monitoring and Cholesterol Testing (10 a.m.-2 p.m.)
Childhood Lead Poisoning Prevention (3-9 p.m.)

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Environmental Safety
Food Safety Survey

Sunday, Aug. 27

Childhood Lead Poisoning Prevention
Environmental Safety

DCBS Staff Honored

Grannis, Eckler award winners named

By Anya Armes Weber

The Department for Community Based Services recently recognized several employees for outstanding achievements and accomplishments at the Aug. 9 DCBS Management Meeting in Louisville.

Bethany Towles, a family service worker clinician in Martin County, won the Paul T. Grannis award for exemplary service in the Social Services Worker series, or a supervisor with direct service experience, and serves as a reminder of the dangers staff routinely face.

Towles has worked at the Cabinet for 10 years.

Cindy Wade, a field service supervisor in the Garrard County Family Support office, was named winner of the Sheila G. Eckler award for exemplary service in the Family Support Worker series.

Wade has been with the Cabinet almost 17 years.

Several other staff received DCBS Commissioner's Awards for quality service to their region or office.

Staff was nominated by the commissioner, division directors and service region administrators for their demonstrated excellence in the provision of their job duties.

Listed are the DCBS Commissioner's Award winners:

Division of Policy Development: Wendy Cumpston
Training Branch: Rich Egbert
Division of Child Care: Phillip Smith
Division of Child Support: Maria Lewis
Division of Protection and Permanency: Denise Hume
Division of Family Support: Crystal DeSpain
Division of Administration and Financial Management: Teri Mason
Division of Service Regions East: Vince Geremia
Division of Service Regions West: Jim Toler
Barren River Service Region: Irene Achampong Boamah
Big Sandy Service Region: Jennifer Adkins
Bluegrass Fayette Service Region: Vivian Schneider
Cumberland Valley Service Region: Regina Nolan
FIVCO Service Region: Lois Stinson
Gateway/Buffalo Trace Service Region: Jackie Johnson
Green River Service Region: Ann Blanford
Kentucky River Service Region: Shirley Watts
KIPDA Jefferson Service Region: Sky Tanghe
KIPDA Rural Service Region: Kimberly Perkinson
Lake Cumberland Service Region: Melissa Taylor
Lincoln Trail Service Region: Dianna Barr
Northern Kentucky Service Region: Tim Rees
Pennyrile Service Region: Melanie Rose
Purchase Service Region: Emma Hayden

CHFS Wellness Ambassadors Check in for Last Time

Editor's note: This is the final installment of CHFS Focus coverage of the Wellness Ambassador program. Six CHFS employees signed on in February to let us track their progress toward personal health goals. The Focus appreciates their candor and access and we are certain all our readers appreciate the

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chance to share and be inspired by the ambassadors' experiences.

Shawn M. Crouch

The mission of losing weight and getting healthier has been a constant struggle, but I'm not giving up. I've become more aware of eating and exercise habits during this process.

During the first few months of this journey I learned more about how to eat healthy. Now my focus is shifting to stress management and how to avoid and deal with stress in healthy ways instead of eating.

Steve Davis

The Wellness Ambassador Program has helped me attain my initial goal of increasing my physical activity level and being aware of and eliminating bad habits.

While a busy schedule and active workdays often interfered with walk breaks, I typically remained motivated to include walking or other physical activity at home.

The most important concept I incorporated into my wellness-focused lifestyle is awareness of the importance of continuing on the program for the long term and not quitting when the schedule briefly interferes with the activities routine.

I remain motivated to stay physically active and am aware of healthy food and beverage choices that will truly result in long-term lifestyle changes. I plan to continue with the healthy lifestyle choices and look forward to measuring my progress a year from now.

I plan to test the advice I've received about the benefits of slow, consistent progress toward health and lifestyle objectives. I also look forward to sharing my secrets to losing 100 percent of my body weight in three months, and gaining back 80 percent nearly instantaneously.

Julie Franklin

Well, I certainly have not met the goal I set, but I have definitely found myself watching what I eat more closely. I have lost some weight, and plan to stick with it. I still have moments, days sometimes, when I find myself tempted to misbehave and I always try to start anew the next moment or day.

This time of year is very good for me. I love to walk outside in the evenings and that keeps me motivated. My family also has joined me, so that helps, too.

While I wouldn't consider us on a "diet" we are all trying to make better choices. As with many, it's a never-ending battle, but one I'll continue to fight.

Angel Walker

I wish I could be the best ambassador there was. I have tried to quit smoking three times now and I guess that's what makes me a good ambassador. I don't know how good I have been for me or others trying to follow in my footsteps. Quitting smoking is a long hard journey and I have figured out that not everyone can quit as easily as the next.

I was so good for so long and then BAM the stress hits you and it's all over with. I thought if I could just smoke one cigarette I would be OK and then put my patch back on and be set. That is not how it works.

Once you get that taste of the nicotine you want more. I have good days and I have bad days, sometimes I smoke and sometimes I don't.

I am still working hard at not smoking and getting through the day without a cigarette. Maybe one day I will conquer the fear of quitting for good. You don't want your kids to grow up saying "Mommy! No, no moke!"

Kedra Weinrauch, LCSW

I have enjoyed being a CHFS wellness ambassador. The extra support of Linda Proctor

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and motivation of reporting my activities related to my goals have helped in keeping me on track.

My goals were: to increase my physical activity level; eat more fruits and vegetables; and stop smoking cigarettes.

I joined the YMCA and have been exercising regularly throughout the spring and summer. In addition, I buy and eat healthier foods. For me, the trick is to not have the junk foods in my house.

The smoking cessation is a challenge I will continue to work on. Hey, meeting two out of three goals isn't too bad! Thanks to the Wellness Committee and everyone who has encouraged me to meet my goals!

Kentucky to Host National Conference

The national Medicaid integrity organization, NASO, will have its 2006 national conference Aug. 20-23 at the Marriott Griffin Gate Resort in Lexington.

Kentucky was offered the opportunity to host the 2006 conference during the 2005 NASO conference in Columbus, Ohio.

Medicaid's Program Integrity unit is housed in the Office of the Inspector General, Division of Fraud, Waste and Abuse/Identification and Prevention (DFWAIP). DFWAIP staff serves as Medicaid's representatives in NASO, and have worked hard throughout the year, setting the conference agenda, arranging accommodations and travel, and planning social events.

The conference will include more than 200 Medicaid Program Integrity representatives from nearly all state programs, governing federal agencies and vendors. The conference provides the OIG and Medicaid an opportunity to showcase various programs and learn best practices from other state and federal agencies.

For more information on the conference, call Zach Ramsey, DFWAIP director at (502) 564-5472.

Kentucky Deferred Compensation Seminar Set

Kentucky Deferred Compensation is an optional, state-sponsored benefit available to all state employees. Kentucky Deferred Compensation wants to help new employees take full advantage of this important tool for helping you achieve financial independence at retirement. Join us for a brief enrollment presentation on Kentucky Deferred Compensation, and take the actions necessary to:

- Learn about the different risk and rewards associated with investing
- Discover how to invest your money to help meet your retirement goals
- Enroll in our 401(k), Roth 401(k) or 457 plan

This seminar is for employees hired within the past 12 months. The seminar is 12:10 to 12:50 p.m. Aug. 31, at 105 Sea Hero Road, Suite 1. Lunch will be provided. Registration is required due to limited seating.

To register, call Carol Cummins or Larincia Bowers at (502) 573-7925 or (800) 542-2667

CHFS Health Tip of the Week: National Immunization Awareness Month

Some adults assume the vaccines they received as children will protect them for their entire lives. Generally this is true, except that some adults were never vaccinated as children. Newer vaccines were not available when some adults were children and immunity can begin to fade over time.

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Immunization is the single most cost-effective health investment, making immunization a cornerstone of efforts to promote health.

For more information visit:

<http://www.cdc.gov/nip/recs/adult-schedule.pdf>;
<http://www2.cdc.gov/nip/adultImmSched/>

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.

Joan Lloyd, a teambuilding expert and writer for work911.com, gives employees and managers these tips for respectfully resolving workplace conflict.

Try the “best intentions” approach. Make sure the person you are approaching knows that you believe they didn’t mean to cause problems, and that you didn’t either. Say, “This is how I see what happened. Let’s talk about how you feel, too.” Don’t just come right out and blame someone else.

Admit to your own shortcomings in the situation. When you open a conflict resolution session with contrition, you may be able to open them up to coming closer to compromise.

Be honest. You will build trust when the truth is unfiltered. Coworkers feel slighted when they know you are trying to sugarcoat your message to spare their feelings. Help coworkers maintain their dignity by keeping an open dialogue about the situation.

When a coworker offends us, we might talk about the conflict to everyone but that person. Lloyd reminds us that talking to each other can remove most of all workplace disagreements.

Tech Tips

How to Log Off and Why

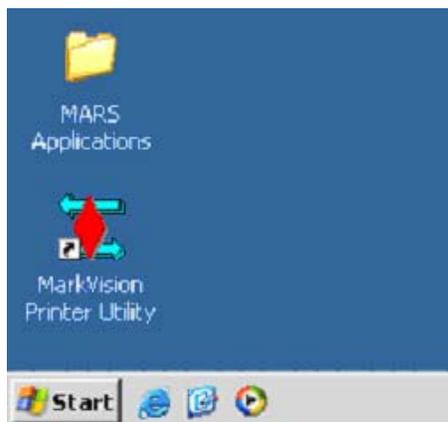
You should always log off of your workstation at the end of each day as security patches and updates are pushed out to update machines overnight. If your workstation is logged on, it may get restarted which could cause you to lose data if you have any applications or documents open.

You should restart your workstation at least once a month to keep it running at peak performance.

Computers sometimes have many different ways to accomplish the same task. For example, there are two different ways to log off of your workstation and both are explained below. The first method shows how to log off using the start menu. The second method shows how to log off using the Control+Alt+Delete method.

Depending on the view settings of your workstation, your start menu may look like this. If your start menu looks like this then follow these directions.

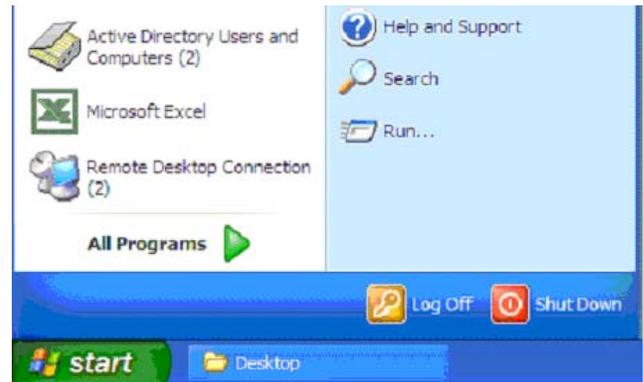
VIEW SETTING 1 – HOW TO LOG OFF USING THE START MENU



Click on “Start”.



Click “Shut Down”.



Click on Start.



Ensure the drop down box displays “Log off current user” and then click “Ok” or hit enter on your keyboard and you are now logged off.



Click on Log Off.



Click on Log Off.

You are now logged off.

Depending on the view settings of your workstation, your start menu may look like this. If your start menu looks like this then follow these directions.

VIEW SETTING 2 – HOW TO LOG OFF USING THE START MENU

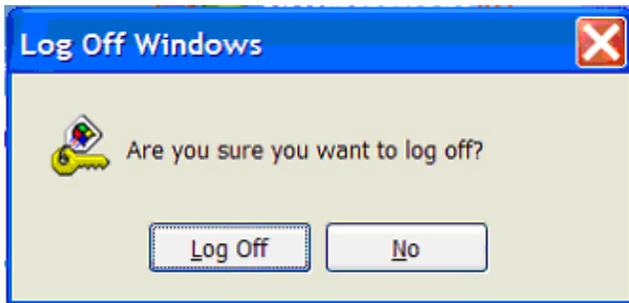
HOW TO LOG OFF USING THE QUICK CONTRAL, ALT, DELETE METHOD.

The second way to log off is by holding down the CTRL and ALT keys at the same time and then hit the Delete key. This key combination will display the window below.

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Click “Log Off”



Click “Log Off” again.

You are now logged off.