

CHFS Focus
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Finance Secretary to Chair 2009 Kentucky Employees Charitable Campaign

Gov. Steve Beshear recently announced that Jonathan Miller, secretary of the Finance and Administration Cabinet, will serve as the 2009 Kentucky Employees Charitable Campaign Chairman. Miller has served in the Cabinet since December 2007 and was Kentucky State Treasurer from 1999 to 2007.

“As a long-time supporter of the KECC, I’m excited to take on the role of 2009 KECC chairperson,” said Miller. “This campaign gives us the opportunity to come together for one purpose. Through our generosity, we can and will make a difference in the lives of thousands of Kentuckians. Let’s make this year count.”

Make this year count for those in need. Get involved in KECC! For more information, contact Kevin Middleton at the KECC office, (502) 589-2296 or visit <http://www.kecc.org>.

Deadline Nears for Staff to Share Volunteer Stories

By Anya Armes Weber

There’s still time for staff to shares their stories of volunteerism. Those who do will be recognized by the Kentucky Commission on Community Volunteerism and Service (KCCVS).

CHFS staff is asked to share their stories of service with Focus readers for publication during Kentucky Volunteer Week, April 19-25.

E-mail your submissions to [Anya Weber](#), Office of Communications, by Tuesday, April 14.

Employees who submit their stories will receive a certificate of recognition from KCCVS.

Tell us how you are involved in your communities and what agencies you help.

Submissions may be edited for style and length. Photos are welcome. Please include your staff position and county location.

Thank you for sharing your stories of service.

Webcast to Feature Elder Abuse Prevention

By Anya Armes Weber

The National Council on Elder Abuse is sponsoring a Webcast this month in observation of National Crime Victims Awareness Week.

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“Media Moxie: Informing the Public about Elder Abuse” will be presented at 2 p.m. EDT on Thursday, April 30.

April 26–May 2 is recognized as National Crime Victims Awareness Week.

Webcast presenters will be Moya Thompson, a public information officer at the U.S. Administration on Aging, and Dan Baron, a former Chicago Tribune reporter and communications consultant to nonprofit agencies.

The session is intended to help adult protective services practitioners, elder abuse advocates, aging services providers and other professionals learn the best ways to get information on elder abuse and available services to the public.

Register for the conference at this [link](#).

Seminar Focuses on Helping Clients Move from Facility to Community

By Anya Armes Weber

The Cabinet and the University of Kentucky is sponsoring a free workshop later this month on helping people living with disabilities transition from residing in a facility to living independently.

“Our Role as Human Service Professionals in Facilitating the Journey Home,” sponsored by the Department for Mental Health, Developmental Disabilities and Addiction Services (MHDDAS) and the Department for Medicaid Services (DMS), the UK College of Social Work and the UK Human Development Institute, will be from 1 to 4 p.m. on Thursday, April 30.

The workshop will be presented live, as a video seminar and as a Webinar.

The live site will be at the MHDDAS offices, 100 Fair Oaks Lane, 4th floor, Frankfort.

Presenters will be Linda McAuliffe, MHDDAS training manager; Teresa Day, outreach, marketing and education specialist for the DMS’ Kentucky Transitions Program; and Marybeth N. Vallance, preservice training coordinator for the UK Human Development Institute.

The course has been approved for three continuing education units for licensed social workers and psychologists.

The seminar focuses on dispelling misconceptions regarding people with disabilities and assisting people in making the transition from facility to community.

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Beginning April 15, you may register for the class online at <https://ky.train.org>. The class name is listed as “DMR - Our Role as Human Service Professionals in Facilitating the Journey Home,” and the course ID number is 1016958.

Class participants must have or create a TRAIN account to register.

Contact Linda McAuliffe at (502) 564-7702 or Linda.McAuliffe@ky.gov for more information.

Living Well: Exercise and Allergies

When the temperature heats up after a long winter season, do you find yourself unable to resist opening windows in hopes of airing out your house? Once the windows were opened, did the sneezing, wheezing, runny nose and itchy eyes kick in? After the winter season the warmer weather draws everyone outside. However, the outdoors can also attack you with what doctors call seasonal allergies or hay fever. If you suffer from seasonal allergies do not limit yourself to staying indoors. Follow these simple tips to remaining active outdoors.

- If you are just getting back into exercise, start your program indoors and gradually increase your fitness levels before heading outside.
- Plan your outdoor workouts for late afternoon or after a heavy rainfall when pollen levels are lower. Also, check the weather reports on pollen levels in your area.
- Use the air conditioner instead of opening windows and doors. The air conditioner helps filter out pollen particles.
- Take a shower, wash your hair, and put on clean clothes immediately after exercising outdoors to reduce the risk of suffering from allergy symptoms after working out.
- Use a saline nasal spray to clear the nose of any excess pollen after an outdoor exercise session.
- Skip your outdoor workout if you are run down, tired or stressed because your immune system is more likely to react more quickly and severely to outdoor allergens.

The severity of your symptoms will depend on the environment and the type of activity. Any activity that involves a high degree of movement and an increased respiratory rate could trigger problems. During all outdoor activities, listen to your body and pay attention to how you are feeling, especially if you have started taking allergy medication. On days when the pollen count is too high, consider switching your routine to “allergy friendly” activities like yoga, swimming, Tai Chi, stretching or weight training. All of these activities can be done indoors and do not involve an elevated respiratory rate. Also, visit your primary care physician for additional guidance and treatment. If you are unsure if you suffer from seasonal allergies see some symptoms below.

- Sneezing more often than normal.

- Eyes that continually water.
- Cold symptoms that continue more than 10 days without a fever.
- Repeated ear and/or sinus infections.
- Loss of smell or taste over a prolonged period of time.
- Frequent clearing of the throat or hoarseness.
- Persistent cough.

Employee Enrichment

By Anya Armes Weber

Avoiding unnecessary stress can help you become more clear-headed at work and at home. HelpGuide.org offers these steps to reducing stress. Try them, and you may be surprised at the number of stressors you can eliminate.

Say “no” when you can. Know your limits. Taking on more than you can deal with is a recipe for stress. You are better off doing your current assignments well than doing many tasks adequately.

Avoid people who cause you stress. You can only do so much to turn a relationship around. If you’ve tried, and nothing works, just limit the amount of time you spend with that person. Do your work together and move on.

Take control of your environment. Rearrange your office if it helps to have your back to the doorway. Change your commute or carpool if traffic makes you tense.

Avoid hot-button topics. Try not to engage in conversations where you’re sure to disagree with someone. It’s easy to remove yourself from social discussions, but if your team is disagreeing about work issues, you can’t let yourself be too invested in the outcome.

Pare down your to-do list. Review your calendar and daily tasks. Prioritize the “musts” and make the “shoulds” less frequent activities. If you can, ask for help or reassign a task.