

## **Staff, LHD Use Online Challenge to Increase Funding**

By Emily B. Moses, Focus Editor

An increasingly popular method for raising money for specific causes or even starting a new business venture has spurred one CHFS staff member and one local health department to attempt to implement ideas that will positively affect their communities.

Fayette County Department for Community Based Services employee Jill Timmins and Barren River Health District both have projects in the current round of the Pepsi Refresh Project ([www.refresheverything.com](http://www.refresheverything.com)). The Pepsi project provides grant dollars in varying increments to people whose projects qualify. The projects are listed online for site visitors to vote on. Multiple winners will be chosen from each category to receive funding.

### **Jill Timmins - Animals Helping Humans and Humans Helping Animals - \$250,000 category**

In Timmins' own words, her idea for this organization took shape when she was a child.

"I was never allowed to have a dog when I was younger and I always was helping out neighbors with their dogs," she said. "I was a little entrepreneur. I would volunteer at the animal shelter and it was so sad to see the animals suffer."

Timmins also always wanted to help homeless people. She wondered if there might be a way to help homeless people and animals at the same time.

"When I was in college I was studying non-profit organization. I decided to make my plan come to life, at least on paper," she said. "The teacher enjoyed it, and I got a great grade."

According to the description on the site, Timmins' shelter would provide housing for 75 people and 150 pets, pairing them up to bond, learn and live again. Human residents would care for the animal residents. Animals listen, love and bond – unconditionally - making the transition easier for them both. The program would then help the human residents get jobs and find homes for their four-legged friends.

"I have volunteered at several homeless shelters with my dog in tow," said Timmins. "I have seen the change in people when a dog doesn't judge them, accepts them for who they are, walks up to them and nudges them to raise their spirits."

Timmins said she is not aware of other shelters like this one in the United States. Her goal would be to have the shelter up and running in a year and then, if all goes well, expand to other states.

If Timmins project wins the Pepsi challenge, she would receive \$250,000.

**Barren River District Health Department, Topics: Car Seats - \$25,000; Substance Abuse - \$5,000**

The Barren River District Health Department serves people in Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Simpson and Warren counties. The district has two projects pending for funding in the challenge.

The first project tackles issues dealing with child safety. The health department provides car seat safety inspections to make sure seats are appropriate for age, height and weight of an infant or child. When seats are found to be inadequate, a new one is provided for the family. Families are encouraged to make a donation toward the new seat; however, most families cannot afford a new seat on their own, said health department spokesperson Crissy Rowland.

“Obviously there is a need for more free car seats in our communities,” said Rowland. “With requests daily for free seats, we cannot meet the demand. Parents want to protect their children but can’t always afford to.”

The health department’s second project will address the issue of teen prescription drug abuse in the health district.

“We conducted a community assessment two years ago, and substance abuse was chosen as an issue in several of our counties,” said Rowland. “After discussing the issue further with local law enforcement and counselors, we learned that the real issue was prescription drug abuse.”

Next to alcohol and marijuana, the most common illegal drugs teens are using to get high are prescription medications, she said.

In response, the health department has conducted one-day medication disposal drop offs to destroy unused and expired medications for people in their communities. More than 30 families in each county participated and most requested a way to dispose of medications on a more permanent basis.

If the project is funded, the health department will use it to help establish a permanent prescription drug disposal option to prevent the possible abuse of prescriptions and protect the environment.

Of both projects, Rowland said the best way to help is to vote.

### **How you can help:**

Log on to [www.refresheverything.com](http://www.refresheverything.com), the Pepsi project, to vote for these and other projects. Voters will have to register and create a password. Next to the word “Vote,” choose “Near You” in the dropdown menu to see all 12 Kentucky projects. Voters may cast up to 10 votes per day, but each vote must be for a different project. Voting for the current round of funding is open until the end of the month.

Other projects related to Cabinet programs include:

- The Weekend Backpack program to provide food to low-income students, Green River Outreach Family Resource and Youth Services Center, \$5,000

- Create awareness, educate and combat elder abuse in the Kentucky River Area, Kentucky River Area Development District Elder Abuse Council, \$5,000
- Help individuals with disabilities and their families, Help KY SPIN, Inc., \$250,000

“If all the Kentucky projects received funding, it would total \$815,000,” said Rowland. “That is quite an economic stimulus.”

### **Reds Tickets Available for Employees**

The Cincinnati Reds are offering tickets to employees at a special discount. Join the Cincinnati Reds at Great American Ball Park in Cincinnati, Ohio, and enjoy special discounts for the following games:

- 1:10 p.m., Sunday, April 25 vs. Padres
- 7:10 p.m., Monday, May 17 vs. Brewers
- 1:10 p.m., Sunday, May 30 vs. Astros

All Kentucky state employees can purchase tickets in select non-premium seating locations for half price. To purchase discounted tickets online, visit [www.reds.com/stateofky](http://www.reds.com/stateofky). Tickets must be purchased in advance of game date in order to receive this discount. Discount tickets will not be available at the box office on the day of the game.

### Ten-Ure Plans Conference

The Kentucky State Employees Ten-Ure organization will have its 59th annual conference May 13 and 14 at the Airport Holiday Inn in Erlanger, Ky. The theme for the conference will be “59 Years We Have Been, on to 2010.” There will be many informational booths, employee workshops and after-hours social events. The organization will also award state Ten-ure pins to members with 10, 15, 20, 25 and 30 years of state service.

Ten-Ure is a professional state organization, with membership of state employees who have more than 10 years of state service and any retiree from state government.

For more information, visit [www.ten-ure.org](http://www.ten-ure.org), or contact Teresa Proffitt at [Teresa.Proffitt@ky.gov](mailto:Teresa.Proffitt@ky.gov) or Gary Brooks at [Gary.Brooks@ky.gov](mailto:Gary.Brooks@ky.gov).

### **Living Well: New York, California, Kentucky and Beyond**

*By Kris Hayslett, Wellness Coordinator*

What do New York, Philadelphia and California have in common with Kentucky? Each state is joining the fight against obesity by requiring calorie-posting or menu labeling. The recent health care legislation eventually will make this a mandate in all states. This effort requires chain restaurants with 20 or more locations to post calorie counts on menus, menu boards and drive-thrus.

The city of New York preceded the mandate in 2008, by requiring all restaurants to post nutritional information. Studies are not conclusive as to whether these postings are driving consumers toward healthier options. But it is clear that restaurants are making changes to their menus to accommodate those who are seeking healthier options.

In some cases restaurants are making smaller portions to reduce the calorie count. In the case of Dunkin Donuts, they launched a lower-calorie “DDSmart” menu line. KFC began selling grilled chicken; Starbucks switched to reduced-fat milk for their espressos; and McDonald’s reduced the size of its large fries by 0.6 ounces.

Again, why is this important in Kentucky? Local chains are already falling in line with this mandate and offering menu labeling so that consumers can instantly make a more-informed choice. Currently, Panera is being celebrated for offering menu labeling in its Kentucky chains.

I do not eat out often in Frankfort, but I was amazed that my “go-to” favorite meal contained more than half of my recommended calories for one day. I am not a stickler for healthy eating all of the time, but over 800 calories and over 35 grams of fat in one sandwich demands my attention and leads me to seek out a healthier option.

The expectations of menu labeling are:

- Produce healthier consumers
- Drive owners to provide healthier choices
- Create menu changes
- Satisfy the needs of health conscious consumers

Menu labeling will not rid the country of the bacon cheeseburger and fries. But hopefully, the sticker shock posted next to those items will send consumers scanning menu boards for a tasty, but healthier, option. When eating out, be on the lookout for menu labeling/calorie posting.

## **Employee Enrichment**

*By Anya Armes Weber*

Being social at the office can help you be more productive at work. But sometimes you may have to deal with unwanted visitors – those who come by too frequently or stay too long. Human resources consultant Ian McKenzie offers these tips to curtail these office visits.

**Be the visitor.** If you have to speak with someone, go to their office. That way, you can control the length of the visit. When you’re done, excuse yourself, thank your co-worker and leave.

**Keep your back to your door.** If your work space is arranged so that you sit with your back to the door, visitors can see that you are working and they might be less likely to disturb you. Or if you have a door, just close it when you truly can’t be disturbed.

**Stand up.** If visitors come into your office, stand up to greet them and don’t invite them to sit down. This will often shorten the length of their visit.

**Tell them politely that you are busy.** If you're working on deadline or just slammed, ask them to come back. Set a specific appointment time if necessary.

**Set an example.** Be respectful of your co-workers, and don't overstay your welcome when you visit with them. Too much socializing can impede your productivity.