

July 17, 2006

## **Most State Facilities to go Smoke Free**

Governor Ernie Fletcher last week signed an executive order that will prohibit smoking in state government offices and common areas in many state buildings.

Pursuant to HB 55, enacted by the 2006 General Assembly, the executive order bans smoking in office buildings and common areas occupied by executive branch employees.

The smoking ban takes effect Aug. 1. All smoking rooms inside the CHFS facilities will be permanently closed at that time.

This ban excludes offices occupied by legislative and judicial branch employees. Before the passage of HB 55 and the execution of this executive order, the state was required to provide access to indoor smoking facilities in office buildings occupied by executive branch employees.

Examples of facilities that will be affected by this smoking ban include:

- Capitol Annex Building (offices and common areas occupied by executive branch employees)
- Cabinet for Health and Family Services facilities
- Transportation Cabinet facilities, including district offices
- Local Offices including Social Services, Workforce Development, Revenue, etc.
- State Office Building
- Capital Plaza Tower
- Governor's Mansion
- State Lab
- State Parks (applies to all common areas and non-smoking guest rooms)

- All state correctional facilities with the exception of Eddyville, the state's only maximum security prison

The smoking ban does NOT apply to:

- Offices occupied by the Legislative Research Commission
- Offices occupied by judicial branch employees
- Offices occupied by constitutional officers and staff

Employees who continue to take smoke breaks must do so outdoors. Currently no plans are in place to construct outside smoking facilities. Employees can smoke anywhere outdoors as long as passageways and entrances to the building are not obstructed.

## **Why a ban?**

One of the reasons more cities, businesses and organizations are choosing to go free is to provide a healthier environment for residents and employees. The goal is to reduce the amount of secondhand smoke – a serious threat to both lung and cardiovascular health.

To learn more about secondhand smoke, which also is referred to as environmental tobacco smoke, and its dangers, visit the American Lung Association Web site at <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=35422>.

## **Trying to quit?**

If you're a smoker who's thinking of quitting, there's never been a better time. The Kentucky Employees Health Plan offers a variety of smoking cessation programs to help state employees kick the habit for good.

July 17, 2006

KEHP has partnered with Express Scripts to provide over-the-counter nicotine replacement therapies (NRT) to employees participating in an approved smoking cessation program.

Eligibility guidelines require that participants be a smoker 18 years old or older; be enrolled in the KEHP and covered through Express Scripts; and actively participate in an approved smoking cessation program and attend all regularly scheduled sessions.

Dependents not covered under the plan are not eligible to participate.

To get started, enroll in a Cooper Clayton program or start using the Kentucky Tobacco Quit Line (1-800-QUIT NOW), a free, statewide, telephone-based tobacco cessation resource. The quit line offers a one-on-one proactive counseling program for tobacco users who are ready to quit.

If you are eligible and continue participating in an approved smoking cessation program, you will receive 12 weeks of over-the-counter NRT products each calendar year. The NRT products are not eligible for the mail order benefit.

The amount you receive will be based on the manufacturer's suggested usage and information provided by your smoking counselor. Cost is minimal. Employees will pay a \$5 co-pay for each two-week supply. This will result in a savings to you of approximately \$70 per month. However, the \$5 co-pay is not eligible for the Commonwealth Choice FSA because that program does not cover over-the-counter drugs.

To find out where a Cooper Clayton Program is offered in your area, contact your local health department or the Kentucky Tobacco Quit Line, 800-QuitNow (800-784-8669).

Read more about KEHP smoking cessation programs on the Office of Human Resource

Management's Intranet site at <http://chfsnet.ky.gov/afa/ohrm/dpa/smokecess.htm>

### **USDA honors DCBS Food Stamp Program**

*By Anya Armes Weber*

For the second consecutive year, the Department for Community Based Services (DCBS) has been recognized with Pinnacle Awards from the United States Department of Agriculture (USDA).

The awards recognize state staff for their commitment and dedication to food stamp clients.

DCBS has earned two awards. The first is the Accuracy in Grant Closeout Award. This award is given to the state in each region that has consistently managed its budget. Kentucky was the first food stamp program in the Southeast Region to complete the closeout process and did so without errors.

Kentucky also received the Open Door Award for Access. This award is for providing timely benefits and eliminating access barriers.

The awards were presented in June at the USDA's Tri-Regional Food Stamp Program Improvement conference in Park City, Utah.

Kentucky's Food Stamp Program is managed by DCBS' Division of Family Support. Staff determines eligibility for the federal program.

### **Get Running: DPH Colleagues Dedicated to Sport, Fitness**

*By Beth Crace*

As far as this group is concerned, jogging doesn't exist.

July 17, 2006

Marvin Miller, Trish McLendon, Kate Jones, Victoria Greenwell and RaeAnne Davis are all runners.

And teammates. And competitors. And, when the need arises, cheerleaders.

Even though they all insist they're not setting records, the accomplishments of these runners – all employees of the Department for Public Health – are nothing short of impressive.

They run an average of four days a week over miles and miles of trail and pavement. Their workouts can stretch anywhere from 40 minutes to an hour and a half. Speed, they say, is not a consideration.

“Nobody jogs!” said an adamant McLendon, joining her compatriots on the picnic tables outside the CHFS cafeteria. “There’s no such thing as jogging. It’s an 80s term. You either walk or you run.”

“We don’t go for speed – we go for time,” said Greenwell, explaining the group sets an amount of time to run, starts out together and meets back up at the end.

Between them they’ve completed numerous 5Ks, 10Ks, half-marathons, marathons and several trail races. Jones, an avid cyclist, spinning teacher at the local YMCA and, at 29, the youngest member of the group, has competed in a bike race. Thirty-one-year-old McLendon, a runner since being recruited for cross country in the eighth grade, also competes in triathlons.

“It really is about just moving,” said Miller, 56, who once traveled to Vail, Colo., to compete in a race at a ski resort. “I guarantee every one of (the group) thinks younger than our age.”

“Anybody can do it. It doesn’t matter what you look like,” said McLendon. “I don’t care if you’re 50 pounds overweight, you can do it.”

That’s the mantra the St. Louis native has been espousing to her co-workers since she came to work for DPH in 2003. Jones and Greenwell were first to step up to the challenge, joining McLendon for after-work runs that began in the parking lot and stretched to the Frankfort Cemetery. Miller joined shortly thereafter.

“It’s fun,” said Jones, a Cincinnati native. “Getting to do it together makes it worthwhile.”

The group, which now prefers the winding trails of Capital View Park, successfully recruited Davis in the fall of 2005. She quickly prepared to compete in the popular Thoroughbred Classic road race, an annual 5K race at Keeneland on Thanksgiving. She completed the Indianapolis half-marathon on May 6.

Davis, 34, started running for exercise and as a way to cope with the stress that arose after her husband, who is in the military, was deployed overseas.

“I had too much stress and too much time on my hands. I wanted to find a positive way to spend my time,” said the former soccer player, a resident of Versailles who spent her formative years in Rockford, Ill., and Lexington.

For Greenwell, a Frankfort native who now resides in Versailles, running was just one more activity to add to her list.

“I’ve always been physically active,” she said, “whether it be body sculpting or yoga.”

She’s also an avid weightlifter, smiling as she points out, “I can curl 20s – I’m proud of that!”

Most recently, the 42-year-old has added abdominal training to her regimen, throwing in

July 17, 2006

20 minutes and 550 repetitions of crunches, twists and sit-ups to keep her in tip-top shape.

Along with Miller, Greenwell has helped convince the group to participate in trail races, off-road running that leads competitors away from the punishing conditions of asphalt onto more natural courses of winding and often hilly terrain.

“I’m much more of an off-road runner than a road runner,” she said. “I love the trails.”

Despite all their accomplishments and obvious dedication to remaining fit, all five continue to set goals. Currently, they’re planning to take part in a road race in Dayton, Ohio, in October. It’s a big part of remaining dedicated to running, giving them something to look forward to every few months (the amount of time they recommend between races).

Jones and Greenwell also say they’d like to work up to running a half-marathon, or perhaps a relay marathon.

“And to keep up my ab work,” said Greenwell. “Maybe I’ll work up to 750.”

Miller, a native of Plainfield, Ill., says he’d like to keep running for decades, while Davis agrees she wants to remain devoted and “keep having fun” with the sport.

McLendon, who has five marathons and 10 triathlons under her belt, has a goal of completing a marathon in each of the 50 states. She also has ambitions of competing in an Ironman Triathlon, a grueling 2.4-mile swim, 112-mile-bike, and 26.2-mile marathon made famous by its annual Ironman Triathlon World Championship in Kailua Kona, Hawaii.

As much as these four runners love their sport, they are just as quick to add there are more activities out there if you think running isn’t for

you. They encourage everyone to find something they love – and to stick with it.

Not only is it good for the CHFS’ Get Healthy campaign, but it’s also comforting for this group. They admit they’re not exactly strangers to looks of surprise as they head out of the building donning shorts and sneakers at the end of a work day.

“I want us to eventually be the norm, instead of being the oddballs around here,” said Miller.

### **Public Forums Address Aging Population**

A series of public forums will be held across the state to collect input and data to help communities plan and prepare for the impending growth in Kentucky’s senior population. The forums are part of the Kentucky Elder Readiness Initiative (KERI), a collaborative effort between the state Division of Aging Services in the Cabinet for Health and Family Services, the University of Kentucky Graduate Center on Gerontology and the state’s 15 Area Agencies on Aging. The KERI is designed to measure and enhance community-level preparedness to cope with the challenges and capitalize on the opportunities of an aging population.

“The first of the baby boomers – the largest generation in the history of the United States, people born from 1946-1964 – turn 60 this year,” said Dr. Graham Rowles, director of the UK Center on Gerontology. “The growth of the 60-plus population in Kentucky will exceed the national rate, so it’s especially important for our communities to have a plan in place to address the needs of this special population.”

Kentucky currently ranks 27th in the nation in percentage of the total population older than 65. By 2020, Kentucky will have the 14th largest elder population in the nation.

July 17, 2006

The KERI community forums will help develop local profiles of resources, level of access and accommodation, quality and quantity of services and other readiness measures. Forum discussions will focus on four broad areas related to preparedness and planning for the aging of the baby boomers: community resources; health and safety; quality of life; and community involvement.

The forums are free and open to the public.

### **Women Encouraged to Sign Up with Health Registry**

The Division of Women's Physical and Mental Health is working with the University of Kentucky Center for the Advancement of Women's Health to promote and encourage women to take part in the first-of-its kind statewide registry to track women's health trends.

"The UK Women's Health Registry is a great beginning in efforts to track health trends across generations of Kentucky women," said Joyce Jennings, director of the Cabinet's women's health division. "The registry will help us better understand the impact of geographic, cultural, socioeconomic and other factors on the health of women in the commonwealth."

Research has shown that women and men respond differently to some medical treatments, present with different symptoms for the same diseases and generally experience health issues in different ways. Women also encounter stressors and other health influences that may affect their health differently than men.

An objective of the registry is to generate long-term women's health research data to improve the design and delivery of treatment and prevention options based on Kentucky women's needs.

Registry participants receive health information and periodic status reports. Clinical trials offered through the registry program offer women access to new drugs and alternative therapies, specialty physicians, support systems and, in some cases, monetary compensation.

All personal information is safeguarded and confidential. Medical researchers must meet rigorous approval and screening criteria to qualify for access to registry information. Participation in both the registry and associated clinical trials is voluntary.

The registry survey is available online at [www.kywomensregistry.com](http://www.kywomensregistry.com). You may also request a mail-in survey by calling (859) 323-5709 or toll-free (800) 929-2320.

### **New OIT Helpdesk Account Effective Today**

The CHFS User Request mailbox and CHFS OIT Helpdesk distribution list are being inactivated and deleted from the system as of today. All requests for network accounts, e-mail changes, desktop service requests, etc., should be sent to the new mailbox, CHFS Network Helpdesk.

The new mailbox will be monitored to assure requests are handled in a timely manner. If you have an immediate need for service, you should call the Network Helpdesk at (502) 564-0104, option 5, or (866) 231-0003.

The Network User Account form (<http://chfsnet.ky.gov/afa/oit/forms.htm>) has been updated to include the new e-mail address for your convenience. Always use the form from the CHFS Intranet site to make sure you have the most current form.

### **CHFS Focus Health Tip of the Week**

#### **Make Your Summer Safe**

July 17, 2006

Thoughts of winter are far away as the summer sun impels you to bask in its glory. Whether you are gardening, boating, watching your kids at the ballpark, vacationing or cooking out with friends, chances are you may be spending ample time outdoors these days. Keep these tips in mind to make sure the rest of your summer is just as fun.

**Drink plenty of water.** Your body needs it to prevent dehydration. Take bottles of water with you, if you're going out for any length of time. Remember: Infants and toddlers can become dehydrated more easily than adults, so be sure they get lots of liquids.

**Know the air quality.** If you have asthma or other respiratory problems, watch the air quality report for the day. Limit your time outdoors on days that have moderate to poor air quality outlooks. Don't forget to take your inhaler or other medication when you go out.

**Wear appropriate shoes for your outdoor activities.** If you're doing a lot of walking or other sports activities, skip those stylish summer sandals. Avoid blisters and sprains by choosing a good pair of walking shoes. Wear them with comfortable, cotton socks.

**Take a rest.** Don't push beyond your physical limits. At intervals, sit in a shady spot.

**Take cover.** Sunburn is painful and unhealthy. Use a good sunscreen, and re-apply it frequently during the day. Wear a hat to keep cool and shaded.

**Maintain your energy level.** Limit your intake of fat and sugar and focus more on carbohydrates, fruits and vegetables.

**Consume alcohol in moderation.** The sun and alcohol can be a harmful combination. Don't drink at all near the time that you may be driving.

**Check your labels.** Some medications might increase your sensitivity to sun and/or heat.

**Store medicines properly.** Don't store medicines in the trunk or glove compartment of your car or take them to the beach unless you will need them. High heat and humidity can alter the potency of many drugs.

## 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.*

If you sometimes have trouble concentrating at work, eHow.com offers these tips to help you get more done in your work days.

- Know your "weak" times and tackle your toughest assignments when you are more alert.
- If you can, choose your neighbor. Sit next to someone with a good work ethic who may inspire you to keep plugging.
- Stop working or take your breaks at a natural endpoint. Picking up work later will be easier if you have met even a small goal you can be proud of.
- Jot notes. This can help to jog your memory when working over several days and forces you to clarify information.

