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## Transplant Games on in Louisville

More than 1,200 transplant athletes descended on Louisville last week to compete for gold, silver and bronze medals in 12 different sports including track and field, swimming, tennis, basketball, cycling and golf at the National Kidney Foundation's 2006 U.S. Transplant Games.

Presented biennially by the National Kidney Foundation since 1990 and sponsored by Novartis Pharmaceuticals Corporation, the U.S. Transplant Games draws participants from all over the country who are organized into 50 state teams.

"More than 91,000 Americans are currently on the waiting list for life-saving organ transplants and ten people die each day while waiting. The Transplant Games showcase the success of transplantation, demonstrating the life-saving power of organ donation," says John Davis, CEO of the National Kidney Foundation.

"We hope our spirited competition will slam home the message that every American should consider becoming an organ donor," said Davis.

## DCBS Worker's Daughter Participates in Games

*The National Kidney Foundation's Transplant Games started last week and continue through Wednesday.*



*Participating in the games is Misty Hair, 24, daughter of Deva Hair, who works in Community Based Services in Liberty. This story is reprinted with the permission of the National Kidney Foundation.*

A young healthy college student, Misty Hair never thought about the possibility of losing her life to kidney disease before she achieved her dream of becoming a physical education teacher.

In November 2004, Misty was completing her student teaching and getting ready to graduate. After weeks of feeling sick, she went to the doctor, who discovered that Misty had kidney disease.

"The doctor gave me two options: wait until I would be forced to go on dialysis or start now and preserve what kidney function I had left," Hair said. "I went home to celebrate Thanksgiving and decided to start dialysis immediately."

Within the week, Hair returned to college and finished her student teaching while going to dialysis treatments three times a week. One day, she received a phone call from an old high school friend, Jerry, who had heard she was sick.

"I was so surprised to hear from him, and after I explained everything, he told me he wanted to give me one of his kidneys, because he just knew he'd be a match," Hair recalls.

On Jan. 15, 2005, Jerry was tested and learned he was a match. The transplant was set for July 7, 2005.

"The day before surgery, we spent time together and with our families, woke up (the next day) and went to the hospital for our surgery," Hair said. "After losing touch for a long time, Jerry came back into my life to save it."

The transplant was successful, and not only does Hair have a new lease on life, she also has a new love – Jerry.

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"I can't ever thank him enough for what he did for me," she said. "I feel truly grateful to have the best friend in the world."

*Hair was set to compete this week in the track and field events at the transplant games.*

### Hardin DCBS Office Celebrates Families

The Hardin County Department for Community Based Services

office presented "Celebrating Family Ties," a workshop for adoptive families and children who are waiting for adoption on June 5.



State Rep. Jimmie Lee, D-Elizabethtown, speaks to families at the "Celebrating Family Ties" workshop in Elizabethtown June 5.

The celebration was part of Adoption Week, a joint effort between the Cabinet and the Kentucky Court of Justice when communities celebrate adoption.

Rep. Jimmie Lee, D-Elizabethtown, spoke at the event and proposed increased funding in the 2008 budget for the daily foster care rate, private child care providers and support services for children aging out of foster care.

"We need to build upon those programs in upcoming years and upcoming budgets," Lee said. "If we don't provide support services now, it will cost society a whole lot more in the long run."

Lee thanked the foster and adoptive parents in attendance and said "no other group that I work

with has more appreciation from me than you all."

### New Web Pages Provide Domestic Violence Resources

*By Anya Armes Weber*

A new addition to the Cabinet Web site is helping Kentuckians learn more about domestic violence and how they can recognize, prevent and treat it.

The Division of Protection and Permanency launched the domestic violence awareness pages last month. They include safety suggestions, statistics that show the extent of the problem and helpful resources for victims.

"These Web pages are geared toward advocates who want to help stop the cycle of domestic violence and those already affected by the crime," said Kimberly Baker, a specialist in the division's Adult Safety Branch and one of the site's authors.

"Domestic violence is such a personal issue," Baker said. "These pages will be a great resource for victims or their family members. And abusers can find links to counseling services."

The Web pages list the state's treatment providers for offenders, shelter programs and victims' advocates, as well as details on Kentucky's law and how to file for protective orders. There are also facts on preventing violence in the workplace, county district court information, domestic violence and the elderly and a list of victims advocates.

Parents may also find help on encouraging teens not to tolerate abuse.

"These pages suggest ways to intervene and support when friends may be in dangerous relationships," Baker said.

Another section gives suggestions to parents who may have concerns regarding their teenagers' behavior.

Baker said the Web pages will be regularly updated with links to new resources and recent news on domestic violence.

Log on to the domestic violence page directly at <http://chfs.ky.gov/dcbs/dpp/dva.htm>, or link to it from the Cabinet's home page, <http://chfs.ky.gov/>.

### **Anti-Harassment Refresher Courses Available**

All CHFS employees are required to attend Anti-Harassment Awareness and Violence in the Workplace training every two years. In an effort to keep employees up-to-date on these issues, online refresher courses have been developed.

Starting July 15, the Office of Human Resource Management (OHRM) will again offer refresher classes for Anti-Harassment Awareness and Violence in the Workplace. These refreshers are provided online through Kentucky Virtual University.

If you and/or your employees need a refresher class, contact your [Department/Office training liaison](#) for enrollment. Employees have two months to complete each course. Employees will be provided specific information approximately one week before the beginning of a course.

### **Training Opportunities Available**

The Personnel Cabinet's Office of Employee and Organizational Development (OEOD) has posted the [training schedule](#) for the latter part of 2006.

Learn to solve problems creatively, strengthen leadership skills, create efficiencies by streamlining current processes and more. It's a

great way to build your professional skills and earn points for career development on your performance evaluation.

Best of all, the classes are already paid for. Our Cabinet pays an annual fee so that employees have unlimited access to these classes and can take advantage of them at any time.

Registering for the OEOD classes is simple.

- Read the [course descriptions](#).
- See when your classes are [scheduled](#).
- Fill out the [registration form](#).
- Have your supervisor sign the form.
- Send the request to your [cabinet training liaison](#).

### **Kentucky Deferred Compensation Invitation for New Employees**

It is never too soon to begin planning for your retirement. Kentucky Deferred Compensation is an optional state-sponsored benefit available to all state employees. Kentucky Deferred Compensation is the easy, tax-sheltered way to supplement your retirement needs. At Kentucky Deferred Compensation, we want to help new employees take full advantage of this important tool for helping 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 risks and rewards associated with investing.
- Discover the best way to invest your money to help meet your retirement goals.
- Enroll in our 401(k) and /or 457 plan immediately.

A New Employee Enrollment Seminar for new hires within the past 12 months will be from 12:10 to 12:50 p.m. June 29, at 105 Sea Hero

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Road, Suite 1, Frankfort. Lunch will be provided. Seating is limited. Pre-registration is required. To register, Call Carol Cummins or Larincia Bowers at (502) 573-7925 or (800) 542-2667. Please call for an enrollment kit if you are unable to attend.

### CHFS Emergency Support Team Update

*It's not too late to join in on our effort!*

Opportunities remain for joining the CHFS Emergency Support Team! An additional training orientation session has been scheduled for Frankfort-based employees on June 28 from 1-3 p.m. in Classroom B of the Distance Learning Center in the DPH wing. Applications are available online at [www.chfs.ky.gov/dph/epi/preparedness/emergencysupportteam.htm](http://www.chfs.ky.gov/dph/epi/preparedness/emergencysupportteam.htm)

Interested staff will need to obtain supervisor's approval before signing up.

Preparedness Branch staff members are also busy developing an online training module for the KY.TRAIN.org network for non-Frankfort based employees and also for those unable to attend the orientation training sessions. Also, an additional session of the personal preparedness lunch and learn will be scheduled in the near future.

Supervisors, we thank you for allowing your employees to join in on this important and valuable effort and also encourage you to seek training as many may have a supervisory role during an emergency response.

### CHFS Focus Health Tip

#### June is National Scleroderma Awareness Month

Scleroderma, or systemic sclerosis, is a chronic connective tissue disease generally classified as

one of the autoimmune rheumatic diseases. The word "scleroderma" comes from two Greek words: "sclero" meaning hard, and "derma" meaning skin. Hardening of the skin is one of the most visible manifestations of the disease.

The symptoms of scleroderma vary greatly from individual to individual, and the effects of scleroderma can range from very mild to life-threatening. Scleroderma is not contagious, it is not infectious, and it is not cancerous or malignant.

It is estimated that there are approximately 300,000 people in the United States living with scleroderma. Approximately three to four times more women than men develop the disease. Scleroderma can develop and is found in every age group from infants to the elderly, but its onset is most frequent between the ages of 25 to 55. Although scleroderma is not directly inherited, some scientists feel there is a slight predisposition to it in families with a history of rheumatic diseases.

The exact cause or causes of scleroderma are still unknown, but scientists and medical investigators in a wide variety of fields are working hard to make those determinations. For more information visit the Scleroderma Foundation at [www.scleroderma.org](http://www.scleroderma.org).

### 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.*

Setting aside time for creative thinking can save effort in the long run. Often the best place to find or generate ideas is within your own office. Take time out to think and encourage others to do the

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same. Record your ideas and act on the best ones.

Simple techniques such as [brainstorming](#) and process mapping can get the ideas flowing, help you to organize them and save you time.

Innovation does not have to be about revolutionary new ideas. Look at your existing plans and ask yourself how they could be improved. It could be one simple alteration that will give your customers an extra boost.

Mark Twain said, “You can’t trust your judgment if your imagination is out of focus.”