

## **Kentucky Wins \$10,000 Award for Service Project**

*By Anya Armes Weber*

A Kentucky community service project has won a \$10,000 award as part of Make A Difference Day, a massive national day of giving and helping others.

USA WEEKEND Magazine has named the state's effort one of the top 10 in the country and featured the state in its Sunday, April 18, edition.

Kentucky's project, a statewide food drive coordinated by the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services (CHFS), yielded 123.27 tons, enough food to feed 493,087 Kentuckians an 8-ounce serving.

For the food drive, members from the state's 13 AmeriCorps programs, which are administered by KCCVS, and staff from CHFS' nine Department for Community Based Services (DCBS) regions held their annual individual competitions to collect the most food.

The winning DCBS service region was The Lakes Service Region with 2.12 tons and 374 employees. The leading AmeriCorps program was SERV Corps, based at Eastern Kentucky University in Richmond, which collected 42.28 tons of food.

The food has been donated to food pantries and emergency feeding centers in the communities where it was collected.

The \$10,000 award will be shared among several agencies, including the food banks represented by the three AmeriCorps programs that brought in record-breaking collection amounts.

A digital video featuring Kentucky KCCVS Executive Director Cackowski and KCCVS Media and Publication Specialist Shannon Ramsey is online at the [National Volunteer Week Web site](#). For more information about the 2009 Make A Difference Day campaign, volunteering or the AmeriCorps programs visit [www.volunteerKY.ky.gov](http://www.volunteerKY.ky.gov).

## **Spencer County DCBS Promotes Awareness**

The Spencer County community pulled together to recognize April as Child Abuse Prevention month. On April 1, 11 community partners met with Spencer County Judge Executive David Jenkins to sign a proclamation. The partners represented were: Cabinet for Health and Family Services, Family Resource and Youth Services Center, North Central Health District, Spencer County Extension Office, OVEC/Headstart, Seven Counties Services, Multi-purpose Community Action, Taylorsville-Spencer Economic Development, Taylorsville Police Department and Spencer County Sheriff's Office.

Spencer County Protection and Permanency (P&P) received 168 referrals in 2009. To illustrate this number, Family Support and P&P placed 168 pinwheels in a child's swimming pool to represent each referral that was received. This pool is on display in front of the local Spencer

County Department for Community Based Services office with a sign tallying the local central intake number. DCBS is handing out pamphlets with resource numbers as well as Spencer County stats. As a way to make children part of this awareness event, pictures colored by area children will be displayed at the DCBS office. In addition, T-shirts were designed by Spencer County DCBS, were sold, and are being worn in the community as well as within the Salt River Trail CHFS offices. At last count, 333 T-shirts had been sold.

### **State Office Building ‘Go Green Expo’ 2010**

Kentucky state employees have an opportunity to learn how to become “greener.” This year, the State Office Building Green Team, a team of employees from the Personnel Cabinet and the Kentucky Department of Revenue, will celebrate Earth Day in Frankfort by hosting the “Go Green Expo” at the State Office Building.

The event will be from 10 a.m. to 2 p.m. daily, April 20-22.

Exhibitors will be on hand to share information on ways to reduce human impact on the environment and become more energy efficient at work and home. The Green Team will provide information on recycling and participants who visit exhibitor’s tables will be eligible to win donated door prizes.

Some of the agencies/organizations participating:

- Division of Water
- Division of Air Quality
- Kentucky Excel from the Division of Compliance Assistance
- Frankfort Plant Board
- Division of Waste Management
- Bluegrass Pride
- Frankfort Climate Action Network

### **Living Well: Yes, physical activity is fun**

As the weather improves, so does the number of outdoor exercisers. In the middle of winter, I could count maybe three people out enduring the elements. Now on my neighborhood runs, it has become more of an obstacle course filled with scooters, skateboards, bikes, dogs and, of course, people. If you think I am going to complain, you are wrong. I greet every child, pet and person with a chipper “good morning” because it is nice to see people and pets getting back outdoors to be physically activity. You would be amazed at how quickly a walk, ride or run passes when there are people to greet along the way.

I also enjoy this time of year because, even though physical activity might not have been a priority all winter long, people feel the urge to get outside and move when spring comes. Some enjoy walks, visits to parks or even yard work. The best feeling is getting to do what I would call “fun” activities versus chaining yourself to a piece of exercise equipment. Regular physical activity should be something that you enjoy or like doing. If you find yourself doing activities you feel like you *have* to do, it probably won’t stick.

Ignore the pressures that you might be feeling as you pass those walkers, runners and bikers in your car. If you don't like those activities, try and find something you do like. Once you find an activity you like, stick with it but also remain open to trying new things. I like running, but I also walk my two dogs, lift weights, bike with my husband, swim and do activities with my kids.

The word "fun" has a different meaning for everyone when it comes to physical activity. I have been known to call the following fun:

- Lexington Half Marathon in rainy, windy and cold conditions.
- Bourbon Chase - the 200-mile overnight relay running the "dark and lonely" stretch.

I realize that these two things put me in the "crazy" category, which is why I only revealed two! The point I am really trying to make is that to make an activity continuous or routine, it has to be something you like. Once you determine it is a positive thing, it will become more of a priority in your daily life. If you stay open to opportunity, it will appear. You might venture out for a walk, bike ride, stroll to the park or try a new fitness class with a friend and realize you are having fun.

## **Employee Enrichment**

*By Anya Armes Weber*

Thursday, April 22, is Earth Day! We can join the celebration of our planet by following these rules to a greener planet.

Carpool to work or when you must travel.

Look for office products made from recycled materials and items with less packaging.

Use e-mail and electronic file sharing instead of paper whenever possible.

Think before you print a document. Do you really need a hard copy?

Reuse paper. Drafts of reports can become scrap paper pads.

Recycle. Most offices have receptacles for paper, and many have collection bins for other materials. If yours doesn't, start your own collection drive or tote your plastic, aluminum and glass home to your personal recycling bin.

Send your printer toner cartridges back to the manufacturer for recycling.

Use less energy. Turn off lights and computer monitors at the end of the day. Unplug unused electronics, including chargers.

Drink coffee from a washable mug or water from a reusable bottle.

Avoid disposable baggies. Bring lunches and snacks in reusable containers.

