

FOCUS

News from and about the Kentucky
Cabinet for Health and Family Services

May 2017



Employee charity drive collects 870 duffel bags

A state employees' charity drive inspired by Governor Matt Bevin's initiative to help improve the state's child welfare system will help hundreds of children in need.

The Foster Care Pack Drive, coordinated by staff at the Disability Determination Services (DDS), part of the CHFS Division of Income Support, raised \$4,241 which was used to purchase new bags. Those purchased, along with some that were also donated by employees, totaled 870 duffel bags for children in out of home care administered by DCBS.

Children come into state care through no fault of their own. Perhaps they are at risk due to abuse and neglect issues, or their parents have drug issues or are incarcerated.

"Many people don't realize that often times when children are removed from their home and placed into state custody, all their



belongings are literally stuffed into a black garbage bag. Can you imagine how that makes them feel? No child deserves to be given a trash bag for their belongings," said CHFS Secretary Vickie Yates Brown Glisson. "I am so proud of this employee-led effort."

Deputy Commissioner Bryan Hubbard, who oversees DDS, attended the "Summit to Save Our Children" hosted by Governor Bevin and the First Lady on March 10 in Frankfort. Hubbard said he was inspired by DCBS Commissioner Adria Johnson's comments about the state's great needs for

Be sure to check out the photo album from the event on the CHFS Facebook page www.facebook.com/kychfs

children in foster care.

DDS staff formed a "Pack Drive" committee led by DDS Operations Support Manager Heather Boggs to reach out to staff in DDS' two offices, one in Louisville and one in Frankfort, with a combined workforce of 403 people.

Staff had the option to donate duffel bags or backpacks, or to make a monetary donation to make a bulk purchase. The majority of the bags were purchased with the raised funds.

Commissioner Johnson said she was touched by the efforts.

"This luggage collection is tremendous," she said. "Our staff is so grateful that we can give children a dignified way to carry their belongings."

Worksite wellness: Desk exercises can boost energy

PEAK PERFORMANCE

Anya Armes Weber



Sitting all day at a computer desk can contribute to several health problems, including back pain and carpal tunnel issues. Try these stretching exercises from WebMD.com at your desk or anywhere else to ease back pain and boost your energy.

Stand up and sit down, without using your hands. This challenges your body. Try it when you are in

the phone. No one will know!

Shrug your shoulders. Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold, then release and drop. Repeat three times.

This helps release your neck and shoulders.

Shake your head. Slowly nod your head up and down (as if saying “yes”) and then side to side (as if saying “no”). You can even ask yourself silly questions as you do this exercise at any time of day.

Stretch your legs. Grab the seat

of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor.

Flex and point your toes five times. Release and repeat. This works the abs and legs.

Give yourself a big hug. Hug your torso, placing your right hand on your left shoulder and the left hand on your right shoulder. Breathe in and out, releasing the area between your shoulder blades. This can help stretch your back and may help reduce chronic pain.

Employee Enrichment: Stay positive to stay above workplace negativity

Look around your office and you might see a “Toxic Tammy” or a “Bad-News Bill.” These people are unfailingly negative and constant complainers. They can only see the shortcomings in other people, and they can’t help but announce what is wrong with every idea.

Dealing with negative attitudes like this can be difficult. The worst thing about having toxic coworkers: Their bad attitudes are contagious. This kind of negativity can lead to poor staff morale and a decline in performance.

The trainers at DaleCarnegie.com offer five tips for overcoming workplace negativity.

Control your response to negativity. When your encounter it, don’t become a part of it. Stay positive with your comments, or just don’t say anything.

Use the situation for new opportunities. If coworkers are criticizing an idea or a project for the reasons it won’t work, take the time to figure out a solution that

could better help your customers and stakeholders. The time may be right for a change.

Cultivate your relationships. Base your workplace connections on honesty and positivity. People who are negative are more likely to be discouraging, untrustworthy and explosive. Whenever you can, just avoid colleagues who have a negative outlook.

Argue the right way. The only real way to win an office argument is to avoid it. But when you are in a debate with someone who’s negative, remain respectful. Don’t ever say, “You’re wrong.” Instead speak in terms of what you think and back up your ideas with facts.

Agree to Disagree. You don’t always have to engage a negative person. Whether or not you speak your mind to them, try to see things from their point of view -- even if they won’t budge from their position. You may get a new perspective on the issue.

How smart is your piggy?



vitalssmartshopper

He could be getting cash rewards when you visit your doctor and have a routine medical procedure.

With Vitals SmartShopper®, you can get paid \$25-\$500 when you shop around and go to the most cost-effective location for your test or procedure. It’s an easy way to earn a little extra money. A full list of eligible services is available at vitalssmartshopper.com

KENTUCKY
PERSONNEL
CABINET





DID YOU KNOW?

Barbara Fox



That Bibb lettuce was developed by John Bibb of Frankfort, Kentucky?

John Bibb was born in 1789 in Price Edward County, Virginia and settled in Fayette County in 1798. He served in the War of 1812 and was elected to the Kentucky House of Representatives in 1827-1828. In 1830-1834, he served as a senator from Logan County.

Bibb purchased property in Frankfort in 1845 and built Gray Gables, known today as the Bibb-Burnley House. The property had a large garden and greenhouse. The name first given to this new lettuce was Limestone lettuce. It was later renamed Bibb lettuce after its creator. Today Bibb lettuce is well-known to chefs for its superior flavor.

He died in 1884 and is buried in Frankfort Cemetery.

Mental Health Awareness Month: Staff donations can help others

May is Mental Health Awareness Month, and the Department for Behavioral Health, Developmental and Intellectual Disabilities is recognizing this by honoring individuals whose lives and families are affected by the many forms of mental illness.

Many individuals residing in or recently released from inpatient psychiatric hospitalization lack access to basic self-care items.

Please consider donating items from the list below. Items will be distributed to state hospital psychiatric programs and/or community-based crisis intervention programs to assist individuals in care or transitioning to the community.

Frankfort staff can drop off items to the collection boxes in the CHR Building's fourth floor lobby.

Field staff can call BHDID's Caroline dela Rosa at 502-782-6116 to find out how to donate in their areas.

Learn more about BHDID and its services and partners online.

Personal Care Items

- Travel and Regular size hygiene

supplies (mouthwash, toothbrush, shaving cream, nail clippers, deodorant and soap)

- Hand sanitizer
- Pill boxes

Clothing

- New Socks, Underwear and Bras
- Tennis shoes (new and gently used)
- Slip-On shoes (new and gently used)
- Blue jeans, all sizes (new and gently used)

Recovery Support Items

- Reading Glasses (plastic frames)
- Bibles (large or XL print)
- Appointment books/journals/pens
- Cards/Games
- Recovery guides (e.g., AA Big Book, Double Trouble in Recovery Guides, NA Book) and educational booklets (relevant to the needs of the patients)

Other

- Reusable water bottles
- Rain ponchos, umbrellas
- Wallets
- Backpacks

When you need a helping hand

Our behavioral health programs are here for you.

If you or someone you love is dealing with a difficult situation, your Kentucky Employees' Health Plan offers resources to help. Whether it's substance abuse, depression, or you just need a little extra support. Call the 24/7 resource center at 1-855-873-4931. <https://livingwell.ky.gov/pages/mental-health.aspx>



Shadd, Toy honored as May Employees of the Month

Crystal Shadd and Kristin Toy are the CHFS Employees of the Month for May.

Shadd is the manager of the Community Supports Branch in the Department for Behavioral Health, Developmental and Intellectual Disabilities (BHDID). She was hired in January 2016 as the Crisis Coordinator for the Division of Developmental and Intellectual Disabilities and was recently promoted to branch manager within the division.

According to her nominator, Claudia Johnson, "Crystal is an exemplary employee. She was recently recommended for a promotion to the Division's Community Support Branch manager. Crystal has gained the respect of many in her short time at the Department. She is a dedicated professional and an asset to the division and depart-

ment."

Toy serves as an office supervisor for the Department for Community Based Services office in Mason County. In this position, she is frequently acknowledged for her strong leadership.

According to her nominator, Donna Hurst, "Kristin Toy exemplifies and defines what it means to be a leader. She manages to guide and direct a team without stifling them - all the while encouraging personal and professional growth and development.

"She is a valuable asset to our agency and team. She is incredibly devoted to her team, the community and the agency."

If you know an employee you would like to nominate for Employee of the Month, please submit the nomination form electronically to www.goo.gl/forms/1ifD0x4FTc.



Dumas tabbed to lead change in adoption, foster care

Gov. Bevin announced the appointment of Daniel S. Dumas to oversee innovative change in the state's adoption and foster care system, effective June 19.

Since 2007, Dumas has served as a Senior Vice President at the Southern Baptist Theological Seminary in Louisville. He also has prior experience in strategic consulting, leadership coaching, and serving in the United States Navy. Dumas is a published author and professor of Christian ministry and leadership. He currently resides in Louisville with his wife Jane and their two adopted sons, Aidan and Elijah.

Dumas said that he is honored to serve the Commonwealth of Kentucky and vows to be an agent of change on behalf of children and families.

Diabetes Prevention Program information session set for May 8

Are you interested in making healthy lifestyle changes?

You could qualify for the free Diabetes Prevention Program. Lifestyle Coach Rosie Miklavcic is hosting an information session on the Diabetes Prevention Program at 11:30 a.m. on Monday, May 8, in the CHR Cafeteria Meeting Room.

If you have questions, but are un-

able to attend the information session, please email Rosie Miklavcic at rosiemik@aol.com.

Employees should utilize their lunch break to attend any wellness program or event during scheduled work hours.

Any additional time needed should be with prior supervisor approval

and charged to annual or comp leave.

