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## Memorial honors slain social service aide Boni Frederick

*By Anya Armes Weber*

Cabinet staff, First Lady Glenna Fletcher and Morganfield community members paid tribute to slain social service aide Boni Frederick at a memorial last week in Morganfield.

Frederick, who worked in the Union County Department for Community Based Services (DCBS) office, was killed on Oct. 16, 2006, while she supervised an infant foster child's home visit with his birth mother in Henderson, Ky.

Secretary Mark D. Birdwhistell said Frederick's death was tragic, but led to many positive changes for social service staff.

In April, Governor Fletcher signed the Boni Frederick Memorial Law, which improves safety for state human services workers and provides for the hiring of additional staff.

The Boni Frederick Law makes additional safety provisions. Local DCBS offices will receive security enhancements such as buzzer-entry systems that restrict access to staff work areas from front lobbies. DCBS staff will also have 24-hour access to criminal records.

Another of the law's measures established a work group to include cabinet representatives and community advocates who will study child welfare and suggest methods for improving the system. The group has been meeting since March and last week helped coordinate a national forum for human services worker safety in Louisville.

At the memorial, Frederick's daughter, Sandy Travis of Dixon, received a copy of the law signed by Governor Fletcher, as well as a Kentucky Colonel certificate in her mother's honor. A proclamation by Governor Fletcher

named Oct. 16, 2007, as Boni Frederick Memorial Day and was presented to the Union County DCBS staff.

The First Lady, who spoke at the memorial, said many people have described Frederick's service to the children of Kentucky as "a calling."

Birdwhistell said Frederick's legacy remains strong.

"She dedicated herself to protecting children and she did so tirelessly and unselfishly," he said. "A year later, we still grieve the loss of Boni Frederick, a devoted public servant and child advocate."

Also at the service, representatives from two charity groups -- Door of Hope, a pregnancy crisis center in Madisonville, and the Children's Advocacy Center of the Green River District in Henderson -- spoke in gratitude for donations they received in Frederick's memory.

## Living Well

### CHFS Worksite Wellness Committee Employee Interest Survey

*By Kris Hayslett*

The CHFS Worksite Wellness Committee would like to thank all of the employees who took the time to fill out the employee interest survey. The information you provided will help assist the committee with future programming specific to the issues and interests of all CHFS employees.

Please review some of the results:

- Over **60 percent** of all respondents rated their health as "good."
- Approximately **38 percent** reported participating in **physical activity at least one to two days per week, with 20**

percent reporting no physical activity at all.

- Over **70 percent** reported **no days of strength increasing activity**, with just fewer than **20 percent participating once or twice per week**.
- **95 percent** of respondents have had their blood pressure checked within the past year.
- **44 percent** of respondents engage in some type of stress management, while **56 percent** do not.
- **33 percent** reported getting the **recommended amount of sleep three to four nights per week**.
- **28 percent** reported **consumption of water five or more days during the week**.
- **75 percent** do not belong to a fitness facility, and **7 percent** report having an alternative such as a home gym.
- **83 percent** do not regularly smoke or use smokeless tobacco.
- Of those who did report regular tobacco use, **16 percent** of those respondents are **either thinking about quitting or would like to quit in the next month or six months**.
- **45 percent** make an effort to **eat five to nine servings of vegetable each day**, with **55 percent** stating they do not.
- **50 percent** reported **eating whole grains and cereals**.
- **37 percent** purchase from the **vending machines fewer than once a week**.
- **68 percent** would purchase from the vending machines or snack bar if healthier choices were readily available.
- **27 percent** stated they **do not drink diet or regular soda in a day**, with **15 percent** consuming at least **one to two diet sodas in one day**.
- **25 percent** would like more information on how to prepare healthy meals.

- Only **33 percent** stated they fell within the **acceptable weight category on the BMI chart, and 67 percent did not**.
- **80 percent** of already active people identified **“Health” as being their biggest motivator**.
- **43 percent** of employees would like to see more **wellness activities after work**, with only **12 percent not interested in wellness programming**.
- **56 percent** identified themselves in the following category, **“I have made some health behavior changes, but I still have trouble following through,”** and only **17 percent** answering **“I currently maintain a healthy lifestyle.”**
- Respondents selected **e-mail newsletters and online material** as the preferred method of receiving health and wellness information.
- Wellness programming topics offered at lunch were stress management, preparing healthy meals and weight management.

The committee also received written comments regarding programming throughout the state, not just in Frankfort. If you would like to serve as a wellness representative for your office, please contact Kris Hayslett at [kris.hayslett@ky.gov](mailto:kris.hayslett@ky.gov) or call (502) 564-9592, ext. 3797.

#### Employee Profile: Breast Cancer Awareness

**Connie Smith is the director of the Strategic Prevention Framework State Incentive Grant. She has worked with the state nine years.**

**How does your job allow you to impact the lives of your fellow Kentuckians? What’s the best part of your job?**

My job allows me to work with Kentucky agencies and coalitions on preventing use and abuse of inhalants, methamphetamine, prescription drug diversion, tobacco and underage drinking. The best part of my job is

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visiting various Kentucky counties to meet and talk with members of these agencies and coalitions on an individual basis.

### Advice

The key to overcoming cancer lies in prevention and early diagnosis. Cancer does not mean the end to a good life. Never skip or postpone a yearly mammogram. It's OK to be afraid; it's not OK to not be proactive.

### Program Reminds Women of Breast Cancer Awareness

When it comes to breast cancer, the Division of Medical Management Quality Assurance (MMQA) in the Department for Medicaid Services is proactive. This year, MMQA used a postcard to alert its members that October is Breast Cancer Awareness Month. At the beginning of the month, MMQA sent out 55,749 postcards statewide, excluding the Passport Region (16 counties surrounding Jefferson County) to all female members in Medicaid between the ages of 40 and 64.

*Read the text of the postcard or view it here.*

Women in their 40s and older should have a mammogram every 1 to 2 years. Women should perform monthly breast self-exams to check for any changes in their breasts.

Changes include:

- How the breast or nipple feels
- A lump or thickening, in or near the breast or underarm area
- Nipple tenderness
- How the breast or nipple looks
- A change in the size or shape of the breast
- A nipple turned inward into the breast
- The skin of the breast, areola or nipple may be scaly, red or swollen. It may have

ridges or pitting so that it looks like the skin of an orange.

- Nipple discharge (fluid)

Risk factors:

**Age:** The chance of getting breast cancer goes up as a woman gets older.

**Family history:** A woman's risk of breast cancer is higher if her mother, sister or daughter had breast cancer.

**Race:** Breast cancer is diagnosed more often in Caucasian women than Latina, Asian or African-American women.

- Being overweight or obese after menopause
- Lack of physical activity
- Drinking alcohol
- First menstrual period before age 12 and/or menopause after 55
- The older a woman is having her first child or never having children

### Employee Enrichment

*By Anya Armes Weber*

The National Aging Information and Referral Center offers the public a guide for effective communication with seniors. The tips work well in conversations with people of any age and can particularly help in professional situations. The group suggests avoiding these "communication blockers" when you are trying to have an open dialogue.

**Asking "why?" questions.** They may make people defensive.

**Pressing for more information.** Don't dig for details someone doesn't want to discuss.

**Preaching.** Don't tell someone "You should..." or "You shouldn't..."

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**Interrupting.** Cutting off someone else shows you think what you have to say is more important than someone else's ideas.

**Patronizing.** Showing a co-worker you pity them ("You poor thing") won't empower them to solve their problem. Be empathetic ("I understand how you're feeling") instead.