

State Laboratory Earns Prestigious Accreditation

Gov. Steve Beshear last week joined public health officials to celebrate the recent accreditation of the Kentucky Department for Public Health's (DPH) laboratory by the College of American Pathologists (CAP), a prestigious honor awarded to only a handful of public health labs.

The CAP accreditation places DPH at the forefront of public health labs in the country, only a few of which have met CAP's rigorous accrediting standards. About 6,000 private, hospital-based labs have CAP accreditation, but only approximately five public health labs have achieved accreditation.

"This accreditation illustrates the high standards maintained by our state public health lab," said Gov. Beshear, who recognized the staff's accomplishment at a celebration today at the lab. "Although many may not realize it, Kentuckians rely on the work of our public health lab technicians every day – and for countless reasons. Their role in maintaining the health and well-being of our state is tremendous."

"The state laboratory is vital to the functions of the Department for Public Health," said CHFS Sec. Janie Miller. "We are extremely proud of the efforts of the lab staff, whose hard work and dedication are recognized by this accreditation."

"Our technicians work daily on tasks that directly impact the lives of Kentuckians, whether testing to confirm influenza, helping track down the source of food borne illness outbreaks or screening Kentucky's newborns for potentially dangerous metabolic disorders," William Hacker, M.D., DPH commissioner. "The CAP accreditation is a remarkable achievement."

"The state public health lab strives to achieve the highest operating standards possible, and we feel that is reflected in the CAP accreditation," said DPH Lab Director Stephanie Mayfield Gibson, M.D. "The honor reflects the hard work and dedication of our staff."

After learning the lab had received CAP accreditation, Gibson was congratulated by the organization for the "excellence of services being provided" at Kentucky's public health laboratory. The lab provides an array of services, including newborn metabolic screening, disease culture testing and bioterrorism preparedness training support and services.

The CAP Laboratory Accreditation Program, begun in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

During the CAP accreditation process, inspectors examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine the entire staff's qualifications, the laboratory's equipment, facilities, safety program and record, as well as the overall management of the laboratory. This stringent inspection program is designed to specifically ensure the highest standard of care for the laboratory's patients.

CAP is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world.

It is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance. CAP is an advocate for high-quality and cost-effective medical care.

Cutlines

Beshear proc

Gov. Steve Beshear signs a proclamation marking March as Social Work Month in Kentucky

Theme sign (this is a graphic you may want to use, doesn't really need a cutline)

The National Association of Social Workers (NASW) sponsored the Capitol rally as part of Social Work Month. NASW's theme for the month is "Social Work: Purpose and Possibility."

Secretary Miller, Gov. Beshear Thank Social Services Staff at Capitol Rally

By Anya Armes Weber

At a rally in the Capitol rotunda last week, Secretary Janie Miller and Gov. Steve Beshear thanked Cabinet social workers for their dedication to helping Kentuckians across the state.

Miller said: "Kentucky needs you. Your clients need you. And we are so privileged to support you on your endeavors."

Miller received her bachelor's degree in social work from Eastern Kentucky University.

Gov. Beshear signed a proclamation marking March as Social Work Month.

"It takes exceptional dedication and intense energy to commit to work and challenge families and individuals while trying to solve some of the most difficult societal problems of our time," he said.

Miller also spoke highly of the Cabinet's Public Child Welfare Certification Program (PCWCP), which has been preserved through budget cuts.

"The PCWCP program is a proven investment," she said. "Its success shows in the numbers: We have had more than 500 bachelors of social work graduates in 11 years."

The Kentucky chapter of the National Association of Social Workers (NASW) sponsored the event as part of Social Work Month. NASW's theme for the month is "Social Work: Purpose and Possibility."

Learn more about NASW's Kentucky charter online at <http://www.naswky.org/>.

Cutline

Veno wins

Department for Income Support Deputy Commissioner Steve Veno, left, poses with Rowan County Attorney Willie Roberts. Veno received the Kentucky County Attorneys Association's (KCAA) Child Support Services Award at the group's winter conference last month. Roberts was chairperson of the KCAA awards committee.

Child Support Enforcement Director Veno Honored for Service

By Anya Armes Weber

Department for Income Support Deputy Commissioner Steve Veno has been honored by a group of county attorneys.

Last month at the Kentucky County Attorneys Association (KCAA) winter conference, Veno was presented the KCAA Child Support Services Award.

This is the first time the award has gone to someone who is not a county attorney.

KCAA President Greg Vincent said Veno is uniquely qualified to receive the award.

“Steve is and has been a tremendous advocate in our efforts within the area of child support and enforcement as county attorneys, enabling us to provide for the children of the commonwealth,” Vincent said.

“His actions and follow-through are to be commended, and we are proud to have awarded him the KCAA Child Support Services Award for his attempts to go above and beyond the call of duty.”

Veno retired from state government and the CSE director job in July 2004 after 25 years of service. He returned to CSE, part of the Department for Income Support (DIS), in April 2008 with the priority of getting the child support program – the division and all its partners – working as a team.

He said he's been working to strengthen the relationship with the county attorneys who partner with CSE to administer child support enforcement in the state's 120 counties.

“I formed a work group of county attorneys which I meet with quarterly,” Veno said. “We discuss the entire spectrum of child support enforcement issues with them including giving them input in policy development. I believe they appreciate being included in program decisions.”

DIS Commissioner Stephen Jones said he isn't surprised about Veno's honor.

“Steve is very respectful of other opinions, because he knows it takes teamwork to be successful,” Jones said. “The county attorneys know they can talk to Steve about anything from

communication barriers to policy development issues. They appreciate being involved in decision making.”

Learn more about child support [online](#).

Staff Invited to Show Team Spirit on Wellness Walk

By Anya Armes Weber

The Cabinet Wellness Committee invites all staff to join the CHFS March Madness Walk next week.

Staff from offices across the state is invited to join the walk for wellness on Friday, March 20. It's a walk for your health, but it's also a time when you can support the team of your favorite Kentucky college or university.

Log on to this Intranet [site](#) and take a simple five-question survey. Click “Respond to Survey” on the upper left side of the page to begin.

On Friday, March 20, wear the colors or gear promoting your favorite Kentucky college basketball team, and take the time to walk during work hours. Many offices will be scheduling group walks that you can join, or you can walk on your own. Even if you don't take the survey, you can join the walk.

The CHFS March Madness Walk is part of the Cabinet's Journey to Wellness.

Visit the [CHFS Wellness Web site](#) to learn more about how your healthy decisions can improve your well-being. Check out the [Virgin HealthMiles Web site](#) to learn how you can take the March Madness challenge a step further by making physical activity a daily priority.

E-mail [Kris Hayslett](#) or [Noel Harilson](#) for more information about the March Madness Walk or other Cabinet wellness activities.

Spring Forward

Are you ready for spring? Many of us are anticipating the warmer temperatures of spring. On March 8, we moved our clocks forward for daylight savings. The extra daylight gives us more time to fit in all of those additional outside chores and activities that accompany the change in seasons.

Consequently, the hour time change along with our busy lifestyles can disrupt our sleeping patterns. It's evident that what goes on during the day affects how we sleep at night. Studies show that almost a third of all Americans are not getting a good night's sleep. A new poll attributed the tossing and turning to worries about the economy, job security and/or money. During this ongoing economic crisis, it's important for all us to remember that sleeping is essential to maintaining our overall health and functionality.

Follow these simple tips to help you get a good night's sleep:

- Avoid alcohol and caffeine consumption
- Avoid tomato products and spicy foods close to bedtime
- Restrict your fluid intake before bedtime
- Avoid overeating close to bedtime
- Eat a light snack before going to bed
- Avoid nicotine products
- Exercise regularly, but avoid strenuous activity three hours before going to bed
- Establish a consistent bedtime and wake time schedule
- Create a relaxing routine, like soaking in a hot bath before bedtime
- Restrict your bed for sleep (do not read, watch television or work on the computer when lying in bed)
- Maintain a dark, cool sleeping environment

Everyone should try to get seven hours or more of sleep each night. Try some of the above tips so you can establish an evening routine and wake up rested for a new day.

Employee Enrichment

By Anya Armes Weber

Your body language communicates almost as much as your words do. Studies show that 93 percent of a message is communicated through the facial expression and vocal inflection of the speaker.

Consultant Patrick Miller, author of “Body Language on the Job,” offers several tips for improving workplace communication through improved body language.

Be aware of yourself. Learn to be more sensitive to your nonverbal messages. You may want to watch yourself in a mirror, or ask a close friend to give you feedback. Watch facial expressions, gestures, eye movement, body movements and gestures.

Watch how others communicate. Be more mindful of the body language of others. Take care not to draw conclusions about nonverbal messages without considering differences, like cultural background.

Be consistent. Learn and practice proper nonverbal messages in the workplace, even among work friends. Your professional success may depend on effective communication.