

Be Safe on Halloween

Follow Food Safety Tips from Public Health

Halloween in Kentucky is a great time for children to have fun and collect treats, but it's a holiday that can go from fun to scary without following general guidelines from the Cabinet for Health and Family Services.

"Every year Kentucky's children look forward to trick-or-treating," said Kathy Fowler, Interim Director of the Public Health Protection and Safety Division in the Kentucky Department for Public Health (DPH). "While it's fun for children to dress up and try their luck at gathering treats and candy, our food safety guidelines should be remembered when collecting and consuming the food."

Candy that is not labeled in English may be illegally imported into the United States (there has been a history of recalls in previous years of illegally imported candy potentially contaminated with Melamine from China). Do not consume candy that isn't labeled in English.

- Only visit familiar homes and businesses.
- Don't take candy or treats from people you do not know.
- Only eat candy that has been made commercially and wrapped.
- Do not eat candy if the outer wrapper has been noticeably altered.
- Homemade treats should not be eaten unless you know and trust the person who made them.
- Do not eat any candy or food that is unwrapped.
- Always wash your hands before eating any foods.
- After handling any unclean food products, wash your hands thoroughly.
- Be conscious of choking hazards for small children, such as gum, peanuts, hard candies or small toys.
- And, perhaps most importantly, if in doubt, toss it out.

"Following these guidelines will help ensure children that receive your treats will enjoy a safe Halloween," said Fowler. "The Department for Public Health wishes all Kentuckians a safe Halloween."

Discounts for Employees at Kentucky State Parks

Kentucky local, state and federal employees and retirees are eligible for discounts at Kentucky State Parks.

Take advantage of the Kentucky State Parks' Commonwealth Connection program, which offers you reduced rates on lodge rooms and cottages.

- Lodge room - \$44.95 plus tax
- 1 bedroom cottage - \$74.95 plus tax
- 2 bedroom cottage - \$84.95 plus tax
- 3 bedroom cottage - \$94.95 plus tax

Make your reservation online at www.parks.ky.gov and use the promo code "CC11." If you prefer to call, you can find a list of phone numbers on the Parks' website, or call toll-free 1-800-

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255-PARK (7275) to be transferred to the park of your choice. Be sure to mention the Commonwealth Connection to receive your special rate. Proof of government employment or past service may be required at check-in. This offer may exclude park special events and holiday weekends. The offer is subject to availability and for leisure travel only.

Tips for Saving on Home Heating in Colder Months

As the weather changes, Kentuckians should consider preparing their homes for the chill of late fall and the coming winter. Consider implementing these tips from the Kentucky Department for Energy Development and Independence for energy saving ideas in colder weather.

- Change the air filter in your furnace each month. Heaters use more energy when the filter is full of dust.
- Use your blinds or drapes. Open them on sunny winter days to let warm sunshine in; close them on winter nights to keep the heat in.
- Insulate hot water tanks, hot water pipes and heating ducts.
- Caulking and weather-stripping your home can result in energy savings of 10 percent or more.
- Seal holes where conduits and pipes enter the attic and along walls, eaves and knee walls. Use caulk or compressed fiberglass insulation.
- Contact your local utility about a home energy audit. Many utilities offer audits for a small fee (\$15-\$40).
- Conduct a do-it-yourself home energy audit.
- Use compact fluorescent bulbs. They use about one-fourth the energy an incandescent uses with the same light quality and last 10 times longer.
- Low-flow shower heads reduce water use by 50 percent or more - a standard shower head uses about five to seven gallons of water per minute.

For more information, visit <http://energy.ky.gov/resources/Pages/TipsfortheHome.aspx>.

KECC Payroll Deduction Contribution Prize Winners

A drawing was held last week to determine the prize winners of the KECC payroll deduction contribution contest. Winners are as follows:

- \$100 cash prize, Christopher Finzer, DCBS Jefferson County.
- UK tickets, Vanessa Breeding, Department for Public Health.
- U of L tickets, Alan Solomon, DCBS Kenton County
- \$500 cash prize, Cindy Ford, Department for Aging and Independent Living.

Craft Group Meets Monthly at CHR Building

The first Wednesday of each month a group of crafters gather in the CHR Building cafeteria conference room for a monthly session they call Knitworking. Whether its knitting, crocheting, quilting or other crafting, the group uses the time to exchange ideas, get help with projects, learn new skills or just meet with like-minded crafters.

Recently, two members of the group – Trish Okeson and Jan Beauchamp – participated in the “sweatering” of two trees at the Fayette County Health Department to bring attention to Breast Cancer Awareness month.

If you would like to join the Knitworking group, contact Okeson or Beauchamp via e-mail or attend the next Knitworking session Wednesday, Nov. 9, during your lunch hour.

Employee Enrichment

By Anya Armes Weber

It's a spooky time of the year, but one fear we can conquer is the fear of workplace failure. Terry Bragg, a human resources consultant from Salt Lake City, writes that fear of failure is one of people's greatest fears. Bragg notes that successful people will overcome this fear, but unsuccessful people can be crippled by their fear.

Bragg offers these tips to overcome a fear of failure and move yourself toward your goals.

Confront the fear. Accepting that you have a fear can help you get to the root of a problem you are having at work or the reason you are not successful at certain assignments.

Take action. Be bold in your actions to negate any fear that could immobilize you. Action gives you the power to change your situation.

Keep trying. Successful people don't stop after a setback. Use a different approach until you finally get the results you want. If you give up, you'll never know how close you are to success.

Don't take your failure personally. Failure is about behavior, outcomes and end results. It is not a personality characteristic. If you made a mistake or didn't get the result you wanted, it doesn't mean you are a failure.

Learn from your experience. Think of failure as a learning experience. Many opportunities have come from a failure. Ask yourself these questions:

- What was the mistake?
- Why did it happen?
- How could it have been prevented?
- How can I do better next time?