



American Diabetes Month

Public Health Urges Kentuckians to "Make the Link" During American Diabetes Month

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National Adoption Day - Nov. 20

National Adoption Day is a collective national effort to raise awareness about the 126,000 children in foster care waiting to find permanent, loving families. Now in its fifth year, National Adoption Day has made the dreams of thousands of children come true by working with courts, judges, attorneys and advocates to finalize their adoptions into permanent families and to celebrate adoption.

For more information on National Adoption Day, visit <http://www.nationaladoptionday.org/2004/>.

Davis Committed to Enforcing OIG Rules and Regulations

CHFS's new Deputy Inspector General, Steve Davis, is no stranger to the issues he now sees daily in the Office of Inspector General. An attorney by profession, Davis has had significant experience and involvement in healthcare and public service law. "I like to work and this position certainly gives me that opportunity," he says.



Davis attributes his work habits to being part of a large family, and particularly to his 72-year-old father, who he says is patient, gentle, focused and always on task. "My dad is one of the kindest and hardest working people I've ever known—and he has never had a harsh word for anyone. He has always led by example and I want to do the same," explains Davis.

Whether, it's with law, a building project or helping displaced animals, Davis does indeed stay busy. "If you hear that I've been seen around town with mud on my shoes or fur on my clothing, it's probably the truth," said Davis. In addition to being an accomplished lawyer and

musician, Davis always has some project going usually related to animals or building.

He has helped to renovate several old homes and built his own house about four years ago, acting as general contractor and builder. Davis and his wife, Ellen, now live in the house he built with their five cats and one dog—all animals rescued from bad situations and all are special needs pets. They are currently in negotiations for the possible rescue of a donkey. "We have the space, but we don't yet have a fence for a donkey; so, I guess we'll build one," he said.

His passion and love of animals carries over into his position with the cabinet. "I am deeply motivated in this position because I have the opportunity to make a difference in the lives of children, the elderly, and our vulnerable citizens," says Davis.

In 1995 he joined the Cabinet for Human Resources' General Counsel's Office concentrating heavily on OIG cases, intending to spend about two years in public service--something he thinks is important for everyone to experience. "In an ideal world, everyone would devote at least one year of his or her life to public or community service, which I believe helps to instill values that carry us through life, that promote citizenship, and that train us in working for a greater cause than our own," he said. Well, that was nine years ago and he hopes to be here with this administration at least another three.

During his time with the cabinet, he also managed OIG's Lexington Regional Office, one of his "all-time favorite" jobs, during which time he became a certified long-term care surveyor. This opportunity to work in the field alongside the many professional employees who inspect health care and child care facilities gave him special insight into the magnitude of the work performed by OIG surveyors. "Our surveyors maintain a special position in our government and I suspect most work in these positions because of their ability to positively impact the health, safety, and welfare of our citizens," says Davis.

After directing the Lexington Regional Office, Davis returned to the Office of General Counsel, and once again handled OIG cases. Shortly after Robert J. Benvenuti, III was appointed Inspector General, he tapped Davis to be his deputy. "I credit Secretary Holsinger for recommending Robert for the position of Inspector General. He is ideally suited, both professionally and ethically, and has the attitude and aptitude necessary to excel in the position," he says.



Davis also believes the management staff that has been assembled in the cabinet today is unsurpassed. “We have an excellent group of CHFS management professionals today who have great ideas and it is very refreshing to be a part of this team,” said Davis. “A simple goal I have is to leave this office in better shape than it was before I came. In doing so, we should be able to ensure that we leave no gaps in the service of the duties and responsibilities of the OIG for the next administration.”

Benvenuti quickly recognized Davis’ attributes and realized the value of the knowledge and experience he achieved through his work as an attorney and manager with OIG. “I was immediately impressed with his understanding of the often complex issues that this office deals with on a daily basis and I value his insight, ethics and professionalism,” Benvenuti said.

Benvenuti and Davis are both committed to eradicating fraud, waste and abuse in welfare and healthcare programs through education and deterrence. They intend to work with the provider community to inform them about laws, trends and expectations related to health care and child care. “This is the time to identify fraud perpetrated by unscrupulous providers and to eliminate them from the system, while at the same time giving the necessary tools and assistance to providers who do things correctly and ethically,” Davis said.

“This is a golden opportunity for me and I intend to soak up as much program knowledge as I possibly can while I am in this position,” he said. Davis, who already holds three degrees from the University of Louisville—Political Science, Business, and Law—says he’d like to go back to school and get another degree, perhaps in clinical nursing or a masters in public health administration.

He put himself through school by working a series of interesting jobs such as mixing paint, installing sprinklers, striping baseball fields, working as a parks grounds keeper, UPS mail sorter, warehouse worker and updating technical manuals for airplanes and by receiving scholarships in music. He served as an attorney working in healthcare law in Louisville and also operated his own private practice before joining the cabinet in 1995.

A gifted musician, playing several instruments including French Horn and piano, he was recruited by several respected music schools and finally settled on a music scholarship at U of L where he was able to study music composition theory and performance. Although he was also recruited by schools to play baseball, he chose music as the more practical of the two. His interests soon branched out to include a love of foreign affairs and public policy which led him into law and to where he is today,

zealously guarding and protecting the rights and safety of children and the elderly, and helping to ensure that limited government resources are dispensed without fraud and abuse.

“There are so many hard-working people employed in OIG. The first day I walked through the doors of the Cabinet, the professional survey staff impressed me greatly, and they still do. It’s important to bring recognition to those who do this job because it’s not easy work. It requires knowledge, commitment, diligence, and caring—often 24 hours a day seven days a week. I admire and enjoy working with OIG staff as a team toward a common goal of protecting the citizens of the commonwealth,” says Davis.

Spotlight: CHFS Division of General Accounting

If you have trouble balancing your checkbook, the Division of General Accounting is not the place for you.

General Accounting Division staff provide consistent, accurate and timely accounting services, including grant management, travel reimbursement, payment for goods and services and maintenance of accounting systems. Following are just a few of each branch’s responsibilities.

- **The Account Maintenance Branch** establishes the distribution of costs for cabinet-wide expenditures, such as rent, telephone, utility and other charges in accordance with CHFS Cost Allocation Plan. The branch also manages interagency contracts, as well as maintenance and security costs for MARS, cabinet databases and telecommunications. Branch staff are also responsible for the budget close out at the end of the fiscal year.
- **The Accounts Receivable Branch** receives and processes cash and check receipts, such as fees, rebate and refunds for the cabinet, then transfers the funds to the Kentucky State Treasurer.
- **The Community Based Services Benefits Branch** monitors and pays for contracted services with grant funds for hospitals, physicians, personal services and child support agencies. The branch also prepares monthly, quarterly and annual grant reports.
- **The Health Services Benefits Branch** manages money received through grants, monitors grant funds and expenditures by programs, and prepares grant financial status reports monthly, quarterly and annually as required. Branch staff also monitor and pay Medicaid claims from vendors and oversee the Medicaid Federal Audit.



- **The Payables Branch** pays the cabinet's bills, such as utilities, insurance, rent, telephone and cell phones, training, translation fees and postage.
- **The Travel/Reimbursement Branch** processes and audits all travel vouchers, including receipts, mileage, taxes, lodging, meeting expenses and state park invoices, for the cabinet.

Division of General Accounting is one of the divisions within the Office of Fiscal Services under Administrative and Fiscal Affairs. The Division of General Accounting is headed by Director Kim Damron. She is impressed with the competence and integrity of her staff.

"They're a spirited and hardworking group," she said. "They make my job easier."

Division of Child Support employees appreciating Employees Day

DCS staff participated in an Employees Appreciating Employees Day on October 27, 2004. Staff were divided into teams for a scavenger hunt through the building and each member of the winning team received a prize. The celebration included a lunch prepared by the supervisors consisting of grilled hamburgers and hot dogs, cole slaw, baked beans, chips and soft drinks.

After lunch, employees participated in games and an auction. Prizes up for auction included movie baskets, featuring movie certificates and snacks, and gift cards to area restaurants. Feedback from employees indicates this was one of the most popular employee appreciation events that's been held by DCS!

Health Tip of the Week: Cold Medications and Vision

By Anne Parr, R.N.

With cold and flu season almost upon us, many people take a variety of over-the-counter and prescription medications to relieve their symptoms.

Taking any drug can affect a person's vision. This is of particular importance when driving or operating machinery. The effects of cold and flu medications on vision can vary from one individual to another. It is, nevertheless, important for drivers to know that both prescription and over-the-counter drugs, particularly antihistamines, can sometimes cause blurred vision; dry eyes, which may cause more problems for contact lens wearers; and drowsiness.

Anyone noticing changes in vision while taking a prescription drug should consult with the prescribing doctor. Individuals with glaucoma should check with their optometrist or ophthalmologist before taking cold and flu medications.

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The Kentucky Diabetes Prevention and Control Program has joined with the American Diabetes Association, the American College of Cardiology, and the National Diabetes Education Program to urge Kentuckians with diabetes to manage their blood pressure and cholesterol, along with blood glucose (sugar) to help prevent heart attack and stroke - the leading killers of people with diabetes.

In Kentucky, an estimated 8.5 percent of the adult population (approximately 267,000 people) has been diagnosed with diabetes. However, an additional 109,100 adults may have diabetes but have not yet been diagnosed. Based on these estimates, approximately 376,100 or about 12 percent of adult Kentuckians have diagnosed or undiagnosed diabetes.

In July, the Kentucky Department for Public Health issued a report about a major risk factor related to diabetes - obesity. Kentucky currently ranks fourth nationally in the rate of obesity and physical inactivity. However, studies have shown that individuals can reduce their risk of developing type 2 diabetes by modest weight loss through diet modification and moderate exercise such as walking 30 minutes a day at least 5 days a week.

The report said 13 percent of high school students have been told they were at risk of getting diabetes.

Governor Ernie Fletcher has appointed the Get Healthy Kentucky! Board to address issues such as diabetes and obesity.

During Diabetes Month there will be efforts to raise awareness about the seriousness of diabetes and the need to prevent serious complications associated with diabetes, such as heart disease and stroke. The groups are joining forces to inform people with diabetes that good diabetes management is more than lowering blood glucose. Managing blood pressure and cholesterol is also crucial.



There are studies that show a strong link between diabetes and heart disease and the vast majority of people with diabetes don't know about their very high risk of cardiovascular disease. The good news is that they can reduce their risks by managing their blood glucose, blood pressure and cholesterol.

Recommended targets are:

- Blood glucose: less than 7 percent on the A1C test. Check at least twice a year.
- Blood pressure: below 130/80. Check at every doctor's visit.
- Cholesterol (LDL): below 100. Check at least once a year.

The same steps needed to manage blood glucose work for managing blood pressure and cholesterol: follow a healthy diet and get daily physical activity to avoid being overweight and take prescribed medicines. People with diabetes should also avoid smoking and ask their health care providers about aspirin therapy.

Other risk factors for the development of diabetes include high blood pressure, high blood fats, pre-diabetes, having had a baby weighing more than 9 pounds at birth, polycystic ovary syndrome, history of blood vessel disease, 45 years old or older, family history of diabetes, or being in a high risk population.

You can reduce your risk of heart disease and stroke by lowering your blood glucose, blood pressure, and cholesterol. Learn how. Call 1-800-DIABETES for your free "Diabetes Survival Guide". You may also contact the National Diabetes Education Program at 1-800-438-5383 or visit the NDEP website at www.ndep.nih.gov for diabetes informational materials in English, Spanish, and Asian and Pacific Islander languages.

Governor Ernie Fletcher, DPH Announce More Flu Vaccine Doses Coming to Kentucky

Governor Ernie Fletcher announced today that Kentucky will receive an estimated 97,000 doses more of flu vaccine through the Centers for Disease Control and Prevention's (CDC) national reallocation effort.

In addition to the 97,000 doses, local health departments are currently being shipped the remainder of their original vaccine orders.

"This is good news for those Kentuckians at high risk for complications from flu who have not yet received the flu vaccine," said Governor Fletcher. "I commend the partnership at the state, local and federal level and between

the public and private sector to address the flu vaccine shortage in Kentucky."

The vaccine will be used to help address local shortages at health departments, nursing homes, hospitals and private providers. The Department for Public Health is working with local health departments to estimate the flu vaccine needs of communities. Nursing homes, hospitals and private providers should contact their local health departments to communicate additional needs and for more information about reallocation efforts.

Acting Commissioner of Public Health Dr. William Hacker said, "We hope that this additional vaccine will allow most high risk individuals in Kentucky who seek vaccination to receive the flu vaccine. And again, we thank those healthy Kentuckians for voluntarily going to the back of the line this year so those most in need can be protected first."

The groups at higher risk for complications from the flu are: all children ages 6 - 23 months, adults 65 and older; persons age 2 - 64 with chronic medical conditions; women who will be pregnant during flu season; residents of nursing homes and long-term care facilities; children 6 months to 18 years on chronic aspirin therapy; health care workers involved in direct patient care; and out-of-home caregivers and household contacts of children less than 6 months old.

The nasal-spray flu vaccine is an acceptable alternative to the flu shot for healthy persons ages 5-49 years.

Governor's Office of Minority Empowerment launches new website

New Features Provide More Opportunities for All Kentuckians

Frankfort, KY: The Governor's Office of Minority Empowerment (OME) has launched a new website in order to keep every Kentuckian up to date on the initiatives and special events provided by the OME.

The site, www.ome.ky.gov, now includes better ways to stay informed about the Office's activities. The Initiatives page will better help Kentuckians track the OME's policy goals and achievements. The News Room will provide access to news releases and other coverage from the Governor's Office of Minority Empowerment's events.

"This website is a vital tool for communication and is an illustration of Governor Fletcher's commitment to Kentucky's minority population and the Commonwealth's



progress in the New Economy," said Tierra Kavanaugh Turner, Executive Director of the Governor's Office of Minority Empowerment. "Our office looks forward to utilizing this site as it will be an effective and important source of information about the activities of the Governor's Office of Minority Empowerment."

The new website is part of the administration's continuing efforts to incorporate electronic media as part of a comprehensive communications outreach with the citizens of Kentucky.

The Governor's official website can be accessed at <http://governor.ky.gov>.

CHFS 2004 Employee Satisfaction Survey available online



The First Annual CHFS 2004 Employee Satisfaction Survey can be viewed at <http://cfc.ky.gov/employeesatisfactionsurvey/SatisfactionSurvey2004.aspx>. Please be patient with the server in the event that many employees try to open the survey files at one time. **If you have difficulty accessing the survey, contact the Main Help Desk at (502) 573-5831 and select Option 5.**

The deadline for completing the survey is Nov. 22.

Remember:

- Your response is completely anonymous. There is no electronic tracking.
- The Office of Human Resource Management (OHRM) will use the information to work with your office/department/region to make improvements as necessary.
- Answer the survey completely. Improvements cannot be made without your help. We can help your area best with specific information. (Check the individual office location!)
- A comment section is included to let you give even more information on any topic.
- You may print the survey, complete it by hand and mail it to the address provided.

Note:

Supervisors: Please print the survey for employees who do not have access to a computer or allow them to use an open computer. Printed surveys should be made available in a convenient location, such as the break room or bulletin board. Completed surveys should be mailed to the address included on the survey.

If you have questions about the survey, contact C-Ann.Robinson@ky.gov.

KECC Costume Contest brings fun and appreciation

This year's KECC Costume Contest was used as a special way of showing appreciation to employees at the HR Complex for their hard work and contributions to KECC.

On Friday, Oct. 29, the HR Cafeteria was decorated for Halloween complete with walking, talking ghosts and goblins. Posters signed by CHFS Leadership lined the cafeteria windows, voicing thanks and appreciation to employees who participated in the 2004 KECC Campaign.

Many interesting characters gathered to show off their best costumes for the contest. Deputy Secretary Delanor Manson and a panel of randomly selected judges presided over the event and together chose winners in two categories - individual and group.

Winners in the individual category were as follows.

- 1st - Harry Coffin (right), Parks Cafeteria Staff - Church Lady**
- 2nd - Commissioner Marla Montell, Human Support Services – Secretary James Holsinger**
- 3rd - Caron Tandy, Office of the Inspector General - Little Red Riding Hood.**



Winners in the group category were as follows:

- 1st - Medicaid Chain Gang (below), Department for Medicaid Services.**

Warden: Della Hiler and prisoners: Paulette Greenidge, Belinda Wright, Joy Cunningham and Donna Simpson.

- 2nd - Snow White and the Seven Dwarfs from the Office of Fiscal Services.** Snow White: Susan Montgomery;



Prince charming: Tim Spencer; Snow White's Mother: Wilma Morris; and the Evil Queen/Witch: Davida Gyr. The Seven Dwarfs: Lisa Detherage as Doc; Kim Damron as Happy; Debbie Rose as Sneezzy; Tommy Nalle as Grumpy; Karen Harrod as Bashful; Sherry Raider as Dopey; and Sheryle Meader as Sleepy.

3rd - Three Blind Mice (minus one) from the Office of Inspector General - Jade Mays and Michelle Literal.

Employee Enrichment



By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better will focus on team building, customer service and personal development.

If a tough decision is making you feel idle in the water, remember to use your “oar” before gathering any information:

- O – What **objectives** are you trying to achieve?
- A – What are the available **alternatives**?
- R – What are the **risks** of the options you are considering?

Take the time to involve others in your decision making when they will be affected. They’ll be more committed to your conclusion if their views were considered and they know their opinions mattered to you. Trust yourself to make a decision and then evaluate the outcome.

Visit us online!

To view the online version of CHFS Focus, visit our web site at <http://chfs.ky.gov/newsletter>.

Note to readers: CHFS will not publish CHFS Focus on the week of Nov. 22 – 26 due to the Thanksgiving holiday.