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## **New Secretary, Deputy Secretary Take Helm at CHFS**

Last week, Governor Steve Beshear appointed Janie Miller as secretary and Steve Nunn as deputy secretary of the Cabinet for Health and Family Services (CHFS).



Miller brings more than 30 years of experience to the position, including 21 years developing and administering health care programs. Her career also includes more than 15 years of service in the former Cabinet for Human Resources.

Prior to her appointment as secretary, Miller held the position of deputy director of budget review for the Legislative Research Commission (LRC). In this role, she was responsible for assisting legislators in facilitating the development of budget bills for all three branches of government.

Under Governor Paul Patton, Miller served as Public Protection Cabinet Secretary from May 2002 to November 2003. She remained commissioner of the Kentucky Department of Insurance while serving as Cabinet Secretary. She has also served as commissioner of the Department of Insurance and as deputy commissioner of Health Insurance in the Department of Insurance. She received an undergraduate degree in social work from Eastern Kentucky University.

Former state representative Steve Nunn brings 16 years of experience on the Kentucky House of Representatives' Health and Welfare Committee, including 10 years as vice chair, to the position of Deputy Secretary of CHFS. He has also served on the House Appropriations and Revenue Committee, as well as the

Appropriations and Revenue Budget Review Subcommittee on Human Resources.

During his legislative career, Nunn served on the Subcommittee for Families and Children, the Kentucky Multidisciplinary Commission on Child Sexual Abuse, the Council on Domestic Violence and Sexual Assault, the Kentucky Task Force on Adoption, the e-Health Board and the Telehealth Board.



He has also served on the Commission on Services and Supports for Individuals with Mental Retardation and Developmental Disabilities created by House Bill 144, which he and Representative Jimmie Lee sponsored. The legislation ultimately directed an additional \$50 million into the state budget to improve mental health and mental retardation services and reduce the waiting list for individuals wishing to receive support to live in the community.

In addition to his career in public service, Representative Nunn has 10 years of experience working in the private sector as a physician recruiter and adviser for T.J. Sampson Hospital in Glasgow.

## **Pendleton County Staff Shine in Holiday Parades**

*By Cindy Withrow, Campbell County Family Support*

Sandy Heck, a family services supervisor in Pendleton County, is a community-minded woman who had often participated in city parades with school and Girl Scout groups. This year, she asked the protection and permanency and family support staff if they would like to represent the Department for Community Based Services in the Falmouth and Butler Christmas

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parades as an outreach event. Staff immediately got on board for the fun.

A construction site was set up at the Search and Rescue Building in Falmouth, and staff worked weekends and nights to create their float with the theme “It’s Not Just a Christmas Thing – Make it Last All Year Long.” The float was pulled by the “Unbridled Tractor.” The float featured Mrs. Claus reading to the children of DCBS staff and other children who jumped on to enjoy the ride. Participants threw candy and distributed pamphlets on DCBS’ many services.

The most exciting event took place in Butler on Dec. 8, when the float received second place for best float and received a ribbon and a trophy.

Congratulations to Pendleton County DCBS staff on a “float” well done and for getting the word out about agency programs.

Thanks to the participants in this project: Sandy Heck, Malinda Lea, Melanie Hyden, Lorie Dunn, Melissa Hines (Mrs. Claus), Shelley Miller, Cynthia Mains, Bryan Ward, Sheila Diamond, Navonda Patterson, Vonda Norris, Jackie Reynolds and their children.

### **CHFS Print Projects Limited for Now**

In accordance with Governor Beshear’s request that all state agencies curb printing expenditures, the Cabinet is strictly limiting all printing, marketing and advertising projects. Projects that may be considered for approval are limited to those required by statute or related to funds that are set to expire. Restricted items may include, but are not limited to: brochures, pamphlets, posters, letterhead, envelopes, bookmarks, billboards, banners, etc. Questions may be directed to the CHFS Publications Manager, Emily Moses, via e-mail at [emily.moses@ky.gov](mailto:emily.moses@ky.gov) or by telephone at (502) 564-6786, ext. 4600.

### **Free Cooper/Clayton Stop Smoking Class Offered**

The CHFS Worksite Wellness Committee is sponsoring a free Cooper/Clayton “You Can Become a Nonsmoker” program. This 12-week program will help smokers learn coping skills and behavioral modification techniques for tobacco cessation. The program will be facilitated by Jan Beauchamp of the Governor’s Office of Wellness and Physical Activity’s Tobacco Prevention and Cessation program. Classes will be from noon to 1 p.m. starting Friday, Jan. 11, in the CHR Cafeteria Conference Room. For more information or to pre-register for the class, call Kris Hayslett at (502) 564-9592, ext. 3797. If you are unable to attend the classes, but are interested in nicotine replacement or need more information regarding your health plan, visit [www.wellnessworks.ky.gov](http://www.wellnessworks.ky.gov).

### **Wellness Committee Seeks New Members**

The Cabinet’s Worksite Wellness Committee is seeking new members to continue its wellness efforts in 2008, the committee’s fourth year working toward a healthier CHFS.

Committee members must be employed in Frankfort and be available to meet monthly and actively participate in special events and programs. Members will focus on nutrition, physical activity, healthy lifestyles and smoking cessation.

Interested applicants must complete an application with the signature of their immediate supervisor. Applications may be dropped off or mailed by Jan. 11, to:

Kris Hayslett  
275 East Main St. 4W-E  
Frankfort, KY 40621

The committee is also asking for volunteer contacts in field offices to help carry its programs throughout the state. Please fill out the

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application form, including your worksite location, and send it to the same address by the January deadline.

### Living Well: New Year's Resolutions

The start of the New Year is a time for self-evaluation and self-improvement. To help you successfully keep your resolutions, follow these tips:

**Do not overhaul your entire life.** Focus on changing one or two things in your life based on importance to you.

**Set realistic expectations for yourself.** Unrealistic expectations can lead to failure and feelings of guilt. Behavior change is a constant process and not something that happens overnight. Keep a journal with a list of your long- and short-term goals. Reward yourself when you meet a goal.

**Find support.** Look to family members and close friends for support. Tell them what you need and how they can help you. Identify a person you can lean on when you run into tough times.

**Don't give up.** You are in charge of your own self-improvement. Everyone makes mistakes. Learn from them, move on and keep them from happening again. Take charge and ownership of your actions. Feel proud of your achievements.

**Want to get moving?** Join us for lunchtime workouts in the third floor Distance Learning Center Room B in the Health Services Building from noon to 1 p.m. on the following dates:

- 1/8 Tuesday - Kick Boxing and Yoga
- 1/11 Friday - Aerobics
- 1/15 Tuesday - Kick Boxing
- 1/18 Friday - Yoga/ Stretch

### Focus Health Tip

#### Avoid the Flu

*By Emily B. Moses*

Flu season may be upon us, but that doesn't mean you have to suffer. To avoid being one of the 5 to 20 percent of Americans who get the flu each year, follow these simple health guidelines from the Centers for Disease Control and Prevention:

- Cover your nose or mouth with a tissue when you sneeze or cough. Immediately throw the tissue away.
- Wash your hands in warm soapy water for 15 to 30 seconds after you cough or sneeze. If you are not near water, use an alcohol-based hand sanitizer.
- Stay away from sick people.
- If you get the flu, stay home from work so as not to expose other people to the illness.
- Try not to touch your eyes, nose or mouth. The flu virus often spreads this way.

### Employee Enrichment

*By Anya Armes Weber*

A new year brings personal and professional changes to our lives. Life coach and author Caro Handley offers a few tips for dealing with change.

**Expect that you will react.** This is normal, so don't beat yourself up if you feel sad or angry.

**Take time to grieve.** Change usually means loss, so you may be nostalgic about "old times." Accept it. Be flexible, or coping with the changes will be harder.

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**Stick to routines.** When reasonable, try to keep up with the same people and processes. Not everything has to change.

**Lean on others.** You don't have to go it alone. Talk to coworkers dealing with the same changes.

**Take things slowly.** If you can divide a big change into smaller steps, you may feel less overwhelmed.

**Accentuate the positive.** Some changes are long overdue and are meant to dramatically improve our work lives and customer service. For example, if your office gets a new data management system, you will have a new skill to add to your "toolbox."

Remember: Every change comes to an end. Changes come to conclusion when they become familiar or when new circumstances happen.

Changes are inevitable, but you are capable of coping with them.