

September 8, 2008

KECC Fact: A donation of \$8 per paycheck buys a week of camping for three children with special needs.

Secretary Miller Thanks State Fair Volunteers

By Anya Armes Weber

Secretary Janie Miller is acknowledging the contributions of the more than 200 employees who helped make the Cabinet's exhibit at last month's Kentucky State Fair a success.

"I am so grateful to these staff for capably representing the Cabinet and teaching thousands of Kentuckians about our services and programs," Miller said. "It wasn't easy, but even with reduced staff and tight budgets, these programs provided opportunities for our visitors to learn about how they can take steps to improve their personal health and family wellness."

While Kentucky Exposition Center officials say overall State Fair attendance was slightly down this year because of higher gas prices, Cabinet fair coordinators were pleased with the number of people they saw at the South Wing exhibit.

At the 11-day fair, the Cabinet provided guests with the only blood pressure monitoring stations and daily counseling. More than 10,000 visitors received blood pressure readings, and many sought advice from health educators.

Almost 9,000 visitors signed several banners to encourage citizens to recognize and report abuse and neglect of children, adults and seniors.

About 2,000 people paused to get information about securing quality child care by seeking out the STARS for KIDS NOW rating system.

Many more visitors learned about health issues like diabetes education, tobacco cessation,

asthma treatment, cancer prevention, osteoporosis prevention, mental health and substance abuse prevention. Staff also provided information on adoption recruitment, special health care needs for children, emergency family preparedness, childhood lead poisoning prevention, nutrition and physical activity.

Finance Cabinet Hosts Golf Scramble

The Finance and Administration Cabinet will sponsor its 2008 KECC Golf Scramble on Friday, Oct. 10. The Golf Scramble will be at the Wild Turkey Trace Golf Course in Lawrenceburg. Morning session play starts at 8:30 a.m. with a shotgun start. Lunch will be served at noon. Afternoon session play starts at 1:30 p.m. with a shotgun start. The first 22 teams to register will be assigned to the afternoon session unless otherwise requested. Entry fee is \$50 per player and includes a Tt-shirt, greens fee, cart and lunch. Awards will be given for first, second and third place, closest to the pin, longest drive and other fun games and prizes. Deadline for entry is Sept. 26. To register, contact Kristi Sharp at (502) 564-3636 or Kristi.sharp@ky.gov or Jennifer Linton at (502) 564-4467 or Jennifer.linton@ky.gov.

OIG Child Care Center Provider Training Attendance at 87 Percent

The Office of Inspector General's (OIG) Division of Regulated Child Care (DRCC) staff provided regulations training with an attendance rating of 87 percent to 1,778 child care providers at 13 forums throughout the commonwealth this summer.

There are 2,290 licensed child care center providers in Kentucky. In addition, 234 certified family child care home providers also attended the training. The forums were held in Burlington, Elizabethtown, Hopkinsville, Lexington, Louisville and Somerset — with three sessions in Louisville.

The sessions updated licensed child care directors, assistant directors and owners about new regulations regarding Kentucky child care centers. For example, effective July 1, child care centers are now required to have written disaster plans and diagrams posted in a prominent place and to conduct routine drills and keep written records of the drills.

DRCC's overall goal is to improve licensed child care centers in Kentucky by educating providers about new regulations and providing insight on possible ways to implement the regulations into their respective business practices. OIG staff explained the new regulations and answered questions from owners and administrative staff.

"Provider awareness and education are essential as we work to implement new regulations to address the health and safety needs of Kentucky's children," said Inspector General Sadiqa N. Reynolds. "The Office of Inspector General wants to work with all providers to ensure they fully understand and are following the new regulations. Our ultimate responsibility is to ensure Kentucky children are safe and protected while in licensed child care facilities."

"By educating providers about child care facility regulations and standards, business owners and staff will be better equipped to care for children in their facilities, even in a time of crisis," Reynolds said. "The goal is to make sure the provider community understands the intent of each regulation and that each health and safety guideline is followed properly."

The forums were free and open to the public. Child care representatives who attended a forum received three hours of training credit. The new licensed children care center regulations are posted on the OIG Web site at <http://www.chfs.ky.gov/os/oig/drcc.htm>.

Living Well: The Silent Thief

Take this short pop quiz and answer "yes" or "no" to each question.

- Are you female?
- Are you older in age?
- Do you have a family history of osteoporosis or broken bones?
- Are you small or thin framed?
- Are you Caucasian, Asian, or Hispanic/Latino?
- Do you lead an inactive lifestyle?
- Are you a smoker?

The more times you answered "yes," according to the National Osteoporosis Foundation (NOF), the greater your risk for developing osteoporosis. This condition is complex and still has unknown causes, but the questions above are still considered the standard for determining risk. Statistics show that 10 million people already have osteoporosis, and 34 million more have low bone mass, placing them at an increased risk for developing this disease. Overall, the disease is more closely associated with elderly women. In reality, it can strike both men and women at any age. However, of those diagnosed, the prevalence of affected women is at about 80 percent versus 20 percent for men.

Research has proven that about 85 to 90 percent of adult bone mass is acquired by age 18 in girls and age 20 in boys. This information is important to disease prevention. The building of stronger bones in childhood and in adolescent years can greatly reduce the risk later in life. In addition to focusing on early behaviors, NOF recommends following these five steps to optimize bone health and prevention.

- Consume the recommended amounts of calcium and vitamin D (amounts vary depending on age)
Government recommendations suggest three calcium servings per day.
Examples:

- Semi-skim or skim milk (200 ml)
- Small container of diet yogurt (150 g)
- Matchbox-sized piece of cheese (30 g)

- Engage in regular weight-bearing and muscle strengthening exercises
- Avoid smoking and excessive alcohol consumption
- Consult with your health care provider about bone health
- Have a bone density test, and take medication when appropriate

Osteoporosis has been given the nickname “the silent thief” because people cannot feel their bones weakening and may not even discover they have the condition until they suffer some type of fracture. In more severe cases, simple actions like a sneeze or a minor fall will lead to a bone fracture. Because this condition tends to stay under the radar, it is often not talked about until later in life, but it is important to engage in healthy behaviors because actions taken now can determine our quality of life later. To take charge, follow some of these easy tips to maintain your bone health.

- When doing physical activity, select a mode of training that is weight-bearing like walking, hiking, running, using the stair stepper or elliptical machine. All of these activities require you to support your own body weight and strengthen your muscles and bones.
- Start your day with cereal splashed with milk or grab a yogurt
- Snack on nuts or dried fruits
- Add milk or skim milk to soups or casseroles
- Try cooking with tofu (it is high in calcium and low in fat)
- Drink calcium enriched beverages instead of soda
- Consume more green leafy vegetables like broccoli and spinach

- Limit your intake of alcohol and caffeinated drinks (which affect your body’s calcium balance)

Because most of our daily duties require sitting at a desk, take advantage of the allotted break times to get up on your feet and walk in the basement of the CHR building, climb the steps up to your office, or head outside to the trail. Also, break from the seated position by standing while using the phone or walk over to a coworker’s area instead of using e-mail.

Employee Enrichment

By Anya Armes Weber

To be a first-class active listener, you must be able to read nonverbal cues from your audience or coworkers. Here are some tips for understanding nonverbal communication from human resources expert Susan Heathfield, a writer for About.com.

Watch people’s body language. Their facial expressions, posture, body movements, eye contact and appearance when they are near you are all visual cues to what they are thinking and feeling.

Pay attention to words and nonverbal cues that don’t match. When a person’s words and actions don’t match, the person’s true feelings are closer to the way they behave, not what they say, Heathfield writes.

Recognize nonverbal cues. When you are speaking before a group, learn your audience’s cues for these important instances:

- When your time is up.
- When someone else wants to talk.
- When you have opposition or support for your ideas.

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Nonverbal communication is powerful, and you will be a more powerful communicator if you can improve these skills.