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### **Employee Profile: Pauline Hall**

Pauline Hall is a Family Support Specialist in the Department for Community Based Services. She has been an employee with the state for nearly eight years.

#### **How does your job allow you to impact the lives of your fellow Kentuckians? What's the best part of your job?**

We provide a variety of services to our clientele, and these services are for basic needs of Kentucky families and individuals. The best part of my job can be as simple as a smile or an expression of relief on someone's face when they are in a difficult period of their life. To help someone get back on their feet when they had lost hope is a good day's work.

#### **Share your story about your weight loss with readers, from the beginning of your lifestyle change up to today.**

May of last year I had tipped the scales to the highest weight of my life. I made a decision at that moment to start eating healthy. I do not diet. The word diet automatically makes you hungry. I checked out the American Heart Association Web site because I was on medication for high blood pressure and had previously been on cholesterol medication. I made an effort to take the stairs as often as I could at work and to take the long way to any destination when walking. I exercise in the pool in the summer months. I began to eat healthy foods. I chose whole grains, fresh fruits and vegetables as often as possible. Since then I have lost 60 pounds and have reduced my cholesterol from over 200 to 167. I am no longer on blood pressure medication.

#### **How has this changed your life?**

I feel better. A few changes have made such a huge difference. I need a new wardrobe, and that just breaks my heart to have to go shopping.

I think that anyone who wants to commit to making a healthy lifestyle change should tell someone about their plan. If you voice your plan aloud to co-workers or friends, it actually helps to keep you motivated. You don't want to let them down. It is easier to let yourself down. You should make small changes so they don't seem overwhelming. Change something every day or every three days, whatever works for you. Remember that fresh fruits and vegetables are much better than canned or frozen. You can control sodium, sugar, fats and preservatives. I would say, don't diet but live healthy.

### **Forum Focuses on Courts, Child Protection and Domestic Violence**

*By Anya Armes Weber*

Several staff and advocates attended a judicial forum in Williamstown in early April. The Northern Bluegrass Region's Community Partnership for Protecting Children's (CPPC) well-being workgroup coordinated and convened the effort as part of their strategic plan toward improving systems working together to prevent child abuse and neglect and partner abuse.

Panel members included District Court Judge Elizabeth Lester, County Attorney Jack Gatlin, Circuit Clerk Shirley Wilson, Grant County Sheriff Chuck Dills, Laura Kinney of the Women's Crisis Center, and Jennifer McComas from the Grant County Department for Community Based Services, each providing valuable information regarding the connection between their organizations and protecting children and their role in protecting victims of domestic violence. Participating staff gained insight into practices and what to expect on future collaborations.

The workgroup made progress on several projects at the forum. Panelists established a standing meeting to continue the conversation

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toward improved protocols in serving children and their families. The workgroup plans to coordinate with law enforcement to convene a forum for service providers. And there was a discussion about a possible forum for parents and children whose children's risks are escalating and becoming more complex than child abuse and neglect.

Also at the meeting, Grant County Judge Executive Darrell Link delivered a Child Abuse Prevention Proclamation for Child Abuse Prevention Month.

The CPPC is co-chaired by McComas, supervisor of the Cabinet's child protective services office in Grant County, and the well-being workgroup chair is Kinney, director of rural services with the Women's Crisis Center.

### **Public Health Showcases Wide Variety of Programs Offered**

*By Barbara Fox, Public Information Officer*

On April 14, the Department for Public Health (DPH) hosted a Get to Know Public Health reception in honor of both Kentucky Public Health Week (April 21-27) and National Public Health Week (April 7-13) in the DPH Boardroom.

The event allowed staff from different DPH divisions to discuss their specific programs and also to talk about current projects.

Several raffle drawings were held, including one for an emergency preparedness backpack.

### **Three Employees Awarded through ESS**

Three Cabinet for Health and Family Services employees have already received awards this year for suggestions they made to the state's Employee Suggestion System.

Sherry Newton, a family support specialist in the Department for Community Based Services (DCBS), recommended a method for alerting workers to benefits fraud.

Newton had a return client who was applying for food stamps, but could not find the client's file. She found a note in the online KAMES system that the case had been referred to DETER for investigation, and a copy of the report was in the file. Newton would not have known about the referral if she had not checked the previous worker's notes. So she suggested a notice be put on files in question to alert employees of a case file that is under investigation or has been investigated. This would reduce the possibility of benefits fraud, especially among people who move from county to county frequently.

Newton earned a \$100 reward for her suggestion.

Linda Clements is a field services supervisor for DCBS in Leitchfield. Clements suggested adding a form to the KAMES system so that any employee who accessed the form – PAFS97, often used for the medical assistance program – could see what action, if any, had been taken regarding the client who had applied for assistance. These forms were normally printed in hard copy and kept in a central location. Clements said if the form could be accessed through KAMES, it would be more convenient and would save time for staff who would no longer have to search for it. Clements received a \$100 award for her suggestion.

Finally, Ingrid Jordan, a family services office supervisor in Olive Hill, had an idea that would save time – and headaches – for field staff. Jordan said e-mails sent Cabinet-wide often tie up the e-mail and TWIST systems for some field offices, sometimes for an hour. A version of her solution was implemented almost immediately. CHFS offices that send Cabinet-wide e-mails are now delaying the messages to all staff unless the

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messages are urgent. For her suggestion, Jordan earned a \$100 award.

## Discover Your Own Backyard

### Water adventures are plentiful across Kentucky

*From the Department for Tourism*

As the spring temperatures warm up across the state, many Kentuckians begin looking at the calendar to make plans for a trip or adventure that involves water. And with gas prices ever increasing, many people may want to stick close to home.

Whether it's boating, rafting, fishing, swimming or another water-related event, Kentuckians don't have to go far to find water. With 170 public lakes and reservoirs, 34,000 miles of streams, and 114 miles of waterways designated as wild rivers, the choices are plentiful. For example, there's whitewater rafting along the Cumberland River in southeastern Kentucky.

"It's an excellent way to get away, spend some time with your family and friends, see some beautiful scenery and have a lot of fun," said Dania Egedi, general manager at Sheltoewe Trace Outfitters near Whitley City. "It's really a pleasant way to spend the day."

Sheltoewe offers guided raft rides every day during the summer season, starting in mid-May, as well as canoe trips. For more information, visit [www.ky-rafting.com](http://www.ky-rafting.com). Sheltoewe is one of several rafting and canoe operators around the state. For information about other locations, visit the Kentucky Professional Paddlesports Association Web site at [www.kyppa.org](http://www.kyppa.org)

Several Kentucky State Parks also offer canoe trips as well as boat rentals, and plenty of lakes and streams with fishing opportunities. During 2008, the following parks will offer overnight

canoe trips: Barren River Lake State Resort Park, Blue Licks Battlefield State Resort Park, Cumberland Falls State Resort Park and Jenny Wiley State Resort Park.

The state parks have 15 marinas where pontoon and fishing boats can be rented by the hour or for the day. The marinas also provide a variety of services including fuel, fishing licenses, ice and slip rentals. And many parks have canoes and paddle boats as well. In early June, several parks are holding fishing derbies for children. For information about canoe trips, marinas and other state park events on the water, visit [www.parks.ky.gov](http://www.parks.ky.gov). Information on other marinas across the state is available at the Kentucky Marina Association's Web site at: <http://marinas.wilkesweb.us/KMA/index.htm>.

The state agency that regulates boating on Kentucky waters, the Kentucky Department of Fish and Wildlife Resources, has a few tips to pass along for boaters. They include:

- Alcohol is prohibited on Kentucky waters. It's illegal for the boat operator and passengers to be drinking alcohol.
- Life preservers must be worn by anyone under the age of 12.
- Boater education is required for anyone 12 to 17 years of age to operate a vessel with over 10 horsepower. This includes personal water craft.

For a different kind of boating experience, visit the Lost River Cave Underground Boat Tour – the only kind of its type in Kentucky. The guided tour includes a beautiful, historic river walk that leads you to one of the largest cave entrances east of the Mississippi River. Upon arriving at the cave, visitors embark on their journey into the unique world that exists beneath the city of Bowling Green. For more information, visit [www.lostrivercave.com](http://www.lostrivercave.com).

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BB Riverboats in Newport offer riverboat cruises on the Ohio River ranging from one-hour sightseeing trips to day-long tours. Dining cruises, special event cruises and charters are also offered. Visit [www.bbriverboats.com](http://www.bbriverboats.com) for more information.

If you'd rather observe from the shoreline, Rough River Dam State Resort Park near Leitchfield is hosting the Rough River Rumble Wakeboarding Tournament on June 7. This National Wakeboard League event will benefit a local high school athletic program and offers different levels of competition and prizes. The event is free for spectators. For information, call the park at 1-800-325-1713.

And for those who really want to get wet, several waterparks are available to choose from. They include: Kentucky Splash Water Park at Williamsburg, SomerSplash Waterpark in Somerset, Splashwater Kingdom at Kentucky Kingdom in Louisville, Splash Lagoon at Beech Bend in Bowling Green and Venture River at Eddyville.

### Living Well: Health and Wellness Savings Center

Have you taken your Humana Health Assessment (HHA)? If you have, you now know your health score, and you're able to explore the Humana Web site, which offers a variety of wellness information as well as the Health Coaching option. The Health and Wellness option also allows you to review the Savings Center. On this site, Humana has partnered with various businesses where members can obtain coupons and discounts for wellness-related items and services. Review the Savings Center options listed below:

- **Alternative Medicine:** Chiropractic, massage therapy and acupuncture services
- **Discount Card**

- **Health and Wellness Savings:** Fitness equipment, Weight Watchers, oral health products, exercise programs and DVDs, music downloads and many others
- **EyeMed Discount:** Vision discounts
- **Medication Savings:** Coupons for certain over-the-counter products, list of alternative generic prescriptions and information on prescriptions by mail
- **TruVision Discount:** Lasik procedures

Visit MyHumana.com, and register to review the many options within the Humana Web site. Or call the 24-hour Humana First number at 1-800-622-9529. A nurse will guide you through any specific health questions or provide you with information on how to get the most from your health plan to lead a healthier life. Please contact Kris Hayslett at [kris.hayslett@ky.gov](mailto:kris.hayslett@ky.gov) if you have successfully used this site.

### Employee Enrichment

*By Anya Armes Weber*

Wednesday, April 23, is Administrative Professionals Day, a time to recognize administrative staff for their contributions in the workplace.

The International Association of Administrative Professionals (IAAP) is marking the day and the entire Administrative Professionals Week with the theme "Forward Moving."

The slogan denotes how career-oriented administrative professionals are becoming masters of advanced office skills.

IAAP encourages administrative professionals to participate in training workshops on subjects like workplace trends, developing technology and management skills.

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Take the time to thank your office's administrative professionals this week.

Learn more about IAAP online at <http://www.iaap-hq.org/index.htm>.