

Regions Honor Adoptive Families

By Anya Armes Weber

Several Department for Community Based Services offices sponsored appreciation and recognition events as part of Adoption Awareness Month in November. Here is a look at two of them.

Cumberland Region

“Celebrate Adoption” was held Nov. 4 at the Center for Rural Development in Somerset.

About 100 people attended, including 65 resource parents, community partners and staff.

Speakers included Family Court Judge Walter McGuire, Cumberland Service Region Administrator Sandy Rollins, Special Needs Adoption Program Specialist Jennifer Cochran and family court case specialist Bill Wilson.

Adoptive families in attendance could pose for professional portraits by local photographer Larry Witt.

Adoption information was available from several organizations, including Adoption Support Kentucky, Kentucky Foster/Adoptive Care Association, InTrust Health Care and Lake Cumberland Foster/Adoptive Parent Association.

The crowd enjoyed refreshments and entertainment by social services clinician Charlotte McGarrah and adoptive parents Greg Burdine and Lonnie King. King performed his song “For Pete’s Sake” and donated CDs featuring his adoption awareness song, “What About Me?”

King and his wife, Margaret, are Cumberland’s “Forever Family” of 2007 and were honored Nov. 2 with eight other families at a reception in Frankfort.

Adoptions specialist Deborah Green of Frankfort’s central office said the program was a special way to recognize adoptive families.

“It was an enjoyable afternoon, and we can only hope this shows how much our foster/adoptive families are needed and appreciated in meeting the best interest of Kentucky’s waiting children.”

The Lakes Region

Adoption Celebration Day was held Nov. 3 at Kuttawa United Methodist Church in Kuttawa. About 200 people attended, including 10 children from the Special Needs Adoption Program who await adoption, prospective parents and adoptive families.

Guests played games including corn hole, Dance Fever and Guitar Hero and enjoyed lunch, a prize walk and a craft table.

Professional photographer Angie Smith was available to take pictures of the children, which will be featured in the state and national heart galleries.

Event coordinator and SNAP specialist Shirley Rich collaborated with the Foster/Adoptive Training and Support Network and other agencies to make the day a success.

Lori Faris, an out-of-home care and SNAP specialist from Frankfort’s central office, called the event a wonderful outreach and appreciation opportunity.

“It was a great opportunity to meet some of our forever families and celebrate their love and dedication they give to our children,” Faris said.

Cabinet Receives KECC Spirit Award

The Cabinet for Health and Family Services received the award for Most Spirited campaign at

the Kentucky Employee Charitable Campaign Victory Celebration Nov. 1. According to Marla Montell, Cabinet KECC coordinator, it is the first time CHFS has won the award. CHFS was one of six state agencies competing for the award.

“When the judges saw our presentation, they said there was ‘no question’ who won,” Montell said. Department coordinators Karen Cronen and Sam Rodgers produced the Cabinet’s award-winning PowerPoint presentation featuring photos of CHFS KECC events and participants.

“This award demonstrates the wonderful teamwork, creativity and overall hard work of our CHFS team,” Montell said. “At this point we have not met our goal; however we are close, and we have surpassed the amount raised last year.”

Last year, the CHFS campaign raised more than \$221,000 for Kentucky charities. The 2007 campaign has raised more than \$223,898. Montell said Western State Hospital employee contributions have not yet been added to the Cabinet total.

“This year’s KECC staff deserves this award and we hope it serves as incentive for more staff to get involved next year,” Montell said.

The 2007 CHFS KECC coordinators are:

Lisa Gannoe, Office of the Secretary/Legislative and Public Affairs

Mary Gaetz, Office of Information Technology

Patty Rice, Office of Human Resource Management

Ingrid Bowling and Sean Combs, Office of Contract Oversight

Rebecca Aufderhar, Governor’s Office of Wellness and Physical Activity

Jade Mays, Office of Inspector General

Marnie Mountjoy, Department for Aging and Independent Living

Bonnie Cox and Cindy Franklin, Disability Determination Services

Christina Taylor, Department for Public Health
Heath Dolen, Heather Bivens and Cheryl Ligon, Mental Health/Mental Retardation

Karen Harrod and Stephanie Hale, Department of Human Support Services

Rodney Moore, Office of the Ombudsman

Karen Glass, Department for Community Based Services

Teresa Phillips and Lydia Gravitt, Department for Medicaid Services

Deirdre Cummings, Commission for Children with Special Health Care Needs

Records Management Essential during Administrative Transition

The state Department for Libraries and Archives wants to remind all state agencies and state employees of the responsibility to properly manage agency records during an administration change.

All records created by a state agency are public records and all state government employees are responsible for proper management of the records they create, use and maintain. Public records include all recorded or documented information, regardless of format, created by a state or local government agency. Record formats include paper copies, disks, diskettes, e-mail, digital audio and image files, etc.

Records should remain with the office that created them to support continuity of work and services. CHFS Records Management staff is available to help all Cabinet personnel with their records management efforts.

For records management assistance, contact the appropriate records management officer listed below:

Ivy Alexander (Commission for Children with Special Health Care Needs)

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Brian Boisseau (Governor's Office of Wellness and Physical Activity)

Nora Pitzer (Department for Community Based Services)

Barry Ellis (Disability Determination Services)

Teresa L Foster (Department for Aging and Independent Living)

Kathy S Irvin (Office of Contract Oversight)

Beth Feddersen (Office of Human Resource Management)

Tonya Taylor (Office of Legal Services)

Leslie D Stratton (Office of Inspector General)

Debbie Bishop (Department for Public Health)

Jeff L Jagnow (Office of Legislative Affairs)

Tootie Brown (Department for Mental Health and Mental Retardation Services)

Stephanie Hale (Department for Human Support Services)

Glenn Roberts (Department for Medicaid Services)

Renee Ruble (Office of Information Technology)

Kelli Matherly (Office of the Secretary, Office of Public Affairs)

Laurie Walston (Office of Health Policy)

Nancy Darnell (Office of the Ombudsman)

CHFS Records officer Bradd Popp is available to provide assistance and answer questions at (502) 564-6631.

Transportation Offers Roadway Assistance

The Kentucky Transportation Cabinet has a new, free system to help motorists in need on many of Kentucky's highways.

The Safety Assistance for Freeway Emergencies (SAFE) Patrol is designed to aid motorists and assist with incident management. Motorists who break down on the highway can now call (877) 367-5982 for assistance. The service is free of charge; however, if a wrecker is required, the motorist is responsible for payment.

SAFE operators assist motorists by providing the following services free of charge:

- gasoline and oil for those in need
- add air to tires or change flat tires
- provide a "jump" for dead batteries
- other minor automotive repairs

The SAFE Patrol is available 6 a.m. to 10 p.m., seven days a week.

The SAFE Patrol operates routes on the following roadways:

- I-75
- I-64
- I-65
- I-24
- I-71
- US-23
- KY-80
- Louie B. Nunn Pkwy
- Wendell H Ford Western KY Pkwy
- Audubon Parkway
- Edward T. Breathitt Parkway
- William H. Natcher Parkway
- Bert T. Combs Mountain Parkway
- Hal Rogers Parkway
- Martha L. Collins Bluegrass Pkwy
- Julian Carroll Purchase Parkway

Contract Oversight Offers Procurement Seminar

The CHFS Office of Contract Oversight, Division of Strategic Procurement Services, is proud to offer a broad-based overview on procurement. Due to the overwhelming positive response, the first session has been filled. You are responsible for obtaining your immediate supervisor's approval to attend.

The next session will be from 8:30 a.m. to noon Wednesday, Dec. 5, at the Transportation Cabinet, 200 Mero St., Frankfort.

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This course is uniquely designed to assist CHFS staff members responsible for completing the CHFS96 Purchase Requisition Form. The class agenda will identify the process, offer a key understanding of the elements of the procurement cycle, and ascertain ways in which the document can be used to its full capability. Those interested in gaining a thorough understanding of the process are encouraged to attend.

Topics to be covered include:

Procurement regulations
CHFS 96 Purchase Requisition
Discretionary purchase memo
Funding information
Specifications
Commodity specific purchases
Approval process
Post-purchase activities
ProCard
Conflicts of interest

Don't miss out on this wonderful professional development opportunity! Class size is limited to 20 people. Registration will be on a first come, first served basis. Registration deadline is Nov. 28.

Step 1: Complete this form and forward to your supervisor for approval.

Step 2: Supervisors: Please forward electronically to SarahE.Smith@ky.gov; or mail/fax registration forms:

CHFS OCO Strategic Procurement Services
Attn: Sarah Smith
275 East Main, 4E-B
Frankfort KY 40621
Fax (502) 564-5531

If you have any questions, please contact (502) 564-7736 and ask for Sarah Smith (ext. 4015) or Cindy Stoops (ext. 4335).

Living Well: Great American Smoke Out

The American Cancer Society is urging current smokers to put out their cigarettes for one day in honor of the Great American Smoke Out on Thursday, Nov. 15.

According to recent research, tobacco use is lower today than at any point dating back to the start of World War II. However, approximately 24 percent of men and 18 percent of women still smoke, with about 81 percent of those individuals reporting daily smoking.

In both women and men, lung cancer is the leading cause of cancer death in the United States. Consequently, lung cancer is also the most preventable form of cancer death. In addition to cancer, tobacco use is also linked to other chronic diseases and health problems such as heart disease, aneurysms, bronchitis, emphysema, stroke, gum disease, cataracts, bone thinning, hip fractures, peptic ulcers and macular degeneration and worsens cases of pneumonia and asthma. Women who smoke also are at a higher risk of damaging their reproductive health. Tobacco use in women has been linked with reduced fertility, greater risk of miscarriage, premature birth, stillbirth, infant death, low infant birth weights and sudden infant death syndrome (SIDS).

The list below tells you what happens to the body after you quit smoking from 20 minutes after you quit to 5 years.

When Smokers Quit – What Are the Benefits Over Time?

20 minutes after quitting: Your heart rate drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

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2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancers of the mouth, throat, esophagus, bladder, cervix and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

Please join us in recognizing the importance of healthier bodies and cleaner air by visiting the Wellness Committee's table on Nov. 15. The table will be set up on the first floor of the CHR building. Tobacco facts, information on quitting and quit kits will be available.

If you are unable to visit the table on the first floor, visit the American Cancer Society Web site and click on Smokeout Challenge at <http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp> or call the Kentucky Tobacco Quit Line at 1-800-QUIT NOW.

By Anya Armes Weber

In her book, "Playing with the Big Boys and Girls in Real Estate," author Debra Pestrak suggests avoiding these persistent pitfalls that can block your success.

- Poorly defined goals
- Wishing instead of doing
- Putting things off
- Indecision
- Lack of planning
- Indifference, weakness of desire
- Self-satisfaction
- Blaming others
- Fear of criticism or failure

If you feel yourself making one of these mistakes, get busy to correct it. Pestrak advises you ask a coworker or "coach" to look out for you and look out for these signals. "Just remember, we all fail," Pestrak writes. "It's our response to the failure that will determine our future."

Employee Enrichment