

OIG Seminar Focuses on Long-term Care

The CHFS Office of Inspector General (OIG) hosted more than 500 participants for the Long-Term Care Survey Process and Enforcement Seminar on June 10 at the Galt House in Louisville. The seminar audience included both surveyors and long-term care providers.

“It’s a great benefit to the OIG, the provider community and the public when providers and surveyors can come together to hear the same message,” said Inspector General Sadiqa Reynolds. “We all have the same goal of ensuring outstanding care to the long-term care community.”

The seminar included nationally recognized speakers Lisa Tripp and Jeri Ann Lundgren. Tripp is an assistant professor at John Marshall Law School in Atlanta where she teaches health care law, remedies and torts. The primary focus of her career has been on elder abuse.

Lundgren is a registered nurse and a wound care specialist certified by the American Academy of Wound Management. Director of wound and continence management for Pathways Health Service, Inc., she has been working in long-term care since 1990, specializing in wound care nationally since 1994. Her background includes survey management, litigation support and wound care consultation and program development.

The seminar also featured Deputy Inspector General Suzanne Hornstein, Director of the Division of Health Care Mary Curlin and Assistant Director of the Division of Health Care Samantha Windsor.

Two Agencies Receive AmeriCorps Funds

Two Kentucky AmeriCorps programs will receive more than \$750,000 in new grant money to develop transitional housing and serve at-risk students.

The money is from the annual funding competition of the Corporation for National and Community Service, a public-private partnership that engages Americans of all ages in service.

AmeriCorps is a national service program administered by the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services. Members serve faith-based and nonprofit organizations to meet critical educational, environmental and safety needs.

KCCVS Executive Director Eileen Cackowski said the grants will help program members contribute more to their communities.

“We are thrilled to be selected and eager to start getting things done,” she said. “In this time of economic hardship, service and volunteering is more important than ever. These AmeriCorps members and the volunteers they mobilize will help us expand our reach and impact.”

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Through the corporation's 2009 funding, 259 national and local nonprofits will engage 23,000 new AmeriCorps members in improving lives and strengthening communities from coast to coast. Most positions will start in the summer and fall.

The two Kentucky programs receiving funding were selected through a highly competitive, national process and will use their grant funding to serve clients statewide.

The Homeless and Housing Coalition of Kentucky's new Build Corps program will receive \$504,000 to build and renovate homes for low-income families. The 40-member group will also assist with weatherization projects for qualifying families.

The Northern Kentucky Cooperative for Educational Services' Strategically Using Creative Contexts to Ensure Student Success (SUCCESS) Corps will receive \$252,000 for its work to increase school readiness for children throughout the state using a research-based home visitation model called Parents as Teachers. Members support families and encourage greater parental involvement in education.

For more information about Kentucky's AmeriCorps programs or AmeriCorps projects, call toll-free (800) 239-7404 or visit the KCCVS Web site at www.volunteerKY.ky.gov.

Living Well: New Health Guidelines, Tips on Getting Started

From the National Institutes on Health

Those busy with work and school, two-career couples, single parents — really, whoever you are, people from all walks of life find it difficult to get enough exercise. But research shows that all Americans need physical activity for good health. New government guidelines can help you get started and stay active.

The government recently released the Physical Activity Guidelines for Americans to help you live longer, feel better and help yourself and the country.

“We have a crisis in health care funding in this country,” says Acting Surgeon General Dr. Steven Galson. “We need to make sure that we’re doing everything possible as a nation to keep our population healthy, not just because it’ll help people fulfill their goals for themselves, but also because of the financial crunch facing the country in health care.”

Regular physical activity improves your overall health and fitness. It can help reduce high blood pressure, high blood cholesterol and other risk factors for disease. That means physical activity can play a role in preventing many diseases, including heart disease, stroke, some cancers, type 2 diabetes, osteoporosis and depression.

Physical activity can also improve your ability to do the things you need to each day. It builds muscle strength and endurance, which may help prevent injuries and make it easier for you to climb stairs and get up from chairs. It can also help you think more clearly.

“It takes some effort to get physically active,” Galson says. But you don’t have to get physical activity every day. The recently released recommendations say that exercise can be measured in weekly totals.

“The goal is to get at least 2½ hours of physical activity every single week,” Galson says. He notes this is different from previous guidelines that recommended getting a certain amount of physical activity every day. With the new guidelines, if you’ve missed a few days, you can still catch up on the weekends.

So what exactly is physical activity? Two types of activities are included in the recommendations: aerobic and muscle-strengthening. Aerobic activities—also called endurance activities—are those in which you move your large muscles rhythmically for a long time.

Aerobic activity has different levels. With moderate-intensity aerobic activities, you can talk while you do them, but not sing. Examples include walking briskly, water aerobics, ballroom or line dancing, general gardening or sports where you catch and throw. With vigorous-intensity activities, you can only say a few words before pausing to catch your breath. These include jogging, swimming laps, aerobic dancing, sports with a lot of running, and heavy gardening such as continuous digging or hoeing.

Muscle-strengthening happens when your muscles do more work than they are used to. Activities that strengthen muscle include heavy gardening, lifting weights, push-ups on the floor or against the wall, sit-ups and working with resistance bands (long, wide rubber strips that stretch).

Try out a variety of different activities.

“You can enjoy activities with friends, with family, with co-workers,” says Dr. Ashley Wilder Smith at the National Institute on Health’s National Cancer Institute (NCI), who helped write the guidelines. “There are lots of ways to have physical activity enhance your life.”

“We recognize that many people in the country are very inactive,” says NCI’s Dr. Richard Troiano, a captain in the Public Health Service who also helped create the guidelines. “Even moving from 30 minutes a week to 90 minutes a week, there’s a reduction of 20 percent in death from all causes. So, a little bit of change results in a lot of benefit.”

The experts agree that some physical activity, no matter how much, is better than none. You get substantial health benefits from at least 2½ hours a week of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity. For more extensive health benefits, increase your aerobic physical activity to five hours a week of moderate-intensity or 2½ hours of vigorous-intensity aerobic physical activity.

So how do you change? How can you start? Smith stresses the “Start Low and Go Slow” slogan in the consumer publication based on the new guidelines, *Be Active Your Way: A Guide for Adults*. “We have a number of scenarios for folks who are just starting,” she says.

For example, walk a little more to the bus stop on your way to work, or park your car at the far end of the parking lot. Start with a 10-minute walk a couple of times a week. As you get used to it, increase the walk to 15, 20 and 30 minutes per day. When you reach 30 minutes per day, 5 days a week, you're meeting the minimum recommended activity level.

Many people who are just starting an exercise program or adding physical activity into their lives often wonder whether they need their doctor's permission. Smith says, "In the absence of a chronic condition or health-related symptoms, everyone should feel comfortable moving toward and working incrementally up to the guidelines. And you don't necessarily need your doctor's approval for that. We don't want people to feel like there's a gate in the way of them starting an exercise program."

So what are you waiting for? The Physical Activity Guidelines for Americans can help you get started now. In addition to guidelines for adults, guidelines are available for children and adolescents, older adults, and considerations for pregnant women and people with disabilities. For more information, visit www.health.gov/PAGuidelines.

CHFS Focus Health Tip

Keep Summer from Spoiling Your Picnic

Summer celebrations are a great time to picnic, but danger can lurk in a picnic basket. During the warmer seasons more people report food poisoning from harmful bacteria that grow in some foods when left unrefrigerated, especially in temperatures between 90 and 110 degrees.

Food poisoning symptoms usually start within two to three hours after eating exposed food, but can sometimes show up three to six days later. Symptoms include nausea, vomiting, diarrhea, dehydration and fever.

Some of the most common types of foodborne illness are salmonella, Shigellosis and E. coli.

To help prevent food poisoning, follow these hygiene tips:

- Wash hands thoroughly before and after preparing food.
- Wash and scrub produce before serving.
- Keep cold foods cold and hot foods hot.
- Store food in shallow pans.
- Immediately refrigerate leftovers.
- Always keep food covered.
- Cook thoroughly and at recommended temperature, especially meats.
- Don't let food sit out more than two hours.
- When in doubt, throw it out!

Employee Enrichment

By Anya Armes Weber

Personal hand-held devices and cell phones are great for sending and receiving information quickly, but they can also be a workplace distraction. Here are some tips from Corporateicon.com for hand-held users.

- Turn off the ringer and use the “vibrate” setting as often as possible.
- Don’t send or check messages while you are driving. Avoid phone calls while driving.
- Send an urgent message only once. If you have a deadline, state it.
- Avoid constantly checking your device during any meetings or one-on-one conversation.
- Tell the facilitator at the start of a meeting if you are expecting an urgent call. Sit close to the door if you need to leave.