

First Onsite Health Clinics Offer H1N1 flu shots

Field employees should contact local health department to be vaccinated.

A limited supply of H1N1 flu shots is available for state employees at the Frankfort First Onsite Clinics. State employees interested in receiving a shot should contact or visit one of the four Frankfort clinics. Most employees are covered by the Kentucky Employees Health Plan; however, the clinics will accept other health plan coverage.

State employees who are outside of Frankfort should contact their local health department or personal health care provider about receiving the vaccine. The vaccine is now in plentiful supply and employees who want it should be able to get it locally.

Frankfort Cabinet for Health and Family Services employees may receive the vaccine at the First Onsite clinic located on the first floor of the CHR Building. Contact the clinic at (502) 564-5555. The clinic is open from 8 a.m. to 4:30 p.m. Monday through Friday.

Other First Onsite locations in Frankfort:

Capitol Annex Building
702 Capital Ave.
Phone: (502) 564-3333

Capital Plaza Tower
500 Mero St.
Phone: (502) 564-3444

Transportation Building
200 Mero St.
Phone: (502) 564-4444

For more information:

First Onsite Frankfort
<http://www.firstonsitefrankfort.com>

Kentucky Personnel Cabinet, Department of Employee Insurance
<http://personnel.ky.gov/firstonsite/>

KET Documentary Examines Impact of Prematurity

A new KET special reveals the shocking statistics and long-term effects of premature birth in Kentucky. “Born Too Soon,” which features public health officials and highlights ongoing Department for Public Health endeavors to reduce prematurity rates in Kentucky, examines causes of preterm birth; the impact of scheduling labor for convenience; and efforts across the state to prevent this serious and costly health issue. The program airs at 9 p.m. Tuesday, Feb. 2, on KET and 8 p.m. Tuesday, Feb. 9, on KET2.

“Born Too Soon” visits the neonatal intensive care units (NICUs) at King’s Daughters Medical Center in Ashland, Trover Clinic in Madisonville and Kentucky Children’s Hospital, a part of University of Kentucky HealthCare in Lexington, where premature infants fight for their lives. The program meets parents of preemies, who share their eye-opening and moving stories, including one mom who’s early Caesarean section led to a rollercoaster of emotion in the NICU. And experts talk about the important efforts to reduce the number of preterm births in Kentucky and nationwide.

The program also examines some root causes of the current preterm birth crisis — smoking, early labor induction and health inequities — and programs that help moms and promote full-term pregnancies.

“Born Too Soon” was funded in part by a generous contribution from the Foundation for a Healthy Kentucky. KET developed this program in collaboration with the Kentucky Department for Public Health and the March of Dimes. More information about the Kentucky chapter of the March of Dimes is available at www.marchofdimes.com/kentucky.

Beware of Haitian Relief Effort Scams

In the wake of the earthquake in Haiti and resulting disaster emergency, e-mail, text message and Internet scams are flooding inboxes and social networking site message boards fraudulently soliciting aid contributions. Please use caution if you receive appeals for monetary donations. The following guidelines are provided to help you avoid becoming a scam victim:

Do not respond to unsolicited (spam) e-mail, and do not click links or open attachments contained in those messages. Some links and attachments are being used to launch viruses and other malicious applications.

Be wary of messages claiming to be from surviving victims or government/charity officials asking for donations via e-mail or social networking sites. Donate only to trusted, known relief agencies.

Use consumer protection resources to verify the legitimacy of nonprofit organizations before responding to appeals for donations. The Better Business Bureau (www.bbb.org/charity) is a good source to use to check the legitimacy of charity and relief organizations.

You can verify organizations that use text messaging to raise money at Mobile Giving Foundation (www.mobilegiving.org).

Make contributions directly to known organizations rather than sending donations to third parties to make donations on your behalf. Direct contributions to legitimate aid organizations will ensure your donations are used for intended purposes.

Protect your identity, and avoid identity theft. Do not give out personal or financial information to anyone who solicits contributions.

Safe, legitimate organizations accepting aid contributions for Haitian earthquake relief include:

The American Red Cross – Text the word Haiti to 90999 to make a \$10 donation to the Red Cross. The donation will be added to your phone bill. More than \$3 million already has been raised by this effort.

The faith community – Check with your church, temple or mosque as well as known, trusted faith-based aid organizations to find out how to support their relief efforts in Haiti.

Give generously, but give safely to protect yourself and ensure your donations go where you intend them to go.

Living Well: Nutrition and Exercise Excuses

Are you sticking with your New Year's resolutions, or do you find yourself saying one or more of these phrases:

- I don't have enough time.
- I have to have junk foods in the house for my kids and spouse.
- I've tried to lose weight in the past, but I just can't do it.
- I have too many social gatherings, and that is not an environment to lose weight in.
- I travel a lot and can't stay active.
- My friends eat poorly, which makes it hard for me to eat healthy.

If you are not uttering one of the above phrases, then perhaps you have one that I haven't heard before. Unless you have some type of documented physical condition or limitation, an excuse is

simply something you say to yourself or to others to legitimize your behavior. As a person with a wellness background, I am well equipped with answers to all of these excuses, but I recently enjoyed reading “Biggest Loser” trainer Jillian Michaels’ responses to such things.

Michaels claims that a lack of time is “total baloney.” We make time for things that we like to do, so she recommends making health and fitness a necessary part of your day by scheduling workouts like appointments.

No one in your house should be eating junk food. Stop buying it.

Tried to lose weight in the past but can’t? Michaels says “ridiculous.” Her advice is to arm yourself with the proper information, and learn what things work for you. Instead of saying “I can’t,” ask yourself, “How can I not?”

Michaels also says using co-workers as an excuse is flimsy. How many of your coworkers really notice if you pass on the unhealthy appetizers or the open bar? If you have to attend a dinner party, look over the food carefully, and make healthy choices whenever possible, or bring your own dish so you have at least one healthy option to choose from.

As for friends being your downfall, you should train them to be your supporters. Communicate your goals, and ask them to support you by offering healthy food options or meeting you out for a walk, etc.

The next time you find yourself searching for an excuse to eat something unhealthy or skip that exercise class, stop yourself and think about what is required of you to achieve the goals you have set. Even small changes will help you navigate the road to a healthier lifestyle, so stop making excuses and take charge of your behaviors.

Employee Enrichment

By Anya Armes Weber

Conflict is inevitable, but it can be an opportunity for positive change.

Knowing how to resolve disagreements can make your work life easier, and conflict resolution skills can improve your relationship and your standing at work.

Naomi Drew, author of “Hope and Healing,” offers these steps for resolving conflicts.

Cool down. If you are upset, don't react in haste. Take a walk, meditate or write down your feelings until you feel your emotions won't get the best of you.

Use "I" messages to say what is bothering you. This is a tool for expressing your feelings without attacking or blaming. Avoid put-downs, guilt trips, negative body language and sarcasm. Remember, it's not you against someone else; it is your team against the problem.

Practice "reflective listening." With this technique, each person restates what he or she heard the other person say. You are hearing the other person out and fostering empathy. Your willingness to listen helps others to listen, too.

Take responsibility. Look at your own role in the problem rather than blaming. By being accountable, you are taking the conflict to a level where resolution can happen. If you can admit your contribution to the problem, you may see that things can be better if you make a change. Brainstorm solutions. Come up with one that satisfies both parties. Be creative – there can be many solutions to one problem, as long as there is a willingness to yield to the possibility to compromise.

Have closure to the conflict. Do this with a handshake or a kind word. Forgiveness is the highest form of closure. Say "thank you" at the end of a conflict to acknowledge someone for working things out with you. It sends a message of conciliation and gratitude.

Using conflict resolution skills strengthens our connections and helps us work through problems that arise.