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**In recognition of February as Heart Month, this week, we talk with Brian Boisseau, program manager of the Heart Disease and Stroke Prevention Program. Brian has been with the state for four years.**

Q: How does your job allow you to impact the lives of your fellow

Kentuckians? What's the best part of your job?

A: My job allows me to impact the lives of fellow Kentuckians by working with other health department programs and organizations throughout Kentucky to lessen the burden of heart disease and stroke. These are very costly diseases, both emotionally and financially, so preventing them through education of risk factors and promoting the latest guidelines for treatment is what the foundation of our program does. The best part of my job is knowing that somewhere in Kentucky, a person will have a second chance at life and a family will be spared the grief of an untimely death of someone they love by the collaborative work our program is doing throughout the state with other organizations.



Q: What activities, organizations or hobbies are you involved in outside of work?

A: I enjoy home improvement, playing the guitar, chopping wood, walking my dog, going hiking with friends, and being part of a church family. Something interesting is I once played a pick-up game of basketball at Memorial Coliseum at UK with Tubby Smith.

Q: How did you get involved with issues concerning cardiovascular health and how has the knowledge you've gained influenced your personal life?

A: I was interested in cardiovascular health after my father passed away at the age of 49 from a massive heart attack. Sadly, his habit of smoking and a high fat diet contributed to his untimely

death, although he was not overweight. This influenced my personal life profoundly, as I wanted to know the risk factors and how I could prevent dying at an early age too. Unfortunately, the one risk factor nobody can control is genetics, which is why I monitor my health regularly.

Q: What is your own health philosophy and how do you keep your heart healthy? How do you suggest others go about doing the same?

A: My philosophy on health is that one must live a well-balanced life to be truly healthy. This means more than being physically healthy by eating with common sense and getting exercise. It means strengthening your spiritual self, forging positive friendships that encourage good behavior, being accountable for your actions, and wanting to make a positive difference in the world. My suggestion is to make the decision to make the world a better place, and you will find yourself making decisions that make you a better, healthier person.

Q: What are you looking forward to in the next week, month or year?

A: I look forward to my church bowling league every Friday, as this is something I've never done before. It is also a good experience to meet new people and gain new insights into life.

### **Use relationships to build team to defeat heart disease**

**By Emily Moses Mandell**

#### **Memo to all CHFS Staff:**

To avoid your heart's corrosion and eventual stoppage please complete the following by tomorrow morning: If your blood pressure or cholesterol is high, lower it; if you smoke, throw your cigarettes away; if you're overweight, drop those extra pounds; if you're stressed out, chill; and if you drink alcohol, stop.

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By now, we all know the list of risk factors mentioned above contribute to heart disease - a disease that kills about one out of three Americans each year. And we all know we have the power to control, to some degree, our risk for developing heart disease by living a healthier lifestyle.

But using your willpower to change can make you feel isolated and overwhelmed.

“Trying to make an immediate change is sort of like making New Year’s resolutions. If you put too much pressure on yourself, you’re setting yourself up for failure,” says Lisa Rice, R.N., an assistant director in the Division of Mental Health and Substance Abuse.

February is National Heart Month, so it’s a good time to consider making positive changes that will lower your risk of heart disease – changes that could essentially change your life.

To do that, you have to get your mind and your heart on the same page.

Connecting your mind with your heart won’t be easy. But it can be made a lot less painful – and stressful – by using your relationships both in and out of the office to reduce the risk of falling victim to the No. 1 killer of Americans today.

### **De-stress**

Internal and external pressure to change bad habits and get healthier can lead to undue stress, not good news for the person who is already suffering from stress.

“According to the American Heart Association, it is not known if stress is an independent risk factor for cardiovascular disease,” said Brian Boisseau, program manager for the Heart Disease and Stroke Prevention Program. “However, stress can affect other risk factors for heart disease such as raising blood pressure,

triggering smoking, raising cholesterol, causing overeating and physical inactivity, which can lead to obesity.”

Experts also know stress has to be managed when it comes to matters of the heart.

“Stress and its impact on heart disease is more complicated than it seems at the surface,” said Public Health Commissioner William Hacker, M.D. “Overall, good health means cutting stress out either through lifestyle changes or positive coping mechanisms.”

It is just as much mental health as physical health, and a person needs to be aware of this link to properly control stress in his life, said Hacker.

That’s why de-stressing is a good place to start when strengthening your resolve to have a healthy heart.

According to the American Psychological Association, 20 percent of Americans are worried that stress will affect their health, yet 36 percent say they deal with stress by eating or drinking alcohol.

The APA offers several tips to reduce stress: Identify the source of stress and look for ways to reduce and manage them. Talk to your doctor if you decide to attempt any risk reduction strategies that concern your health. Avoid trying to fix all problems at once, if possible. Focus on changing one habit at a time. Don’t ignore the symptoms of depression. If they persist for more than two weeks, talk with your heart doctor about working with a psychologist to benefit your treatment. Enlist the support of friends, family and work associates.

CHFS employees can also sign up for a stress management or anxiety management class provided through the Kentucky Employee

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Assistance Program (KEAP). Click here for more information.

## Teamwork

When it comes to making any lifestyle change, Rice said creating a plan and using a support team will increase probabilities for being successful.

A good way to start is to evaluate your relationships and decide who your support team is.

“We typically think it’s our immediate family,” said Rice. “But that’s not necessarily so. Sometimes our immediate family puts negative pressure on us.”

A good support system may include family members, Rice said, but overall should include “people you feel like you can talk with openly about the situation ... people who, if you do make a mistake, won’t judge you.”

It is important when trying to overcome any habit or situation to tell your support system what you need from them.

“Discuss things with your family members, with your friends who are going through this with you,” she said. “People who love you and are in support of you are afraid that something bad is going to happen to you. It’s really important to talk to one another about that.”

After evaluating who is on your support team, make a list of ideas that will help you achieve your goal.

“A really good thing to do is list your expectations and refer to that list often,” said Rice. “It’s something you can look at so you don’t have to have it in your head all of the time nagging at you.”

## Get started

Whether your goal is to de-stress or to lower any of the numerous risk factors you may have for heart disease, taking the first step may be the hardest.

But, Rice said, the ultimate message is don’t give up.

“Goals have to be realistic. To be achieved, you need to have a more positive attitude about that goal, too,” she said.

For instance, if you are trying to lose weight and are watching what you eat, focus on the foods you like that you can have, instead of the ones you can’t have.

“The old one-day-at-a-time standard is a very good approach,” she said.

Then celebrate small successes.

“If you are trying to change your diet or to quit smoking, even if you cut the habit in half it’s successful,” she said. “Hopefully, over time, you won’t even want half. Give yourself a cutback plan to make the change.”

And realize, you’re probably going to make mistakes.

“We didn’t create these habits overnight and we can’t change them overnight,” said Rice. “And there’s a lot of guilt with failure. We often give up when we make the first slip. You have to expect to stumble.”

That’s where your support system can come into play. Call or talk to someone in your support system and let them help you rebuild your confidence.

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“There’s tons of data to support that we all live longer and can accomplish more if we do anything as a team,” she said.

### Co-workers remember OIG investigator

By Beth Crace

#### Michael Burton

July 15, 1962 – Jan. 30, 2006

It didn’t take long to get to know Mike Burton, his colleague Dave Sallengs recalls. The first time the two met at a 1999 retirement party for a fellow investigator, Burton could not resist the urge to poke fun at the posters Sallengs had crafted.



“Within the first few minutes, he started picking at me,” says Sallengs, remembering how Burton’s good-natured ribbing created a friendship between the two. “He had a knack of really building a bond quickly with people.”

At 43, Burton had a friendly, approachable demeanor that earned him friends and connections throughout the state. A senior investigator in the Office of the Inspector General, Division of Fraud, Waste and Abuse/Identification and Prevention, Drug Enforcement and Professional Practices Branch, Burton was a highly respected law officer.

“I never met anybody who didn’t like Mike,” Sallengs adds.

Burton died of an apparent heart attack on Jan. 30 at his home in Stanton. He is remembered as someone who had dedicated his career to fighting the illegal diversion and abuse of prescription drugs, often heading up complex, dangerous investigations and consulting with law enforcement agencies on drug-related issues.

“Citizens of the commonwealth are safer today because of the skills, dedication and professionalism of Mike Burton,” said Inspector General Robert J. Benvenuti III. “Pharmacists, physicians, patients and law enforcement officials all benefited from Mike’s devotion to duty and the values he brought to the job. He will be greatly missed both professionally and personally.”

Burton is survived by his wife, Trish, and daughter, Tiffany, 7; his mother, Alice; and a sister, Beverly.

A 1987 graduate of the University of Kentucky College of Pharmacy, Burton also held a bachelor’s degree in biology from UK.

He had worked for the Inspector General’s office since 1989.

Sallengs said Burton became the kind of investigator that people felt comfortable talking to, and called when they had information to share. It served him well in his position.

Not long ago, Burton got a tip from a UPS worker in Stanton about some suspicious packages. Burton followed through, working undercover with the Kentucky State Police, the Drug Enforcement Administration (DEA) and the Florida Attorney General’s office to help break up an Internet drug ring in Tampa, Fla.

“He was stern, but he had a way of putting people at ease,” said Sallengs. “They would open up to him.”

Sallengs said Burton always enjoyed being a law enforcement officer and counted many local police and prosecutors as personal friends. He also was an active member of his local chapter of the Fraternal Order of Police and other community organizations in Stanton.

In his spare time, Burton was a golfer and enjoyed visiting flea markets and shops to hunt

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for treasures. Bartering, Sallengs said, was another of his colleague's favorite things to do.

"They had a house full of beautiful antiques," he said, later adding, "It was more the fun of the game than it was the item with him."

Funeral services for Burton were held Feb. 2 at the Stanton Christian Church Family Life Center. A Kentucky State Police honor guard offered a graveside salute to Burton and presented a flag to his family.

### **More than 250 attend Louisville Adoption Fair**

*By Anya Armes Weber*

More than 260 people from Kentucky and Indiana attended the Louisville Adoption Fair last week to learn about all aspects of adoption.

Sponsored by the Cabinet for Health and Family Services and WLKY Wednesday's Child Inc., the fair was a "one-stop" educational event for families wanting to learn more about the process. They could speak to experts from 15 agencies that offer public and private adoption services, parental support and home studies.

The fair also included workshops on international and special needs adoption and a "roadmap" for adopting.

Karen McKiernan, the Cabinet's child specific recruiter for Jefferson County, said the fair is a good introduction to adoption.

"Parents may come knowing nearly nothing about adoption or so much that they can ask very detailed questions of the exhibitors here," she said. "The goal of the fair is to give families the information they need to get one step closer to having a child in their home."



Angie Walz and Karen McKiernan of the Jefferson County Protection and Permanency office assist a couple at the Louisville's Adoption Fair on Feb. 6. The fair was at the University of Louisville's Shelby Campus.

Dick and Catherine Cunningham, a Department for Disability Determinations Services employee, went to the fair hoping to learn more about international adoptions. Catherine read about the event in an office e-mail.

"We've just started the process, but I've already learned so much that I didn't know" before attending the fair, she said. One agency told the couple about age limits for adopting infants from China.

State employees who adopt may qualify for the Adoption Benefit Program. The incentive helps families pay for the direct costs of adoption – such as legal fees, court costs and adoption agency charges. Families who adopt a special needs child from the Cabinet may receive up to \$5,000. Families adopting any other child may receive up to \$3,000 in assistance.

Learn more about the benefit online at <http://personnel.ky.gov/stemp/adoption/adoptben.htm#hfs>.

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Visit the SNAP home page at  
[www.chfs.ky.gov/snap](http://www.chfs.ky.gov/snap).

## Diabetes takes center stage at the Capitol

By Beth Crace

People living with diabetes, family members, public health officials, club members and others descended on the Capitol Tuesday armed with a message about diabetes.

The crowd – about 130 people – attended “Diabetes Day at the Capitol” to raise awareness about the importance of prevention efforts and persuade lawmakers to consider increasing funding levels for state-supported prevention programs.

“That was the best attendance we’ve ever had,” said Deborah Fillman of the Green River District Health Department’s Kentucky Diabetes Prevention and Control Program. “We just had a variety of people from all over the state.”

According to the Kentucky Department for Public Health (DPH), diabetes mellitus is one of the most common and serious chronic diseases in the United States. About 20.8 million Americans have diabetes, many who do not know they have the disease. Each year, approximately 1.3 million people 20 years old or older are diagnosed with diabetes nationally.

DPH estimates that 339,400 adult Kentuckians have diagnosed or undiagnosed diabetes, which also is linked to heart and kidney disease and other complications such as blindness and amputations.

Fillman and others interested in diabetes prevention believe curbing the rate of the disease will greatly benefit all Kentuckians.

“If we can take care of the root – diabetes – we can create savings for the state,” she said.

For diabetes-related information, call DPH’s Kentucky Diabetes Prevention and Control Program at (502) 564-7996 or visit its Web site at <http://chfs.ky.gov/dph/ach/diabetes> or the National Diabetes Education Program site at [www.ndep.nih.gov](http://www.ndep.nih.gov).

## CHFS Goes Red for Heart Health on Valentine’s Day

*Dual focus on matters of the heart*

The Cabinet for Health and Family Services will join the American Heart Association’s fight against heart disease by observing its very own Go Red Day on Valentine’s Day, Feb. 14. CHFS employees are encouraged to wear red in observance of both Valentine’s Day and CHFS Go Red for Heart Health Day.

Although Feb. 3 was National Go Red for Women Day, which focused on raising awareness of women’s heart health, the CHFS observance on Valentine’s Day will have a broader emphasis.

“We want all our employees to be more aware of the importance of diet, exercise, stress reduction, smoking cessation and other heart health issues,” said CHFS Secretary Mark D. Birdwhistell. “I hope everyone will not just wear red on CHFS Go Red Day, but also do something to make a difference in their or a loved one’s heart health.”

Be sure to drop by the Heart Health table in the CHR Building lobby from 11 a.m. to 1 p.m. to register to win one dozen roses donated by Undersecretary for Human Services Mike Fields and a heart health cookbook. Free information brochures and Love Your Heart Valentines also will be available. Each Love Your Heart Day Valentine includes a heart health tip.

The CHFS Go Red for Heart Health Day observance is sponsored by the Division of Women’s Physical and Mental Health in the Department for Human Support Services.

**Meet the CHFS Wellness Ambassadors:  
Part 1**

The Healthy Lifestyles Subcommittee of the CHFS Wellness Committee recently invited CHFS employees who want to improve their health to become Wellness Ambassadors and share their stories and progress with readers of the Focus.

Five brave, willing souls accepted the invitation. This week, we're pleased to introduce the three female 2006 CHFS Wellness Ambassadors.

**Julie Franklin, Client Manager, Office of Information Technology**  
**Married, two children**  
**Age range: 35-44**  
**Health objective: Weight Loss, overall health improvement**

Julie Franklin wants to look and feel better. If she happens to drop a clothing size or two in the process, that will be fine with her, too. She plans to follow a Weight Watchers regimen to lose weight and improve her overall health. Franklin has attempted to achieve these goals in the past – and succeeded. But, she said, she always seemed to lose focus and gain the weight back.

Long-standing bad eating habits have been a big obstacle to her success in previous weight-loss attempts. This time, she's counting on support from family, co-workers and friends to keep her motivated and focused on her goal. She said being a CHFS Wellness Ambassador and allowing the Focus to track her progress also adds an element of personal accountability she believes will be especially helpful.

**Kedra Weinrauch, Regional Liaison, Division of Mental Retardation**  
**Married**  
**Age: 32**

**Health objective: Increase physical activity level, improve diet, stop smoking**

Feeling good, living a long life and boosting her body's ability to fight illness are among the goals Kedra Weinrauch hopes to achieve from an ambitious personal wellness agenda.

As a Wellness Ambassador, Weinrauch will work to increase her physical activity level to 30-plus minutes of vigorous exercise at least three times a week and modify her diet by adding more fruits and vegetables and rejecting less healthy choices.

She also is giving up smoking after falling off the nicotine wagon about four months ago. Currently, Weinrauch walks 15 minutes twice daily with her dog, Shelby, which she admits doesn't qualify as vigorous exercise.

"It's like walking with an 88-year-old who needs a hip replacement, bless her heart," Weinrauch said of her walking partner.

She also is concerned that eating too few fruits and vegetables may be affecting her overall health and natural defense against illness.

"Smoking, not eating properly and a lack of vigorous exercise decrease my overall ability to enjoy work and hobbies because I just don't feel as well as I could," she said.

Weinrauch plans to join a gym to increase her physical activity level. Joining, she said, is the easy part – actually going to the gym is the challenge.

Her first step toward a healthier diet is making and sticking to a grocery list when she shops, and planning meals featuring more fruits and veggies.

Like joining the gym, buying the good food is easy, Weinrauch said. Eating fresh items before they spoil and choosing healthy foods instead of reaching for the potato chips is much tougher. Within three to four weeks she hopes to kick the smoking habit once and for all, but admits it will



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be difficult: “Where’s that smoking cessation program again if I need it? Nicotine is a sneaky thing, isn’t it?”

To help keep her motivated and focused, Weinrauch will keep a to-do list of activities and errands to keep her mind occupied and her body moving.

“I’ll also keep my electric guitar out and ready to play,” she said.

Weinrauch has her own personal cheering section in her husband, Mike, a clinical associate for the Bluegrass Rural Service Region in the CHFS Department of Community Based Services.

“I will certainly support her any way I can,” Mike Weinrauch said. “I will be most happy if she can kick the smoking habit.”

He also has a more selfish motive for hoping Kedra achieves her goals. “I hope that by improving her own health, she’ll inspire me to go back to exercising and a healthier lifestyle,” he said.

**Pat Greer, Commission for Children with Special Health Care Needs**

**Married 43 years, “three daughters, three dream sons-in-law, four brilliant, charming grandsons and a grandcat”**

**Age: 62**

**Health objective: Illness and disease prevention, general health improvement and maintenance**

Pat Greer is lucky. In spite of being overweight, plus genetic factors and personal habits that put her at risk for obesity, diabetes and heart attack, Greer has no major health problems.

Still, she doesn’t want to press her luck.

“I am reluctant to take the time to make major health-related behavioral changes,” she said.

“However, it is important to me to stay healthy as long as I can to enjoy these special years of maturity and not become a burden on my children. I also don’t want to use resources for costly health care for a health problem that I could have prevented with healthy lifestyle practices.”

Greer said previous attempts to make changes in her diet and exercise habits fizzled after just a few weeks. She hopes volunteering to be a Wellness Ambassador will motivate her to follow through with at least one lifestyle change. She recently tried, and subsequently gave up on a free, online food-tracking program,

[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov), sponsored by the U.S. Department of Agriculture. After entering her daily nutritional intake in the database for about one month, she noticed her diet seriously lacked fruits and calcium.

By just keeping track of the foods she ate, Greer lost four of the 10 pounds she gained during the holidays. She said she stopped using the tracking program when she was distracted by more pressing matters about a week before she learned she’d been chosen as a Wellness Ambassador.

Greer plans to get back in the habit of entering her nutritional intake in the food tracker program as a way to be more aware of her eating habits. She also hopes this increased awareness will lead to improvements in her diet and, perhaps, other positive health and lifestyle changes.

Support from colleagues will be an important factor in Greer’s success, she said. She plans to join a healthy lifestyle support group in her office as a way to stay motivated.

Gayle Yocum, Wellness Committee chairwoman, said CHFS employees can play a role in the ambassador program by offering support and encouragement to Franklin, Weinrauch, Greer and the two male ambassadors you’ll meet next week.

Follow Julie, Pat and Kedra’s progress in upcoming issues of the Focus and Focus on Wellness.

**February: National Children’s Dental Health Month**

*By Linda Grace Piker*

The American Dietetic Association and the American Dental Association have long recognized the link between a healthy diet and

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good oral health. Both organizations have expressed concern about the increase consumption of sugar-filled sodas, sweetened beverages and unhealthy snacks.

Although people are generally aware the foods we choose affect our overall health, they often are not aware of the impact of these choices on their teeth and gums. You may be surprised how your eating patterns and food choices are important in preventing tooth decay. When bacteria (plaque) come into contact with sugar or starch in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can eventually result in tooth decay.

In addition to the oral health concerns regarding the consumption of sugary drinks and unhealthy snacks, these foods may be contributing to weight gain and obesity. During National Children's Dental Health Month, one of the focuses of the American Dental Association is on the impact of good nutrition on your teeth. The organization is targeting teens to reduce their consumption of sugar-filled soft drinks. It has reported the average teenage boy drinks 81 gallons of soft drinks per year; the average teenage girl drinks 61 gallons of soft drinks per year. With some sodas containing as much as 11 teaspoons of sugar per can, you can see how too many soft drinks may cause weight gain and tooth decay.

Take these steps to maintain overall health and good oral health:

- Brush and floss as directed
- Eat a healthy diet
- Limit the consumption of sugar-filled sodas and sweetened beverages
- Drink water more often
- Limit eating and drinking between meals
- Choose healthy non-sticky foods, which are low in refined sugar, for snacks.

Snack ideas for good nutrition and oral health:

- Low fat popcorn (in moderation)
- Fresh fruits and vegetables (for infants/toddlers make sure fruits and vegetables are age-appropriate and well-chopped)
- Low fat dairy products
- Nuts

Adapted from: American Dental Association, National Children's Dental Health Month, Connecticut Department for Public Health, *Open Wide*

Links for additional information:

<http://www.ada.org>; [www.eatright.org/](http://www.eatright.org/);  
[www.mypyramid.gov/](http://www.mypyramid.gov/); [www.dph.state.ct.us](http://www.dph.state.ct.us)

## Employee Enrichment

*By Anya Armes Weber*

*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*

Workplace friendships can help you make the best of the 37-plus hours you spend at the office each week. Many people feel more productive when they have strong, positive friendships at work. Others like the comfort of casual "chums" to share ideas and experiences with.

Whatever type of friendships you develop, your personal relationships should not overshadow or undermine your efforts. Keep in mind these guidelines from Jan Yager, a Connecticut-based workplace consultant.

- Keep friendship and work separate as much as possible.
- Be discreet about a friend's secrets. You could destroy a friendship and a work-bond by sharing information.
- Don't use a friendship as leverage, and don't show favoritism based on a relationship.

- Don't brag about your work friendships with co-workers. You could be seen as opportunistic.
- Don't overstep boundaries at work. Pay attention to your body language and voice when you're with a friend.

**Employee News**

**KEAP offers classes**

The Kentucky Employee Assistance Program (KEAP) will conduct workshops at the Personnel Cabinet's Office of Employee and Organizational Development (former GSC.) CHFS employees who wish to participate in the workshops must obtain supervisory approval and utilize the Office of Employee and Organizational Development/Management Administrative Reporting System procedure. [Kentucky: Cabinet for Health & Family Services - Intranet - 7.5 Office of Employee and Organizational Development and Management Administrative Reporting System](#) Attendance at any of the workshops is considered work time; however, travel costs associated with the training is the responsibility of the employee. Should you have any questions, please do not hesitate to contact your training liaison or OHRM's Professional and Organizational

Development area at (502) 564-7770.

**2005 Satisfaction Survey: Employee Comments Published**

The narrative employee comments from the 2005 Employee Satisfaction Survey (ESS) are now available on the CHFS Intranet.

These comments are the final installment of the 2005 ESS report package.

The survey, conducted in November 2005, sought feedback from all employees and contract staff about the quality of the organization's climate, management and conditions of employment. The comments in their entirety will better illuminate the issues and concerns of the employees, providing examples and experiences relative to the organizational unit.

All levels of the organization are encouraged to use this information to recognize successes and to identify opportunities for improvement.

Suggestions for possible use include providing recognition for offices or units that had the highest scores; identifying areas to target for improvement; or setting goals for improvement.

Class name	Stress Management	Anxiety Management Techniques	State Employee Money Management	Facing the Challenges of Eldercare	KEAP as a Management Tool
Date class is offered	Feb. 13, March 6, April 3 and May 1	Feb. 24	April 21	May 19, 2006	March 24
Time	8:30-10:30	8:30-10:00	8:30-10:30	8:30-10:30	8:30-10:30
Place	542 – KSU	542 – KSU	542 - KSU	542 - KSU	542 – KSU
Instructor	Doug Crowe Sr.	Barbara Henderson	Mary Jane Cowherd	Trina Wilkins Jennings	Trina Wilkins Jennings

**National Black HIV/AIDS Awareness testing continues in Jefferson County**

The purpose of National Black HIV/AIDS Awareness Day on Feb. 7 was to motivate African Americans to get tested, learn more about the transmission modes of HIV/AIDS, get involved in the local community, and get treated if currently living with HIV or are newly diagnosed.

The following are testing sites and dates for free testing.  
 Food will be provided at all testing sites, unless otherwise indicated.

For more information, call the AIDS Services and Resource Center at the 850 Building on Barrett Ave. in Louisville, (502) 574-5490; or AIDS Interface Ministries of Kentucky, (502) 574-6086.

<b>Date</b>	<b>Time</b>	<b>Place</b>
Feb. 14	10 a.m. to 2 p.m.	Catholic Charities Refugee School (St. Helen), 4700 Dixie Hwy
Feb. 16	12:30 p.m. to 3 p.m.	Wayside Christian Mission, 225 S. Shelby St
Feb. 21	11 a.m. to 1 p.m.	U of L Health Service Center, Belknap Campus
Feb. 22	Midnight to 2 a.m.	Connections Night Club "ONYX Night," 120 S. Floyd, Education/Outreach only, refreshments not provided
Feb. 23	11 a.m. to 1 p.m. 8 p.m. to 10 p.m.	Health Fair, U of L Red Barn (Belknap Campus); Zeta Phi Beta Sorority Red Barn – Belknap Campus
Feb. 24	11 a.m. to 1 p.m.	Miller Tymes Barber Shop, 1023 Dixie Hwy.
Feb. 28	11 a.m. to 1 p.m. 5 p.m. to 8 p.m.	U of L Health Services, ACB Building, 530 S. Jackson Vision of Hope (Grand Opening), 2119 W. Main St.