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Social Work Month Spotlight

National Association Offers Resources for Professionals

By Anya Armes Weber

The National Association of Social Workers (NASW) can be a good resource for Cabinet social services staff.

NASW is a professional social work organization that boasts more than 150,000 members nationwide. Its mission is to enhance members' professional development, create and maintain professional standards and promote good social policies. Through its advocacy, the group also enhances the well-being of individuals, families and communities.

For Social Work Month, NASW is focusing on "Hope and Health" to improve the public understanding of social workers in health care.

NASW helps members who provide social work particular to several health situations. The group also is working on several health-related projects, including a wellness study.

NASW has created a new PhotoStamp to raise funds for its National Social Work Public Education Campaign. Proceeds from the "Help Starts Here" stamp go toward a nationwide effort to promote the contributions social workers make to their community every day. Using the stamp will bring awareness to the social services workers in every community.

"Help Starts Here" PhotoStamps are \$12 for a sheet of 20 adhesive stamps and are approved by the U.S. Postal Service. Order them by logging on to <https://www.socialworkers.org/wc/stamp.asp> or calling (800) 742-4089.

For more information about NASW, log on to <http://www.socialworkers.org/>.

The group has a Kentucky chapter based in Louisville. Learn more about it by logging on to <http://www.naswky.org/index.cfm> or call, toll-free, (800) 526-8098.

Adult Protective Services Worker Takes on Exploitation

As an adult protective services worker in Harlan County, Sandra "Sonnie" Lovett works hard to serve the people in her community – a job that can take an emotional toll.



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“I try to inform the elderly in my community that there is an adult protection worker who cares about them and wants to help them,” said Lovett. “I receive a lot of good feelings from my job, and that is why I keep coming to work. Some days are very hard, because of (what) I see done to the adults and elderly in my community. When I know about the pain, I try to make a difference. That is what our journey is all about.”

One of Lovett’s most trying cases occurred recently when she was referred to an 84-year-old woman who had seen the nearly \$1 million left to her after her husband’s death suddenly dwindle to \$800. Lovett went to work immediately, working overtime to resolve what she described as a daunting case.

“I had never had an exploitation case before and, to put it mildly, I was overwhelmed,” said Lovett, who returned to college after raising her children and now holds a bachelor’s degree from Eastern Kentucky University and a master’s degree from the University of Louisville. She has worked for the Cabinet more than nine years.

To handle the exploitation case, Lovett first called the Office of the Attorney General’s office where she received information, names and phone numbers to call for assistance with the case.

“After that, I just kept following the paper trail and interviewing people who could help me with answers to my questions. It took several weeks to get the information I needed to take to Commonwealth’s Attorney Henry Johnson in Harlan County,” she said.

From there, Lovett worked with a Kentucky State Police detective to supply copies of notes and information for a police investigation. The case is headed to the grand jury.

“Ms. Lovett's diligent work on this case exemplifies the standard to which all front line staff routinely endeavors to achieve,” said Steve Fisher, manager of the Adult Protective Services branch at CHFS. “She places a premium on working closely with the client to ensure all of the identified safety needs are met while preserving their integrity and right to self determination.”

Fisher also pointed out the hard work of all parties involved in the case and warned of increasing concerns for those who work in the adult protective services field, pointing to an increasing number of financial exploitation cases.

“The coordinated effort evidenced in this case among DCBS, law enforcement and the court is the cornerstone of a multidisciplinary approach toward casework that is critical when responding to abuse, neglect and exploitation of the elderly and vulnerable adult population,” he said. “Financial exploitation of adults age 60 and older increased 7.5 percent last year in Kentucky. With continued increases projected, it is paramount that DCBS continue to work closely with all community partners to protect elderly and vulnerable adults. Ms. Lovett's contribution in this area is worthy of recognition and serves to inspire all of us in our work.”

Since working on the exploitation case, Lovett has gone to different community groups, such as the local senior citizens group, to let elderly citizens know they can contact her if they suspect anyone of being abused, neglected or exploited.

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“I always have a good feeling when I leave work, because I know I have helped someone in my community who could not help themselves,” Lovett said.

CHFS Wellness Exclusive:

Part II: A Q&A with the ‘900-Pound Club’

By Beth Crace

Last week you read about the weight loss success of a group of employees in the Department for Mental Health and Mental Retardation Services. This week, read interviews with a few of the members and learn their tips for weight loss success.

Janice Lunsford

“I finally came to the realization a permanent, healthful change in my lifestyle was the only way that I was going to get any better.”

How did you get started?

I started deep water aerobics at the YMCA on the advice of my physical therapist about three years ago. I got involved with the Cabinet’s new Health and Wellness Initiative in 2005. I found a way of eating that worked for me. I have continued to build my physical strength and I feel strong now. It’s comforting and it feels good to know there isn’t anything I can’t do now. If I need some extra motivation, all I have to do is remember how bad I felt just three years ago and I will push myself to do the right thing.

I have everything in the world to look forward to now. I am more than 90 pounds lighter than two years ago. I am engaged to a wonderful man whom I adore and who adores me. One of the things I enjoy most is I am no longer restricted from any kind of physical activity. I am strong enough to do anything!

What would you say has been the key to your success?

Making wellness activities fun. We’ve kept it fun, encouraging folks to take baby steps with the changes they would like to incorporate into their lives. We keep it lighthearted. We laugh at ourselves and we laugh at one another. Also, I think being willing to try something different has played a key role with some of the successes our folks have experienced. Change is difficult for people, but “if you do what you’ve always done, you will get what you’ve always gotten.” Making small, but positive changes is the key. We stress this philosophy and I think it’s really paid off for folks.

What are the future goals of the group?

Keep the momentum, keep the momentum, keep the momentum, keep the momentum, keep the momentum. Have I mentioned keep the momentum?

Mindy Hansen

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How much weight have you lost? How did you do it?

I have lost 54 pounds in the past year and have kept them off, even though I recently had knee surgery and will not be able to fully exercise for a while. I stick to the basics of the South Beach Diet – lean meats, low-fat dairy, little refined sugar (although I do cheat now and then), whole grains, eggs and lots of vegetables and fruits. Fast food is a definite downfall of mine, but almost every place has something I can eat. Eating small meals throughout the day, or grazing, rather than eating three large meals seems to really help me stay on track. It is a good way to keep from thinking about food all the time, which is also one of my huge downfalls.

Prior to my injury/surgery, I was walking at least 30 minutes a day, five days a week along with 20 minutes of aerobics and/or strength training/resistance band. I am currently doing upper body aerobics and resistance band training four to five days a week to try to maintain my stamina. I still have 40 pounds to go, so motivation is a real factor, and it comes in the realm of cleaning out my closet and hearing the compliments of people around me or of those who have not seen me in a while. It also helps when people don't criticize when I eat something that is not on my diet.

What advice would you give others?

Well, small steps equal large results. If someone really wants to get healthy, which may or may not include weight loss, a small change in lifestyle leads to larger rewards.

Louis Kurtz

How much weight have you lost?

40 pounds

How?

Swimming laps three times a week; weight training two times a week; and lots of walking in between. I eat lots of salads, lean meats, no ice cream. But, I'm still tempted by cookies.

How do you stay motivated?

I look at my bloated driver's license photo from a year and a half ago and wonder who that person is.

What advice would you give to others?

Do some exercise every day, even if it's a 15-minute walk around the block.

Terry Tindle

How much weight have you lost?

I have lost 150 pounds over a two-year period.

What is your fitness/eating plan?

I began walking with the Get Moving initiative with Janice Lunsford and Mindy Hansen on breaks and lunches two years ago. Janice has motivated so many people to get active and has been an inspiration to a lot of people with the large amount of weight she has lost. My diet plan has been very simple. I have cut back on portions and cut out snacks and soft drinks.

How do you stay motivated?

Staying motivated is a struggle some days; my weight has been an issue for the majority of my life. Kim Stinetorf motivates me daily, reminding me we need to walk, and with the number of friends here in this complex who walk and exercise every day it becomes contagious. You feel committed to your friends/co-workers that you walk or exercise with each day to keep going.

What advice would you give others?

Don't give up. I would never have believed that I could have accomplished the weight loss that I have. But once you start seeing the results, it's one of the biggest motivational factors.

Worksite Wellness Committee to Sponsor Food Drive

In recognition of National Nutrition Month, the Nutrition Subcommittee of the CHFS Worksite Wellness Committee is sponsoring a food drive for the Emergency Food Pantry of Franklin County. Starting Monday, March 26, look for brightly colored collection boxes on each floor. Place non-perishable food items in these boxes until March 30. The Food Pantry staff said the following items are always in short supply:

- canned beans (pinto, great northern, pork & beans)
- crackers
- cereal
- pudding mixes

Living Well

Quality and Quantity

By Kris Hayslett, Wellness Coordinator

March is "National Nutrition Month," sponsored by the American Dietetic Association. The month focuses on educating the public to make informed food choices and develop sound eating and physical activity habits.

All of us can recognize quality choices, but can everyone determine the proper quantity or portion size? Today, more and more of us are eating out or eating on the run. Many of us suffer from "portion distortion," a term used by the National Institute for Health to describe overeating. Portion distortion has

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led to food providers producing and serving larger portions. Below is a list of basic food items and their calories compared from 20 years ago to today.

20 Years Ago

Today

3-inch Bagel
140 calories

6-inch Bagel
350 Calories

The difference is 210 calories, which is equivalent to a 130-pound person raking for 50 minutes.

Cheeseburger
333 Calories

Cheeseburger
590 Calories

The difference is 257 calories, which is equivalent to a 130-pound person lifting weights for 90 minutes.

Soda
6.5 Ounces
85 Calories

Soda
20 Ounces
250 Calories

The difference is 165 calories, which is equivalent to a 160-pound person gardening for 35 minutes.

French Fries
2.4 Ounces
210 Calories

French Fries
6.9 Ounces
610 Calories

The difference is 400 calories, which is equivalent to a 160-pound person walking for 70 minutes.

The list shows how our food portions have increased, which is also a reason that our waistlines have increased. Portions are what you choose to eat or the amount of a specific food, whereas servings are what is recommended from each of the different food groups or the amount listed on the Nutrition Facts panel on packaged food.

The food guide pyramid and Dietary Guidelines for Americans recommend servings, which is different from portion size. View the recommended number of servings from each food group and then look at the serving or portion size.

Milk, Yogurt and Cheese (2-3 servings)

- 1 cup of milk or yogurt
- 1.5 oz. of natural cheese
- 2 oz. of processed cheese

Fruit (2-5 servings)

- One medium apple, banana, orange
- 1/2 cup chopped or cooked
- 3/4 cup of fruit juice

Meat, Poultry, Fish, Dry beans, Eggs and Nuts (2-3 servings)

- 2-3 oz. of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans, one egg, or two tablespoons of peanut butter count as one lean meat

Vegetable (3-5 servings)

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- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped or raw
- 3/4 cup of vegetable juice

Bread, Cereal, Rice and Pasta (4-10 servings)

- One slice of bread
- 1 oz. of ready-to-eat cereal, 1/2 cup of cooked cereal, rice and pasta

Because we are busier today, some measurements are harder than others to visualize and it may be unrealistic to measure each serving. Below is a list that associates the serving size with something we can visualize.

Grain Products

1 Serving Looks Like:

- 1 cup of cereal flakes = the size of a fist
- 1 pancake = compact disc

- 1/2 cup of cooked rice, pasta or potato = 1/2 a baseball
- 1 slice of bread = cassette tape
- 1 piece of cornbread = bar of soap

Vegetables and Fruit

1 Serving Looks Like:

- 1 cup of salad greens = baseball
- 1 baked potato = fist
- 1 medium fruit = baseball
- 1/2 cup of fresh fruit = 1/2 baseball
- 1/4 cup of raisins = large egg

Dairy and Cheese

1 Serving Looks Like:

- 1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices
- 1/2 cup of ice cream = 1/2 baseball

Fats

1 Serving Looks Like:

- 1 tsp. margarine or spreads = 1 dice

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Meat and alternatives

1 Serving Looks Like:

3 oz. meat, fish and poultry =deck of cards

3 oz. grilled/baked fish =checkbook

2 Tbsp. peanut butter = ping pong ball

After reading this article, make sure your next serving of any of the different food groups also falls within the recommended portion size. We have been consumers of the “super size” menu for too long. At home, it’s easy to control your portion sizes and even measure them out. Also, you can trick yourself by serving meals on smaller plates so that you don’t feel as if you’re eating smaller portions and you don’t fill up your plate with excess food.

To avoid overeating when you go out, consider splitting a meal with a friend or spouse. Or when your meal arrives, ask for a “to go” box and immediately place half the meal in the box and save it for lunch the next day. The saying that you can eat anything you want as long as it is in “moderation” does hold true. Enjoy your food, by all means.

Employee Challenge Starts Soon

Dear Employee:

We are pleased to announce the introduction of the Get Healthy Kentucky State Employee Challenge. Our goal is to promote healthier lifestyles for all state employees through a friendly, inter-agency competition.

The Get Healthy Kentucky State Employee Challenge will start Monday, March 26, 2007, and run through May 12, 2007. This is an exciting opportunity to represent your workplace in a six-week, points-based program aimed at increasing employee physical activity.

Cabinets and agencies earn points in two categories: the percentage of employee participation; and points earned by individual employees. Employees earn points by logging their physical activity online.

After all participants have completed the six-week challenge, a trophy will be awarded to the cabinet or state agency with the most points. We look forward to you joining this challenge and improving your overall health.

Sign up today and learn more about this challenge at www.gethealthy.ky.gov. Remember to log your activity daily to ensure your points are counted. Thank you for your participation and commitment to wellness.

Brian J. Crall, Secretary
Personnel Cabinet

Learn how to sign up for the challenge and how to create sub-groups within the Cabinet at <http://chfsnet.ky.gov/wellness/>.

CHFS Focus Health Tip of the Week

Raising Awareness of a Major, Yet Little Known Lung Killer

Courtesy of the American Lung Association

Chronic Obstructive Pulmonary Disease (COPD) is one of the fastest growing diseases in America today. COPD is the fourth – and soon to be third - leading cause of death in adults, a particular problem in Kentucky.

The 187,000 Kentuckians who have COPD would fill Freedom Hall almost 10 times, or Rupp Arena 8 times.

Why is Lung Health Screening a Good Way to Tackle COPD

People often know their blood pressure and cholesterol, but they don't know there is a quick easy test called spirometry that can give them their lung numbers and show if they're having any loss of lung function. Although COPD cannot yet be cured, it can be managed. Earlier diagnosis and treatment leads to better management, better outcomes for patients, and better use of Kentucky's medical and financial resources.

Check out the [Learn About COPD](#) Web site where you can get more information on COPD and download free educational materials.

Employee Enrichment

By Anya Armes Weber

Several staff keep their work cell phones and personal digital assistants handy so they can be reached when they are away from the office. Monster.com's technology expert Allan Hoffman lists this advice for sound PDA and cell phone etiquette.

- Give priority to the person right in front of you. Don't stare at your PDA when they're talking to you about a project.
- In meetings, turn it off. When your attention shifts from the meeting presenter to your device, you may be working efficiently, but you might lose some respect from your co-workers who are paying complete attention.
- Tell the group when you must leave it on. Say "We can move forward once we have the budget approval," rather than checking your messages through an entire meeting.
- Be appropriate. You would never pull out your Blackberry while on a job interview. There are other times not to rely on this technology – like memorial services and other special events. Some cultures have varying views on when it's OK to use technology, too.
- Wait until you can say it in person. Don't text or call someone if you can meet with them to discuss. Having face-to-face contact may better clarify the situation.