

August 13, 2007

## CHFS FOCUS

### **CHFS Staff Prepare for Kentucky State Fair**

*Fair Starts Wednesday*

*By Anya Armes Weber*

More than 400 CHFS staff members are preparing for the Kentucky State Fair, which runs Aug. 16-26 at Louisville's Kentucky Fair and Exposition Center.

The highly interactive display, located in the Kentucky Fair and Exposition Center's South Wing B, features the theme "Everything Counts" and encourages guests to make good lifestyle choices.

Visitors can learn how to improve their families' health and well-being through free screenings and educational activities. The exhibit will be in the South Wing B's Health Horizons area.

The exhibit features daily blood pressure screenings and body fat analyses. Screenings featured on specific dates include bone density scanning, glucose monitoring and cholesterol testing.

Other programs spotlighted every day are abuse prevention, diabetes education and arthritis prevention.

Elder Kentuckians will be the focus of Senior Day on Tuesday, Aug. 21, when staff from the Department for Aging and Independent Living, the Long-Term Care Ombudsman and Adult Protective Services will answer questions and offer information. Staff from Cardinal Hill Rehabilitation Hospital will offer glucose and cholesterol testing from 9 a.m. to 3 p.m.

Also in the South Wing, the Cabinet's Nutrition Services Branch staff will assist visitors to the Rock and Relax room, sponsored by Louisville Metro Public Health and Wellness and Baptist East Hospital. Parents can stop by to privately and comfortably nurse, feed or change their infants and pick up information on breastfeeding and baby safety.

Cabinet staff from Jefferson County's Department for Community Based Services will help manage the South Wing's Wednesday's Child booth to recruit adoptive families.

Listed below is a calendar of program areas featured daily and rotating display elements. Exhibit buildings at the Kentucky Fair and Exposition Center are open daily from 9 a.m. to 10 p.m.

Advance discount tickets, purchased at Kroger, are \$5 for adults and \$2 for seniors and children ages 3 to 12. Beginning Aug. 16, tickets are \$7 for adults, \$3 for children and \$3 for seniors 55 and older. Children 2 and younger get in free. Parking is \$5 per vehicle.



August 13, 2007

## CHFS FOCUS

Log on to [kystatefair.org](http://kystatefair.org) for more information about the Kentucky State Fair.

### **Kentucky Health and Family Services 2007 State Fair Schedule**

#### **Daily Exhibits**

- Abuse and Neglect Prevention
- Body Fat Analysis provided by Kentucky State University staff (10 a.m. to 6 p.m.)
- Cardiovascular Health/Blood Pressure Monitoring
- Diabetes Education
- Nutrition – Fast Food Facts
- Physical Activity and Arthritis
- Tobacco Prevention and Cessation

#### **Featured Programs**

**Thursday, Aug. 16:** Dental Health

**Friday, Aug. 17:** Childhood Lead Poisoning Prevention

**Saturday, Aug. 18:** Women's Health

- Osteoporosis Prevention/Bone Density Screening (for women 18 and older only)
- Kentucky Women's Cancer Screening Program

**Sunday, Aug. 19:** Foster Care and Adoption Recruitment

**Monday, Aug. 20:** Family Preparedness

**Tuesday, Aug. 21 (Senior Day):**

- Aging and Independent Living Information
- Long-Term Care Ombudsman and Nursing Home Information
- Glucose and cholesterol testing provided by Cardinal Hill Rehabilitation Hospital staff (9 a.m. to 3 p.m.)

**Wednesday, Aug. 22:** Children with Special Health Care Needs

**Thursday, Aug. 23:** Prescription Drug Abuse Prevention

**Friday, Aug. 24:** Women's Health

- Osteoporosis Prevention/Bone Density Screening (for women 18 and older only)
- Kentucky Women's Cancer Screening Program

**Saturday, Aug. 25, and Sunday Aug. 26:** Substance Abuse Prevention - "Fatal Vision" Goggles

#### **CHFS Salutes Our Students**

Kids aren't the only ones heading back to school. Many CHFS employees are continuing their education this fall. The Focus wanted to recognize those who are spending their days working for the betterment of the Commonwealth, while also working to better their personal lives. Good luck this semester!

Name: Cassandra Smith

Job: Management Review Officer, Office of the Ombudsman

County: Anderson

August 13, 2007

## CHFS FOCUS

School: Kentucky State University, Senior  
Degree: Bachelor's degree, social work

Name: Molly Jane Braden  
Job: Commission for Children with Special Health Care Needs Paducah Regional Office  
County: McCracken  
School: Mid-Continent University, Mayfield  
Degree: Bachelor of Science in psychology and counseling

Name: Emilee Mosier  
Job: Family Support Specialist  
County: Allen County  
School: Western Kentucky University, Sophomore  
Degree: Undeclared

Name: Sivaram "Ram" Maratha  
Job: Kentucky Women's Cancer Screening Program, Division of Women's Physical and Mental Health  
County: Franklin/Jefferson  
School: University of Louisville  
Degree: Ph.D., public health, concentration in epidemiology

Name: Joan Doub  
Job: FSOS Protection and Permanency  
County: Trigg (transferring to Oldham)  
School: University of Louisville  
Degree: Master's degree, social work

Name: Renee Buckingham  
Job: Lakes Regional Office-Mayfield, KY  
County: Graves  
School: Western Kentucky University  
Degree: Master's degree, social work

Name: Peggy Meriedeth  
Job: DCBS, Lakes Regional Office  
County: Graves  
School: Western Kentucky University  
Degree: Master's degree, social work

Name: Lori Dowdy  
Job: DCBS, Lakes Regional Office  
County: Graves  
School: Western Kentucky University

August 13, 2007

## CHFS FOCUS

Degree: Master's degree, social work

Name: Jose Morris

Job: Hazelwood Center- Mental Healthcare Educator Evaluator

County: Jefferson County

School: University of Louisville

Degree: Master's degree, social work

Name: Jenny Glass

Job: Administrative Section Supervisor for the Department for Public Health, Division of Administration and Financial Management

County: Franklin

School: Kentucky State University

Degree: Bachelor's degree, public administration, minor in management

Name: L. Nicole Broyles

Job: Division of Financial Reporting

County: Franklin

School: Bluegrass Community and Technical College

Degree: Associate degree in business management

Name: Meredith Brown

Job: Commission for Children with Special Health Care Needs

County: Jefferson

School: Utah State University

Degree: Master's, communication disorders

### **Living Well: Find Your Workout Personality**

Fitness fads come and go. Some may motivate you, and others will make you vow to never participate in a certain activity again.

Before you venture out to try the next fitness craze, be sure to examine your workout personality. This will help you determine what workouts will suit you best and help you maintain a consistent physical activity routine.

Those who are more active may not have a problem with trying new activities all the time. But most of us need to find a comfortable niche where we can fulfill our individual needs or goals. In addition, finding your own fitness personality may also save you money by not falling victim to spontaneous purchasing of home fitness programs or gadgets.

The first step to figuring out your workout personality is to determine if you are an owl or a lark – meaning, are you a morning or evening person? Many of us make mistakes by taking on exercise that doesn't fit our body's clock.

For example, you decide you need to get back into exercise and sign up for a 5:30 a.m. yoga class. After a few weeks you start to hit the snooze button when the alarm goes off. Then, you stop going altogether because you decide yoga is not for you. It's more likely that the time is not for you – but you associate the activity as being something you don't really like.

The second step is to determine which of the following statements best fit your personality when working out.

- I am motivated by others.
- I am intimidated or made nervous by others.
- I prefer activities that are more social.
- I prefer to do things alone.

Some people are more social than others. Those who are may prefer an environment where they will meet people they can talk to and motivate one another to achieve their individual goals. Others may choose activities like running, swimming or cycling, which are great solo activities. If you enjoy one of those “solo” activities but need more social interaction, find a club or group where you can participate in those activities and still socialize with those who have similar interests.

To find out more about yourself and your workout personality, take this quiz from the American Institute for Cancer Research:

1. When I think about physical activity, I:
  - a. can't wait to put on my walking shoes
  - b. really want to exercise but need a push
  - c. dread the idea of moving a muscle, but am happy once I get moving
2. When I am physically active, I enjoy exercising:
  - a. by myself at my own pace
  - b. with a team or group
  - c. with one or two buddies
3. I exercise because:
  - a. I want to stay in shape, slim down, or improve my health
  - b. I want to see my friends and catch up on the latest news
  - c. the weather is nice or I just feel like it
4. When I take part in a physical activity, I usually:
  - a. plan the event
  - b. participate when someone else has set up the activity or attend a class
  - c. pull it together quickly and do something active when the mood strikes
5. Others see me as:
  - a. a leader
  - b. a team player
  - c. someone who goes along with a good idea

August 13, 2007

## CHFS FOCUS

6. I enjoy physical activities that are:
  - a. set by my own routine
  - b. set by a professional, teacher or group
  - c. spontaneous

For every answer, give yourself:

A = 1 point

B = 2 points

C = 3 points

If you scored:

6-9 points – Self-motivator

10-14 points – Team player

15-18 points – Spontaneous

### Self-motivator

You like structure and organization. Creating and sticking to your own exercise plan is relatively easy, but you may find yourself losing interest in your usual routine. Try adding a few new activities such as biking, rowing, gardening or hiking. Or try alternating your favorite workouts such as walking, swimming and weightlifting on different days of the week.

### Team Player

To you, exercise is a way to socialize and stay connected to friends and family. Group activities and classes are a natural selection for you. Sign up for an exercise class; put together a group of friends for walking; or join a team sport or sports league such as bowling, softball or doubles tennis.

### Spontaneous

You love freedom and loathe conforming to rigid rules. Things that get you moving might include a call from a friend who needs a fourth player for a round of golf, a hike in the woods to enjoy a beautiful day, or a walk to the store when you are out of milk. These activities are great, but make sure you're doing something active on most days.

Physical activity does not come in a neat package that can be used by everyone. However, if you are a runner or a walker, that doesn't mean that you will hate the slower pace of yoga or Pilates. If you find an activity that works for you, make sure you occasionally try something new that doesn't fit into your package. Workouts are often lost due to frustration, boredom, difficulty or annoyance, but the key is finding what works best for each individual and trying new things every once in a while. Before you commit to or plan a regular physical activity routine, determine your workout personality and design your program to meet your individual needs.

### **Employee Enrichment**

August 13, 2007

## CHFS FOCUS

*By Anya Armes Weber*

Author and motivational speaker Barbara DeAngelis has simple advice to anyone trying to become a better communicator: Be real and connect with your audience.

DeAngelis says that people get anxious when they try to imitate others or try to follow a formula that doesn't suit their communication style. To make a connection with your audience, be authentic. A perceptive audience can tell when someone is trying too hard, and that is not what you want your audience to remember about what you say.

Tailor how you say something to your speaking strengths. Use your natural energy and a positive attitude to become a more successful communicator.