

KCCVS Employee Featured on National Fitness Web Site

By Anya Armes Weber

A Cabinet staffer is featured on a national Web site for employee fitness.

Shannon Ramsey, media and publications specialist for the Kentucky Commission for Community Volunteerism and Service, is spotlighted on the front page of the [National Employee Wellness Month Web site](#), part of the Virgin HealthMiles (VHM) program.

Ramsey is pictured with her son, Connor, and is quoted about her fit lifestyle.

“I am proud to say that I live a healthy lifestyle and that I have kept my weight off,” her quote reads.

Ramsey, a VHM member, has lost 70 pounds through exercise and good food choices since January 2005. She’s kept it off and credits her VHM membership for part of her success.

As part of the VHM program, Ramsey wears a pedometer that tracks her daily steps. When she downloads them, she is eligible for cash rewards and monthly prizes.

“I am really thankful for the support my employer has given to employees to get healthy,” she said.

Ramsey is also part of the CHFS Wellness Committee and encourages her colleagues to be more active. She leads by example with her daily walks on her work breaks.

“Wellness has to be a part of your whole life, and that includes your work life,” Ramsey said. “Employees who aren’t involved in the Virgin HealthMiles should consider joining. It’s really made a difference for me.”

Learn more about Virgin HealthMiles at the [Personnel Cabinet’s VHM Web site](#).

Deferred Comp Plans Expo

Sponsored by KY Deferred Comp

Kentucky Deferred Comp is sponsoring its popular Investment Education Expos again this year. As always, the Expos are open to all employees of Kentucky State Government, whether or not they are current participants with Kentucky Deferred Comp. Pre-registration is not required. The Internal Revenue Service 401(k) and 457 Plans offered by Kentucky Deferred Comp represent two of the most valuable optional benefits available to state employees. All state employees are encouraged to attend the Expo closest to their worksite.

Expo Details

Expos will be:

- Tuesday, Sept. 29, at the Frankfort Convention Center
- Wednesday, Sept. 30, at the Marriott Louisville Downtown
- Thursday, Oct. 1, at the Florence Government Center, Florence

Expo hours are from 9 a.m. to 4 p.m. Expo 2009 includes two retirement education workshops in the morning and the afternoon. Attendees can meet one-on-one throughout the day with registered Kentucky plan service representatives and fund representatives, as well as representatives from Social Security and Kentucky Retirement Systems.

Attendees will receive valuable retirement education and information to help them plan wisely for their retirement. Gov. Steve Beshear has granted all state government employees up to two hours paid time off, plus reasonable travel time, to attend an Expo this year. Employees and their supervisor have flexibility to select the best time to attend. Attendance certificates will be provided for all attendees to give to their supervisor upon return to work.

For more information, visit Kentucky Deferred Comp online at www.kentuckydcp.com or call toll-free at 1-800-542-2667.

Two More Deferred Comp Workshops in September

Participants in Kentucky Deferred Compensation can take advantage of two workshops in September. The workshops are: Sept. 17, Consolidate Your Assets; and Sept. 24, Deemed IRAs. The workshops will be from 12:10 to 12:50 p.m. at 101 Sea Hero Road, Suite 110, Frankfort. A reminder e-mail will be sent to you for each of the workshops you register to attend. Registration is required. Seating is limited. Contact Carol Cummins at CarolV.Cummins2@ky.gov or call (502) 573-7925.

Cutline

Grimes award

Adoption Services Branch Manager Mike Grimes, right, receives the North American Council on Adoptable Children Adoption Activist Award at the NACAC conference in Columbus, Ohio, last month.

Adoptions Manager Grimes Receives National Award

By Anya Armes Weber

A Department for Community Based Services branch manager has been recognized for a national honor.

The North American Council on Adoptable Children (NACAC) has announced Mike Grimes, manager of the Adoption Services Branch, as one of its 2009 Adoption Activist Award winners.

Grimes received the award at the NACAC's 35th annual conference in Columbus, Ohio, last month.

Recipients were chosen based on their dedication to promoting children's best interest.

"Mike is the perfect example of how to be a good, effective and strong advocate for families and children," wrote Grimes' nominator.

Grimes manages the Special Needs Adoption Program (SNAP), which actively seeks permanent and loving homes for the almost 400 Kentucky children who are legally free for adoption and do not have an identified adoptive family.

He also works with nonprofit partner agencies like Wednesday's Child and Thursday's Child, which support SNAP and sponsor several activities for Kentucky's foster children, like field trips and holiday parties.

"Our adoptive families, staff and community partners deserve all of the credit for our success," Grimes said. "I enjoy working with such dedicated people who are focused on finding homes for these kids."

Last year, Grimes helped CHFS secure a \$2 million, five-year federal grant to help find foster and adoptive families.

Grimes encourages CHFS staff to learn more about adoption, and the state's adoption license plate, at the [SNAP Web site](#).

Employee Enrichment

By Anya Armes Weber

September is National Employee Wellness Month, and the Kentucky Personnel Cabinet's Journey to Wellness is encouraging staff to take steps toward a healthier lifestyle. Exercise is one big step, but what can you do if you are too tired to exercise after working all day long? Here are some tips from MayoClinic.com to make physical activity a primary part of your day. Give them a try!

Exercise first thing in the morning. Set your clock for 30 minutes earlier and hit the treadmill or exercise bike while you listen to or watch the morning news. Or take a walk around the block.

Make lunchtime count. Stash a pair of walking shoes at your desk and take a walk during your lunch break.

Be prepared. Keep exercise clothes on top of your dresser and a full water bottle in the fridge. Or take them with you if you can squeeze in gym time on the way home from work. If you anticipate a free night at home, have an exercise video ready to go.

Go to sleep earlier. You can't get a lot out of your day if you start at a deficit. Try to go to bed 30 minutes earlier to make sure you're getting enough sleep.