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Caught in the Act: Jenna Bobbit

During the last two years, Jenna Bobbit has transformed herself.

After finding out she was a diabetic, Bobbit, who has a strong family history of diabetes and heart disease, knew she could wait no longer to make a change in her life.



“Over the last two years I’ve been on a weight loss and healthy living regimen due in large part to finding out I am a diabetic,” said Bobbit. “Over the past 24 months I have lost over 100 pounds.”

Bobbit’s regimen, which has clearly worked, includes aerobic exercise, strength training and a healthy diet that includes lots of water.

“I walk two miles every morning before work and do strength training twice a week,” she said. “I’ve ‘trained’ myself to drink between 2 and 3 liters of water each day.”

Bobbit said there have been numerous benefits to turning her health around.

“Besides the obvious ones of lowering my weight, blood sugar and blood pressure, I have a great deal more energy, in addition to more self-confidence.”

Badgett Named Acting Commissioner of DMS

Thomas Badgett, M.D., will serve as acting commissioner of the Department for Medicaid Services, effective June 1.

Badgett joined CHFS in September 2004 as the chief medical officer for DMS. Prior to that, he served in several advisory roles to Kentucky Medicaid as a member of the Formulary Subcommittee, KenPac Oversight Committee and several ad-hoc committees.

A search is beginning for a replacement for Shannon R. Turner, who resigned the post to accept a position with the University of Louisville.

“Dr. Badgett’s wealth of experience and knowledge of Medicaid will serve him well in this transitional role,” Birdwhistell said. “We appreciate his willingness to maintain the momentum we have gained in transforming Medicaid into KyHealth Choices.”

“Medicaid was designed to help people receive medical care during difficult periods of their lives,” said Badgett. “As a physician, my goal for each day is to make rough places smooth for those people.”

A native of Campbellsville, Badgett attended Campbellsville College before heading to the University of Louisville to earn a doctorate in physical-organic chemistry. In addition, he has authored numerous publications and has been actively involved in health services research, reporting at numerous regional, national and international venues.

CHFS Emergency Support Team Update

The Public Health Preparedness Branch would like to express their thanks to CHFS staff who attended the Emergency Support Team orientation last week. Approximately 28 Frankfort staff employees learned about the emergency support team’s structure and staffing procedures. The team was also eager to learn

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about the National Incident Management System (NIMS) and how it is being used to standardize and improve the nation's overall response to emergencies.

Additional Frankfort-based volunteers are still needed to complete the CHFS team. If you are interested, please contact Richard Dugas (Richard.Dugas@ky.gov) or Robbie Hume (Robbie.Hume@ky.gov), Public Health Preparedness Branch in the Department for Public Health at (502) 564-7243 or go to www.chfs.ky.gov/dph/epi/preparedness/emergencysupportteam.htm for more information.

Ashland to Host Walkable Communities Conference

Event Designed to Promote Healthier, Pedestrian Safe Communities

Is your community conducive for walking and other forms of physical activity? Are you interested in establishing more sidewalks, walking trails and other types of facilities to further encourage residents to start leading an active lifestyle?

On June 6, health and fitness experts will gather in Ashland for a "Walkable Communities" conference to take a look at these and other questions facing cities throughout the commonwealth. The conference will take place from 8 a.m. to 4 p.m. at Park Place, 1701 Central Ave., Ashland, and is open to anyone with an interest in the topic.

The Ashland-Boyd County Health Department, the Department for Public Health's Partnership for a Fit Kentucky, Our Lady of Bellefonte Hospital and the Human Motion Center, and the University of Kentucky Health Education through Extension Services are sponsoring the conference, which features speakers and

panel discussions. Registration is \$15, and includes a pedometer and lunch.

Renowned fitness educator Mark Fenton, host of "America's Walking" on PBS, will be a featured speaker at the conference. A professor at the University of North Carolina, Fenton is known throughout the country for his publications and research in the fitness field. He is the author of "The Complete Guide to Walking for Health," "Weight Loss and Fitness," "The 90-Day Fitness Walking Program," "Precision Walking," and "The New Walker's Logbook."

Nurses can receive continuing education credits for attending. All participants will receive a certificate.

To register, contact Sara Dunlap or Kay Runyon by telephone at (606) 324-7181 or by fax at (606) 324-5423.

America on the Move Totals In

Totals for the America on the Move, CHFS Wellness Works program are in and the top three teams with the most steps are as follows:

Motivated Movers — 4,009,067 steps. Team members are Joy Botkins, Beth Armstrong, Michele Blevins, Lisa Fields, Marcie Jeffers, Anita Jennings, Janice Johnston, Lori Mefford, Jason Padgett, Christie Penn.

Sole Impact II — 3,196,862 steps. Team Members are John Harris, Deborah Acker, Kathy Anders, Sue Crone, Carrie Hall, Lynda Robertson, Cheryl Shuck, Jim Terry, Denise Weider, Jeff Wright, Martha Vozos and Gayle Yocum.

Worker Bees — 2,944,074 steps. Team members are Jan Beauchamp, Jennye Grider, Bill McClure, Loudir Patton, Stephanie Whitaker.

There were also 15 participants randomly selected to win prizes. The winners and prizes were:

David Smith – state park visit
Deborah Campbell – state park visit
Cathy Gayheart – yoga mat
Stephanie Turner – yoga mat
Stephen Gullette – yoga mat
Emma Walters – yoga mat
Melissa Newton – medicine ball
Beth Sanderson – yoga mat
Noel Harilson – yoga mat
Yarnell Davis – medicine ball
Mark Dieruf – yoga mat
Paula Woodworth – walking book
Stan Hankins – yoga mat
Sherri Wilson – yoga mat
Rebekah Collins – yoga mat
Bill McClure – walking book

Volunteer Vibes

By Eileen Cackowski, KCCVS

I know people say it's good to volunteer, but are there any real benefits besides feeling good?

Feeling good is important, but yes there are other advantages. Some volunteer positions offer specialized training. For example, American Red Cross will get you trained in first aid, disaster relief, mass care and other duties designed to give you very valuable skills. Reading or tutoring programs can teach you how to teach children and adults to read. Some of these programs offer certification in tutoring. The Court Appointed Special Advocates (CASA) teach individuals to work with the court system. If you are willing to learn, organizations are willing to teach you. Additionally, if you keep a record of the trips you make to and from your volunteer assignment, you can claim mileage on your tax return. That's helps!

My child would like to volunteer in the summer. Do any organizations accept children?

It depends on the age. Organizations are not summer baby sitting services but many organizations would love having bright energetic youngsters. The volunteer centers are a good place to start because they generally collect special summer volunteer opportunities. When I directed a volunteer center I had 12-year-old receptionists that were absolutely wonderful. At the end of the summer I would write a letter to the pre-teen's school principal telling how mature and dependable a leader the young person was. This gives the principal an opportunity to get to know a student who may not otherwise be noticed.

Employee Recognition Tip of the Month

RESPECT Can Take You Places

By Martha McClain, Employee Recognition Committee

RESPECT. We all need it, and we all deserve it. You know, it's those little things that can make a world of difference. This applies in your personal life as well as your work life. What are some ways you can show a little respect?

- Acknowledgement of a person's presence
- Give a smile
- Say please
- Say thank you
- Make eye contact
- Really listen
- Let your team know what is going on

All these things add up to respect! As Robert McNamara, former U.S. Secretary of Defense said: "Brains, like hearts, go where they are appreciated."

Lunch and Learn: Public Preparedness

The CHFS Wellness Committee, in conjunction with the Emergency Preparedness Branch in the Department for Public Health, will be hosting a Lunch and Learn, entitled, "Public Preparedness: Pack Your Bags!" on June 8 from noon to 1 p.m. in the Cafeteria Conference Room.

DPH Official to Present in Ecuador

Expert to discuss emergency management of radioactive materials

An official from the Kentucky Department for Public Health will conduct a presentation on emergency management of radioactive materials at an upcoming civil defense conference in Ecuador.

Matthew McKinley, DPH's radioactive materials program supervisor, will speak about the emergency management of radioactive materials during the conference scheduled for June 5-9.

"We are pleased to be included as part of this collaborative effort that extends across national borders," said William D. Hacker, M.D., commissioner for public health and acting undersecretary for health at the Cabinet for Health and Family Services. "The U.S. is one of the leading countries in the world for handling radioactive materials and we are honored to have the privilege of providing a representative from Kentucky to speak at this noteworthy conference."

In addition to McKinley's presentation, conference briefings will cover civil defense measures and disaster response mechanisms. Representatives from Bolivia, Columbia, Ecuador, Peru and Venezuela will also attend the conference.

The Kentucky Air National Guard has a relationship with the Ecuadorian National Defense Forces and routinely flies courier flights into South America with the C-130 cargo plane. Additionally, Kentucky Air Guardsmen have assisted Ecuador with the establishment of a C-130 aircraft maintenance program, an important safety measure.

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.

When a project is going smoothly and you hit a road block, it can feel like your work is stalled indefinitely. Many of us try to overcome problems on our own, but things may be resolved a lot sooner when we ask for help. Follow these tips to get through the rough patch more easily.



Identify the problem. Your most pressing problem (you can't print a document, a file is missing) is likely caused by something else (a network connection is corrupt, the archives are being relocated). You will need to address the root of the problem.

Ask the right people for help. Decide who has the power to get you what you need and approach them, within the lines of protocol.

Be precise. Keep track what isn't going your way. Have a timeline of when things happened and when your project must be completed. Try to avoid personal commentary when you are describing your problem.

Be polite. When help arrives, be of assistance or just stay out of the way, depending on what is

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needed. Leave a good impression of your gratitude. You may have to ask for help again.

Cabinet for Health and Family Services Café
Menu June 5 - 9

Monday

Creamy Chicken Fettuccini Alfredo Bake

The Lighter Side

Grilled Veggie Lasagna - Lean Cuisine

Tuesday

Slow Roasted Country Pot Roast

The Lighter Side

Zesty Sicilian Chicken Pasta – Lean Cuisine

Wednesday

Sausage & Chicken Cajun Gumbo w/ Steamed White Rice

The Lighter Side

Mesquite Grilled BBQ Cornish Hen Half

Thursday

Homemade Pulled Pork BBQ w/ Choice of Bread

The Lighter Side

Savory Steak Portobello w/ Creamy Egg Noodles- Lean Cuisine

Friday

Fried Shrimp Basket w/ Fries - \$4.25
Or for Shrimp Only - \$3.95

The Lighter Side

Chef's Entrée to be announced....

Entrée Ala Carte - \$3.29

Entrée w/ One Vegetable - \$4.29

Entrée w/ two Vegetables - \$5.29