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Wear Pink to Work

In honor of Breast Cancer Awareness Month, First Lady Glenna Fletcher and the Cabinet for Health and Family Services are urging all Kentuckians to participate in “Wear Pink to Work Day” on Tuesday, Oct. 10.

Wear Pink to Work Day gives residents of the commonwealth a chance to show support for continued awareness and research for breast cancer, a disease that impacts countless lives every year. To join the effort, don your favorite blouse, suit, dress, scarf, or even a neck tie in the traditional pale pink shade representing breast cancer awareness.



“This day symbolizes our support for efforts and resources to find a cure for breast cancer,” said Mrs. Fletcher. “It is also a day to pay tribute to those who have courageously fought and continue to fight this dreadful disease.”

For more than 20 years, National Breast Cancer Awareness Month in October has been associated with activities designed to educate and inform the public about the importance of regular breast cancer screenings, early detection and treatment. Kentucky traditionally joins this annual observance to promote public education and awareness of breast cancer in hopes of reducing the incidence of the disease and help more women overcome it.

To promote the event, Mrs. Fletcher has partnered with the Division of Women’s Physical and Mental Health and the Kentucky Women’s Cancer Screening Program at CHFS.

Program Spotlight: Breast Cancer Program Works for Kentucky’s Women

During the month of October, the Focus will spotlight the Kentucky Women’s Cancer Screening Program in the Department for Public Health. This week, meet the people who run this important program and learn a little about what they do for Kentucky’s women.

The Kentucky Women’s Cancer Screening Program (KWCS) is made up of 10 people whose everyday goal is to increase breast cancer awareness, screenings, education and treatment among Kentucky’s women who have been rarely or never screened for breast cancer. The people who make up the program are:

Ruth Ann Shepherd, M.D., Director, Division of Adult and Health Improvement

Linda Lancaster, Nurse Service Administrator, Maternal and Child Health, Branch Manager

Joy Hoskins, Nurse Administrator, Women’s Health Section Supervisor

Catherann Key, Nurse Consultant Inspector, Team Leader, Program Coordinator

Sivaram Maratha, Epidemiologist, Data Manager

Carolyn Breckel, Nurse Consultant Inspector, Clinical Coordinator

Brenda Combs, Health Education Coordinator, Recruitment Coordinator

Carol Wingard, Case Management Coordinator

Beverly Jones, Case Management Coordinator

Vicki Tackett, Case Management Coordinator

How the Program Works

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Breast cancer screening services are available through several health programs at the local health departments including the Kentucky Women's Cancer Screening Program (KWCSPP), the Family Planning Program and the Adult Preventive Program in each of Kentucky's 120 counties.

Three factors are used to determine eligibility for breast cancer screening, including age (21-64); uninsured (no Medicaid, no Medicare, no private insurance); and an income less than 250 percent of federal poverty guidelines.

Since 1990, state funds have been available for breast cancer screening services and administered by the Kentucky Department for Public Health through local health departments. In 1995, the program was granted federal funding for breast cancer screening services. Since the inception of the KWCSPP through 2005, 184,597 screening mammograms have been provided and 1,584 cases of breast cancer have been detected.

Women to be screened are seen initially in local health departments by nurses or other practitioners who provide instruction in breast self-examination and clinical breast exams. In accordance with nationally recommended screening guidelines, annual clinical breast exams are provided starting at age 21 and annual screening mammograms are provided starting at age 40.

Health departments contract with providers in their communities for screening mammograms and for follow-up diagnostic tests. Most diagnostic follow-up procedures are covered for women with abnormal mammogram results. For those services for which no funds are available or for services not covered by third-party payers, local health departments negotiate with local providers to provide these services to patients at low cost or at a reduced charge.

If final diagnosis reveals a cancer or precancerous condition of the breast or cervix, eligibility for coverage of treatment services from the Department for Medicaid Services' Breast and Cervical Cancer Treatment Program is assessed; enrollment processes are completed as applicable; and necessary referrals are initiated.

October is Domestic Violence Awareness Month

Shelters, services help thousands of Kentucky victims each year

Governor Ernie Fletcher signed a proclamation Oct. 4 designating October as Domestic Violence Awareness Month in Kentucky.

"I call on my fellow Kentuckians to work to raise public awareness of the damage domestic violence does to families and communities across our state and to do their part to help prevent domestic violence in Kentucky homes," Governor Fletcher said.

Nearly 5.3 million incidents of intimate partner abuse are reported in the United States each year among women 18 and older, resulting in almost 2 million injuries and 1,300 deaths.

Last year, in Kentucky, more than 4,200 victims and their children were housed in domestic violence shelters and another almost 23,500 domestic violence victims and family members received nonresidential services.

CHFS' Division of Child Abuse and Domestic Violence Services provides funding and administrative support to the Kentucky Domestic Violence Association to operate a statewide network of domestic violence shelters and provide related programs and victim services.

Domestic violence is defined in Kentucky law as any actual or threatened physical or sexual

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violence or psychological and emotional abuse directed toward a spouse, ex-spouse, current or former boyfriend or girlfriend or current or former dating partner.



Members of the Council on Domestic Violence and Sexual Assault.

Children too often are victims of domestic violence. A considerable number of children who die from neglect and abuse come from families with a history of domestic violence.

To raise awareness of the toll domestic violence takes on victims and their families, communities and society as a whole, activities and information campaigns are planned all across the state during Domestic Violence Awareness Month.

For more information on the Division of Child Abuse and Domestic Violence Services, please visit the Web site at <http://chfs.ky.gov/dhss/cadv/>. To report adult and

child abuse call (800) 752-6200. To reach the spouse abuse shelter hotline, call (800) 544-2022.

Flu Shot Dates Announced

Dates have been set to dispense the flu vaccine at CHFS. The shots will be given to any CHFS employee who would like to receive one. The shots will be given from 10 to 11:30 a.m. and 1 to 4 p.m. Oct. 16 at the Employee Health Center; and from 10 to 11:30 a.m., 1 to 2:30 p.m. and 3 to 4 p.m. Monday, Oct. 23, at the First City Complex.

The flu vaccine, grown in eggs, usually contains three influenza virus strains. The viruses in the vaccine are killed and will not infect you with the flu.

“It is a common misconception that you can get the flu by getting a flu vaccine,” said Milly Noonan, nurse service administrator. “That’s simply not true.”

Side effects that may occur include soreness, redness or swelling where the shot was given, fever and aches. If side effects occur, they should only last one to two days.

While the vaccine will be available for anyone, the Centers for Disease Control and Prevention recommends it for adults age 50 to 64, people who work with the public, and people living in dormitories.

Some people should discuss their medical history with their doctor before getting the flu shot. Those include people with severe allergies and anyone who has had Guillain-Barre Syndrome. People who are moderately or severely ill should wait until they recover to get the flu vaccine, according to the CDC.

For more information about the flu vaccine, visit the CDC’s flu Web site at www.cdc.gov/flu.

Team Members Sought for Black Cat Chase

The Cabinet for Health and Family Services Worksite Wellness Program is assembling a team for Frankfort's popular Halloween AFB Black Cat Chase 5K Fun Run/Walk Race. The race is at 7 p.m. Friday, Oct. 27. Festivities begin with check-in and race day registration at 5:30 p.m. on the Old State Capitol grounds.

The race is a loop course that starts downtown and runs to the State Capitol and back. Awards will be presented to the top participants overall and top participants in each age group. Registration includes entry into the 5K race or the fun walk and a souvenir long sleeve shirt.

Race-day registration is \$20. Pre-registration is \$15. Register online at www.frankfortymca.org or pick up an entry form at any American Founders Bank, Frankfort YMCA location or download the form at <http://www.frankfortymca.org/pdf/blackcat2006.pdf>.

Those who want to be a part of the CHFS team should contact Jennye Grider after registering for the race. Grider will then register you for the CHFS team. Grider will not register participants for the race, only for the CHFS team.

CHFS team T-shirts will be given to the first 100 CHFS employees who show their registration receipt or race number. T-shirts may be picked up starting at 5:30 at the Old State Capitol lawn on race day. This is a great way to show our wellness efforts to the community. For more information, e-mail Grider at jennye.grider@ky.gov.

DCBS Raises more than \$900 in Auction

By Anya Armes Weber

DCBS staff members would like to thank all Cabinet employees who made bids on the items available in the Kentucky Employees Charitable Campaign's online auction last month. DCBS raised \$916 for KECC.

Here is a list of the winning bidders for each item:

- Fall Basket: Darlene Hoover
- Vector Smart Battery Charger: Dana Pitcock
- Air Compressor: Dana Pitcock
- Portable Power Source: Sharon Vinyard
- Kronus 80-Piece Tool Kit: Joe Payne
- Chocolate and Coffee Basket: Darlene Hoover
- Starbucks Coffee Basket: Jean Mattingly
- Gardening Basket: Lynn Farley
- Hot Beverage Basket: Jean Mattingly
- Holiday Basket: Tammy Church
- Family Night Basket: Jim Terry
- Applebee's Gift Certificate: Jane LeCompte
- Scrapbooking Basket: Gerry Skees
- Halloween Basket: Karyn Collins
- Rainy Day Basket: Bob Blackburn
- Julie's Halloween Basket: Karen Glass
- Wild Birds Unlimited: Victoria Greenwell
- Longhorn Steak House Gift Certificates: Jane LeCompte, Lynn Farley and Laura Begley
- Children's Basket – Girl: Amanda Seigle
- Children's Basket – Boy: Amanda Seigle

Important Information for Supervisors and Managers

Whether you are a new supervisor or have years of management experience, having the right tools, knowledge and most up-to-date information is a critical part of your job.

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Personnel Management Training for Supervisors is a CHFS-mandated course that can give you this information.

What will you learn?

During the Selection Process module, learn the process of behavioral interviewing in order to evaluate and recommend candidates for appointments.

Learn how to complete employee evaluations and conduct successful performance reviews in the Performance Management module.

Progressive Corrective and Disciplinary Action identifies the steps of progressive discipline while helping you to understand the importance of accurate documentation.

In the Leaves and Worker's Compensation module, you will determine employee eligibility for family medical leave, sick leave and annual leave sharing. You will also learn how to process workers' compensation claims (per handout documentation).

How and when can I register?

Review the [2006](#) and [2007](#) training calendars with the most current scheduled dates on the Office of Human Resource Management's Web site. Contact your [Department Training Liaison](#) to be registered.

(Briefs)

Chili Cook-off Benefits KECC

A chili cook-off, bake sale and silent auction to benefit KECC will be from 11:30 a.m. to 1 p.m. Thursday, Oct. 12, on the fourth floor outside the Undersecretaries Office Suite.

Get a bowl of chili and sandwich for \$4; chili dog, \$1.50; regular hot dog, \$1.

This event is sponsored by senior management. All proceeds will benefit KECC.

Partnership for a Fit Kentucky Sets Meetings

The Partnership for a Fit Kentucky has scheduled meetings for the fall and winter months. A public/private partnership that supports the Kentucky Department for Public Health's Centers for Disease Control Obesity Prevention Grant, the focus of this group is to build healthy nutrition and physical environments.

If you would like information on how to get involved with the Partnership for a Fit Kentucky in your region, contact Elaine Russell at Elaine.Russell@ky.gov or (502) 564-3827, ext. 3843. See next week's Focus for more information about the partnership and a list of other meeting dates.

Lexington

Oct. 11
1:30 – 3:30 pm
University of Kentucky Good Barn
1451 University Drive

Northern Kentucky

Oct. 12
2:30 – 4:30 pm
Florence Government Center
8100 Ewing Boulevard

Paducah

Oct. 17
9 a.m. – noon CST
Kentucky Dam Village
Gilbertsville

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Tech Tips

How to update the CHFS Global Address List

Click on this site address

https://webapp.chfsnet.ky.gov/gal_update_instructions/.

Click on "I would like to update my contact information."

Type in your network account ID and password then click OK. This is the same account and password you use to logon to your computer.

Type in your changes as appropriate and click "Save Update Request."

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.



Good communication skills are essential to professional success, and it's easier to relate to your co-workers and clients when you are a naturally extroverted person. But personal development coach Steve Pavlina, who runs his own Web site (stevepavlina.com), points out that almost anyone can learn to be more outgoing.

Here are a few of his suggestions for becoming more extroverted.

Envision the type of extrovert you want to be. Begin working toward that outcome.

Think about your relationships in terms of what you can give, not what you'll get. You have plenty to offer others in terms of your talent, knowledge and experience. Many of your fellow

employees would be glad to have access to your expertise.

Develop your skills. You can become more comfortable interacting socially by having lunch with your co-workers or making small talk before a meeting begins. You may become more comfortable speaking up at meetings and even presenting to a larger group once you feel you are better able to connect with others.

Cabinet for Health & Family Services Café Menu Oct. 9-13

Monday

Italian Roasted Pork Loin

The Lighter Side

Chicken Primavera Pasta Penne-Lean Cuisine

Tuesday

Beef Manhattan

The Lighter Side

Spicy Chicken Chipotle w/ Steamed White Rice-Lean Cuisine

Wednesday

Herb Roasted Savory Turkey w/ Dressing or

Choice of Veggie

The Lighter Side

House Made Veggie Lasagna

Thursday

The Kentucky Hot Brown

The Lighter Side

Baked Chicken Cordon Bleu

Friday

Country Fried Catfish Fillet w/ Hushpuppies-\$3.50

The Lighter Side

Chef's Entrée to be announced...