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### **KECC Pledge Forms on the Way**

Kentucky Employees Charitable Campaign (KECC) pledge forms will be distributed to employees within the next two weeks. The pledge forms allow employees to use payroll deductions or to make a one-time cash donation to KECC. The 2008 Cabinet for Health and Family Services KECC donation goal is \$250,000 – second only to the Transportation Cabinet. The goal takes into account the number of employees CHFS has, about 7,300. If each CHFS employee donated \$35, the Cabinet could slightly exceed its goal.

When you think about giving to KECC, please consider just how much a difference you can make in someone's life. For example, just \$3 per paycheck provides instruction on effective parenting for two families.

### **Submit Your KECC Story**

The Focus is interested in hearing your KECC stories. If you have a story about how KECC made a difference in your life or that of someone you know, please contact Janis Stewart in the Office of Communications. We'd like to share these stories with employees in future editions of the Focus.

### **Doctors Return to Making House Calls in Franklin County**

If you haven't experienced a long wait in the doctor's office or emergency room, consider yourself lucky.

Earlier this year, Humana partnered with Carena to offer health care that comes to your home. The pilot project served state employees in Louisville and surrounding areas. The partnership will now offer its home visit services to Franklin County state employees.

To use the services, state employees must be enrolled in the state employee health insurance plan.

Employees who need to use the service should first contact the HumanaFirst Nurse Line at (800) 622-9529.

The HumanaFirst Line nurses evaluate your case and care is either given by phone or referred on to an on-call physician. The physician will then call you directly and do a follow-up evaluation that determines if a house visit is necessary.

A board-certified physician will typically be at your home within one hour of the initial call and will spend about 45 minutes to one hour providing care.

Employees should know these services should not be used in an emergency. If you are experiencing a health emergency, you should call 9-1-1 for immediate help.

### **Living Well: Torch Run 2008**

The Get Healthy Kentucky Bluegrass State Games started last Friday, July 18, with the First Lady and Jared Fogle of Subway lighting the torch on the steps of the Capitol.

Runners then began the long, hot journey to downtown Lexington with two state vans and a state police escort. Even though the games are started with the ceremonial running of the torch to Lexington, they are a celebration of all types of physical activity and ways to have fun. Kentucky is one of the only states to create an Olympic-like atmosphere that includes games from corn hole to more traditional summer events like swimming, running, softball and baseball. These games are a great opportunity to find new activities and gain motivation to get moving.

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Sam Dunn, chairman of the state games, shared two unique stories related to the games.

Dunn first told the story of a certain young runner - Tyson Gay, currently on his way to Beijing, China, for the summer Olympics – who participated in the state games and placed second in his race. Dunn said somewhere out there is a man who can say that, once upon a time, he beat the fastest man in the world.

Second, he talked about 8-year-old boy Adam Bender, featured in the Lexington Herald-Leader for playing baseball on his one leg. Adam has since been recognized by various major league ball clubs for playing baseball and other sports with the use of his only leg. Adam lost his other leg to cancer. Adam will not only compete in baseball in this year's games, but will also participate in soccer.

These are just two great examples of the spirit of the Bluegrass State Games. The state games are a celebration of sports for anyone and everyone willing to participate. Take on a new challenge, get involved and learn more about the games and how you can participate at <http://www.bgsg.org/new/>.

Also, I would like to say congratulations and thank you to CHFS employees Jason Dunn (DCBS) and Christos Dimitriadis (Wellness and Health Promotion Branch) and all of the other torch runners for carrying not only the torch but the spirit of the games from the Capitol to Applebee's park.

If you are participating in the Blue Grass State Games and would like to share your story, please contact Kris Hayslett at [kris.hayslett@kygov](mailto:kris.hayslett@kygov).

## Fiscal War

*By Beth Fisher*

The best kind of fun is free, or – at the very least – cheap!

Over the past few months, I have come to realize just how very true this is. With all the travel, parties and get-togethers, outdoor festivities like ballgames and amusement parks, etc., the summer months definitely make you more active. Of course, this can be wonderful for your social life as well as your health, but can wreak havoc on your wallet if you're not careful.

I have a great group of friends who like to get together for regular outings for things like dining out, shopping, Keeneland and a host of other things Kentuckians find enjoyable. While we most certainly always have a good time together, I can't say being frugal is really our top priority. So when my friend Sunny e-mailed us this week to propose a more budget friendly "girls night in," we all jumped at the chance, making plans to prepare a dish or snack and bring DVDs that we already own rather than spending a ton of cash by going out.

Now, I can't say this will be a permanent arrangement as we all relish the chance to get out of the house every once in a while, but I'm definitely looking forward to a low-key evening with the girls. In addition to saving some cash, without all the hustle and bustle that generally comes with going out on Friday night, I'll actually be able to focus 100 percent on my friends.

**Focus Money Saving Tip of the Week:** This tip comes from Rachel Anuaio of the Department for Mental Health, Developmental Disabilities and Addiction Services. To take advantage of low cost or even free entertainment, Rachel recommends visiting your public library. In addition to free book and movie rentals, libraries typically host various public events, such as readings and story hours, both entertaining and educational.

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## Focus Health Tip of the Week

### Protect Yourself from Mosquito Bites

If you enjoy spending time outdoors you may have noticed that one of your natural enemies has made itself known in these summer months – the mosquito.

While mosquito bites are aggravating – and can be dangerous if the bug is a West Nile Virus carrier – you don't have to limit your summer activities and enjoyment of the great outdoors just to avoid the bite.

Consider these recommendations from the Centers for Disease Control and Prevention and the Environmental Protection Agency for dealing with mosquitoes.

- Mosquitoes are most active at dawn, dusk and in the early evening. Stay inside or wear bug spray if outside during these times.
- Wear light colored long-sleeved shirts and long pants whenever you are outdoors.
- Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing.
- Apply repellents only to exposed skin and/or clothing (as directed on the product label.) Do not use repellents under clothing.
- An effective repellent will contain 30 percent DEET (N,N-diethyl-meta-toluamide) for adults and 10 percent DEET for children. Repellents may irritate the eyes and mouth, so avoid applying repellent to the hands of children. Do not use DEET on infants.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using

sprays, do not spray directly on face—spray on hands first and then apply to face.

- Do not allow children to handle the product. When using on children, apply to your own hands first and then put it on the child. You may not want to apply to children's hands.
- After returning indoors, wash treated skin with soap and water or bathe. Also, wash treated clothing before wearing it again. (This precaution may vary with different repellents—check the product label.)
- If you or your child get a rash or other bad reaction from an insect repellent, stop using the repellent, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to a doctor because of the repellent, take the repellent with you to show the doctor.

## Employee Enrichment

*By Anya Armes Weber*

It's a good practice to clean out your electronic files regularly. Web Worker Daily writer Leo Babauta suggests these tips for clearing out the clutter on your hard drive. Set aside about an hour for this project.

- If your files are scattered, put them all in one place.
- Go through them one by one and sort them into three folders:
- Active - Projects you're currently working on.
- Archives - Projects you have completed. Divide this area into subfolders for various assignments.
- Trash – Anything you aren't using. Delete all the trash immediately instead of saving it with the intention of removing later.

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- Don't keep anything you think you "might" need. If you haven't used it in two years or you can find the information online, get rid of it.