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Employee Profile: Sigga Jagne, HIV/AIDS Branch Manager, Discusses Global Life

My name is Sigga Jagne and I have been in state government for a little more than seven years. I worked for the Environmental and Public Protection Cabinet, with the Department of Labor's Kentucky Occupational Safety & Health Program (KY OSH) from January 1999 to



February of this year. I transferred to the Cabinet for Health and Family Services' Department of Public Health as the HIV/AIDS branch manager on Feb. 16. I began working for the state while still studying for my bachelor's degree, first at the Criminal Appellate Division of the Attorney General's Office, and then at the Personnel Cabinet.

How does your job allow you to impact the lives of your fellow Kentuckians? What's the best part of your job?

Public service is my passion. I have always found myself attracted to the business of serving others. This goes as far back as my elementary and high school days of providing various forms of community service to low income regions within the Gambia, West Africa, with the "President's Award Scheme"- a youth-based group aimed at setting up practical projects to involve young Gambians in the planning and delivery of community service; to my college days with the Alpha Kappa Alpha Sorority Incorporated organizing coat and canned food drives on campus, cleaning highways and volunteering at the local soup kitchen; to my current work providing counseling and teaching African culture to youth groups at various churches.

Over the years, I have found that the most satisfying jobs, for me, seem to be those that have a direct positive impact on someone else's life. Thus my career as a senior industrial hygienist with the KY OSH Program allowed me to bring labor, management and unions together to establish, nurture and maintain a safety culture within a variety of workplaces- particularly within the health care industry. I was able to help establish good infection control techniques within physician and dental offices, hospitals, local health departments and long-term care facilities to ensure that Kentuckians employed within these facilities were not being exposed to biohazardous agents, such as HIV, hepatitis and tuberculosis.

I am definitely excited about my current position. It seems that all my life experiences, both professional and personal, have been preparing me for this. The job promises an ever-increasing challenge to fight against the advance of HIV/AIDS in Kentucky and a promise to deliver a great sense of satisfaction and fulfillment, as the impact of our branch's hard work on the lives of Kentuckians is quite measurable.

Tell us why you came to the United States and how you decided to settle in Kentucky.

I am from the Gambia. Situated in the Western extremes of Africa, it is the smallest country in the continent - population 1.5 million. It is dubbed "The Smiling Coast" because its entire northern side is bordered by the Atlantic Ocean and Gambians are known for their welcoming smiles. The country is characterized by beautiful white sandy tropical beaches with clear blue-green water and unbelievable sunsets. It is to most of Europe, what Jamaica and the Caribbean are to America - a tropical holiday destination.

I moved to the U.S. in 1994 and enrolled at Kentucky State University. I also conducted research at University of Tennessee, Knoxville in 1997. Though I have traveled to several states, I settled in Kentucky because over the years, it has become home to me. I have formed life-long bonds here that can rival any family relations. Kentucky has become my home away from home. As I often tell my friends and co-workers, my accent is an Eastern Kentucky accent. For some reason they never believe me. But seriously, even though I miss the Gambia when I am here, every time I go home to Gambia, I find myself missing some things about Kentucky. So I have come to realize that I am one of those lucky people who have more than one place in this world to call home.

How does your life differ in the United States from your life in Gambia?

The main difference between my life in the Gambia and my life here is that the majority of my family members live in the Gambia. I am from a huge extended family system with tens of uncles, aunts, cousins, nieces, nephews, grandfathers and grandmothers, most of whom still think I am a child that they have to constantly take care of, give advice to and whose life they need to help direct. They are all so loving though, so I usually don't mind their meddling. But I am also lucky enough to have some surrogate mums and aunts in Kentucky who like to look after me. In addition, I have two brothers who also moved to Kentucky. My older brother, Njaga, is married with two kids. He is in the National Guard and is right now in

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training at Camp Shelby, Miss., in preparation for deployment to Iraq in April with the KY 149th BCT. My youngest brother, Assan, is currently a junior at Kentucky State University.

What things do you enjoy doing outside of work?

I am an avid traveler. Many of my extended family members reside throughout Europe, so every time I go back to the Gambia, I travel through London, Paris, Germany, Belgium, Sweden or Norway to spend a week with one of them. I call it the fringe benefits of being part of a large extended family. I have also traveled to about 20 states in the U.S.

I love reading, learning about different cultures, cooking, interior decorating and watching documentaries, as well as epic and historical movies. I also love listening to a variety of music genres and enjoy spending time with my family members and friends. I have a keen interest in politics and current world affairs and I am the public relations and media director for a political interest group called the Save the Gambia Democracy Project (STGDP) whose key objective is to promote democracy in the Gambia.

What is your ultimate goal in life?

My goal in life is to be able to one day look back and say that I have lived life to the fullest, that I have touched someone else along the way, that I have helped make someone else's life better, that I have given more than I took, or at least as much as I received, that I have made friends and brought happiness to other people's lives, that somehow I have left my mark on this earth, and that no matter how small, I was able to make some difference.

Telehealth Network Reaching Schools

By Beth Crace

There was a time when Cynthia Barnes doubted the possibilities of Telehealth. A registered nurse with Regional Medical Center in Madisonville, she took a look at the bulky, hard-to-transport technology and decided it wouldn't meet her patients' needs.

Over the years, that technology got lighter, easier to use, and more pervasive in homes and facilities across the state where its assets, like increased health care access and convenience, are praised frequently.

"Telehealth technology can allow us to frequently monitor the patient's blood pressure, pulse, weight, oxygen saturation, blood glucose, and peak flow results, and a select group of health-related questions," said Barnes. "We have used this technology to pick up on early symptoms

and collaborate with the patient's physician to help avoid unnecessary ER or hospital visits."

Telehealth also has had an unexpected side effect: Patients are taking a more active role in health management.

"We have had positive response with patients becoming more involved in their own care," Barnes said, adding the Kentucky Telehealth Network funded the Telehealth program for Regional Medical Center Home Health.

Now, thanks to a new partnership with the state Telehealth Network and the Department for Medicaid, medical videoconferences are reaching more of the state's young people.

Through the program, health care providers use telehealth technology in schools and can better detect and treat illnesses, like strep throat or stomach viruses, that often plague young people. Medicaid is providing reimbursements for treatment.

Three medical facilities, St. Claire Regional Medical Center in Morehead, Glasgow Family Practice Residency Program and the Lewis County Primary Care Center, are equipped with the technology and currently are serving elementary, middle and high schools in their regions.

"This is going to increase access for our kids," said Medicaid Commissioner Shannon Turner. "It's partnering with schools to provide what we hope will be a successful program, cutting down on absenteeism and providing medical care on site."

Rep. Steve Nunn, R-Glasgow; Dr. Kimberly Williams, a physician at St. Claire, chair of the Telehealth Board and eHealth Network board member; and Rob Sprang, director of Kentucky Telecare, also played integral roles in getting the pilot program up and running.

Williams credited the program with helping to catch certain illnesses early, often preventing expensive trips to the emergency room.

"As an emergency room physician, one of the things that always struck me was how many days a kid had been sick before they would show up in the emergency room and how often kids were sent to school when they were ill," said Williams.

Several elementary, middle and high schools in these areas are now what are known as "spoke sites," or areas that are camera-equipped for patients to communicate with health care providers.

The schools include: Bath County Middle School; Botts Elementary School in Frenchburg; Olive Hill Elementary

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School; Rowan County High School; Rowan County Middle School; Clearfield Elementary School in Rowan County; McBrayer Elementary School; Rodburn Elementary School in Morehead; Tilden Hogge Elementary School in Rowan County; North Metcalf County Elementary School; Lewis County Middle School; Garrison Elementary School in Lewis County; Laurel Elementary School in Vanceburg; and Tollesboro Elementary School in Lewis County.

Nominations for DCBS staff awards due April 17

By Anya Armes Weber

The Department for Community Based Services is seeking nominations for awards in three categories to honor exemplary work across the state.

“Our employees are our most important resource,” DCBS Commissioner Tom Emberton Jr. said. “These awards allow us to recognize excellent service across all levels of the department.”

The awards honor family support staff, family services staff and regional staff. Within each category, each region is to review its nominations and submit one as its regional nominee. A three-member review committee will review nominations with nominees’ names, counties, regions and other identifying information deleted to ensure unbiased judging.

Nomination forms and details about each category are available online at <http://chfsnet.ky.gov/cfs/dcbs/>

Regional nominations for each of the award categories are due by Monday, April 17.

The Sheila G. Eckler Family Support Worker Award honors Pulaski County family support worker Eckler, who died on the job eight years ago.

Employees eligible for the award include employees in the family support worker series or supervisors with direct service experience

Eckler, a field services manager in the Department of Social Insurance, was driving to a Frankfort meeting the morning of Jan. 23, 1998, when she lost control of her vehicle and struck a tree about 17 miles from her Somerset home. The 51-year-old was survived by her husband, Charles “Chuck” Eckler.

The Paul T. Grannis Social Services Worker Award pays homage to Grannis, a Fleming County family services worker who was killed on May 8, 1987, during a child

protection investigation. Regional employees in the social services worker series or supervisors with direct service experience are eligible for nomination. Supervisors may nominate staff, and each region is to review its nominations and select one as the regional nominee.

Grannis received the award posthumously the year of his death.

The Commissioner’s Award is given to at least one employee from each DCBS region and division who displays an exemplary effort in his or her work. Nominations are open to all DCBS employees. Staff can be nominated by the commissioner, division directors and service region administrators for their demonstrated excellence in the provision of their job duties.

Winners in all categories will be recognized at the joint June Service Region Administrators’ and DCBS Employee Recognition and Management meeting. Nominations must be sent to Marcia James electronically at Marcia.james@ky.gov or at 275 E. Main St., 3W-A, Frankfort, KY 40621. E-mail any questions to James, or call her at (502) 564-3703.

Group Celebrates Social Work Month with Membership Meeting

By Anya Armes Weber

The Kentucky Society for Clinical Social Work is holding a general membership meeting to invite new membership and recognize Social Work Month.



The group’s board meeting is at 6:30 p.m. on Tuesday, March 21, at Joseph-Beth Booksellers in Lexington. The bookstore is in Lexington Green shopping center off Nicholasville Road, and the meeting is in the café’s conference area.

Guests can order dinner starting at 7 p.m. A program titled “Interpersonal Neurobiology: An Introduction to the Work of Daniel J. Siegel,” starts at 7:30 p.m.

Joseph-Beth will offer a 15 percent discount on Siegel’s books. There is no charge to attend the meeting other than cost of your meal.

Because of space limitations, notice of attendance is encouraged. E-mail to kscsw1@yahoo.com or call (859) 276-5285 and give your name, phone number and the number of people attending.

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Learn more about the Kentucky Society for Clinical Social Work online at <http://home.insightbb.com/~kscsw/>.

Tech Tips

The network helpdesk offers these tips for dealing with common computer use and problems within the system.

Remember to check your cap lock and num lock keys when entering passwords.

Password must have at least eight characters, no more than 13, including at least one capital letter, at least one lower case letter and at least one number. No names or words. No sequences or consecutive characters.

When experiencing weird problems with your computer, please turn it off by the power button on the CPU. Wait 15 seconds, then turn it back on.

Always remember to Log Off user every night.

Cold Boot (shut off) your computer at least once a week.

Always have your computer's name on hand when you call the helpdesk. To find your computer's name, right click "My Computer;" left click "Properties;" left click "Computer Name." Write down the combination of numbers and letters next to "Full Computer Name."

When calling about a Mainframe print problem please have your IPA number and/or your IPB number available.

Please remember to check with other people in your office to see if they are having similar problems before calling the help desk.

MyPyramid.gov Offers Guidelines on Oil Consumption

The new MyPyramid.gov has a group we may not be used to seeing. This group is the oils group. Oils are fats that are liquid at room temperature, such as the oils we use in cooking. Oils come from many different sources, such as plants and fish, and contain essential nutrients for our bodies. Learning how to look for oils on your food label is helpful to make sure you get enough of the oils we need without getting too much.

Many foods are naturally high in oils, like:

- nuts
- olives
- some fish
- avocados

Foods that are made up mainly of oil include:

- mayonnaise
- salad dressings
- soft (tub or squeeze) margarine

All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Saturated fats, trans fats, and cholesterol tend to raise "bad" (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, trans fats and cholesterol. Check the [Nutrition Facts label](#) to find foods containing 0 grams of trans fat and a lower amount of saturated fat.

Most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health. Most oils are high in monounsaturated or polyunsaturated fats, low in saturated fats and contain no cholesterol. MUFAs and PUFAs do not raise LDL, or "bad," cholesterol levels in the blood. In addition to the essential fatty acids they contain, oils are the major source of vitamin E in the diets of Americans.

While consuming some oil is needed for health, oils still contain calories. In fact, oils and solid fats both contain about 120 calories per tablespoon. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake. The [Nutrition Facts label](#) provides information to help you make smart choices.

If you want to know how many oils you need per day visit <http://www.mypyramid.gov/>

Adapted from <http://www.mypyramid.gov/>

Employee Briefs

Safety Team Posts Chemical Awareness

The CHFS' Safety Team has posted on the Office of Fiscal Services, Division of Facilities Management's intranet site Material Safety Data Sheets <http://chfsnet.ky.gov/afa/ofs/dfm/msds>) that identify chemicals used in and on the grounds of the CHR Complex. This list may or may not constitute a full listing of chemicals as the building is owned and managed by the Finance and Administration Cabinet and occupied by multiple tenants. We will make every effort, however, to add information as it becomes available. All vendors hired by CHFS are required by contract to select and apply within proper range, chemicals which meet industry standards, and Finance has relayed the same. If you have

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any questions regarding the chemicals listed on this site, you may contact the CHFS Safety Team (Susan Montgomery, Norm Johnson or Phil Howard) at 564-6631.

Deferred comp seminar set

It is never too soon to start planning for your retirement. Kentucky Deferred Compensation is an optional, state-sponsored benefit available to all state employees. Kentucky Deferred Compensation is the easy, tax-sheltered way to supplement your retirement needs. At Kentucky Deferred Compensation, we want to help new employees take full advantage of this important tool to help achieve financial independence at retirement. Join us for a brief enrollment presentation on Kentucky Deferred Compensation, and take the actions necessary to:

- Learn about the different risks and rewards associated with investing
- Discover the best way to invest your money to help meet your retirement goals
- Enroll in our 401(k) and/or 457 plan immediately

The seminar is from 12:10 to 12:50 p.m. on March 30 at 105 Sea Hero Road, Suite 1, Frankfort. Lunch will be provided. Seating is limited, and pre-registration is required. To register, call Carol Cummins or Larincia Bowers at (502) 573-7925 or (800) 542-2667. Call for an information kit if you are unable to attend.

Stay Lean: Eat green

The Division of Women's Physical and Mental Health will take advantage of the St. Patrick's Day observance on Friday to encourage CHFS employees to participate in the wearin' o' the green – inside and out.

CHFS employees are invited to celebrate with the division on March 17 by wearing green both in observance of St. Patrick's Day and to raise awareness of the importance of including plenty of green – fruits and vegetable – in a healthy diet.

Stop by the division's display table in the CHR Building lobby from 11 a.m. to 1 p.m. to register for prizes, pick up healthy recipes and learn more about healthy food and lifestyle options.

Notice of Election

A local option election has been ordered to be held on April 4 in the Hogtown Precinct of Rowan County.

In accordance with Ky. Const. Section 148, KRS 118.035 and the voting leave regulations, 101 KAR 2:102, Section 7 and 101 KAR 3:015, Section 7, all employees who are entitled to vote, otherwise scheduled to work during the hours that the polls are open, and request leave in advance shall be granted four (4) hours of leave to do so. Employees voting absentee may be granted this leave, if an advance request is made on the day they appear before the clerk to apply for the absentee ballot except as noted below.

KRS 118.035 states that any qualified voter who exercises his right to voting leave but fails to vote under circumstances that did not prevent him from voting may be subject to disciplinary action. An employee appointed to serve as an Election Officer may receive voting leave not to exceed a total of seven and one-half (7.5) hours for a designated election to attend training and for service as an Election officer, provided that such leave is requested in advance, KRS 118.035(4).

Further, this notice should be made available to all affected employees by email if they have an account and conspicuously posted in every worksite. If you have any questions, please direct them to Mark Honeycutt, general counsel for the Personnel Cabinet, at (502) 564-4460.

March 13-19 is Brain Awareness Week

By Anne Parr, R.N.

In recognition of this week as National Brain Awareness Week, we offer this guide to good brain health.

Wear your seatbelt - in a car, truck or airplane, your seat belt will help protect your head and brain from injury.

Wear your helmet - whether you are [biking](#), skating or skateboarding, your helmet will protect your head if you fall. Make sure that your helmet meets or exceeds the American National Standards Institute (ANSI) and Snell Memorial Foundation standards for safety.

Know the risks involved in sports - this applies mainly to boxing, football and the martial arts. However, even [soccer](#), climbing, horseback riding, diving and skiing have risks. Always wear your safety equipment properly and be in good physical condition for your sport.

Look before you leap - It may sound impossible, but people do dive into swimming pools without water. Dive only in the deep end of the pool and make sure that the water in the lake and at the beach is deep enough to dive in head-first. Also, be aware of any objects, such as large rocks, that may be hidden under the water.

Eat right - your brain needs energy to work its best.

Dispose of chemicals properly - many chemicals, such as pesticides and cleaners, contain neurotoxins that can kill

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nerve cells and damage nerves. These dangerous chemicals can be found in your home or at places of work.

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.

Actor [Mickey Rooney](#) said, "You always pass failure on the way to success." Anyone who takes professional risks won't achieve every goal.

When a project doesn't work out the way you planned or hoped, it's natural to want to move past the experience. But you can use a failure to your advantage. Victor Parachin, a freelance writer from Tulsa, Okla., suggests you ask these questions next time an outcome doesn't meet expectations:

- Why did this happen?
- Could I have done anything to prevent it?
- Are there flaws in my approach that I need to correct?
- Was I working out of my comfort zone?
- How can I improve myself as a result of this experience?

Take the initiative to answer these questions, and you may avoid the same pitfalls in your next assignment.