

FOCUS

News from and about the Kentucky Cabinet for Health and Family Services

April 2018



No jumping through hoops to quit tobacco

For years the Kentucky Tobacco Prevention and Cessation Program has promoted a healthy lifestyle through the absence of tobacco products.

This year the message was heard loud and clear in front of thousands of potential clients at the Whitaker Bank Boys' Sweet 16 and St. Elizabeth Healthcare Girls' Sweet 16 state basketball tournaments in March.

Spectators at both events saw advertisements for the state's Quit Now Kentucky campaign on video and ribbon boards around the arena during stoppages in play.

Employees of the Department for Public Health's Tobacco Prevention and Cessation Program also had information booths set up in the concourse area of both Rupp Arena in Lexington as well Northern Kentucky University's BB&T Arena throughout the tournaments. There patrons could find information on how to quit smoking as well as cards for the Tobacco Quitline

Check out the photos from the Quit Now Kentucky exhibits from the Boys' and Girls' Sweet 16 tournaments on the CHFS Facebook page www.facebook/kychfs

(1-800-QUIT-NOW).

Advertising for the Quit Now Kentucky campaign also appears on University of Kentucky, University of Louisville and Western Kentucky University football and basketball radio broadcasts and in-arena spots. The campaign also has painted barn ads across the state.

Jamie Miracle, a boys' tournament attendee from Corbin, found the information most helpful.

"I'm wanting to quit smoking. It's bad for my health and I don't my children to be exposed to that," she said. "I don't smoke in my home but it's still a burden. It's a financial burden for us. It's not good for us."



Knowing what to do can save lives at CHFS

An “aggressive intruder” is an individual who is engaged in assault or attempting to kill people in a confined and populated area.

In most cases, active shooters use firearms(s) and/or explosives in an attempt to cause bodily harm to you without notice. This type of immediate event is random and unpredictable for those surprised by the speed and abrupt action of violence.

It is incumbent on all of us to increase our awareness and to learn techniques that may save the lives of many. If an active shooter event occurs in your building, you should quickly determine the most reasonable way to protect your own life.

You should take action in this order:

1. **RUN** and evacuate: If there is an accessible escape path, leave the premises unnoticed and when safe to do so - call 911.
2. **HIDE** from the aggressor: Find an unassuming place to hide where you are not likely to be found.

Silence phones, block doors and entry with heavier items (copiers, file cabinets, etc.)

3. **FIGHT** and take action: As a last resort and only when your life is in danger, disrupt and/or debilitate aggressive intruders with all force. This will be a time to fully commit your actions.

When law enforcement officials arrive, it is important that you:

–Remain calm and follow instructions. You may be considered a suspect by security officers.

–Put down any items and immediately raise your hands while spreading your fingers.

–Avoid making any sudden movements and keep your hands visible at all times.

•If possible, immediately report the situation or threat to 911.

•If you can safely call another number, alert the CHR Security desk at 502-564-7078.

To view the Run, Hide, Fight video, go to: <https://youtu.be/5VcSwejU2D0>

The first responders to arrive on scene will NOT stop to help you or the injured. We can expect rescue teams to follow initial law enforcement later. The rescue teams will treat and remove injured. Once you have reached a safe location, you will likely be held in that area by law enforcement until the situation is under control, and all witnesses have been identified and questioned. Do not

HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY	
RUN	<ul style="list-style-type: none"> a. Have an escape route and plan in mind b. Leave your belongings behind c. Keep your hands visible
HIDE	<ul style="list-style-type: none"> a. Hide in an area out of the shooter's view b. Block entry to hiding place and lock the doors c. Silence your cell phone/pager
FIGHT	<ul style="list-style-type: none"> a. As a last resort and only when your life is in imminent danger b. Attempt to incapacitate the shooter c. Act with physical aggression and throw items at the active shooter
CALL 911 WHEN IT IS SAFE TO DO SO	
HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES	
	<ul style="list-style-type: none"> ● Remain calm and follow instructions ● Put down any items in your hands ● Raise hands and spread fingers ● Keep hands visible at all times ● Avoid pointing, screaming or yelling ● Do not stop to ask for help or direction when evacuating
INFORMATION TO PROVIDE TO LAW ENFORCEMENT / 911 OPERATOR	
	<ul style="list-style-type: none"> ● Location of the active shooter ● Number of shooters ● Physical description of shooters ● Number and type of weapons held by shooter ● Number of potential victims at the location

leave the area until law enforcement authorities have instructed you to do so.

For expedient communication in an emergent event, there is free cell phone app available for downloading which is effectively managed by Frankfort Office of Emergency Management. This phone app is Ready Frankfort and it is a reliable resource for keeping you informed. It also updates the status of those unexpected high-risk situations in other state buildings or across the local community.

Be observant of any behaviors or unattended items that are considered abnormal or peculiar to you.

Investigate any situation or notify your leadership of any behavior that threatens your safety. For additional information on suspicious activity, you can access the Kentucky Office of Homeland Security website at <https://homelandsecurity.ky.gov/Pages/Eye-on-Kentucky.aspx> to see how it affects you.

Make your next presentation a rousing success

PEAK PERFORMANCE

Anya Armes Weber



When you have an idea to pitch, you only get one chance to make a great impression on your audience. Preparation is, of course, incredibly important, but it's only part of a successful pitch. Knowing how to deliver your presentation to make maximum impact will put you on the path to success.

These five tips will help make your next presentation the best yet.

Tell a story. Pitching an idea well is more than just rattling off reasons why your idea is good. Give people something emotional to tie into and show them that you're passionate about the idea. Take your audience on a journey that shows them how your idea will help them get from point A to point B.

When you're crafting this story, paint a picture of exactly how your idea benefits the audience. If you have figures such as dollar amounts or percentages, make sure to highlight them. A specific figure is very impactful, and something the audience will remember.

Start off with a summary of your idea so the audience knows what to expect from your presentation. Fill in the middle with as many supporting facts as possible, as well as painting a picture of what it would cost or look like to not implement your idea. End with one solid statement that includes a specific figure. For example: 'By implementing the new training program, we can reduce turnover by 40%.'



Know your audience. Will you be pitching your idea to a room full of people? At a brainstorming session? One on one? Adapt your communication style to match your audience. The more tailored your pitch and presentation can be, the better chance you have to succeed in getting your idea heard and implemented.

If you're pitching to a larger group, make sure that your presentation has enough supporting materials to address the needs of all the main decision makers in the room. If you're pitching one on one, tailor your presentation to that person's specific needs and pain points. If you'll be participating in a brainstorming session, come with as many ideas as possible.

See things from another perspective. Imagine multiple outcomes and try to see things from your audience's perspective. Try to anticipate any resistance to your idea. Play out the best case and the worst case scenarios. The more prepared you are, the stronger your point of view will come across.

This allows you to better fill out your presentation with relevant materials, facts, and figures. It also helps you connect with your audience by showing them that you're not just pushing your agenda, you're

taking their interests into account as well. This leads to better engagement and audience buy in.

Ask questions. Make sure to leave enough time in your pitch for a Q&A session. Giving your audience time to ask questions helps them clarify any questions they might have and allows them to further invest in your idea. It also helps to make sure you and your audience are on the same page.

Be prepared with some follow up questions for your audience to check for understanding. Ask about timelines for implementation or seek feedback on a specific item.

Make note of any times in the presentation the audience might have looked confused or were taking a lot of notes. These are perfect opportunities for you to ask clarifying questions, and might prompt the audience to ask more questions as well.

Manage interruptions. If you keep getting interrupted during your pitch, you can mention that there will be time for questions at the end of the presentation. Try something like "Don't worry, we'll have plenty of time for questions" or "That's a great question, I'll be addressing that in a few minutes." If people keep interrupting with questions and you're not able to deflect them, take the time to address them and then move on with the rest of your presentation.

Additionally, it's important that you deliver your pitch in a clear and concise manner. Practice your pitch in its entirety before you deliver it to iron out any kinks. If you're nervous, practice it a few times until you feel confident.

Commonwealth history on hallowed Louisville ground

DID YOU KNOW?

Barbara Fox



Located in the Highlands neighborhood of Louisville, sprawling Cave Hill Cemetery offers visitors a unique opportunity to discover the rich history of the Louisville area.

Many who are buried here helped to build the foundations for the communities we live in today and many of the things we enjoy might not have existed without the efforts of these people.

Their gravestones and monuments tell a story of how the region was founded, the impacts made by immigration, diseases that affected the population, social class and values, religious beliefs and the daily lives of Kentuckians.

Cave Hill Cemetery was chartered by the General Assembly of Kentucky in February of 1848 for the purpose of creating a rural cemetery and opened in July of that year.

The land was originally part of William Johnston's Cave Hill Farm, located in a rural area just east of present downtown Louisville. Johnston was appointed as the county's first clerk by the Virginia legislature in 1783.

Before Kentucky was admitted to the union in 1792 the cemetery land was at the western edge of what was known as the Kentucky District of Virginia.

Deadly contagious diseases like smallpox, yellow fever and cholera were rampant throughout Louisville over the years and the cemetery quickly began accepting its first in-

Historic Cave Hill Cemetery the final resting place of several famous Kentuckians



terments at this time, followed by Civil War burials.

The cemetery continued to expand over the years to its current size of nearly 300 acres. It contains 16 miles of paved roads, five lakes, three caves and one quarry. It is well known as an arboretum with over 500 species of trees and shrubs, including many current state champion trees. Elaborate memorials to individuals and families were carved by marble sculptors and granite fabricators.

The cemetery is named for the 264 foot deep cave on the east bank of the main lake located just below the Administration Office. The many depressions you can see throughout the cemetery are areas where the cavern ceilings in the cave below have collapsed.

The cave is off limits to visitors. A spring flows out of the cave that helps to feed the middle fork of Beargrass Creek.

Cave Hill National Cemetery is lo-

cated within Cave Hill Cemetery in the northwest corner. The original .65 acre property was donated by the Cave Hill Cemetery Company as a burial site for soldiers who died in service of their country. Additional acreage was added in 1863-1897 through donation and purchase.

Twelve soldiers of the 32nd Indiana German Regiment, commanded by Brigadier General August Willich are buried here. The troops perished in a battle at Rowlett Station in Hart County on December 17, 1861 between 500 men under Willich's command and 3,000 Confederates.

They were originally buried at the battlefield but their remains were moved to Cave Hill in 1867 and the monument was mounted on a solid stone pedestal contributed by Louisville's German citizens.

Cave Hill National Cemetery was listed on the National Register of Historic Places in 1998.

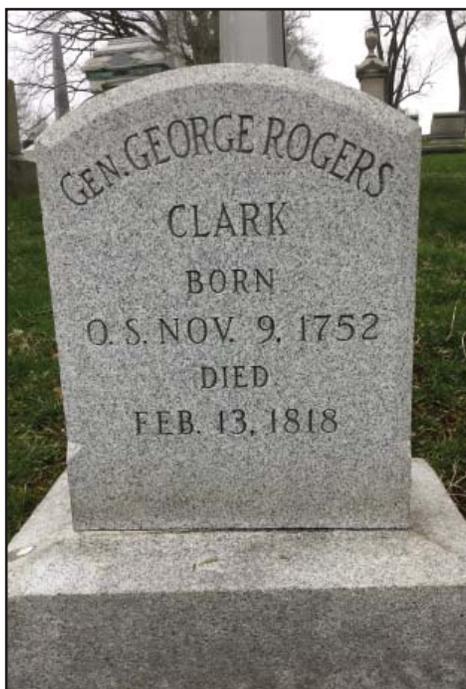
The most visited monument in Cave Hill Cemetery is that of Colonel Harland Sanders, which is designed like the Kentucky Fried Chicken headquarters building and includes a bronze bust of the Colonel who died in December of 1980.

Among other notables buried here include:

Muhammad Ali, boxing champion born in Louisville and interred on June 10, 2016.

Graham Brown, prominent Louisville businessman and philanthropist who was best known as the inventor of the Hot Brown Sandwich.

Pete "The Gladiator" Browning, a professional baseball player and one of the best right-handed hitters and fighters ever. Browning used John Hillerich's bats to create the famous Louisville Slugger.



George Rogers Clark, the founder of Louisville and famous military officer on the northwestern frontier during the American Revolutionary War.

Meriwether Lewis Clark, Jr., established the Louisville Jockey Club on Churchill land and created the Kentucky Derby in 1875.

Harry Leon Collins, famous magician who performed magic tricks

as part of promotional campaigns for Frito Lay for 45 years.

Patty Hill, kindergarten teacher who co-wrote the famous "Happy Birthday" song with her sister Mildred.

James Speed, prominent Louisville businessman and philanthropist. Louisville's Speed Art Museum, Kentucky's oldest and largest art museum, is named after him.

Henry Watterson, editor of The Journal newspaper (later changed to The Courier-Journal). Louisville's Henry Watterson Expressway is named after him.

Sebastian Zorn, president of the Louisville Water Company. He created the filtration system and Crescent Hill swimming pool.

Cave Hill Cemetery was listed on the National Register of Historic Places in 1979 and the Cave Hill National Cemetery was added in 1998.

It is located at 701 Baxter Avenue in Louisville and is open daily from 8:00 a.m. to 4:45 p.m. Several guided tours are available for visitors. More information is available at <https://www.cavehillcemetery.com/>.

Powell, Clark named Employees of the Month

Susan Powell and Patti Clark have been named the CHFS Employees of the Month for April.

Powell, the field office winner, is a social service clinician for Protection and Permanency's Barren County office in Glasgow. Kari Hutchison, Powell's nominator, said the veteran employee's dedication showed through from her willingness to be a jack of all trades in the office to helping new hires learn the duties of their positions.

"Susie volunteers to assist with removals, help fill out petitions, help initiate investigations that involve children who are located in homes and is always available to provide emotional support," Hutchison said. "Susie doesn't ask for or expect anything in return, she helps out of the goodness of her heart and truly loves what she does. She treats all of our clients with dignity and respect and I admire her commitment to Kentucky's families."

Clark, the CHR building winner, is a regional prevention center program administrator for the Department for Behavioral Health, Developmental and Intellectual Disabilities (BHDID) Prevention and Promotion Branch.

Clark has proven especially valuable in the face of many

changes undertaken by the Prevention and Promotion Branch recently. Clark's nominator and Branch Manager Phyllis Millspaugh said Clark flawlessly handled everything thrown her way, including the always important 'other duties as assigned.'

Clark helped develop the duties of her new position while submitting and fulfilling the grant requirements of the old position. During one particularly challenging stretch she began her new duties with the Regional prevention centers while making sure grant requirements for the old position were filled. She also managed the grant staff, submitted a renewal, scheduled statewide training for the new position and traveled across the state providing technical assistance to all the providers funded by the Branch.

"Patti is the best example of a team player that I can describe," Millspaugh said. "She frequently put her tasks aside to help her newly hired colleagues accomplish their projects or to make sure they understand the concepts that drive our work. Patti is a shining example of how teamwork, collaboration and cooperation can come together to produce amazing outcomes."



Worksite Wellness: No time to leave? Time for desk workout

Sticking with a goal to be active every day can be tough when you just can't get away from your desk during work hours. But even a little activity can make a difference. Here are several inconspicuous exercises you can try at your desk. All should take five minutes or less, and some you can even try while you're on the phone.

Neck rotations. Drop your chin and roll your neck. Then lift your chin up and bend your neck over to each side. Do this 10 times.

Back twists. Sit up straight, right arm behind your right hip. Twist to the right and hold. Repeat on your left side. Do this five times per side.

Shoulder pinches. Roll back your shoulders until your shoulder blades are pinched together, pretend you are holding a pencil between your scapulae, hold for 5-10 seconds. Repeat five times.

Shoulder shrugs. Raise both shoulders up to your ears and hold for 5 seconds and release. Hold a heavy book in each hand to make harder. Do this five times.

Leg extensions. While seated, straighten one or both legs and hold in place for five to 10 seconds, then lower without touching the ground and repeat five times. Add weight over your ankles to make it tougher.

Toe raises. While seated or standing, keep your heels on the ground and lift your toes. Repeat 10 times. Hold onto the back of a chair if you need to until you master this one.

Hip flexes. While seated, Lift one foot a few inches, keep your knee bent at 90 degrees and hold for as long as you can.

Standing calf raises. Hold onto the back of your chair and stand up onto your toes, hold for 10 seconds and