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## Staff Asked to Wear Purple for Domestic Violence Awareness Month

*By Anya Armes Weber*

Gov. Steve Beshear has proclaimed October Domestic Violence Awareness Month, and Cabinet staff is invited to become part of the educational effort.

Employees are asked to wear purple on Friday, Oct. 17, and Friday, Oct. 24. On those days, staff from the Division of Protection and Permanency and the Division for Violence Prevention Resources will hand out lapel pins and offer information and answer questions about domestic violence.

The purple ribbon is a symbol of domestic violence awareness and prevention.

Statistics from the [American Psychological Association](#) show that a woman is beaten every nine seconds in the United States.

According to another national study, the annual cost of domestic violence to the nation is \$67 billion in labor, child well-being, housing, social services, health care and criminal justice.

In Kentucky in 2007, there were 17,869 reports of partner and spousal abuse.

Reporting suspected domestic violence is the [law](#) in Kentucky, and the toll-free, anonymous reporting hot line is (800) 752-6200.

For more information about domestic violence prevention, check out these resources:

- Division of Protection and Permanency (Domestic Violence Awareness) - [chfs.ky.gov/dcbs/dpp/dva.htm](http://chfs.ky.gov/dcbs/dpp/dva.htm)

- Division of Domestic Violence Prevention Services -- [chfs.ky.gov/dcbs/dvpr/](http://chfs.ky.gov/dcbs/dvpr/)
- Kentucky Domestic Violence Association – [www.kdva.org](http://www.kdva.org) or (502) 209-KDVA
- VINE (Victim Information and Education Everyday) – (800) 511-1670
- National Domestic Violence Hot Line – (800) 799 SAFE or [www.ndvh.org](http://www.ndvh.org)

## Lexington Lecture Focuses on Violence Against Children

*By Anya Armes Weber*

A lecture later this month will focus on violence against children.

“In the Best Interest of Children: Contemporary Debates” will be from 3 to 5 p.m. on Tuesday, Oct. 21, at the W.T. Young Library Auditorium on Lexington’s University of Kentucky campus.

The lecture is an interactive debate presented by the Center for the Study of Violence Against Children. Other sponsors are the UK College of Social Work and the Irma Sarett Rosenstein Family.

Please reserve your attendance by contacting [Khuts2@uky.edu](mailto:Khuts2@uky.edu) or (859) 257-6654.

## KCI Open House

Kentucky Correctional Industries will have an open house this week at its operation located at 1041 Leestown Road (US 421 South) in Frankfort. The open house will be Oct. 16 and 17 from 8 a.m. to 4 p.m. and Oct. 18 from 8 a.m. to 1 p.m. The event features numerous items and services at discounted prices including:

- 10 percent off regular retail on all items.

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- 50 to 70 percent off on discontinued furniture.
- Clearance prices on scratch and dent items.
- Door prize drawings.
- Live plants for sale (ferns, scheffleras, & donkeytails).
- Embroidery made to order onsite. You may purchase KCI's apparel or you may bring your own.
- Hot dogs and beverages available.

For a complete list of KCI products, go to:  
<http://www.kcitoday.com>

Anyone, even private individuals, may purchase goods and services from KCI.

State agencies are NOT required to seek competitive bidding when purchasing goods or services from KCI.

### **Living Well: Journey to Wellness**

Are you looking for a tool or program that will create a path toward a healthier lifestyle and pay you cash rewards while you are traveling there? On Thursday, Oct. 2, Gov. Beshear spoke at the Frankfort Convention Center and sent out an e-mail discussing a new wellness initiative. The kickoff at the downtown benefits fair started with a brisk walk around the fountains, prizes and introductory information about Virgin Health Miles.

Kentucky is said to have the highest prevalence of chronic diseases like diabetes, stroke and heart disease, and ranks seventh in the nation in adult obesity. It is time to focus on preventive care and healthy behaviors.

The Personnel Cabinet has piloted a program that has proven to be successful for them, and they hope to pass that success along to all state employees starting Jan. 1. If you are looking to

adopt some healthier behaviors, mark your calendars, write down a few realistic goals and join the Journey to Wellness program. The Health Miles program might just be the tool that will motivate you to eat healthier, move more, take responsibility for your health and earn cash incentives.

Each employee who registers - for a cost of \$1.50 per month - will receive a Gozone pedometer that plugs into your computer and links you electronically to a personalized Lifezone Web site. In your individual site you can monitor your health miles, set personal goals, review your progress, and reward yourself by spending your healthcash. The pedometer not only tracks your steps, but your Web site also allows you to add all of your daily activity contributing to your healthmiles total. Also, participants can challenge co-workers and dependents involved to some fun, healthy competition. Each month 141 people will be selected for healthcash prizes listed below.

1	person will win 1,000 healthcash dollars
40	people will win 250 healthcash dollars
100	people will win 100 healthcash dollars

The 141 winners will then be able to use their healthcash dollars on gift cards towards your favorite national retailers like Target and Best Buy, or they can be converted into a personal check for the full dollar amount. To be entered for these great prizes, you must upload more than 7,000 steps daily for a single entry. The completion of additional wellness programs can earn you up to five entries.

If you would like to see more information regarding this new program, see the back page of the Benefits Selection Guide book or visit the Kentucky Employees Health Plan Web site at <http://kehpn.ky.gov>. All insurance coordinators and members of the Wellness Coalition have been invited to pilot this new Health Miles program, so look out for employees wearing a

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pedometer with the Virgin logo on it. You might just be looking at the next big winner!

### **OIT Golf Scramble a Success**

The Office of Information Technology raised \$2,401 for KECC at its Fifth Annual Cabinet for Health and Family Services Kentucky Employees Charitable Campaign Golf Scramble. The first place team with a score of 51 was Tee Time - Melba Story, Brian Kiser and Marshall and Colin Cox. CDP and EMC rounded out the top three. OIT would like to thank the following people and organizations for their support or sponsorship: Lisa Ballinger, Lorna Jones, Karen Glass, Christina Taylor, Stephanie Whitaker, Bob Babbage, Robert Martin, SDG, Bob Babbage Cofounder, Dell, 3M, Nortel, Lexmark, Viant, New Horizons, EMC, CDP, Tek Systems, Ajilon and Accenture.

### **New Ten-Ure Regions Proposed**

A proposal to change the Ten-Ure by-laws passed at the last meeting of the Ten-Ure board will be voted on at next year's annual conference. Pamela Waldrige, past president of Ten-Ure, made a motion to change the by-laws, Article 2, to reflect proposed new Ten-Ure areas at the Sept. 29 Board of Directors meeting. The motion was seconded and passed by the board. The new county alignment is reflective of the Cabinet's Department for Community Based Services Regions. To see the new proposed county alignments, visit the Ten-Ure Web site at <http://www.ten-ure.org/>.

### **Communications Staff Go to the Dogs and Cats to Raise Money for KECC**

People and their pets – there's an undeniable bond that leads many to conclude a likeness often exists between the two. Those of us who share our homes with pets consider them an important part of our lives.

According to the American Pet Products Manufacturers Association, there are 74.8 million owned dogs in the nation. Nearly 40 percent of households have at least one canine, and 75 percent of those are spayed or neutered. There are 88.3 million owned cats in the U.S. with 34 percent of households having at least one feline and of those, 87 percent are spayed or neutered. Many more await a forever home in animal shelters throughout the country.

Every employee in the Office of Communications owns at least one cat or dog. So, as a KECC fundraiser, Communications staff has gone to the cats and dogs to help bring in much needed funds for those less fortunate. We invite you to match each of us with our respective pet(s).

The contest will be Oct. 13-17. Entries are \$1 each, \$2 for three or \$5 for 10. Please stop by the table outside the Cafeteria in the Human Resources Building during lunch (every day from 11 a.m.- 1 p.m.) or stop by Communications' Offices at 4C-A and check out the owner and pet photos. To make it a bit more interesting, we've provided clues about each person to help you choose correct matches.

You'll be rewarded for your fun efforts with an opportunity to win prizes. First prize, to be drawn from entries that correctly identify all nine pets with their owners, is a pet bed filled with many wonderful goodies for both cats and dogs, including coupons for a free grooming from Canine Grooming and \$50 toward any veterinarian service courtesy of Town and Country Veterinary Service, food, treats, toys, collars leashes, picture frames, dishes, brushes, kerchiefs, scratching pads and more – an estimated value of more than \$200.

Second prize, to be drawn from all entries with at least one correct match, is a Boots and Barkley pet bed. The final prize, a dog bone and catnip,

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will be drawn from those entries with no correct matches.

Please stop by, have a little fun, make your best guesses and help support KECC. Winners will be announced in the Oct. 20 edition of the Focus. For more information, please contact Janis Stewart or Emily Moses.

### CHFS Focus Health Tip

#### HHS Announces Physical Activity Guidelines for Americans

Adults gain substantial health benefits from two and a half hours a week of moderate aerobic physical activity, and children benefit from an hour or more of physical activity a day, according to the new Physical Activity Guidelines for Americans.

Last week the U.S. Department of Health and Human Services released the comprehensive set of recommendations for people of all ages and physical conditions..

The guidelines are designed so people can easily fit physical activity into their daily plan and incorporate activities they enjoy.

Physical activity benefits children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group, the report said.

To read the comprehensive report and details of physical activity recommendations for various age groups, visit [www.hhs.gov](http://www.hhs.gov) or [www.health.gov/paguidelines](http://www.health.gov/paguidelines).

### Employee Enrichment

By Anya Armes Weber

Looking for ways to simplify your work? The writers at Web Worker Daily suggest these tips that could help you avoid overcomplicating your job.

**Don't dress things up.** Avoid adding more than necessary to your work. Fulfill the expectations for each assignment, but refrain from anything additional to let the work speak for itself. Less is more.

**Get help.** This could be from another person or even technology that can ease your work. If a coworker is expert at something that you struggle with, ask them to do that part of the work or give you some advice. If there's a software program or tool that can simplify or even automate your work, give it a try.

**Take a break from perfection – sometimes.** It's necessary to spend time perfecting and reviewing pretty much all of your work. But if you are pressed for time, don't bother color-coordinating your file folders or clearing off your desk every night.