

July 11, 2005

**CHFS Focus Employee Spotlight: Executive Officer, Sandra Brock**

Characterizing Human Services Executive Officer Sandra Brock in a brief employee profile isn't easy.

Brock manages a considerable workload as the professional right-hand to Undersecretary for Human Services Mike Fields. Representing a diverse mix of agency responsibilities – from serving elder Kentuckians and at-risk school children to coordinating volunteer activities and addressing the needs of abuse and domestic violence survivors and others - human services touches virtually every Kentuckian at some point in his or her life.

Brock's job requires her to have thorough knowledge of all human services agency programs, services, budget and applicable statutes and regulations.

In addition to advising human services leadership and staff and staying on top of routine human services functions and special activities, Brock also chairs the Cabinet's Worksites Health and Wellness Committee.

Fields said when Brock came on board with CHFS she hit the ground running. "Sandra made herself an invaluable member of the human services team from day one," he said. "Her work ethic, range of knowledge and leadership qualities have contributed so much to our service mission and success."

Fields added that Brock is one of those rare people who can absorb and retain volumes of information and apply it in the most direct, responsive manner. "She's been a big help solving problems and generating ideas that have truly improved our service delivery and, thereby, improved the lives of countless Kentuckians," he said.

Brock has a bachelor's degree in occupational therapy from Wayne State University in Detroit and undertook pre-professional studies at Oakland University in Rochester, Mich.

Prior to accepting her position with CHFS, Brock worked as an occupational therapist with Horn Richardson and Associates.

Brock said the opportunity to work in the newly created Cabinet for Health and Family Services was an opportunity and challenge she couldn't pass up. "I work with and for great people," she said. "Undersecretary Fields is a wonderful boss. He's always preparing and grooming you for the next step."



Brock's parents rank among the most significant influences in Brock's life. "My dad is the hardest working person I've ever met and his work ethic is my goal," she said.

One of five children, Brock credits her family and the values she was raised with for helping motivate her to give her best to any task. "I start each day thinking, 'it's not about me.' I want to be remembered as someone who genuinely made a difference in the lives of others – not someone who just talked about it."

If that's all there was to Sandra Brock, it would be impressive enough. However, along with her many admirable professional qualities and achievements, Brock has a fun, less serious side, too.

Married to husband David for four years, Brock is a cat lover with three feline pets she refers to as her "furry children": Oreo, Blizzard and Praline. Yet, there was a time she'd have laughed at the mere suggestion she might one day own a cat.

She's an enthusiastic Big Blue fan – that's the University of Michigan during football season for the Rochester, Mich. native. But, after 15 years in the Bluegrass, when the game is college basketball, she's all about the Cats.

She's a country music neophyte, who once shunned that music genre. And, rock 'n also has a cherished place in Brock's personal history.

She speaks wistfully and with a true fan's "infatuation" about the time she met and posed for a photo with legendary rocker Rod Stewart.

She also once chaperoned residents of a head injury rehabilitation group home at a concert featuring heavy metal bands Judas Priest and Dokken.

Brock is very involved in the life of her Lexington church where she is a charter member. She loves to travel and enjoys just about any kind of outdoor activity, especially if it involves water. She also belongs to a cooking club.

Space in the CHFS Focus doesn't allow for a full accounting of Brock's many other talents and interests. Still, considering the depth and breadth of her involvement in Cabinet activities, it's likely that many CHFS staff members will have an opportunity to meet and work with Brock, or at least in some way benefit from her contributions on the job.

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## CHFS Focus Program Spotlight: Remember “The Big Move”?

By Pam Fries

By now, you’ve probably settled into your new space and the “big move” is little more than a distant memory. But, you can bet the folks who developed the plans, scheduled each move, hefted all those filing cabinets and reconnected all those computers and telephones still remember.

Lisa Detherage, director of the Facilities Management Division (FMD), said those involved in the “big move” are an experienced, highly effective team.

“The goal of ‘The Big Move’ was to improve efficiency and communications after the two former cabinets merged,” Detherage said. “It took a lot of teamwork, not only on the part of our staff, but also, from the Office of Technology, Telecommunications, Correctional Industries and agency move coordinators.”

Key players in planning and coordinating the move were Lisa Razor and “Radar” Howe.

Razor, interior designer for the Cabinet, said designing spaces for the move was “like putting together a massive jigsaw puzzle to make everything fit.”

Her first step was gathering information, such as organizational structure, number of staff and space and equipment needs, from agency contacts. Then, she developed floor plans, made requested changes, finalized the plans and posted them in the lobby of each floor. As reorganizations occurred within an agency during the move, she made more changes.

“The move couldn’t have been done without the movers – they are always professional, efficient and polite,” Razor said. “They always go above and beyond.”

Howe, the move coordinator, worked with movers, technology and telecommunications staff and agency move

### People involved in “The Big Move”

#### Leased Properties:

Robert Wright	Radar Howe
Lisa Razor	Ray McGuire
Robert Tillman	Frank Taylor
Bobby Shepherd	Tommy Bowen
Danny Collins	Troy Hogan
Louis McDowell	

#### Office of Technology:

Melba Story	Nancy Turner
Jim Kinnaird	Joe Allen
Mattingly	
Pam Stephens	Jenny Royalty
Roscoe Gabbard	

#### Telecommunications

Billy Duncan	David Purvis
Dave Purcell	Jim Robertson
Greg Harrod	Steve Surber
Bruce Osborne	Dale Lewis

Frank Anderson and Chris Taylor kept the state running while the rest of the telecommunications staff worked on the move.

#### Assets Management

Richard Manley – archives

#### Agency Move Coordinators:

Nancy Oveson	Laurie Walston
Jay Klein	John Gray
Marcia James	Maggie Liford
Ann Gordon	C-Ann Robinson
Mary Gaetz	Beth Noe
Janis Stewart	Kim Damron
Bob DeRossett	Mona Womack
Becky Conner	Kevin Payton
Noel Harilson	Roger Smiley
Deanna Perkins	

#### Correctional Industries:

Deborah Skinner	Mark Cornn
Inmates	

coordinators to plan and schedule when and where all equipment and furniture was moved.

“I’m proud that we ran on schedule, even while stopping to help individuals,” Howe said. “But the credit goes to Ray McGuire and his moving crew, Tommy Bowen, Danny Collins, Troy Hogan, Louis McDowell, Bobby Shepard, Frank Taylor and Robert Tillman, who reconfigured offices for the new design, cleaned cubicle panels on the third floor and helped with the move when needed. They are a wonderful group, the best I’ve ever worked with,” she said. “Ask them to do something once, and it’s done.”

“The Department of Corrections inmates and their supervisor Mark Cornn also helped us meet our schedule by moving employees’ boxes and personal equipment,” Howe said. “In most cases, people were moved and up and running in one day.”

For 44 work days, from mid-January through March, FMD and support crews moved 737 people and their equipment and files. During that same period, they:

- hauled 15 truck loads of surplus equipment out of the building;
- recycled 57.5 tons of paper and books;
- archived 650 cubic feet of records;
- removed and destroyed 12,125 rolls of Medicaid microfiche;
- reconfigured about 100 printers; and
- cleaned cubicle panels on the third floor.

“This was an amazing amount of work in a short period of time,” Detherage said. “And it only required 54 temporary moves, which is great, given that we didn’t have much flex space to use.”

“But the moves associated with the reorganization aren’t completely over,” she said. “The team just finished moving 85 staff, including the Help Desk, from the KAMES building to the Health Services Building and Frankfort Place, a new leased building,” she said. “And when work on the basement space is completed at the end of July, we’ll be moving more Information Technology (IT) staff there and reconfiguring the fourth floor IT area for a total of 170 more staff moves by the end of August.”

Still, don't expect to hear a huge sigh of relief in late August - there probably won't be time. This group is already at work redesigning all 11 floors of the L&N Building in Louisville and reworking the Frankfort Department for Disability Determination Services office layout to accommodate more staff.

With CHFS employees housed in more than 400 properties across the state, the moves never seem to end.

### Traveling photo gallery spotlights children awaiting adoption

By Anya Armes Weber

Top, right: Foster child Jabrell

Bottom, right: Foster siblings Matthew and Katy

A photo exhibit opened this week in Louisville that's designed to help find loving homes for the Cabinet's foster children and raise awareness about the state's steady need for adoptive families.

The Shining Star Photo Gallery II is a continuation of an effort begun last year. The latest gallery premiered Wednesday with a reception at the Kentucky Center for the Arts.

Twenty-one professional area photographers donated their time and talent to create portraits of children and sibling pairs from the state's Special Needs Adoption Program (SNAP) who are living in foster care across the state. Twenty-three children are featured.

The Kentucky Cabinet for Health and Family Services and WLKY TV "Wednesday's Child" -- a nonprofit organization that promotes adoption -- are cosponsors of the display.

The children, photographers and organizations that displayed last year's portrait collection were recognized at the reception.

Mike Robinson of the Department for Community Based Services acknowledged that the state's roster of available

adoptive children far outpaces the number of people willing to give a home to a waiting child.

"Sadly, we always have children waiting in the wings for safe, loving homes," he said. "But we can improve their chances of adoption through projects like this gallery. These moving portraits show the true face of SNAP and encourage more families to explore adoption."

The gallery will be on display at the Kentucky Center for the Arts through Wednesday, July 13.

The original Shining Star display traveled across the state and concluded with several happy endings.

From last year's collection of 19 portraits, five children, including one sibling pair, have been or are in the process of being adopted.

Your church or service organization can schedule the Shining Star Gallery II to make a stop at your location by contacting WLKY TV Wednesday's Child Executive Director Lynda Price at (502) 551-9419.

### Governor announces new Kentucky Quit Line to help smokers kick the habit

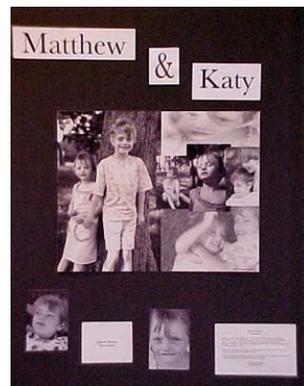
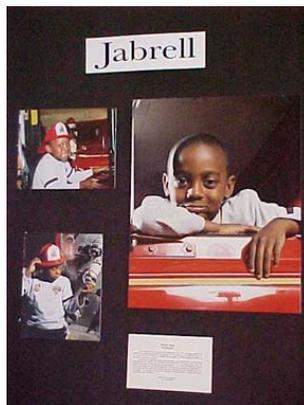
#### Kentuckians can call 1-800-QUIT NOW

Governor Ernie Fletcher announced on July 6 that Kentucky smokers will now have one more tool to help them quit smoking. The new 1-800-QUIT NOW quit line will provide smokers with cessation information and one-on-one counseling tailored to their level of readiness to quit.



"We all know that smoking and the use of other tobacco products greatly impact Kentucky's health status," said Governor Fletcher. "Although we are seeing a drop in the number of people smoking, tobacco use is still one of the biggest health issues facing us. The quit line is a new resource to support smokers in the Commonwealth who want to make a healthy change and give up smoking."

Governor Fletcher also announced that data collected by the Department for Public Health (DPH) in the Cabinet for Health and Family Services (CHFS) show the adult smoking rate in Kentucky dropped 10.5 percent from 2003 to 2004. This brings Kentucky's adult smoking rate to 27.5 percent, still the highest in the nation. Research indicates that 70 percent of smokers want to quit.



1-800-QUIT NOW is a statewide telephone service that will provide brief intervention and support for people who want to stop smoking or using other tobacco products. Callers, both smokers and nonsmokers, can receive information about tobacco dependence and treatment options. Tobacco cessation counselors will staff phone lines Monday through Friday, 9 a.m. to 9 p.m. The Centers for Disease Control and Prevention funded the quit line through a grant to DPH.

"If we truly want to change the health status of Kentucky for the better, we must reduce the number of Kentuckians who smoke," said CHFS Secretary James Holsinger, M.D. "The prevalence of smoking in Kentucky doesn't affect only smokers. It's a Kentucky problem and it is our hope every Kentucky smoker who wants to quit will call this number for help."

The quit line offers a one-on-one proactive counseling program for tobacco users who are ready to quit. After the initial call, a smoker may receive up to five scheduled call backs from a counselor. For smokers considering quitting, quit line staff will provide information about tobacco use and treatment options. Counselors will provide state and local resources to callers as another option for tobacco cessation. Parental consent is required for callers younger than 18.

In addition to being a resource for smokers, family and friends of smokers may also call the quit line for information on ways to encourage a tobacco user to quit, how best to support a tobacco user's quit attempt, the dangers of secondhand smoke and other tobacco cessation information. Information is also available to physicians concerning the most up-to date intervention methods to help patients with tobacco use addictions.

1-800-QUIT NOW is available in English and Spanish. TDD is available for the deaf and hard of hearing. Counseling and materials are provided at no charge to callers.

Quit lines are one aspect of comprehensive tobacco cessation services. Scientific reviews have established that proactive telephone counseling through quit lines is an effective cessation method. Master's-level counselors undergo extensive classroom and practical experience.

Tobacco use remains the leading cause of preventable disease and death in the United States. Nearly 4,000 Kentuckians die prematurely each year from tobacco use. Smoking is a major risk factor for the four leading causes of death: heart disease, cancer, stroke and chronic obstructive pulmonary disease. Kentucky's local health

departments also offer tobacco cessation support in communities across the state.

For more information about the quit line, contact RaeAnne Davis at [RaeAnne.Davis@ky.gov](mailto:RaeAnne.Davis@ky.gov) or (502) 564-7996, ext. 3858.

### **Governor Fletcher announces expanded newborn screening rollout**

*Initiative will save lives*

On July 1, Governor Ernie Fletcher announced the beginning of the rollout for the expanded newborn metabolic screening initiative approved by the 2005 General Assembly.



"As a physician, I have seen firsthand why newborn screenings are essential. The importance of these metabolic screenings - for every child in Kentucky - cannot be overstated," said Governor Fletcher. "For many of our children, early screening can literally mean the difference between a full, healthy life and one spent battling a debilitating condition. It can even mean the difference between life and death. This initiative will save lives."

The rollout of expanded newborn screening will continue through December. Beginning July 1, the Kentucky Public Health Laboratory will add two of the expanded tests - one for hemoglobin S/C disease and another for hemoglobin S/Beta-Thalassemia disease.

The Department for Public Health (DPH) in the Cabinet for Health and Family Services manages the state's newborn screening program. The state Public Health Laboratory has received two new tandem mass spectrometers. Once installed, the equipment will be tested for accuracy and staff will be trained to conduct and process results of the new tests. Several state lab staff members have already received preliminary training at the Mayo Clinic in Minnesota.

In his 2005 budget, Governor Fletcher proposed funding for the screening expansion, which was then made permanent by the General Assembly through Senate Bill 24. The funding will allow Kentucky to screen for 29 different disorders - 28 metabolic disorders as well as the universal hearing exam - as recommended by the March of Dimes and the U.S. Department of Health and Human Services. Currently Kentucky is one of only five states testing newborns for only four blood conditions.

"Our goal is to begin conducting these additional tests for Kentucky's newborns as quickly as possible," said DPH Commissioner William Hacker, M.D. "With the help of our many partners at the state Department for Public Health, at university hospitals and on the state newborn screening workgroup, we will make a difference in the lives of Kentucky's children. I commend Governor Fletcher for his continuing leadership on this vital issue."

New technology known as tandem mass spectrometry has enabled physicians to increase the number of metabolic conditions for which newborns can be screened. Early detection, diagnosis and treatment of children with these metabolic conditions may prevent a child's serious illness, disability, or even death. Thirty-eight states have expanded their programs through this new technology.

DPH also continues to work with the state's university medical centers to ensure the process for definitive diagnosis, treatment and case management for children with conditions identified through the screening program.

It is estimated that up to 5 percent of childhood deaths attributed to sudden infant death syndrome (SIDS) may have actually been caused by a treatable metabolic condition. From 2002-2003, Kentucky lost 91 infants to SIDS.

### CHFS Health Tip of the Week: Protect your eyes from the sun's powerful rays

By Anne Parr, R.N.

Most of us know the importance of using sunscreen to protect skin from the sun's harmful rays, but what about protection for our eyes?



Studies have shown that prolonged, unprotected exposure to the sun's invisible, high-energy ultraviolet rays may cause eye conditions, such as cataracts and age-related macular degeneration, that can lead to vision loss. During the summer months, the level of ultraviolet radiation is three times more intense than in the winter. The more exposure to bright light, the greater the chance of developing serious eye problems.

Sunglasses and a wide-brimmed hat are the best defense system for your eyes. To be effective, both must be worn every time you're outside for prolonged periods of time, even when it's overcast.

But what type of sunglasses should you buy? The most important thing is to purchase sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Don't be misled by the color of the lens or the price tag dangling from the frame.

The UV-blocking effectiveness of sunglasses doesn't depend on the darkness of the lens. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface. As for the cost, many inexpensive sunglasses provide equal or greater protection than those costing 10 times as much. With expensive sunglasses, you're paying for style, frame quality and options such as scratch-resistant coatings – sometimes even a brand name - not protective ability.

But no matter what type of sunglasses suit your fancy, just make sure to wear them when you are exposed to sunlight to help prevent harmful eye conditions.

### 5 A Day - Isn't that a lot of food?

When you think about trying to get five servings of fruits and vegetables per day it may seem overwhelming. The good news is there are ways to make it easier.



5 A Day means a combination of five fruits and vegetables per day not five servings of fruits AND five servings of vegetables. Fruits and vegetables offer many of the same nutritional benefits, so mixing them up or indulging your taste for just one can help you gain the same health results.

### What makes up a serving size?

1 serving is equal to:

- 1 cup raw fruit or vegetables
- 1 medium piece of fruit
- ½ cup cooked or canned fruit or vegetables
- ¾ cup or 6 ounces of 100 percent juice
- ¼ cup dried fruit

### How to count your servings

It can be challenging to determine how many servings you are eating. Here are a few helpers.

- 1 cup or one medium piece of fruit is about the size of a tennis ball

- ¼ cup dried fruit is about the size of two walnut shells

Sometimes combination foods are hard to count. Foods that are mixed such as vegetable soup may have to be estimated. You might decide a bowl of soup has about 1/2 cup of vegetables in it and count it as one serving of cooked vegetables. Lettuce, tomato, ketchup and pickles on a sandwich count as long as you have enough that they add up to one cup. Vegetables that are added to a casserole or pizza count as long as they add up to half a cup. Fried vegetables like French fries, potato chips, onion rings, etc. do not count for 5 A Day. The amount of calories and fat that are added when these foods are made and the high heat these foods are exposed to decreases their health benefit.

Juice counts for 5 A Day as long as it is 100% juice. It is not a good idea to drink all your servings in the form of juice. The juicing process loses the fiber which is an important part of 5 A Day and the health benefits. It's best to have only one serving of juice in your 5 A Day line-up.

### 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.*

Keeping your brain sharp not only gives you a work advantage, it also can help you stay healthy. A study at Case Western University Medical School in Cleveland shows that people who are less mentally active in their middle-aged years are three times as likely to show signs of Alzheimer disease as they age.

Challenging your mind with new activities can help hone your mental skills. Here are some ideas.

- Read. Pick up a book you haven't read since high school or a new tome recommended by a friend. Join a book club – either online or in person – to compare your observations with others.
- Become more tech savvy. Take a computer class to try something new to add to your catalog of skills.
- Step out of your comfort zone at work. Being in new situations helps you use different parts of your brain. Volunteer to lead a meeting if you've never done so. Or, as long as you can ask for help, trade basic tasks with a coworker. You may discover another field that interests you.