Visitors to the Kentucky State Fair in Louisville this month can get information and expert guidance on health, wellness and family assistance programs at the CHFS exhibit.

The fair is Aug. 17-27 at the Kentucky Exposition Center, and the CHFS exhibit in the Health Horizons area of South Wing B and the interactive display will feature learning activities for children and adults, free health screenings and on-site health educators who can speak one-to-one about wellness and prevention.

The exhibit includes a 45-foot dental screening van, sponsored by CHFS, the University of Kentucky and the University of Louisville. Medical staff will offer free dental screenings to children entering public school kindergarten or first grade who have signed consent from 10 a.m. to 2 p.m. daily.

Also to help children in foster care, CHFS is collecting new duffel bags and backpacks at its display. Everyone is encouraged to bring a bag or backpack with them to the fair and place it in our donation bin.

CHFS Secretary Vickie Yates Brown Glisson said that the need for bags surprises a lot of people.

“Often times, when children are removed from their home and placed into state care, all their belongings are literally stuffed into a black garbage bag,” Secretary Glisson said. “Can you image how that makes them feel? No child deserves to be given a trash bag for their belongings. This effort changes that.”

For a complete listing of CHFS offerings for the State Fair please visit http://bit.ly/2fGgYVG.
Marty Mosquito hits road for Zika awareness

By Beth Fisher

Have you visited any of Kentucky’s beautiful state parks this summer? If so, you might have encountered Zika prevention messaging, free bug repellent, or – if you were really lucky – the famed Marty Mosquito herself.

Marty, who serves as the Department for Public Health’s Zika mascot, hit the road with CHFS Communications staff, stopping by several state parks to help spread the message about mosquito prevention and the dangers of vectorborne diseases.

Stops included Taylorsville Lake, General Butler State Park, Lake Cumberland, Green River Lake State Park, Natural Bridge State Park and Carter Caves State Resort Park.

Marty had the chance to interact with park visitors, hand out information, and even pose for a selfie or two.

“Marty Mosquito has been a very successful public outreach tool for our agency, especially from our visits to local communities and state park facilities this spring and summer,” said Public Information Officer Barbara Fox, who handles communications for the DPH Preparedness Branch. “Children and adults alike have enjoyed Marty’s spirited personality while assisting us with spreading the word about the Zika virus and mosquito prevention. Marty has also starred in several videos highlighting Zika virus prevention for the Kentucky Department for Public Health and was spotlighted at the Centers for Disease Control and Prevention (CDC) during a visit there.”

Marty’s videos are posted on the Cabinet’s youtube channel https://www.youtube.com/watch?v=wlP24KzVPR4. We encourage everyone to watch and help spread the word by sharing the messages on your own social media accounts. You can also follow Marty on Instagram (@martymosquito).

Always remember: Everyone can benefit from mosquito prevention and control efforts. Fight the bite by removing areas of standing water around the home, wear repellent, and don’t forget protective clothing too.
Dear CHFS Colleagues,

As you know, the Kentucky State Fair is one of our most popular and important outreach efforts. This year our State Fair exhibit in the Health Horizons area of South Wing B will feature a collection bin for visitors to drop off donations of new duffel bags and backpacks that will go to children entering state care.

Many people don’t realize that, often times, when children are removed from their home and placed into state custody, all their belongings are literally stuffed into a black garbage bag. Can you imagine how that makes them feel? No child deserves to be given a trash bag for their belongings.

Duffel and backpack drives across the state — sponsored by children’s agencies, scout groups and state employees (including our Disability Determination Services)—are changing this. Now, I am calling on you to join me in the effort to give foster children the dignity of carrying their possessions in a new bag that is all their own.

When you pack your items to visit the State Fair on Aug. 17-27, please bring along a new backpack or duffel bag to add to our collection. Your donation will be given to our Department for Community Based Services regional administrators, who will distribute bags to county offices based on the greatest needs.

CHFS employees have proven themselves to be the most generous and responsive group of people I know. Not only do you spend your work life in service; you are, as Governor Matt Bevin describes those with giving hearts, servant leaders. You are always first to give back to your communities through your volunteer contributions and gifts of time.

Please help the state’s foster children by making a small donation of a duffel bag or backpack when you attend the State Fair. I thank you and appreciate your contribution.

Sincerely,

Secretary Vickie Yates Brown Glisson

Secretary Glisson Invites Staff to Donate New Duffel Bags, Backpacks to Foster Youth at State Fair
Located on the Ohio River between Louisville and Clarksville, Indiana, the area contains over a mile of shoreline and 200 acres of fossil beds visible when the Ohio River level is low.

Over 300 different fossil species have been identified here. The fossil beds here are considered to be among the largest naturally occurring laterally exposed coral beds in the world. This is the only outcropping of bedrock along the length of the Ohio River.

While the upper fossil beds are located within the Falls of Ohio State Park in Clarksville, Indiana, the largest portion (lower fossil beds) lie within Kentucky state boundaries.

The area was named for the bedrock that forms a natural series of rapids in which the Ohio River falls 26 feet for 2.5 miles in length.

These rapids were a natural obstacle to early explorers of this region and were the main reason the cities of Louisville, Jeffersonville, Clarksville and New Albany developed where they did.

Over the years as navigation and commerce expanded along the Ohio River, the need for controlling the depth and flow of the river increased.

To avoid the dangerous rapids at the Falls of the Ohio, dams and locks were constructed. The McAlpine Dam at the Falls of the Ohio currently controls water flow in the area.

The formation of the fossil beds here date back to the middle of the Devonian Period which was about 380 million years ago. At that time a warm, tropical, shallow sea covered the eastern half of North America from New York through Kentucky southwest over Texas.

In order to preserve these fossil beds, 1,404 acres of Kentucky and Indiana along the Ohio River were dedicated as the Falls of the Ohio National Wildlife Conservation Area, protecting the fossil beds and the abundant wildlife that lives in the area. It is important to remember that rock and fossil collecting are not permitted in the area because they are protected by federal and state laws.

The Falls of the Ohio fossil viewing is divided into three areas – the upper fossil beds, the coral rich area and the cave zone. Each zone contains abundant fossils, but the types of fossils in each area differ.

The upper fossil beds are exposed most the year but may be flooded in the spring. The coral rich area contains coral beds that cover many acres. When the gates of the dam are closed late summer through early winter, it is possible to explore the coral beds on the Indiana shoreline. The cave zone is located in the lower fossil beds.

Fossils can be seen in the rocks along the shore most of the year, but the best time to see large areas of exposed fossil beds is when the Ohio River is at low levels during the summer when water is being held back by the dam.
Protect your eyes during Great American Eclipse

The Department for Public Health is warning the public not to directly look at the upcoming solar eclipse on Aug. 21 without the proper equipment and techniques. People from all over the world will converge on the U.S. to witness the eclipse. While the solar eclipse will occur across the continental U.S., those within an estimated 70-mile path labeled “Path of the Total Solar Eclipse” which includes Hopkinsville, Paducah and the Land Between the Lakes will experience a total solar eclipse, lasting up to 2 minutes and 40 seconds. Outside of this path, observers will witness a deep partial eclipse, which will partially block the sun's light.

There are several ways to safely view a solar eclipse and avoid permanent eye damage:
- Eclipse glasses or handheld solar viewers that meet the International Organization for Standardization (ISO) 12312-2 international standard for eye and face protection products intended for direct observation of the sun may be used. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun.
- Telescopes with solar filters can also be used. Never look through a telescope without a solar filter on the large end of the scope. Never use small solar filters that attach to the eyepiece as found on some older telescopes.
- Pinhole projectors and other projection techniques are a safe, indirect viewing technique for observing an image of the sun and can be constructed using paper or cardstock.

Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars or other optical device. Similarly, do not look at the sun through a camera, telescope, binoculars or any other optical device while using your eclipses glasses or handheld solar viewer. The concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.

Morgan, Sheets August Employees of the Month

Mia Morgan and Kelli Sheets are the CHFS Employees of the Month for August.

Morgan, an agency veteran just shy of 32 years with the Commission on Children with Special Health Care Needs, serves as an Office Support Staff II. She retired Aug. 1, leaving a legacy of hard work, dedication and enthusiasm for her job.

“I have served beside her 30 of those 32 years and know first-hand the dedication she has shown. She is flexible and proven that she can adapt to change.

She has embraced the changes to our agency and made sure she reacted to these changes in a positive way by keeping the focus on serving others,” said her nominator Peggy Tichenor. “As her job changed she transitioned into new responsibilities without complaint. No matter what our name was, or the location of her office or the fact that for most of her years here her desk was older than she was, she kept on working to make sure the next person who walked in our door received a smile and a kind word.”

Sheets coordinates the HartsSupported Living (HSL) and the Personal Care Attendant Program (PCAP) in the Department for Aging and Independent Living.

She is praised for going above and beyond her responsibilities to help the individuals served by her programs.

“It (Hart Supported Living) is a tremendous amount of work for one person that requires a lot of coordination, flexibility, and organization,” said Sheets’ nominator, Jennifer Dudinskie. “While this is a part of the job, this year has presented some additional challenges and Kelli Sheets, HSL Program Coordinator, has risen to the occasion and done a phenomenal job.”

If you know an employee you would like to nominate for Employee of the Month, please submit the nomination form electronically to http://bit.ly/2aX48Kz.
Tips for changing ‘The way we’ve always done it’

**PEAK PERFORMANCE**
Anya Armes Weber

Being resistant to change can be harmful to work success. It can cost productivity, money and employee satisfaction. “This is the way we’ve always done it” is a convenient excuse against new ideas.

TheMuse.com offers some tips for staff who want to initiate change in their workplaces rather than just complaining about “the way we have always done it.”

**Set a meeting with your supervisor.** Give your boss a heads up that you think something should be done differently. Pick a time when she’s not swamped so she can give your ideas her full attention.

**Be prepared.** Be ready to explain the benefits if your new method and why it is a better alternative to the current one. Have details ready about what your plan would entail – show your research. Be ready for any “what if” questions and show how your plan would be a positive change, saving time or money.

**Be ready for resistance.** Others may be hesitant to change. It is important that you do not discount others’ opinions. Tell them the benefits of your plan and how it would specifically be good for them.

**Follow up.** If your boss is amenable to your ideas, check in with her after a couple of weeks to see when you can take further steps. Don’t let your idea fall off her radar.

**Stay positive.** Don’t get discouraged if your idea was shot down early or just didn’t work out. Your idea might need some tweaking and some input from other staff too work. You need to be resilient to be a professional success.

---

Worksite Wellness: Time away reduces stress from work

Here is a healthy suggestion that many of us will have no problem following: To reduce work stress, take a vacation.

The experts at WebMD.com note that it’s beneficial to get away from work for a long vacation to help recharge your batteries.

When you get away from the projects and people that might cause you anxiety, you can gain a new perspective on them and maybe find a better way to deal with them. Unplugging from work devices is also a good idea to ensure you are not distracted from your relaxation.

If it’s been a while since you took time off from work, plan a vacation for your own good!

---

When you need a helping hand
Our behavioral health programs are here for you.

If you or someone you love is dealing with a difficult situation, your Kentucky Employees’ Health Plan offers resources to help. Whether it’s substance abuse, depression, or you just need a little extra support. Call the 24/7 resource center at 1-855-873-4931. [https://livingwell.ky.gov/pages/mental-health.aspx](https://livingwell.ky.gov/pages/mental-health.aspx)

---

We Want to Hear From YOU.

Readers of the Focus are encouraged to give feedback on each issue, from the articles they see to story ideas taking place in their offices. CHFS employees are encouraged to share agency news, recipes or any other material for a future issue of the Focus. Send all information and ideas to Elden May at elden.may@ky.gov.