

March 5, 2007

## **Social Work Month: Social services worker helps female victims of abuse**

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I have worked in domestic violence and spouse abuse for about 16 years. I find it both challenging and rewarding.

The most challenging aspect of my job is trying to motivate female clients to seek the safety and protections that are rightfully and legally theirs. Many of my clients tend to minimize the abuse and assume responsibility for the other person's actions.

It is very rewarding when I am able to get a woman to focus on herself and accept the facts that she matters and has worth. The court process is not my only area of support and advocacy, but it does require a large portion of my time.

Over the years, I have written several poems addressing the issue of domestic violence, usually from the victim's perspective. Here is one I wrote recently.

### **A Day in the Life**

Five in the morning; swat that alarm. Just five more minutes can't do much harm.  
Five, ten, fifteen twenty: I'm late! This is the part of my day that I hate.

Stumble to the bathroom. Take a shower and dress.  
Time to get going, deal with the mess left by arguments, violence, abuse.  
Sometimes questioning, "Just what is the use?"

Dealing with challenges, days and hours on end.  
Trying to show victims they do have a friend.  
Trying to convince them they do have a voice when others are whispering,  
"This must be her choice."  
Providing support for the EPO docket. Trying to focus when she just wants to "drop it."  
Trying to help her deal with her fear, and fight for her safety and right to be here.

But, it's more than rewarding. It's more than a gift,  
If just for one minute, her spirits you lift.  
If you help her rekindle a glimmer of hope,  
Convince her to hang on, not let slip the rope,  
The rope that is you, her stalwart connection,  
To validation, support, and her right to protection.

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### **IT Alerts Employees to Daylight-Saving Time Issues**

Due to Section 110 of the Federal Energy Policy Act of 2005, Daylight-Saving Time (DST) will be changing this calendar year for the entire United States. DST will begin three weeks earlier this year, starting March 11, 2007. DST will end one week later this year, Nov. 4, 2007.

The change means time will start and end differently than current rules built into computer systems. Systems may record and or display inaccurate time if adjustments are not made.

### **Your outlook calendar could be incorrect**

COT has started running automated tools that will check Outlook calendars for recurring scheduled appointments. This tool will correct the time and will send an e-mail to the meeting participants as a new meeting announcement reflecting the new DST updated time. You may be seeing automated recurring appointment calendar updates appearing now.

### **The time displayed on your computer workstation will need to be corrected**

OIT has implemented changes to Cabinet workstations that will make the workstations comply with the law. OIT has made every effort to push out patches provided by Microsoft, which correct the time on all CHFS workstations. Unfortunately, OIT was not able to access all workstations because some were turned off or the network was congested, preventing the patch from being applied.

This puts some of the burden on users to make sure they verify the workstation has the correct time on March 12. Also, check your Outlook calendar to ensure meeting times are correct.

The following may help eliminate meeting time confusion on scheduled meetings during the transition time period: When you schedule a meeting for March 11-April 1, enter the time of the meeting on the "Subject" line. This will allow the participants to look at the subject line to verify the correct meeting time.

To view a presentation on this subject, visit the CHFS [Intranet](#).

Finally, if you find that your workstation or Outlook calendar does not have the correct time, please e-mail the CHFS Network Helpdesk.

For more information please visit [http://technology.ky.gov/support/dst\\_advisory.htm](http://technology.ky.gov/support/dst_advisory.htm)

This information can also be found online at: <http://chfsnet.ky.gov/>

### **March Fitness Classes Scheduled**

The March fitness class schedule is as follows:

3/5 Monday - Aerobics

3/7 Wednesday - Yoga/ Pilates

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- 3/9 Friday - Kick Boxing
- 3/12 Monday - Resistance Bands
- 3/16 Friday - Hip Hop Dance
- 3/23 Friday - Aerobics
- 3/26 Monday - Yoga/Pilates
- 3/28 Wednesday - Kick Boxing
- 3/30 Friday - Resistance Bands

All classes are from noon to 1 p.m. in the third floor of the Health Services Building in the Distance Learning Center Room B.

Please bring your own water and mat or towel.

For more information, call Kris Hayslett 564-9592, ext. 3797.

### **Benefits of Folic Acid**

Most people think folic acid is used only by women who want to become pregnant or by women who are pregnant. Studies have shown folic acid has many benefits for everyone.

### **Children**

Folic acid is required for proper growth and development. The recommended dietary allowances for folate are shown below:

<b>Age Group</b>	<b>Recommended Dietary Allowance per day</b>
Infants (0-6 months)	65 micrograms
Infants (7-12 months)	80 micrograms
Children (1-3 years)	150 micrograms
Children (4-8 years)	200 micrograms
Children (9-13 years)	300 micrograms

### **Women of Childbearing Age**

Experts recommend that all women take 400 micrograms (mcg) of folic acid per day. Folic acid is known to prevent birth defects and neural tube defects. Neural tube defects are defects of the baby's brain or spine. These defects can occur approximately 30 days after fertilization (when a woman may not know she is pregnant).

### **Men**

Men need folic acid every day for developing new cells in their body. Folic acid can aid with good skin and hair growth. Males who are 14 years of age and older should take 400 mcg per day of folic acid.

### **Seniors (age 51 years and older)**

As we get older, we need folic acid to make new cells for our skin, blood and hair. Seniors should take 400 mcg per day of folic acid.

New studies have shown folic acid may assist in reducing:

- certain cancers such as breast, cervical or colon cancer
- diseases that affect the brain or mental function such as Alzheimer's disease, dementia or depression
- cardiovascular diseases such as coronary heart disease and stroke
- anemia (reduced amount of packed red blood cells in the blood)

Common signs and symptoms of folic acid deficiency:

- digestive disorders such as diarrhea, loss of appetite or weight loss
- headaches
- heart palpitations
- irritability
- forgetfulness
- behavioral disorders
- premature birth and/or babies born with neural tube defects
- low birth weight babies
- infants and children who have a slow overall growth rate

Have your physician evaluate you if you have any of these symptoms so you can receive the appropriate medical care.

If you are taking a multivitamin each day, check the label to make sure you are receiving the recommended daily allowances.

Foods high in folic acid include broccoli, asparagus, bananas, oranges, peas, nuts, spaghetti, bread, cereal and flour. Make sure you include leafy vegetables, fruits and grains in your diet every day.

Suggested Web sites for more information:

March of Dimes: <http://www.marchofdimes.com>

National Institutes of Health: <http://ods.od.nih.gov/factsheets/folate.asp>

### **Living Well: Battle Boredom**

Are you tired of your workout schedule? Most of us get into a routine and we tend to not venture away from our individual comfort zones. If you are currently bored with your exercise routine or have tried exercise and couldn't stick with it, the reason for your lack of enthusiasm could be boredom.

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Many people think of exercise as walking, running, cycling or swimming at a vigorous pace for 30 minutes or more at least five times a week. These are all excellent forms of exercise, but don't limit yourself to these activities. Also, don't just pick one activity to on which to focus all of your efforts.

Cross-training is a great way to battle boredom and fight off those nagging overuse injuries like knee pain, shin splints, foot pain and plantar fasciitis (heel or foot pain). Athletes dating back to the days of Olympic decathlons and pentathlons of ancient Greece have been known to cross-train. A simple definition of this method of training is adding variety to your exercise program. The emphasis is primarily on cardiovascular activities, but it also applies to strength training routines.

Benefits of cross-training:

- reduces risk for injury
- adds variety
- provides a break for single sport athletes
- improves your overall fitness levels

Your body also feels the boredom that you feel from doing the same activity day in and day out. For example, if you are a walker and you walk the same route, at the same speed and for the same amount of time, your body recognizes that exercise session and is already programmed to do that amount of work. Walking is great exercise, along with being easily accessible and inexpensive, but the intensity and duration need to be changed if you want to continue to see benefits.

If your goal is to lose weight, walking is an easy way to start. But you will hit a point at which your body recognizes that activity. You will maintain your weight and cardiovascular endurance levels, but you will no longer be shedding pounds or increasing your fitness levels as you may have when you started.

Similar to cardiovascular activity, if you do the same strength training routine, your body will adapt it. You will maintain your strength but not increase it. So if your goal is to increase muscle mass (size) or strength, you have to work in a variety of strength training exercises instead of doing the same routine over and over. For example, if you like to bench press, a variation to the bench press is to do the incline or decline bench or perform the bench press with dumbbells instead of an Olympic bar.

All of us can benefit from cross training. Our bodies will benefit because the same muscles, bones and joints will not be subjected to repetitive stress from a single activity. Our minds will be challenged by trying new activities or participating in a variety of activities that raise interest levels and make physical activity easier to stick with.

The weather is starting to be more bearable, so take this opportunity to start moving a little more. If you haven't been out for a good walk lately, try to find some time in your schedule, put on some good shoes and venture out. Once you get started, vary your exercise routine by adding hiking, biking, swimming, golfing, a fitness class or a tennis lesson. The options are endless. Be sure to offer yourself a variety so you don't fall victim to boredom.

### **Louisville Metro Director Presents ‘Power to End Stroke’**

Louisville Metro Health Department Director Adewale Troutman, M.D., will be in Frankfort Tuesday to discuss stroke and heart disease prevention. Troutman will speak at 11 a.m. in Bradford Hall Auditorium on the campus of Kentucky State University. The event is expected to last one hour.

### **Deferred Comp has New Web Site**

The Kentucky Deferred Compensation Authority is excited to announce its new and improved Web site that allows you to:

- log in to your account from the home page
- link to the latest Kentucky Deferred Compensation news and announcements from the home page
- maneuver more easily from page-to-page and link-to-link, within the Web site

Next time you log in to [www.kentuckydcp.com](http://www.kentuckydcp.com), take a look at this enhanced benefit of plan participation.

### **Focus Health Tip of the Week**

In today’s fast-paced world of deadlines, it may be hard to set aside a block of time to be physically active. An easy time to consider that many people may not think of is a 15-minute break or a lunch break. This time is already scheduled and is ready to be utilized. On the CHFS Frankfort campus, several choices available for employees are available, like fitness classes, walking the outside one-mile loop or walking in the basement.

Regardless of the time you set aside for physical activity, you should make sure your body is adequately prepared. Stretching is key in preventing common injuries, muscle soreness and shortening the length of an activity. Stretching is something that can be done in your cubicle and takes only a few minutes. In addition, try stretching during the day if you are feeling stressed out and need a few minutes to regroup.

For tips on easy stretches that can be done right in your office, visit [mayoclinic.com](http://mayoclinic.com).

### **Employee Enrichment**

*By Anya Armes Weber*

It’s three months into 2007 and a good time to re-evaluate the goals and resolutions you set at the beginning of the year. Ramona Creel, the creator of [onlineOrganizing.com](http://onlineOrganizing.com), says we should ask ourselves these tough questions as we regularly review our goals:

- Have I made significant progress? If not, why?
- Is the goal still important to me?
- Have my priorities changed?

If you do have a new focus that displaces your previous goals, don’t be hesitant to drop an old one from your list to make room for something new.