

August 21, 2006

State Fair Continues through Sunday

By Anya Armes Weber

The 2006 Kentucky State Fair continues this week, and the Cabinet's booth offers visitors plenty of fun and health information to help them improve their lifestyles.



"Wellness – A Life Connection" is the Cabinet's theme.

Each day, guests can learn about health topics ranging from cardiovascular health to preventing child and elder abuse.

A different program will be highlighted every day in a rotating feature area.

This week, some featured exhibits focus on seniors, children's dental health and preventing prescription drug abuse.

The Cabinet's display is in the Kentucky Fair and Exposition Center's South Wing B.

Listed below is a calendar of rotating display elements and program areas featured daily.

The fair runs through Sunday, Aug. 27. Exhibit buildings at the Kentucky Fair and Exposition Center, are open daily from 9 a.m.-10 p.m.

Tickets are \$7 for adults, \$3 for children and \$3 for seniors 55 and older. Children 2 and younger get in free. Parking is \$5.

For more information, visit kystatefair.org.

Kentucky Health and Family Services 2006 State Fair Schedule

Daily Elements

Nutrition – (Reading Food Labels)
Physical Activity/Arthritis Information
Tobacco Assessment and Education/Asthma
Cardiovascular Health (Blood Pressure Monitoring for adults 18 and older)
Diabetes Information
Public Health Protection and Safety
Body Fat Analysis (Kentucky State University)
Abuse and neglect prevention

Featured Elements

Monday, Aug. 21:
Children's Physical Activity
Children's Dental Health

Tuesday, Aug. 22: Senior Day
Glucose Monitoring and Cholesterol Testing (10 a.m.-2 p.m.)
"Body Recall" Exercises with Dorothy Chrisman (2 p.m.-4 p.m.)
Aging Services Information

Wednesday, Aug. 23:
Substance Abuse Prevention

Thursday, Aug. 24:
Recognizing Signs of Prescription Drug Abuse

Friday, Aug. 25:
Environmental Safety

Saturday, Aug. 26:
Glucose Monitoring and Cholesterol Testing (10 a.m.-2 p.m.)
Childhood Lead Poisoning Prevention (3 p.m.-9 p.m.)
Environmental Safety
Food Safety Survey

Sunday, Aug. 27:
Childhood Lead Poisoning Prevention
Environmental Safety

August 21, 2006

Aging Conference Set

Registration currently is under way for the statewide aging

network conference Sept. 6–8 at Louisville’s Galt House Hotel and Suites. The conference is sponsored by the state Division of Aging Services and the 15 Area Agencies on Aging.

Conference participants come from all over Kentucky and represent a wide array of service specialties – from homecare services, adult protection, public housing and health care, to senior citizen center and nursing home administration, law enforcement and employment services. Continuing education units will be offered.

The theme of the 2006 conference is Kentucky Healthy Aging – Making More of Life. The conference features workshops and presentations on topics of interest to aging services professionals. Topics include elder abuse and exploitation; homeland security and pandemic flu preparation; substance abuse in older adults; care giving and health care services; and Medicaid modernization.

Among the speakers scheduled to appear are Sandy Markwood, chief executive officer of the National Association of Area Agencies on Aging, who will open the conference with a presentation on community preparedness for rapid aging population growth. LeAnn Thieman, motivational speaker and author of *Chicken Soup for the Caregiver’s Soul*, will speak on her experiences from the 1975 Vietnam orphan airlift and 35 years as a nurse.

Register for the aging network conference online at <http://chfs.ky.gov/dhss/das/>. For more information, call Willa Thomas at (502) 564-6930.

*Healthy Aging:
Making More of Life*



More Kentucky Cities are Kicking Butts

By Beth Crace

A growing list of communities around the commonwealth is saying no to cigarettes and secondhand smoke exposure, enacting smoke-free policies in public areas and businesses as a way to better protect the health and welfare of employees and patrons.

To date, Lexington, Louisville, Morehead, Georgetown, Frankfort, Daviess County, Letcher County and Kentucky state government have adopted policies that prohibit smoking inside buildings, public facilities and, in some instances, on the outside campuses of facilities and public sidewalks. The cities of Ashland, Henderson and Elizabethtown are in the process of adopting similar smoke-free policies in their communities.

“We commend local governments for taking this bold step toward improving the health status of Kentuckians,” said Cabinet for Health and Family Services Secretary Mark D. Birdwhistell. “Exposure to secondhand smoke poses a very real and serious threat to a person’s lungs and cardiovascular health. We need to do everything we can to reduce the amount of secondhand smoke in our environment.”

CHFS supports smoke-free policies because they’re considered a crucial step in reducing the amount of exposure to secondhand smoke and reducing smoking rates. The United States Surgeon General recently issued a report that concluded exposure to even small amounts of secondhand smoke poses a risk to a person’s health.

According to the Kentucky Department for Public Health, tobacco use accounts for almost 7,700 deaths a year in Kentucky and 400,000 deaths nationwide. Kentucky has the highest

August 21, 2006

smoking rate in the country and the second highest prevalence of pregnant women who smoke.

“We can’t force people to quit smoking, but we can put restrictions on where people are allowed to smoke. These actions not only lessen the amount of secondhand smoke in our environment, but we believe they also cause people to smoke less and encourage them to quit,” said Irene Centers, program manager for the Tobacco Prevention and Cessation Program. “We’re extremely pleased to see so many of our communities joining the smoke-free movement.”

Smoke-free ordinances have proven successful across the United States, where cities like Los Angeles and New York have been smoke-free for several years. Some nations, including Ireland and Italy, also have gone entirely smoke-free.

“Opponents of smoke-free ordinances say smoking is a personal right. However, I would suggest to those elected officials contemplating similar legislation to consider – rather than a rights issue – it is a health issue,” said Kathy Carter, a Frankfort city commissioner. “I applaud the cities that took the initiative to go smoke-free and encourage others to follow their lead. Let’s make Kentucky a smoke-free state.”

State government buildings went smoke-free on Aug. 1. Additional prevention and cessation programs designed to encourage public employee wellness will continue.

Since April, state employees have had access to a new smoking cessation benefit through the state health insurance plan. The benefit covers up to three months of nicotine replacement therapy for employees using Kentucky’s Tobacco Quit Line or attending a Cooper/Clayton Method to Quit Smoking group (offered at local health departments and other locations statewide). State employees can learn more about this benefit at

the Personnel Cabinet's Wellness Works Web site at <http://personnel.ky.gov/wellness/smokecess/>

SNAP Team Needs Volunteers at U of L, UK Game

By Anya Armes Weber

The Jefferson County Recruitment, Training, Placement and Support Team in the Division of Protection and Permanency seeks volunteers for a Special Needs Adoption Program (SNAP) event next month.

The group will promote adoption awareness at the University of Louisville and University of Kentucky football game on Sunday, Sept. 3, at Papa John’s Cardinal Stadium.

Karen McKiernan, a child specific recruiter for Jefferson County, said she hopes to have 20 volunteers for the event.

Staff will meet at 4 p.m. at the “street fest” tailgate parking lot, just north of the tunnel and near the red Cardinal walkway. The SNAP booth will be in this lot, near the gate 4 entrance to the stadium, in front of the ticket sales office.

CHFS volunteers will work the tailgating crowd and ask for donations to the Dave Thomas Foundation for Adoption (DTFA) in exchange for a U of L poster. Posters include the Cards’ football schedule and a place for autographs. A minimum donation of \$1 to DTFA is requested in exchange for the poster.

Staff will work until all posters are distributed.

The game starts at 8 p.m. and is sold out. Staff will not get tickets to the game but will receive \$10 in Wendy’s gift certificates.

The Cabinet has received a grant from DTFA to hire a Wendy’s Wonderful Kids adoption

August 21, 2006

recruitment specialist to help find homes for the state's waiting children.

Please contact Karen McKiernan at (502) 595-5235 or Karen.McKiernan@ky.gov to volunteer or for more information.

Employee Recognition Tip: What is Recognition Anyway?

By Gloria Clark, Employee Recognition Committee

Recognition. Webster's Dictionary defines it as "acknowledgment and approval, gratitude, etc." It seems like a very simple term, yet it can mean a great deal to the person who receives it. And whether it is simple or extreme, recognition is important, at every level.

Ever have difficulty thinking of new or different ways to recognize your employees? Here are some ideas.

Sustained Achievement Awards – Award to recognize employees who have consistently exhibited superior performance throughout the course of the year.

Superior Achievement Awards – For employees who perform substantially beyond expectations on a specific assignment or job function or for a one-time special act, service or achievement.

Service Excellence Awards – For employees who have consistently contributed above and beyond what is normally expected in the area of service to employees during the previous calendar year.

If you would like to try something with a different twist:

Photocopier King or Queen – Possibly a candy bar for those employees who know where the extra paper is, where the toner is, how to put in

new toner, and how to reduce, enlarge, collate and copy double-sided and staple automatically.

After the Project is Completed Reward –

When an entire division has completed a project to benefit the entire staff, a breakfast or lunch may be held to reward the employees and encourage communication in a less formal environment.

Most Organized – A note of "thanks" (with a copy to the supervisor) for those employees who can produce a document dated four years ago within five minutes of your request.

CHFS Focus Health Tip of the Month

August is National Psoriasis Awareness Month

More than 4.5 million Americans in the United States have been diagnosed with the same, incurable disease – psoriasis.

According to the National Psoriasis Foundation, psoriasis is a skin disease that, in its most common form, can cause skin to appear bumpy, red or patched, or cause lesions covered with a silvery white buildup of dead skin cells, called scale.

Psoriasis is not contagious, but it is believed to be a genetic disease that can also affect the joints. It can vary in its severity, but most cases tend to be mild.

Psoriasis most commonly appears on the scalp, knees, elbows and torso. But psoriasis can develop anywhere, including the nails, palms, soles, genitals and face (which is rare), according to the NPF.

For more information about psoriasis, visit the NPF's Web site at: www.psoriasis.org.

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.



We all become angry or frustrated by others' behaviors once in a while. Instead of lashing out at a person who irks you, focus on what is bothering you. Use the "I message" technique of describing what bugs you.

The basic structure of this technique is to state "I feel _____ when you _____." By pinpointing your problem, you can better get to a solution.