

FOCUS

News from and about the Kentucky
Cabinet for Health and Family Services

July 18, 2014



Oral hygiene, fast cars provide platform for Mayfield's message

Dr. Stephanie Mayfield had been waiting for a day like this. After all, it isn't often she has the opportunity to combine two of her favorite pursuits – public health and fast cars.

Dr. Mayfield, commissioner of the Department of Public Health, shared the message of oral health with a group of children at Williamstown Elementary on June 27 as part of the American Dental Association's 'Give Kids A Smile' program.

The events were all part of events leading up to the Quaker State 400 at Kentucky Speedway. For Mayfield, the chance to share the message of oral health with the state's most impressionable age group while getting close to a race car capable of speeds up to 200 mph was too good to pass up.

"I was probably as excited, if not more excited, than the children," Mayfield said. "As a child, I read car magazines with a focus on race cars, so this was a dream event for me. And now, to have the opportunity to connect with our future leaders on oral health in a race car setting is no doubt a memorable experience."

Mayfield took the stage with the No. 16 3M race team car of Greg Biffle's as the backdrop. The focus of Mayfield's message was tobacco and its detrimental effect on oral health. More than 200 students and summer campers took part in the event.

The day-long event also included a program on good dental health and cavity prevention, health giftbags for all students, and photos with the 3M DeeBo mascot.

This year marks the fourth consecutive that Biffle has driven the Ford Fusion No. 16 'Give Kids A Smile' race car in the Sprint Series, NASCAR's highest level.

"It's exciting to help put good dental health on the fast track for kids in the race markets we visit," said Biffle, father of a toddler. "Through 3M and the 'Give Kids A Smile' program, we're able to teach good oral



health habits, like brushing two minutes twice a day and flossing."

Mayfield said events like the one in Williamstown serve an important purpose to the cabinet by utilizing corporate partner collaboration to reach specific groups and spread the message of improving public health – in this instance oral hygiene.

"The Department for Public Health heavily relies on networking with specific health associations, as in this case, the ADA, to help promote our goal to improve the oral health status of Kentuckians. And of course, as we lean forward to educate the public on health matters, celebrity engagement, like the 3M event, is the crowd mobilizer," Mayfield said. "This was so much fun to partner with the ADA and 3M on healthy messages to children in the presence of Greg Biffle's race car and the spunky pit bull mascot," she said. "What a great way to promote oral health!"



Keep good cubicle etiquette in mind at office

PEAK PERFORMANCE

Anya Armes Weber



Working in cubicles offers scant privacy for office workers. The Professionalassistant.net offers several tips for staff to be more mindful of each other and practice good cubicle etiquette.

- Use a relatively low voice for phone conversations, especially the personal ones.
- Keep personal calls short since your neighbors might hear you.
- If you hear a coworker's personal conversation, keep the details to yourself.
- If the coworker you want to talk to is on the phone, don't hover in their office until their conversation is over. Visit them again later when they are free.
- Use headphones if you choose to listen to music.
- If you must borrow an item from a coworker's desk, ask first. If it's urgent, leave a note and plan to return the item.
- Keep hallway conversations to a minimum.
- Don't use offensive language or put others down in conversations. Keep this either to yourself or reserve these conversations for outside the office.
- Knock before entering a cubicle. Think of it as going into an office with a door.
- Don't speak across several cubicles to a person. Walk down the hall or pick up the phone so you won't disrupt others.

DCBS hosting national finance officers conference this month

The Department for Community Based Services (DCBS) is hosting a national conference for state finance officers later this month.

DCBS will host the National Association of State Human Services Finance Officers' (HSFO) 67th annual conference July 28 through Aug. 1 at the Seelbach Hotel in Louisville.

HSFO focuses on a state-to-state exchange of ideas. "Winning the Financial Race in Human Services" is the theme of the conference, which will offer training and workshops designed to help stretch budgets in the human services arena. Margaret Wahrer, an internal policy analyst in DCBS' Division of Administration and Financial Management, is chairwoman of the conference's Arrangements Committee and has been responsible for the event budget, contracts and overall planning.

Wahrer said HSFO is a valuable organization to the cabinet's finance officers and that throughout the year, they offer opportunities for training in areas like



advance cost allocation, Medicaid and time study fundamentals.

Other DCBS staff who have helped Wahrer in planning the event's hospitality, participant registration and programming include Amanda Gehring, Karen Boden, David Gayle, Ginger Hardin, Kim Pearsall, Rick Peck and staff of the Division of Child Care.

Wahrer, who has helped plan HSFO's past three conferences programs, said DCBS staff who attends can earn up to 31.5 continuing professional education (CPE) credits.

Workshop topics include Medicaid, child welfare, family support, child care, ethics and childhood obesity.

Secretary Audrey Tayse Haynes is scheduled to welcome the attendees to the conference.

Learn more about HSFO online at www.hsfo.com.

Facilities Management move team occupied through mid-September

The CHFS Facilities Management move team will be on assignment from July 14 until mid-September.

The move team cannot accommodate requests to move furniture or surplus material, build

offices or assist with other such requests - excluding an emergency situation - until late September.

Please make other arrangements or postpone your furniture moves until the team is available.

Better Bites, better health

CHR cafeteria unveils nutrition information at point of purchase

For Frankfort staff looking for an easier way to eat healthier this summer, the answer is as close as the CHR cafeteria and the new Better Bites options being offered there.

The Department for Public Health launched Better Bites with a party in the cafeteria on Wednesday, July 16.

One Better Bites entrée will be offered every Wednesday through August 20. Additional products will be approved and promoted as the program is developed.

Better Bites options make the healthy choice the easy choice. Each entrée -- which will be labeled with the Better Bites logo -- will meet criteria for calories, sodium, fat and sugar.

DPH Wellness coordinator Elaine Russell said the six-week Better Bites pilot program is in response to staff requests for more food choices.

"Many people have expressed wanting new items and healthier items in the cafeteria," she said.

And Better Bites will give clear, easy-to-use nutrition information at the point of ordering, said Russell, a dietitian.

"If your doctor tells you that you have high blood pressure and you need to limit your salt intake, how would you know if you are eating lower sodium if the food was not labeled?" she said.

Better Bites is part of a larger effort by the DPH, which received a grant from the Centers for Disease Control and Prevention to work on improving nutrition standards in



Department of Public Health Wellness Committee member Kim Perron helps serve items from the Better Bites menu to other DPH staff at a recent taste testing.

government facilities and worksites, Russell said. The DPH Wellness Committee started focusing on improving cafeteria options less than a year ago.

Russell said all Better Bites entrees will be \$1 off during the first six weeks of the promotion to entice staff and visitors to try these entrees. But the cost is already reasonable, she said.

"In the cafeteria, an entrée costs \$3.59, and you can add a side for \$4.59," she said. "We looked at lunch offerings at other restaurants, and it is hard to beat these prices."



For example, Fazoli's Twice Baked Lasagna is \$6.99, and Applebee's Fiesta Lime Chicken is \$11.59.

Russell said Better Bites is being tested in the CHFS cafeteria and then will expand to the Capitol Annex and Transportation Cabinet. Better Bites entrees will also be expanded the adult menus in state resort parks.

Russell said DPH staff taste tested several menu options to find what staff would like most, and that the parks department's culinary staff have been great partners.

"They have been wonderful to work with, and they are eager to try to new recipes and promote health," she said.

DPH is also working with the CHR snack shop to promote additional Better Bites options.

CCSHCN establishes Office of Autism

The Commission for Children with Special Health Care Needs (CCSHCN) has announced a new Office of Autism has been established at the agency.

The Office of Autism will create a centralized location to coordinate statewide and regional efforts to enhance the quality of life and independence to individuals with an autism spectrum disorder and to support their families and caregivers.

The office will improve coordination of autism resources within the system of care supporting both children and adults with autism and help make those resources available to families and self-advocates. The office will provide administrative support to the Advisory Council on Autism Spectrum Disorders to unify and promote initiatives aimed at improving Kentucky's system of care.

The CCSHCN has a long history of serving as a coordinator of services in the sometimes fragmented health care system to help ease the burden of chronic conditions for families and individuals.

CCSHCN's new autism office will work to coordinate throughout the cabinet with others that currently provide services and supports to families and individuals coping with behavioral manifestations of autism spectrum disorders.

These agencies include the Department for Behavioral Health, Developmental and Intellectual Disabilities; Department for Medicaid Services; Department

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-Amy Cooper-Puckett
Office of Autism Director

for Community Based Services; Department of Public Health; and Family Resource and Youth Service Centers. The CCSHCN will also coordinate with other state agencies, such as Kentucky Department for Education.

Amy Cooper-Puckett has been selected as the director for the new office.

"Kentucky has an opportunity to integrate physical and behavioral health services for persons on the Autism Spectrum and it is my privilege to participate in this initiative as the Director for the Office of Autism," she said.

For more information about the Office of Autism, please contact Amy Cooper-Puckett, LCSW, at the Commission for Children with Special Health Care Needs, 333 Waller Ave., Suite 300, Lexington KY 40504, 859-252-3170, ext. 3003.

Weight Watchers hosting summer open house

Frankfort staff ready to learn more about Weight Watchers will have the chance at a summer open house.

The Weight Watchers At Work group invites staff to an open house on Tuesday, Aug. 19, from 11:30 a.m. to 12:30 p.m. in the Bluegrass Room on the 4th floor of the CHR Building. Healthy snacks will be provided.

Weekly Weight Watchers meetings are always open to visitors.



State employees get a membership discount, making the auto deduction amount just \$39.95 a month. The rate is available to any retiree, contractor or current employee

Membership fee includes unlimited meetings at any location, on-

line e-tools, phone app, scanner app and hard copy materials.

In a recent meeting members discussed the benefits of Weight Watcher meetings. One member spoke out about learning healthy eating habits for a lifetime, rather than simply dieting. Others mentioned the benefits of meetings, including accountability, learning better choices, portion control, new routines and getting helpful ideas from other members.

Recipe Corner

Summer squash, tomatoes a summer night's dream

With the planting of the CHFS summer garden, The Focus will spotlight vegetable recipes from employees and their families. This recipe is courtesy of Sherrie Baughn Martin from the Hardin County Family Resource and Youth Service Centers.

If you have a recipe you would like to share please send it to Elden May at elden.may@ky.gov.

Tian of Summer Squash and Tomatoes

- 2-3 medium yellow squash, sliced into ¼ inch thick rounds
- 2 medium tomatoes, sliced the same
- 1 onion, sliced into rings
- 3 cloves garlic, minced
- 1/3 cup Parmesan cheese shredded
- Parmesan cheese
- Fresh basil leaves, chopped
- 2-3 teaspoons extra virgin olive oil
- Sea salt
- Crushed black pepper

Preheat oven to 350. Lightly grease a 2 qt. shallow baking dish with some olive oil.

Layer bottom of dish with squash slices first, then top with a layer of onions. Sprinkle ½ the garlic, chopped basil, salt and pepper to taste. Drizzle with 1/2 olive oil. Add a layer of tomato slices. Sprinkle with ½ of the cheese.

Repeat layers, ending with the remaining cheese on top.

Cover with dish lid or foil. Bake at 350 for 45 minutes.

Serves 4 – 6.

Governor Beshear announces increase for Child Care Assistance Program for FY 2015

Governor Steve Beshear announced he is increasing the Child Care Assistance Program (CCAP) for Fiscal Year 2015 beginning Aug. 4, 2014, to 140 percent of the Federal Poverty Level (FPL), and then to 150 percent of FPL beginning July 1, 2015.

The program provides access to quality child care for eligible Kentucky parents who work or attend education and training programs. In May 2014, the program served approximately 12,000 children in 6,000 families. By increasing eligibility to 140 percent FPL on Aug. 4, the program is expected to serve approximately 31,000 children in 17,000 families each month by the end of Fiscal Year 2015.

“We need our families to have certainty in their lives when it comes to child care services,” Gov. Beshear said. “CCAP is a critical program for thousands of moms and dads raising children across the Commonwealth. By restoring funding and raising eligibility for the coming year, we are pledging our support to our families despite ongoing budget cuts and shortfalls.”

In April 2013, the Cabinet for Health and Family Services (CHFS) was forced to lower the income eligibility for CCAP recipients from 150 percent to 100 percent FPL as a result of an \$86.6 million shortfall in the FY 14 budget of the Department for Community Based Services (DCBS).

In his recommended budget to the 2014 General Assembly, Gov. Beshear proposed full funding to restore the program to 150 percent of FPL for both years of

the upcoming biennium, which would have allowed increased eligibility to start July 1, 2014.

The General Assembly, however, reduced the funding for Fiscal Year 2015, which began July 1, from \$58.1 million to \$38.6 million, leaving the state no option other than to delay accepting new applications.

The full expansion to 150 percent FPL was funded in the second year, Fiscal Year 2016.

Cabinet for Health and Family Services Secretary Audrey Haynes noted: “Our highest priority for restoring this program is to cover as many families as possible with the funding we have. While it was anticipated that we could only restore the program to 125 percent FPL in the first year, we are able to increase that to 140 percent, helping approximately 19,000 additional children in 11,000 families.”

The Cabinet for Health and Family Services will soon be sending notices to providers outlining the application process.

“We are thrilled that Gov. Beshear found additional dollars in a tight biennial budget to enhance the income eligibility for CCAP,” said DCBS Commissioner Teresa James. “By expanding the program to individuals whose income is up to 140 percent FPL, the program will be able to help more working families who rely on it to help with child care costs while they are at work or school. We will work closely with child care providers statewide to implement this expansion as quickly and seamlessly as possible.”