

Secretary Miller Applauds Social Services Staff at Capitol Rally

By Anya Armes Weber

At a rally in the Capitol rotunda last week, Secretary Janie Miller and Department for Community Based Services Deputy Commissioner Teresa James thanked Cabinet social workers for their dedication to helping Kentuckians across the state.

“Though I’m not in the trenches with you or serving as a case manager, I am with you in spirit on your endeavors,” said Sec. Miller. “You have devoted yourselves to helping people function as best they can in their environment. When possible, you help to change people’s environment so they can live more safely or more successfully.”

Miller received her bachelor’s degree in social work from Eastern Kentucky University.

Gov. Steve Beshear has signed a proclamation marking March as Social Work Month.

James, who began her career 20 years ago as a front-line family service worker in Boyle County, told stories of the clients who made an impact on her career.

“We all have a story to tell about the clients that stay with us forever,” she said. “These experiences will last us a lifetime. I am amazed that, as social workers, we have the opportunity to inspire the life of another human being every day.”

The Kentucky chapter of the National Association of Social Workers (NASW) sponsored the event as part of Social Work Month. NASW’s theme for the month is “Social Work Inspires Community Action.”

Also at the rally, Rep. Jimmy Lee, D-Elizabethtown, received the NASW’s Legislator of the Year Award.

Learn more online at the [NASW’s Kentucky chapter Web site](#).

Staff Invited to Vote for Favorite Kentucky Team, Join Wellness Walk

By Anya Armes Weber

The CHFS March Madness Walk is this week, and all staff is invited to join.

Staff from offices across the state is invited to plan their own walks for wellness on Friday, March 19. That day, you can also support the team of your favorite Kentucky college or university.

On Friday, wear the colors or gear promoting your favorite Kentucky college basketball team and take the time to walk during work hours. Many offices will schedule group walks that you can join, or you can walk on your own.

Employees should use their lunch or break times to walk.

The CHFS March Madness Walk is part of the Cabinet’s efforts to support the Personnel Cabinet’s Journey to Wellness.

Let the Wellness Committee know which Kentucky basketball team is your favorite! Don't forget to log on to this intranet [site](#) and take a simple five-question survey. Click "Respond to Survey" on the upper left side of the page to begin.

Visit the [CHFS Wellness Web site](#) to learn more about how your healthy decisions can improve your well-being.

Check out the [Personnel Cabinet's Journey to Wellness Web site](#) for more information about how you can take steps toward a healthier life.

E-mail [Julie Brooks](#) or [Kris Hayslett](#) for more information about the March Madness Walk or other Cabinet wellness activities.

Living Well: Girl Scout Cookies

By Kris Hayslett, Wellness Coordinator

It's that time of year. Who can resist buying a box of cookies from the cute group of Girl Scouts sitting behind a table of their tasty wares? If you can resist helping out the tiny sales ladies and their delightful cookies, then this article is not for you. For those of you who need a survival lifeline to keep you from eating a whole sleeve during one sitting, keep reading.

Girl Scout cookie time is a special time of year for many people who view the cookies as irresistible. In fact, it can make cookie-lovers a little crazy. My kids and husband devour the Thin Mints, which happen to be the No. 1 selling cookie. I, on the other hand, would much rather have the Peanut Butter Patties, formerly known as the Tagalongs. Since these tasty treats are only available for sale once a year, some people may treat them differently than a regular cookie snack. For example, my son was able to purchase a box of Thin Mints at school. However, the box was never seen by anyone else in the family. The cookies were only discovered when my son appeared with several in his hand for dessert. The cookies drew the instant attention of my daughter and husband. My son survived an intense interrogation by his sister and dad and managed to keep his box of special cookies well-hidden. He knew if he brought them home and put them in the pantry they would disappear. It's a good thing he hid them because his dad has been known to eat a whole sleeve in one sitting.

Each year the Girl Scouts offer a "healthier" cookie option, which is a good idea. But if you have a favorite, I think it's OK to go ahead and buy a box and enjoy it. The key is to limit the number of boxes you buy to one or two. When the cookies are gone, forget about them until next year. As with any type of treat, moderation is the key.

Below are some nutritional Girl Scout cookie facts. Use this guide to help you decide how many cookies you will eat and which type to purchase.

- **Reduced Fat Daisy Go Rounds** (one 100-calorie pack) – Lowest in saturated fat and lowest in calories
- **Shortbread** (Trefoils) – (four cookies per serving) - Lowest in sugar; second lowest in fat
- **Lemon Chalet Cremes** – Highest in calories; tied for highest in sugar with Caramel deLites; tied with Peanut Butter Sandwiches for highest in carbohydrates

- **Caramel deLites** - Highest in sugar; tied with Thin Mints and Samoas for highest in saturated fat
- **Tagalongs or Peanut Butter Patties** – Highest in fat and lowest in carbohydrate grams
- **Samoas** – Tied with Thin Mints and Caramel deLites for highest saturated fat
- **Thin Mints** – Tied with Caramel deLites and Samoas for highest saturated fat

Follow these quick tips to keep from eating the whole sleeve:

Savor each bite. You will be surprised how satisfying two to three cookies can be.

Change your sensory environment. An example would be to “tune in” while eating a serving of cookies or change up the texture by putting cookies in the refrigerator or freezer or alternate between a crisp cookie and a soft cookie.

Drink something in between bites. Resetting your palate will allow your taste buds to notice each bite of cookie.

Don't reach for the cookie box if you are overly hungry. This exposes you to forces that you may not be able to control and before you know it the whole sleeve is gone. Remember to eat these treats in moderation.

Once your cookies are gone, just remember they will be back next year. The key is not to avoid Girl Scout cookies all together if you enjoy them, but to practice some of these tips while enjoying your favorite treat in moderation.

Employee Enrichment

By Anya Armes Weber

Recalling information quickly and correctly can help you in professional and social situations. Here are five tips to improving your memory.

Exercise your brain. Just like your body, your mind needs regular workouts. Develop new mental skills by learning a new language or playing an instrument. Do a crossword or Sudoku puzzle.

Be more observant. Practice by noticing the details of a picture or a room. Test yourself by closing your eyes and recalling what you saw.

Repeat the things you need to know. If your job requires you to have certain facts at the ready, write them down, say them and think about them. Repetition will ingrain those facts into your mind.

Be better organized. Make lists that make sense by grouping related tasks and items together. Keep your personal space orderly, too. Keep the items you use often in the same places all the time.

Get enough sleep. Every part of your life improves when you get the rest you need. Recent medical studies show that it may improve your short- and long-term memory.