

April 23, 2007

## **Governor's Volunteer Awards Winners Honored**

The Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services (CHFS) today announced the winners of the 2006 Governor's Volunteer Awards. CHFS Undersecretary for Families and Children Tom Emberton Jr. presented the awards at a ceremony at the state Capitol in Frankfort.

A panel of judges with volunteer and community service backgrounds chose 15 winners in 11 categories. "The volunteers we honor today help make Kentucky the great state that it is," Undersecretary Emberton said. "It's people like these volunteers, who recognize a need and take the initiative to fill it, who are truly making a difference in communities around the state."

The Governor's Office launched the volunteer awards program in 1975. Since 1995, KCCVS has administered the program.

Rosan Medaris of Russell Springs and C.J. "Mac" Heidrich of Ft. Wright received Lifetime Achievement Awards, and Toyota Motor Manufacturing, Kentucky, Inc. of Georgetown was honored for its support of volunteer programs.

A list of award winners and their nominators follows (Editors - award category descriptions and summaries of winning nominations are available by calling Lisa Wallace at (502) 564-6786, ext. 4013):

### **Make A Difference Day Traveling Award**

Staff of the CHFS Two Rivers Service Region

### **Business Group Award**

HSBC of London, Ky. - London/Laurel County

### **Adult Challenge Award**

Judy Hamilton - Jackson/Breathitt County

### **National Service Group Award**

Members of The Learning Corps -

Owensboro/Daviess County

### **National Service Individual Award**

Fred Griffin - Henderson/Henderson County

### **Non-Profit Group Award**

The Honor Guard of Man O' War Post 8, The American Legion - Lexington/Fayette County

### **Volunteer Support**

Toyota Motor Manufacturing, Kentucky, Inc. - Georgetown/Scott County

### **Adult Impact Award**

Norma L. Patton - Mt. Sterling/Montgomery County

### **Youth Impact Award**

Elizabeth "Hayley" Franklin - Carrollton/Carroll County

### **Adult Innovation Award**

Heather Bivens - Lawrenceburg/Anderson County

### **Youth Innovation Award**

Cameron Lile - Hardyville/Hart County

### **Director of Volunteers Award**

Janet Druen - Elizabethtown/Hardin County

**Special Category:** Individual Award for Volunteer Service through a Faith-Based Organization

Joy Daniel - Ashland/Boyd County

**Special Category:** Group Award for Volunteer Service through a Faith-Based Organization

The Lighthouse Rescue Mission/Scottie and Patty Sumner - London/Laurel County

### **Lifetime Achievement Award**

Rosan Medaris - Russell Springs/Russell County

### **Lifetime Achievement Award**

C.J. "Mac" Heidrich - Ft. Wright/Kenton County

## **Jefferson Social Worker Named Outstanding Spalding Student**

Justin Miller, a social services worker in Jefferson County, has been named Outstanding Adult Learner at Spalding University by the

*By Anya Armes Weber*

April 16, 2007

Kentuckiana Metroversity Adult Outreach Committee.

Miller will receive the award Tuesday, April 24, at a ceremony at the Louisville Presbyterian Theological Seminary.

“We’re really proud of Justin,” said Grace Akers, service region administrator associate in Jefferson County. “He is one of our best and brightest, and we are thrilled that his hard work is recognized in such an amazing way.”

Miller, who investigates allegations of child abuse, neglect and dependency, is working toward his Master’s Degree in Social Work at Spalding. He expects to finish his work this May.

Kentuckiana Metroversity Inc., is a consortium of seven institutions of higher education in the Louisville metropolitan area. Students attending any one of these schools have the opportunity to expand their educational horizons as a result of the cooperation among the consortium members.

The group’s Adult Outreach Committee promotes programs and services available to adult students and to recognize the achievements and contributions to the higher education of these students and those who make education a significant and meaningful experience for them.

Miller has balanced a full workload and classes since last January.

“The award means a lot because it is the culmination of a lot of hard work and supported efforts,” he said.

Miller said he’s proud to be a social worker.

“I find that social work is a vehicle for helping those who can’t help themselves, for being voices for the often unheard and for advocating for the justice that everyone deserves,” he said.

“Social work is not something that you do. A social worker is who you are.”

Learn more about the Kentuckiana Metroversity online at <http://www.metroversity.org/home.htm>.

## **Personnel Procedures Handbook Updated**

The Office of Human Resource Management (OHRM) has updated all CHFS personnel procedures in an effort to make them easier to understand and to clarify processes.

Employees have already been notified of any major content changes in earlier Focus articles.

Please take the time to review each procedure. The updated handbook can be found at <http://chfsnet.ky.gov/afa/ohrm/pph/> on OHRM’s Intranet site.

## **Initiative Offers Information, Inspiration**

Stroke is a medical emergency where blood flow to the brain is interrupted by a blockage or a blood vessel rupture. Brain cells in the affected area can be damaged within minutes and can die within hours, resulting in physical or mental disability.

Everyone is susceptible to stroke, but African-Americans are particularly at risk. In fact, African-Americans are twice as likely to suffer a first-time stroke compared to Caucasians and have higher death rates.

The American Stroke Association (ASA), a division of the American Heart Association, recognizes the danger and is working to help African-Americans understand and lessen their risk. To reach Kentuckians, the ASA has teamed up with the University of Louisville to present the new “Power to End Stroke” initiative. This provides information about stroke along with encouragement to make necessary lifestyle changes that may prevent it.

Knowing the risk factors for stroke is your first line of defense. Some risk factors can't be controlled, but others can. Risk factors that can't be altered include race, age, a previous heart attack or stroke, and family history of stroke. Risk factors that can be modified or managed are being overweight or obese, lack of physical activity, smoking, high blood pressure and diabetes. A visit to your physician is a good idea. Some risk factors are not easy to detect. For example, high blood pressure may show no signs or symptoms.

Stroke does have symptoms, and it's important to be able to spot them. They are:

- sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- confusion, trouble speaking or understanding
- trouble seeing in one or both eyes
- trouble walking, dizziness, loss of balance or coordination and severe headache with no known cause

Anyone who experiences these signs or symptoms or sees them in someone else should call 911 immediately. Time lost is brain lost. For every minute that passes, more brain cells die, possibly leading to physical or mental disability.

Knowledge is key, but action makes a difference. The American Stroke Association urges people to take the Power to End Stroke pledge, and register online to join the movement. Other ways to register are to call 1-800-4-STROKE or to download the pledge and fax or mail it to:  
American Heart Association  
National Service Center  
7272 Greenville Ave.  
Dallas, TX 75231  
Fax: (214) 570-5930  
The association invites you to become a volunteer Power to End Stroke Ambassador in

your community. Information is available online at [www.strokeassociation.org](http://www.strokeassociation.org). The Power to End Stroke campaign is supported nationally by Bristol Myers Squibb/Sanofi Pharmaceuticals partnership.

### **CPM Society Presents Seminar**

The Kentucky Society of Certified Public Managers will have a one-day professional seminar May 1, at the Kentucky History Center in Frankfort. Please see the attached flyer and registration form for more details.

This seminar will offer five hours of CPE credit and will qualify as part of the 15 hours of seminar credit needed for the Certified Public Manager program.

For more information please e-mail [Janice.Earnest@ky.gov](mailto:Janice.Earnest@ky.gov) or call (859) 622-8062.

### **Living Well**

#### **You Are What You Drink**

*By Kris Hayslett, Wellness Coordinator*

Could there be a beverage that will put an end to the worries of tooth decay, thinning bones, heart disease, stroke, diabetes, dementia, cancer and obesity? There is no one beverage that will cure all of these problems. However, studies show that, like food, "you are what you drink."

A panel of experts led by Barry M. Popkin, a nutrition professor at the University of North Carolina, looked at expanding waistlines in America and our most popular beverages. The study found that 21 percent of calories consumed by Americans older than 2 came from soft drinks and fruit drinks with added sugars. In addition, the number of servings consumed and the actual serving sizes have increased. This can be seen by some retail outlets serving a 32-ounce size drink or offering free refills. A daily stop at your

April 16, 2007

favorite coffee shop may also be a contributing culprit with a 16-ounce Cafe Mocha without whipped cream weighing in at 240 calories.

These drinks are not only increasing our size and shape, but they are also raising awareness for their “weak satiety properties.” In other words, they do nothing to curb the appetite. Also, soft drinks and sweet iced tea can harm tooth enamel especially when consumed apart from meals. Soda also is linked to thinning hip bones in women.

Now let’s break down some other drinks of choice.

**Coffee and Tea.** If you start your morning with a fresh pot or cup of coffee the news is a little better. Even though reviews are mixed, there are good studies that have linked regular coffee consumption to a reduced risk of developing Type 2 diabetes, colorectal cancer and Parkinson’s disease. Coffee is known for raising blood pressure and boiled unfiltered coffee, such as that prepared with a French-press or espresso machine, is known to raise harmful LDL and total cholesterol levels. Tea also has a mixed and somewhat conflicting health benefit. In experiments with animals, tea has been proven to lower cancer risk. But similar effects cannot be linked to people. However, tea may benefit bone density and help prevent kidney stones and tooth decay. Four or five cups of black tea per day is linked to helping arteries expand and improve blood flow to the heart.

**Alcohol.** Alcohol is another popular choice and a classic case of “a little may be better than none, but a lot is worse than a little.” Moderate consumption of one drink for women and two drinks for men a day can be linked to lower mortality rates (especially from heart attacks and stroke), possible decreases in the risk for developing Type 2 diabetes and gallstones. Consequently, even moderate consumption raises the risk of birth defects and breast cancer.

These findings were linked to the possible interference with folate, an essential B vitamin. Heavy alcohol use has been associated through long-term studies to several lethal cancers, cirrhosis of the liver, hemorrhagic stroke, hypertension, dementia and some forms of heart disease.

**Milk.** Milk has long been associated with stronger bones and is recommended for children and teenagers. Regular consumption of milk provides essential nutrients besides calcium, including: magnesium, potassium, zinc, iron, vitamin A, riboflavin, folate and protein. A 10-year study of over-weight individuals found that regular consumption of milk made them less likely to develop metabolic syndrome, which involves coronary risk factors that include hypertension and low levels of protective HDLs.

**Water.** Last but certainly not least is water. For years you have been hearing that you should consume a certain amount of water per day. Water consumption is based on several factors such as your health, how active you are and where you live. Water, on average, comprises 60 percent of your body weight and serves as the principal chemical component. Every system in the body is dependent on water. Water flushes toxins from vital organs, transports nutrients to your cells, and provides a moist environment to your ears, nose and throat tissues. The standard recommendations are for men to consume roughly 3 liters, about 13 cups; women should consume 2.2 liters, about 9 cups, a day. However, the general guide line is to drink enough fluids so that you rarely feel thirsty. Also, what you eat can provide a significant portion of your fluid needs. On average, foods can provide roughly 20 percent of your total water intake which will then be supplemented from water or another beverage of choice.

If you have problems meeting your recommended fluid intake here are some helpful tips.

April 16, 2007

**Water** – Add fresh lemon, lime or other citrus fruit slices. Try cucumbers for a refreshing taste. Carry a water bottle with you whenever possible.

**Milk** – Low-fat or fat-free milk are recommended healthy beverages. If you are lactose intolerant, Soy milk is a great alternative. Chocolate milk is OK for an occasional treat, but watch the added sugar.

**100 percent fruit juice** - This option is great because it is made solely from fruit without the added sugar. Juices are full of vitamins naturally found in fruit such as vitamin C and folate. However, be sure to remember that a serving size is only 4 ounces. Try mixing some juice with seltzer water for a treat.

**Vegetable juice** - Like 100 percent fruit juice, these products also contain similar vitamins, antioxidants, and lycopene, which has been linked to reducing the risk of prostate cancer. Eight ounces of vegetable juice contains 2 grams of fiber, contains low amounts of sugar, and is roughly 50 calories.

**Unsweetened Tea** – This is a great, calorie-free option, hot or cold. If you need to sweeten your drink, try adding a small amount of 100 percent fruit juice for a little added twist. If you purchase bottled tea, be sure to read the label to make sure it has no calories.

**Sports drinks** – These contain fewer calories than other juices, fruit drinks or soda, but they do not offer the nutritional benefits of fruit juice, vegetable juice or milk. Drink these less often unless you are doing vigorous activity for more than one hour.

## Employee Recognition Tip of the Month

### The Other Side of Employee Recognition

By Julie Brooks, Employee Recognition Committee

We've read a lot recently about the importance of employee recognition. By now, you may be wondering what other benefits there are to

recognizing employees and co-workers beyond helping them to feel valued.

Ever experience the frustration of receiving two weeks notice from an employee? Imagine that after you've spent the time, effort and money to hire and train a new employee only to have that person leave for what they perceive to be a better job. It is estimated that employers lose about one year's salary when an employee leaves. Since lack of recognition can contribute to an employee's decision to seek opportunities elsewhere, we need to do all we can to foster an environment where recognition is paramount.

The Cabinet for Health and Family Services has more direct contact with the citizens of the Commonwealth of Kentucky than any other Cabinet. Whether it is through the assistance of community based services, mental health and mental retardation, public health or any other program, the Cabinet has such an impact on the lives of our fellow citizens through the services we deliver.

In her paper titled *Employee Satisfaction & Customer Satisfaction: Is There a Relationship?*, Dr. Caterina C. Bulgarella, Ph.D., writes "perceived employee satisfaction, perceived employee loyalty and perceived employee commitment had a sizable impact on perceived product quality and on perceived service quality."

So when you're wondering what the other side of employee appreciation might be, think of the customers we serve. Think of each and every citizen of the Commonwealth. Think about the time, energy and money invested in your employees.

Don't you owe it to yourself, your employees and to the citizens of Kentucky to make employee recognition a top priority?

Wellness Committee Sponsors Health Fair

The CHFS Wellness Committee will have a health fair Wednesday, May 9, from 10:30 a.m. to 1:30 p.m. in the CHR lobby. Please check your schedule and sign up to be an exhibitor to educate employees about your different programs. This health fair will be available for all employees and will coincide with the end of the employee physical activity challenge that concludes Saturday, May 12, at the GHK 5K run/walk. If you would like to have a table, please contact Wellness Committee Chair Mike Schardein at [mike.schardein@ky.gov](mailto:mike.schardein@ky.gov); or Wellness Coordinator Kris Hayslett at [kris.hayslett@ky.gov](mailto:kris.hayslett@ky.gov).

## **Employee Enrichment**

*By Anya Armes Weber*

Eliminating all distractions at the office is impossible, but there are ways to minimize them. Here are a few tips from Michael Pollick, a writer for general information Web site Wisegeek.com.

Set boundaries with family and friends. Tell spouses, children, parents and best friends that you can't take frequent personal calls. When you do get one or have to make one, keep it short.

If a co-worker interrupts you when you are on a tight deadline, be polite but consistent and tell him or her you need to get back to work.

Don't avoid e-mails and phone messages, but respond at your own pace.

Change your focus. Tune out distracting background noises like office chatter or outside sounds. Remain on task and you can complete your work sooner.

Another tip to remember for the sake of your officemates: Try not to be a distraction yourself since others have work to do, too. Keep social

conversations short and be mindful of dropping in on someone uninvited.