

June 2, 2008

## **Disability Determination Services Staff Honored**

The CHFS Department for Disability Determination Services held its annual PRIDE Awards luncheon May 22. The Kentucky DDS office has participated in the federal Social Security Administration's PRIDE (People Responsibly Influencing Decisional Excellence) employee recognition program for 22 years.

DDS Commissioner Stephen Jones said the PRIDE Awards recognize staff performance above and beyond the minimum accepted standards.

"The 2008 PRIDE Award winners, like winners in years past, have demonstrated an extraordinary commitment to excellence on the job and a dedication to our overarching goal to perform our work accurately, promptly and thoroughly so Kentuckians awaiting disability determinations can get on with their lives," Jones said.

The 2008 DDS PRIDE Award winners are:

Rookie of the Year - Leslie Hammond-Ferguson

Examiner of the Year - Shannon McRoberts  
Case Processing Supervisor of the Year - Janet Quarles

Staff Person of the Year - Todd Gentry  
Support Person of the Year - James Kuhn  
Staff Supervisor of the Year - Gary Davis  
Medical Consultant of the Year - Allen Dawson, M.D.

Robert R. Hinrichs Humanitarian Award - Jackie Nale

The following DDS staff received special Commissioner Citations:

Jenny Chandler  
Tonda Fields  
Darlene Herman  
Cindy Hill

James Kuhn  
Alyssa McCaslin  
Kathy Mitchell  
Brian Puckett  
Jebb Ross  
Scott Turner  
Kimberly Mink  
Leonard Smith

## **Swim Safely this Summer**

*Campaign educates public on recreational waterborne illnesses*

Recreational swimming will play a large part in summer fun for many Kentuckians. To make this summer a healthy swimming experience, state water quality and public health officials are urging swimmers to adopt healthy swimming behaviors that will help prevent the spread of waterborne illness.

State officials are also reissuing swimming advisories for specific areas of Kentucky waterways.

"This information is provided to our citizens to help them make informed, good public health decisions about how and where they swim," said Dr. William D. Hacker, commissioner of the Department for Public Health (DPH) and acting undersecretary for health with the Cabinet for Health and Family Services. His department works with the Division of Water in the Environmental and Public Protection Cabinet to issue Kentucky's swimming advisories.

Guy Delius, acting director of DPH's Division of Public Health Protection and Safety, said safe swimming habits also are needed in public pools.

"Thousands of Kentuckians visit our public pools throughout the season, and these simple recommendations will help ensure the water will remain clean and our citizens healthy," Delius said.

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Waterborne illnesses are caused by microorganisms such as Cryptosporidium, Giardia, E. coli and Shigella and are spread by accidentally swallowing water contaminated with fecal matter. E. coli is the major species in the fecal coliform group. Because it is generally not found growing and reproducing in the environment, E. coli is considered the best indicator of fecal pollution and the possible presence of disease-causing bacteria and other microorganisms.

Chlorine kills bacteria, but disinfection takes time. The CDC and environmental health specialists recommend these healthy swimming practices to keep bacteria out of the pool:

- Do not swim when you have diarrhea.
- Do not swallow pool water or get pool water in your mouth.
- Shower before swimming and have your children shower.
- Wash your hands after using the toilet or changing diapers.
- Take children on bathroom breaks or change diapers often.
- Change children's diapers in a bathroom, not at poolside.

Swimmers should also heed swimming advisories issued to protect the public from contaminants in some areas of Kentucky waterways. The Division of Water and the Division of Public Health Protection and Safety agree advisories issued last summer will remain in effect due to high levels of E. coli.

For information about water advisories, visit

### **Living Well: Healthy Summer Skin**

As spring gets warmer and with the summer season right around the bend, it's time to think about protecting yourself from the sun's harmful rays. In the United States, skin cancer is the most

common form of cancer with more than one million skin cancer cases diagnosed annually. Approximately 90 percent of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun. Protect yourself and follow these rules for healthy skin during this summer season.

Create a barrier between you and the sun by applying a sunscreen with an SPF of 15 or more.

Apply sunscreen 15 to 30 minutes before going outdoors.

Use a product that is "water resistant" if outdoors for a prolonged period of time and when doing physical activities such as playing sports or swimming.

Reapply sunscreen every 2 hours, especially when swimming or sweating.

Use at least 1 oz. (enough to fill a shot glass) of sun screen on all exposed areas.

Limit your exposure to sunlight from 10 a.m. to 4 p.m. because that is when the sun's rays are the strongest and most harmful.

Wear protective eyeglasses or sunglasses to protect not only your eyes but the skin around your eyes.

Wear a hat (preferably one with a wide brim that will shade your neck and face).

Wear protective clothing that is designed to block UVA rays.

Throw away old bottles of sunscreen (after 3 years they will lose strength).

Everyone needs a little sunlight, but be sure to follow the above guidelines to stay healthy this summer season. The CHFS Wellness Committee will be handing out free sunscreen in the CHR lobby from 7:30 -8:30 a.m. during sun safety week starting Monday, June 9 until Friday, June 13.

### **CHFS Focus Health Tip**

This week is National Headache Awareness Week. In recognition of the week, the National Headache Foundation provides some helpful advice on the seven healthy habits of headache sufferers.

*The Seven Healthy Habits of Headache Sufferers* include the following tips that can be easily incorporated in sufferers' lives:

**Diet:** Eat regular meals, avoiding foods and drinks that are known to trigger headache attacks.

**Sleep:** Maintain a regular sleeping schedule, including weekends and vacations.

**Stress:** Implement stress reduction techniques into your daily life.

**Headache diary:** Keep a headache diary of when your headaches occur, along with any triggers, and share the information with your health care provider.

**See your health care provider:** Make an appointment with your healthcare provider to specifically discuss your headache.

**Be a partner in your headache care:** Be informed, be a participant in your treatment and be an advocate for your headache care.

**Education:** Stay informed of the latest headache news and treatment options by visiting [www.headaches.org](http://www.headaches.org).

## Employee Enrichment

*By Anya Armes Weber*

If you have to speak before a group and don't want to rely on your notes, try the "loci" method, as explained by Thomas J. Kittell, the co-owner of Memory Improvement Systems, Inc.

The loci method involves taking a "mental journey of places and things that give you cues for what you want to say. Here are the steps:

Break down your comments. You can use bullet points or paragraphs for a more narrative style.

Visualize an image for each comment. Have a mental picture for each bullet point or paragraph. Kittell suggests remembering the first line of each paragraph, and the rest will come to mind easily.

Decide the "loci," or locations. Use any setting that is familiar to you – your office, your home or even your commute route. You will place your mental images at different points in the space. Link your images. Proceed through details of your location by linking them together. Move through the images in order of your points.