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**Employee Profiles: Beth Crace and Emily Moses,
public information officers, division of communications**

Beth Crace came on board with the Division of communications Oct. 1 as a public information officer assigned to the health programs area. Among her job duties are helping promote various Cabinet initiatives and accomplishments, handling media inquiries and coordinating interviews with and appearances/presentations by Cabinet staff.



A native of Paintsville, Crace knew early in her life she wanted to be a journalist. She attended Morehead State University and earned a bachelor's degree in communications with an emphasis in print journalism.

At MSU, she was the managing editor for the university newspaper and worked as a peer advisor, tutoring and counseling incoming freshmen dealing with the rigors of college life. During summer breaks she worked as a deputy clerk for the Johnson County Circuit Court.

After graduating, Crace worked for four years at the State Journal newspaper in Frankfort. She spent another 15 months at The Independent in Ashland.

While it's often a stressful job, newspaper reporting exposed her to many new experiences and opportunities, Crace said.

"I've written about everything from a carnival wedding to organic farming to murder trials," Crace said.

"As interesting as it was, I eventually reached a point where I wanted to take a new direction with my career."

Crace said she jumped at the chance to work for CHFS.

She strives to begin each day with a positive attitude and approaches each task with a sense of eagerness and desire to do the best job she can.

Crace hopes to learn as much as possible about CHFS, its programs, services and staff and to be a strong contributor to the communications team.

She said working with members of the communications staff is her favorite part of her job.

"The communications staff is so much fun to work with," she said. "They've been so helpful since I arrived here."

The feeling is mutual.

Division of Communications Director Vikki Franklin said, "Beth brings a solid journalism background and an understanding of PR to her position. She's a pleasure to work with and a valued new member of our team."

Crace considers herself fortunate to have had many strong, positive influences in her life, including grandparents and other family members, teachers (especially her high school English teachers) and friends.

Still, she said, "My parents, John and Mary Anna Crace, undoubtedly have influenced me more than anyone just by setting such great examples for my brother and me."

When asked what she most wants to be remembered for, she said, "Mostly, I want to be remembered as a kind person others could depend on." Laughing, she added, "And all those bestsellers I'm going to write."

A fitness buff, Crace spends much of her spare time working out, but also manages to squeeze in time to spend with friends and decorating her apartment.

Emily Moses, a public information officer, is the latest addition to the Division of Communications staff. Emily's duties relate primarily to publications development, including the Cabinet's in-house newsletters and program and service materials.



Previously, Moses was the editor at-large for Landmark Community Newspapers Inc., where she provided editorial and design support to about 60 of the chain's publications.

Moses also has previous professional experience as a daily newspaper reporter, copy editor and designer, and in the acting field, having worked with several regional theater companies throughout the Southeast.

Moses holds a bachelor's degree in journalism from Morehead State University where she minored in theatre.

Moses said her professional goals are many and varied, including her future plans to open a designer T-shirt boutique and author books. And, if that sounds a bit tame, Moses said she'd like to swim with sharks some day – although she'd prefer to do that in the safety of a cage.

Her immediate goal, however, is, "to do the best job I possibly can" as an information officer for CHFS.

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Division of Communications Director Vikki Franklin said the volume of publications produced by the Cabinet deserves dedicated staff attention.

“Emily has plenty of work to tackle, and she’s doing so with a great deal of enthusiasm and creativity.” Franklin said. “Her impressive skills in editing and design are already being put to good use.”

Moses places great personal value on hard work and service to others, something her parents stressed as she was growing up.

“I come from a very loving and supportive family where emphasis was placed on doing your best for yourself and for the communities of which you are a part,” she said. “My brother and I were encouraged to pursue our hearts’ desires.”

Associations and experiences beyond her family also have influenced Moses.

“My true fascination is with humanity and my goal is to collect the points of view of as many people in the world as I possibly can,” she said.

A newlywed, she has been married to husband Tim Mandell just more than three months.

When she’s not working, Moses, not surprisingly, enjoys spending time at home watching sports with her husband, as well as traveling, shopping, reading, writing and photography. Going to concerts and the theater also are among her favorite pastimes.

“I like a quiet night at home and a loud night out,” she said.

Expanded newborn screening can save lives

Every newborn in Kentucky is now being tested for metabolic conditions at nationally recommended levels since the successful completion of a pilot program that started in December, 2005.

“Newborn screenings are essential,” said Gov. Ernie Fletcher at a press conference lauding the new initiative. “The importance of providing these metabolic screenings to every child in Kentucky cannot be overstated. For many of our children, early screening can literally mean the difference between a healthy life and one spent battling a debilitating condition. It can even mean the difference between life and death.”

“This is an exciting day for Kentucky’s babies. Knowing three babies, due to expanded testing, have already been

scanned with metabolic disorders and their treatment started, shows the need for these tests,” said Sen. Julie Denton (R-Louisville), who sponsored legislation that led to increased testing. “I want to thank Gov. Fletcher and Dr. Steve Davis for their commitment to the babies of Kentucky.”



Cabinet for Health and Family Services Secretary Mark Birdwhistell speaks at a press conference hailing Kentucky’s expanded newborn screening process.

The 2005 General Assembly passed Senate Bill 24, which approved the expanded screening program and made its funding permanent. The Department for Public Health began the rollout of the program in July of last year. The rollout included installation and testing of new equipment at the State Public Health Lab and staff training from the Mayo Clinic. It also put in place other key elements for a comprehensive program to identify and treat rare metabolic disorders identified in any of the 55,000 babies born in Kentucky each year.

Kentucky’s program focuses on “the circle of newborn screening,” which includes lab testing, provider education, case management by public health nurses, and ensuring diagnosis and treatment by appropriate specialists at the University of Kentucky and University of Louisville. These four components ensure parents receive assistance in navigating the system.

Since last December when expanded screening started in a pilot capacity, more than 6,000 babies have been tested. Three diagnoses for treatable, potentially fatal conditions have already been made based on positive screenings. The program is now fully operational.

“This comprehensive program ensures the human side of newborn screening is provided for, as well as the necessary technology,” said Health and Family Services Secretary Mark D. Birdwhistell. “We want to ensure families get the help they need when one of these life-threatening conditions is identified in their newborn.”

It is estimated that up to 5 percent of childhood deaths attributed to sudden infant death syndrome (SIDS) may have actually been caused by a treatable metabolic condition. During a two-year period (2002-2003), Kentucky lost 91 infants to SIDS.

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KSP marks AMBER Alert anniversary

Wouldn't you do everything in your power to make sure a missing child is recovered unharmed?

Then make sure you take the time to sign up for the AMBER Alert Portal system,



(<http://www.KentuckyAMBERAlert.com>) an electronic-notification system that immediately lets subscribers know when a child in their area is missing. So far, Kentucky has more than 6,800 subscribers to the Portal.

"Time is the enemy when it comes to finding missing children," said KSP Maj. Mitch Bailey, coordinator of the state's AMBER Alert system. "AMBER Alert allows the public to partner with law enforcement using web-based technology to provide immediate and detailed information concerning the victim and the perpetrator. Last year's addition of the AMBER Alert Portal system expanded the state's child kidnapping alert network to make information even more accessible to citizens."

And there's no better time to sign up than now, as KSP recently joined law enforcement agencies nationwide in marking the Jan. 13 anniversary of the disappearance of Amber Hagerman, whose name has become synonymous with the search and rescue of abducted children.

AMBER Alert, the nationally recognized emergency notification system, was named in honor of the nine-year-old Texas girl who was kidnapped 10 years ago while riding her bicycle near her home. She was later found brutally murdered.

America's Missing: Broadcast Emergency Response (AMBER) Alert evolved after Amber Hagerman's abduction as law enforcement officials sought the help of local media and private citizens in the transmission of information leading to the safe return of abducted children. Information provided through the Portal includes a description of the alleged abductor, the vehicle and license plate number, and a description of the abducted child. The Portal also maintains on its website a geo-specific map showing an expanding area of interest based on the fastest driving routes from the abduction site.

Medicaid waiver approved

Governor Fletcher announced last week that the federal Centers for Medicare and Medicaid Services (CMS) has granted initial approval of Kentucky Medicaid's 1115

waiver, granting the state the flexibility to transform Medicaid into a sustainable program that will improve the health status of members.

"The Medicaid program as it exists today is simply unsustainable. We have a responsibility to ensure that Medicaid will be available to provide health care for current and future generations of Kentuckians," said Governor Ernie Fletcher. "The KyHealth Choices program will focus not only on stretching resources, but also on improving the health status of the 700,000 Kentuckians covered by Medicaid."

KyHealth Choices will build on Medicaid's already improved benefit management, care management and technology infrastructure capacities. Kentucky expects to be the first state to implement a comprehensive statewide waiver designed to create long-term stability for Medicaid, because of this existing foundation.

"In developing the waiver proposal, we have drawn from best practices in other states and the private sector to determine how we can operate the program more efficiently while improving the quality of care for Medicaid members," said Health and Family Services Cabinet Secretary Mark D. Birdwhistell.

The Kentucky Department for Medicaid Services (DMS) partnered with consumers, family members, advocacy organizations and health care providers to develop a waiver that would stretch resources to most appropriately meet the needs of members and encourage personal responsibility for health care. KyHealth Choices' mission is to improve the health status of Kentuckians enrolled in the Medicaid program; provide a continuum of care options; expand individual choice and engagement; and ensure the future solvency of the Medicaid program.

The major components of the KyHealth Choices program are:

- Targeted benefit packages
- Consumer engagement through cost sharing and increased responsibility
- The Health Insurance Purchasing Program
- Integrated care
- Disease management programs, and
- Get Healthy Accounts to provide incentives for healthy behavior.

KyHealth Choices will provide health care coverage for Medicaid members throughout the state, except those currently being served by Passport and ventilator-dependent individuals served under an existing waiver. Current waivers for acquired brain injury, supports for

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community living and home and community based services will be included in KyHealth Choices.

The waiver can be viewed at the Medicaid home page under the announcements heading:
<http://www.chfs.ky.gov/dms>

Executive budget unveiled

Funding for education, health care, economic development focus of budget address

Gov. Ernie Fletcher recently unveiled his proposed Executive Budget for the next two fiscal years. Fletcher gave details of the biennium budget proposal during a speech to a joint session of House and Senate members and a statewide television audience.

The total amount of the budget is \$17.7 billion over the biennium, which includes a projected carry over balance of \$469 million from the current fiscal year (FY2006). The focus of Fletcher's budget is education, economic development, Medicaid reform and providing services essentially to raising Kentucky's profile as a global competitor.

Among items in the proposed Executive Budget:

- \$937.7 million in capital bond construction projects, \$602.7 million of that to postsecondary education.
- \$100 million in capital bonds for local school construction projects.
- \$232 million in pay raises for teachers.
- \$39.9 million toward the continued roll-out of Medicaid modernization.
- \$219 million to fund the Medicaid Benefits program.
- \$30 million for high-tech construction and economic development pools to develop New Economy opportunities.
- Tax relief for 60,000 small businesses from Alternative Minimum Calculation (AMC) liability.
- \$75 million for maintenance and improvement of county and city roads through the County Road Aid and Municipal Aid programs.
- \$290 million in GARVEE bonds toward six-lane widening projects on Interstate 64, Interstate 65 and Interstate 75.

To read the complete text of Fletcher's budget address, visit <http://governor.ky.gov>. The Governor's Executive Budget can be found at <http://kentucky.gov>.

Protect pets in cold weather

By Anne Parr

Oh, the weather outside might be frightful! But, inside your home it's warm and so delightful! Learn how to protect your kitties, pooches, and all other furry little

friends by following these tips when the temperature takes a dip.

- **Keep your cats indoors.** Outside, cats freeze and can become lost, stolen or injured.
- **Which way do I go?** Never let your dog run around off his leash on snow or ice, especially during a snowstorm. Dogs might lose their scent in snow and ice and become lost.
- **Wipe off your dog's paws, legs, and stomach when he comes in from the snow or ice.** Salt or other chemicals might make your dog sick if he swallows them while licking his paws. What's more, his paw pads are sensitive and might bleed if snow or ice covers them.
- **Brrrrr!** If your pooch has very short hair, think about getting him a doggie coat or sweater.
- **Never leave you dog, cat, or any other animal friend alone in a car in very cold weather.** A car can act as a refrigerator and your animal could freeze. So, if you take your animal friends on a trip, make sure you and your family take them wherever you go.

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.



Poor workplace posture can lead to significant muscle pain, and even absences for medical treatment. Avoid prolonged pain by correcting your office chair posture. From Spine-Health.com, here are some tips for changing your daily habits:

- Align your back against the back of your chair. Don't slouch or lean forward.
- Keep your feet on the floor. If you can't reach the floor comfortably, try a footrest.
- Keep your shoulders straight.
- Adjust your chair so your arms are flexed at a 75- to 90-degree angle for desk work.
- Your knees should be even with or slightly higher than your hips.
- Get up and move! Stretch your back and body every couple of hours.

Frankfort Employee News

Schedule appointment to donate blood

The Central Kentucky Blood Center Mobile Unit will be at the CHR Building Jan. 31 and Feb. 1 from 8 a.m. to 1 p.m. both days.

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To schedule a blood donation appointment, go to the Central Kentucky Blood Center Web site at:
<https://www.membersforlife.org/ckbc/mobilesch/counties.php?county=Franklin&state=KY>

Click on the day you would like to give blood and enter your information.

Walking track closed, temporarily

Finance is in the process of painting the hallways of the CHR basement, including the entrance tunnel, elevator lobby and “walking track.” Wednesday, Jan. 25, they will start on the walking track to paint and replace the ceiling tiles. This project is estimated to take till the end of February. As a result, staff should avoid this area as much as possible. Anyone that normally walks down there for exercise should find another location for this activity during this period, as space will be limited and the work dirty.

News in brief

Special election in Jefferson County

The Office of Human Resource Management has received the following notification from the Personnel Cabinet regarding a special election in Jefferson County on Feb. 14, 2006:

A special election has been ordered to be held on Tuesday, Feb. 14, 2006 in the County of Jefferson for the 37th Senatorial District.

In accordance with Ky. Const. Section 148, KRS 118.035 and the voting leave regulations, 101 KAR 2:102, Section 7 and 101 KAR 3:015, Section 7, all employees who are entitled to vote, otherwise scheduled to work during the hours that the polls are open, and request leave in advance shall be granted four (4) hours of leave to do so. Employees voting absentee may be granted this leave, if an advance request is made on the day they appear before the clerk to apply for the absentee ballot except as noted below.

KRS 118.035 states that any qualified voter who exercises his right to voting leave but fails to vote under circumstances that did not prevent him from voting may be subject to disciplinary action. An employee appointed to serve as an Election Officer may receive voting leave not to exceed a total of seven and one-half (7.5) hours for a designated election to attend training and for service as an Election officer, provided that such leave is requested in advance, KRS 118.035(4).

Technology improves quality of inmate care

As a result of an innovative partnership, Kentucky taxpayers now pay almost 40 percent less for inmate medical care. These savings translate into more than \$9

million in the first full fiscal year, and those savings are expected to continue.

The Kentucky Corrections Health Services Network (KCHSN) is collaboration between the Kentucky Department of Corrections, the University of Kentucky and CorrectCare, a private sector health management firm based in Lexington. KCHSN is a statewide health network that provides for the hospital and specialty care for more than 18,000 state inmates across the state. Before this partnership, the 13 prisons and 75 jails across the state decided individually how to provide health-care services.