

Friday is Veterans Day

The Cabinet for Health and Family Services honors employees who have served in the United States Armed Forces on Veterans Day, Friday, Nov. 11. Take the time this Veterans Day to reflect on the sacrifices made by America's veterans to protect freedom throughout the country and the world.

According to the Kentucky Department of Veterans Affairs, there were approximately 335,000 veterans in Kentucky as of May 2010. Of those:

- 25,000 served during World War II
- 33,100 served during the Korean War
- 113,700 served during the Vietnam War
- 88,600 served during the Gulf War
- 85,800 served during peacetime

Learn more about Kentucky's veterans, services for veterans and Veterans Day events at the links below:

Kentucky Department of Veterans Affairs: <http://veterans.ky.gov/>

Gov. Steve Beshear's 11-11-11 initiative: <http://www.governor.ky.gov/11-11-11/>

Kentucky Veterans Day events: <http://www.governor.ky.gov/11-11-11/events/default.htm>

History of Veterans Day in the United States:

<http://www.va.gov/opa/vetsday/vetdayhistory.asp>

November General Election Information

Kentucky's General Election will be Tuesday, Nov. 8, 2011. All registered voters are eligible to vote in the 2011 general election in every county in the Commonwealth. A copy of each county's sample ballot will be posted on the Secretary of State's website, www.sos.ky.gov.

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 at any election and who are otherwise scheduled to work during the hours that the polls are open, and who request leave in advance, shall be granted four (4) hours of leave to do so. Additionally, if an advance request is made, employees voting absentee may be granted this leave on the day they appear before the clerk to apply for the absentee ballot, except as otherwise noted below.

KRS 118.035 states that any qualified voter who exercises their right to voting leave but fails to vote under circumstances that did not prevent them 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 (based on a 37.5 hour work week) or eight (8) hours (based on a forty hour work week) for a

designated election to attend training or for service as an Election Officer, provided that such leave is requested in advance.

Focus Health News

Zombies continue lessons in preparedness

The Centers for Disease Control and Prevention has a fun new way of teaching the importance of emergency preparedness. Its new graphic novel, "Preparedness 101: Zombie Pandemic" demonstrates the importance of being prepared in an entertaining way that people of all ages will enjoy. Readers follow Todd, Julie, and their dog Max as a strange new disease begins spreading, turning ordinary people into zombies. Stick around to the end for a surprising twist that will drive home the importance of being prepared for any emergency. Included in the novel is a Preparedness Checklist so that readers can get their family, workplace, or school ready before disaster strikes. Visit the CDC online to read the novella and get information about being prepared for emergencies. http://www.cdc.gov/phpr/zombies_novella.htm

Employee Enrichment

By Anya Armes Weber

The next time you really need to remember what you hear at a meeting or workshop, try taking a break right afterward.

Recent studies at the National Institute for Health indicate that our memories grow stronger when we take breaks. Those studies show that our long-term memory storage involves interactions between different brain regions. NIH scientists believe the studies suggest that these brain regions work together to replay recent experiences during periods of rest in order to consolidate our memories.

Even when you are resting, your brain is working for you. So make time to take a break right after learning something new. It may help you retain that information.