

## **Build-A-Bed Project to Help Hundreds of Kentucky Children**

By Anya Armes Weber

Hundreds of AmeriCorps members and volunteers worked this past weekend to build beds for disadvantaged Kentucky children.

On May 8-9, members of Kentucky's AmeriCorps programs sponsored a 24-hour "Build-A-Bed" project to benefit children across the state. The goal of the project was for participants working in shifts throughout the day and night to build 500 beds for children in need. Volunteers exceeded their goal and built 545 beds.

May 8-15 is AmeriCorps Week, and this year the national kickoff was in Frankfort.

Cabinet Secretary Janie Miller helped welcome volunteers to the event kickoff and told them they were giving children more than just new beds.

"With this building blitz, you are fulfilling one of children's basic needs," she said. "A better bedtime, more quality sleep and a greater sense of pride will likely lead to something we desire for all children – opportunity. Your work today is an investment in the lifetime of opportunity for them."

The beds, along with pillows, mattresses and "bedtime bags" that include sheets, pajamas, a night light, books and other night-time essentials, will be delivered to children who were recommended to the project through local Department for Community Based Services offices, Family Resource and Youth Services Centers and other social services agencies.

In Kentucky, AmeriCorps is administered by the Cabinet's Kentucky Commission on Community Volunteerism and Service (KCCVS).

Learn more about the Build-A-Bed project online at [www.build-a-bed.org](http://www.build-a-bed.org).

For more information about volunteering or the AmeriCorps programs visit [www.volunteerKY.ky.gov](http://www.volunteerKY.ky.gov).

## **DCBS Partner Sponsoring Essay Contest for Children in Foster Care**

By Anya Armes Weber

A nonprofit adoption advocacy group and one of the Cabinet's primary partners is sponsoring an essay contest for children in the state's foster care system.

Ashland-based group For Jamie's Sake is sponsoring the "Let Your Voice Be Heard" essay contest to encourage children in out-of-home care to express their views on important issues. Children can write up to 250 words in response to one of the following questions:

- If you had the opportunity to speak with the President of the United States about your experience in foster care, what would you ask him to change to improve the lives of future children in foster care, and explain how it would positively affect their lives.
- If you could ask the President of the United States to change one thing that affects the life of a child in foster care, what would it be and why?
- If you could ask the President of the United States to change one thing about foster care, what would it be and why?

Essays are to be submitted to For Jamie's Sake by 2 p.m. EDT on Friday, May 21.

Entries can be sent to For Jamie's Sake, 1544 Winchester Ave., Suite 808, Ashland, Ky., 41101. Or they can be e-mailed to [forjamiesake@windstream.net](mailto:forjamiesake@windstream.net).

For Jamie's Sake offers many services to children in foster care through the Department for Community Based Services, including providing clothing, luggage and "pillow pals," facilitating visits between birth and foster families and hosting monthly birthday parties.

Visit the For Jamie's Sake Website for more information about the group.

For more information about adoption and foster care, call the Special Needs Adoption Program (SNAP) at (800) 928-4303. Or log on to the SNAP home page.

## **Celebrate Women's Health in May**

### *DPH Encourages Women to Join the Walk Across Kentucky*

The Kentucky Department for Public Health (DPH) Division of Women's Health, in partnership with the Frankfort Regional Medical Center, Franklin County Health Department and the Kentucky Commission on Women, is hosting a "Walk Across Kentucky" May 13 as part Women's Health Week, a national observance spearheaded by the U.S. Department of Health and Human Services Office on Women's Health. Women are being encouraged to participate in the walk, which will supply health information on various topics related to women's health.

The theme for National Women's Health Week is "It's Your Time." The Frankfort event will begin at noon on the steps of the Capitol, proceeding down Capital Avenue.

"Often, women don't allow themselves much time to take care of themselves," said Health and Family Services Cabinet Secretary Janie Miller. "Our health should stop taking a backseat to everyone else's needs. I hope all women will take a minute to recognize the importance of National Women's Health Week and, if possible, join our walk."

During the week, families, health organizations, businesses, communities, the government and individuals come together to raise awareness about women's health issues and educate women about simple steps they can take for longer, healthier and happier lives.

“National Women’s Health Week is important because it encourages women to take time for their health,” said Connie Gayle White, M.D., director of the Division of Women’s Health. “Women are often the caregivers for their families and, as a result, sometimes forget to make their own health a priority. With National Women’s Health Week, we remind women that they too need to visit their health care provider, make sure their screenings are up-to-date and take time to think about their health.”

National Women’s Health Week kicks off on Mother’s Day, May 9, and will be celebrated through May 15. National Women’s Checkup Day — a day when women across the country are urged to visit their doctor — is May 10. In addition, the Woman Challenge, an eight-week online physical activity program, will be May 9 to July 3.

Local health departments across the state are encouraged to organize a walk in the community during this week as a way to bring the importance of women’s health to the forefront in each community. Call your local health department to inquire about events in your area.

For more information about National Women’s Health Week, please visit <http://www.womenshealth.gov/whw>. To contact the DPH Division of Women’s Health, call Roanya Rice at (502) 564-3236, ext. 3073, or e-mail [Roanya.Rice@ky.gov](mailto:Roanya.Rice@ky.gov).

### **Celebration of Hope Luncheon Honors Breast Cancer Survivors**

The 13th annual Celebration of Hope was May 3 at the Frankfort Convention Center and welcomed approximately 1,000 breast cancer survivors from across Kentucky. Actress and cancer survivor Fran Drescher served as the guest speaker and was joined by Governor Steve Beshear and First Lady Jane Beshear, the University of Kentucky Basketball Coach John Calipari, former First Ladies Judi Patton and Phyllis George and former Governor Martha Layne Collins.

“While we are celebrating our survivorship over cancer today, we need to continue to recognize the early whispers of what cancer symptoms are,” said Drescher. “We need to galvanize women together to form one strong voice for promoting cancer screenings so we can live long and healthy lives.”

Drescher is best known for playing Fran Fine on the hit television show “The Nanny” and for her role in the movie Saturday Night Fever. She also is a survivor of uterine cancer, having been treated for the disease in 2000 following two years of symptoms and repeated misdiagnosis. She wrote about her experiences in her second book, *Cancer Schmancer*, to raise awareness for men and women alike to become aware of what early warning signs of cancer are and to empower themselves.

In 2007, Drescher announced the national launch of the Cancer Schmancer Movement, a non-profit organization dedicated to ensuring that all women’s cancers be diagnosed while in Stage 1, the most curable stage.

The celebration luncheon was first started by former First Lady Judi Patton and has since developed into a celebration of survivorship as well as an opportunity to educate Kentucky's women on the issue of breast cancer awareness.

In addition to the luncheon, attendees were also given the opportunity to tour the Governor's Mansion and Capitol Rotunda.

### **Ten-Ure Conference this Week**

The Kentucky State Employees Ten-Ure organization will have its 59th annual conference Thursday and Friday, May 13-14, at the Airport Holiday Inn in Erlanger. There will be many informational booths, employee workshops and after-hours social events. The organization will also award State Ten-Ure pins to members with 10, 15, 20, 25 and 30 years of state service.

Ten-Ure is a professional state organization with membership of state employees who have more than 10 years state service and any retiree from state government.

For more information, visit [www.ten-ure.org](http://www.ten-ure.org) or contact Teresa Proffitt at [Teresa.Proffitt@ky.gov](mailto:Teresa.Proffitt@ky.gov) or Gary Brooks at [Gary.Brooks@ky.gov](mailto:Gary.Brooks@ky.gov).

### **All Kentuckians Can Help Celebrate Nurses Week**

As part of National Nurses Week, nurses employed by the Cabinet for Health and Family Services and local health departments across the state are working to educate Kentuckians about the importance of prevention for long-term health and well-being.

Nurses Week, which was created to promote the role of nurses in American health care and government, started May 6 and runs through May 12 around the country. This recognition is considered a way to honor the contribution of nurses to health care, the delivery of clinical services, public health education and health policy. At CHFS, a team of cabinet nurses has been working to plan special events and promote a specific health campaign.

“In addition to our continuing education and promotional events planned for the week, we wanted to use Nurses Week as a platform to promote health,” said Rosie Miklavcic, chief nursing officer for the Kentucky Department for Public Health (DPH). “This year, we are focusing on the power of prevention - whether that is getting regular health screenings, committing to an exercise program or following a quitting smoking program. Prevention lays the groundwork for a healthy lifestyle.”

According to CHFS personnel, approximately 1,300 public health nurses are employed through local health departments and 100 more nurses work in the CHFS central office in various positions through DPH, the Office of Inspector General, the Department for Community Based Services, the Department for Medicaid Services, and the Department for Behavioral Health, Intellectual and Developmental Disabilities. Throughout the week, CHFS nurses will engage in various activities to promote the work of nurses and their contribution to the cabinet.

“We ask that during Nurses Week, all Kentuckians take a little time to consider their personal health,” said Miklavcic. “Learn more about what health screenings you should be getting this year, what types and how much exercise you should be getting, and what kind lifestyle is right for you.”

Miklavcic said more information is available by contacting a local health department. Various programs, such as diabetes management or smoking cessation, are offered through the health departments.

“Sometimes, we assume that our health and well-being is out of our hands,” said Miklavcic. “That’s why preventive health measures are so important – they can help us fight off and sometimes even reverse disease. What better way to celebrate Nurses Week in Kentucky than by making a change to improve the health of not only yourself, but also your family and loved ones.”

### **Living Well: Explore the Woods in Kentucky**

Do you read everything that is put in your mailbox? Once a month, I receive “The Southsider” magazine that features local events, people and places. I often toss what I consider junk mail, but the cover of the May issue caught my attention. It boasted: “10 walks in the Woods: A guide to some of the area’s best trails.” After only recently discovering the trails at Capital View Park in Frankfort, I was interested in reading this article. Here are the top places the magazine identified as the best nature spots in Central Kentucky:

- McConnell Springs: 416 Rebmann Ln., Lexington ([www.mcconnellsprings.org](http://www.mcconnellsprings.org))
- Shaker Village: Lexington Road, Harrodsburg ([www.shakervillageky.org](http://www.shakervillageky.org))
- Red River Gorge: [www.redrivergorge.org](http://www.redrivergorge.org)
- Raven Run Nature Sanctuary: 5888 Jacks Creek Pike, Lexington (search “Raven Run” on [www.lexingtonky.gov](http://www.lexingtonky.gov))
- Berea College Forest: Berea (visit the college website for more information)
- Pilot Knob State Nature Preserve: Brush Creek Road, Stanton
- Buckley Wildlife Sanctuary: 1305 Germany Road, Frankfort (859-873-5711)
- Kentucky River Palisades: visit [nature.org](http://nature.org) and enter Kentucky River Palisades in the search box.
- Palisades : Sally Brown Nature Preserve and Crutcher Nature Preserve
- Palisades: Jim Beam Nature Preserve
- Palisades: Tom Dorman State Nature Preserve

Some of these places are more popular than others, but they are all in the local central Kentucky area. If you enjoy exploring outside of your neighborhood, check out some of these nature spots. The Kentucky River Palisades are a series of steep, 200-foot gorges and limestone outcroppings that stretch for approximately 100 miles along the Kentucky River, from the Clays Ferry in Madison County to Frankfort. The River Palisades also includes the Sally Brown, Jim Beam, Tom Dorman and Crutcher nature preserves. Hiking in these areas offers a great way to log physical activity, and the surroundings often allow you to forget that you are engaging in exercise. Visit one of these local nature spots and start exploring nature while you exercise. If

you would like more information about any of these locations, visit the May edition of The Southsider magazine at [www.southsidermagazine.com](http://www.southsidermagazine.com).

## **Employee Enrichment**

By Anya Armes Weber

Looking to be more productive at the office? Here are some tips from online business site [inedmoretime.com](http://inedmoretime.com).

Reduce interruptions. Move your desk so you can't see the door, and co-workers can't make eye contact with you. You'll avoid unnecessary conversation.

Rid your desk of distractions. Keep personal photos and mementos on the wall or on nearby shelves.

Be specific when you set up a meeting. Schedule appointments with both start and end times. People are more likely to get to the point when they are up against a deadline.

Keep track of your action items. Write them down or keep an electronic list as you are assigned them or think of them – like when you complete a phone call or return from a meeting. Prioritize your tasks and complete them in order of urgency.

Take a real lunch break. Leaving the office will clear your head and help energize you for the rest of the day.