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Dancing the Pounds Away

Employee makes fun into physical fitness

By Beth Crace

Plenty of health experts agree: The best way to stick to a fitness program and see results is to find something you enjoy.

For Andrea Gillis, it was ballroom dancing.

“It is a lot fun at the group class and practices; you get to meet such great people,” said Gillis, who has dropped 15 pounds and gained a whole new attitude since enrolling in classes at the Fred Astaire Dance Studio in Lexington.

It’s just the kind of attitude experts say will keep you exercising on a regular basis. All it takes is 30 minutes of activity a day (60 minutes for kids aged 6-17), five days a week.

“Designing an exercise program based on your individual preferences and enjoyment ensures that consistent physical activity will remain an important part of your everyday lifestyle,” said Kris Hayslett, CHFS’ wellness coordinator. “Just 30 minutes of physical activity either in one session or broken up into two 15-minute-sessions per day will increase your overall health.”

Those looking to add physical activity into their lives or simply revamp their workout routine can take the Get Healthy Kentucky Governor’s Challenge at www.gethealthy.ky.gov. This site will redirect users to the national President’s Challenge homepage where users can sign up for an account and start monitoring progress via the personal activity tracker.

The challenge boasts more than 100 activities from which to choose, making it easier than ever to find something you like and stick with it.

For those who still feel a bit apprehensive, Gillis said don’t be afraid to try something new.

“I love dancing and had always wanted to take ballroom dancing,” she said. “So this year I finally said to myself, ‘I am just doing it.’ ”

An 18-year state government veteran, Gillis currently works in the Department for Community Based Services Division of Family Support.

The Frankfort native has plenty of encouragement for the wannabe dancers of the world. Gillis said not only do participants reap the benefits of exercise while waltzing, tangoing and cha-chaing the night away – but they also have a good time.

“You don’t think about what a workout you’re getting at the time, because you are just having so much fun,” she added.

DPH Prepares for Public Health Week with Annual Conference

Kentucky Gov. Steve Beshear last week proclaimed the week of April 21 Public Health Week in the state. The observation aims to draw attention to important public health issues and acknowledge the contribution public health has made to the people of the commonwealth.

“Public health touches the life of every Kentuckian in some way – whether it’s helping prepare for a disaster or emergency, encouraging the public to get a flu shot, or helping someone with diabetes better manage the disease,” said William Hacker, M.D., Health and Family Services’ acting undersecretary for health and public health commissioner. “During Public Health Week, we hope all Kentuckians will take a moment to consider the impact of the thousands of men and women who comprise our state’s public health infrastructure. They help save lives and make the commonwealth a healthier place to live every day.”

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The Kentucky Department of Public Health (DPH) and the Kentucky Public Health Association (KPHA) will gather in Louisville April 21-24 for the KPHA's annual conference.

The annual conference draws health experts who meet to review Kentucky's progress and learn more about ongoing projects in the commonwealth. Attendees include representatives from DPH, staff from local health departments across the state, health care providers, health educators and business people, such as restaurant owners and grocers.

"Our partnership with the KPHA has helped build a strong public health network in Kentucky," said Steve Davis, M.D., deputy DPH commissioner. "This has led to countless successful initiatives, innovative programs and stronger communication among all our partners. It is truly rewarding work."

"For citizens, representatives of related industry, public health professionals, our stakeholders and others interested in public health, this educational conference is second to none," said KPHA President Guy Delius. "This will bring public health professionals from all across the commonwealth together to identify means to help further improve conditions, programs and systems that relate to public health, particularly prevention."

The conference will feature more than 80 speakers on topics such as public health administration, nutrition, public health nursing, epidemiology, environmental health, community health planning, home health, administrative support and clinical and community services.

For more information, contact Dudley Conner, executive director of KPHA, at dudleyj.conner@kpha-ky.org. Visit the KPHA Web site at www.kpha-ky.org to view the agenda and to register to attend. For more information

about DPH programs, visit DPH's Web site at <http://www.chfs.ky.gov/dph/default.htm>.

'Get Healthy' Mural Completed

By Anya Armes Weber

The CHFS Wellness Committee and volunteers have completed another "Get Healthy Kentucky" mural in the basement hallway of Frankfort's Human Resources Building.

Members of the group's Physical Activity Committee began the painting project, called "Summer," last November and completed it this month. "Summer" features adults and children being active outside under blue skies.

Terry said the mural depicts wellness activities and is meant to give a more pleasant experience to staff members who use the hallways for walks at break times.

Cabinet employees who helped draw and paint the mural are: Angela Baldrige, Cathy Key, Beth Morris (with sons Corey and Brandon), Shannon Ramsey, Jim Terry, Denise Weider and Gayle Yocum. Visitor Beth Caudill also helped paint. Artists were given certificates of appreciation for their efforts.

The 20-foot mural is the second in a planned four-part "season" series, said Terry, who designed the scene with Yocum. Terry said it has been fun to work on the project with other people.

"It has been a relaxing experience to stay after work, turn on a radio and paint in the basement," he said.

The "Spring" scene in the hallway was completed in 2006. Students from Western High School are making good progress on "Fall" further down the hall.

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UK Offers Sexual Addiction Class for Social Workers

By Anya Armes Weber

The University of Kentucky's College of Social Work has limited registration for a sexual addiction class in Northern Kentucky.

"When Lust Takes Over: Assessment and Treatment of Sexual Addiction," will be led by Stuart Bassman of the AWARE Program in Cincinnati.

The class is from 9 a.m.-noon on Thursday, April 24, at Hospice of the Bluegrass, 7388 Turfway Road, Florence. Directions are online at <http://www.hospicebg.org/northern.html>.

Participants will discuss a conceptual model for understanding and treating sexual compulsivity. There will be an overview of some of the essential components of a therapeutic perspective, including theoretical models of behavior and differential diagnoses.

Cost is \$60. Licensed social workers can earn three CEUs for the class.

To register or for more information, log on to www.uksocialworkonline.com.

Webcast Focuses on Community Elder Abuse Awareness

By Anya Armes Weber

Staff is invited to join an online conference that addresses promoting awareness of elder abuse. "World Elder Abuse Awareness Day: June 15, 2008: What Can Your Community Do to Raise Awareness?" is scheduled for 2-3:15 p.m. on Tuesday, April 15.

The webcast is sponsored by the National Center on Elder Abuse and will be hosted by the National Adult Protective Services Association.

The webinar will provide ideas on what communities and states can do to recognize World Elder Abuse Awareness Day. Experts will share plans for activities and inform participants how to locate resources and prepare toolkits.

To register, log on to <http://www.ganconference.com/napsaregistration.html>. Scroll down to the registration form, where you may select to listen to the webcast over your computer or by calling the toll-free number.

To call into the conference, be sure to use the specific phone number designated for this particular webcast. Upon registering, you will be sent a confirmation of your registration with a link to the webcast and the password. You will also receive an e-mail reminder.

If you need special accommodations, e-mail kathleen.quinn@apsnetwork.org. June 15 is World Elder Abuse Awareness Day, and Kentucky is participating with a rally at the Frankfort Capitol.

Living Well: Walking Etiquette

If you're a walker in the CHR building basement, you might have experienced groups who walk three wide, individuals running, loud conversation, or people reading while walking. The basement is a great way to fit in physical activity during break times as well as allowing employees the chance to step away from their offices. However, please remember these common courtesies when walking in the basement or on a trail:

- Walk in pairs. The space in the basement is ideal for two people to walk side-by-side, but if you do happen to walk three-

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wide, please remember to have one person either move in front or behind so that others can pass.

- Watch walking speeds. All walkers set a different pace. Maintain your awareness of the different group speeds and adjust your speed when needed, or pass the group on the left side.
- Follow the rules of the road. Use the same system used when driving a vehicle. Slow down when approaching a group, or pass them on the left if there is a clear path.
- Noise levels. Watch your voice levels if you are on your cell phone or walking with coworkers, and keep in mind that your conversations might be overheard by other walkers, so be careful about disclosing any private information. Also, the basement area has several offices, so be respectful to those who work in that area.
- Stay alert. Walkers who read at the same time must be monitoring other walkers at all times to avoid any possible accidental collisions.

The busiest walking times in the basement are during the 10 a.m. and 3 p.m. breaks. If you prefer to walk when it is not busy, try scheduling your break before or after those times or during the lunch period from 12:30-1 p.m. This reminder is not to deter any walkers from using the basement, but rather to simply remind all walkers to have common courtesy when walking here at work or out in the community.

Employee Enrichment

By Anya Armes Weber

Earth Day is April 22, and it's a time to celebrate the beauty of nature and rededicate our efforts to protecting the environment. Here are some tips

you can use at the office to reduce your impact on the environment.

- Drink your coffee from a washable mug.
- Bring lunches and snacks in reusable containers.
- Ride-share on your way to work or when you must travel.
- Buy recycled office products and items with less packaging.
- Use e-mail and electronic file sharing instead of paper whenever possible.
- Reuse paper before you recycle it. Drafts of reports can become scrap paper pads.
- Recycle. Tote your plastic, aluminum and glass home to your personal recycling bin. Or start a recycling drive at work.
- Use less energy. Turn off lights and computer monitors at the end of the day. Unplug unused electronics.