

Holiday Weigh to Maintain Challenge 2008-2009

The CHFS Worksite Wellness Committee is encouraging all CHFS employees to take the Holiday Weigh to Maintain Challenge this holiday season.

The holiday season means delicious foods, social gatherings and celebrations. The Wellness Committee would like to support employees in their efforts to remain physically active and stay within the recommended guidelines of good nutrition. During the next six weeks, all registered participants will receive e-mails and helpful information to survive the holidays.

Here's how to participate:

- Print out the pledge, sign it and hang it somewhere visible in your workplace or at home.
- Weigh yourself the weeks of Nov. 17 and Jan. 5 to record your starting and finishing weights.
- A weekly newsletter will be sent out starting the week of Nov. 24 and conclude the first week in January.
- During the week of Jan. 5, if you have successfully gone through the holiday season and stayed within two to three pounds of your starting weight, please send us an e-mail and your success story if you would like to share it with fellow employees.

The main goal for this challenge is to remain focused on what we know works in terms of nutrition and physical activity. The holidays are a wonderful time to catch up with family and friends. It is not a great time to commit to a strict diet. We want everyone to enjoy all of the festivities and meals that are associated with the holiday season without losing sight of the importance of healthy eating and regular physical activity. For these reasons, we are asking all employees to shift their focus from weight loss to simply maintaining their current weight and healthy lifestyles.

On behalf of the Worksite Wellness Committee, please take the challenge by printing off and signing the pledge and sending an e-mail to ky.challenge@ky.gov with the e-mail address where you would like to receive the six-week survival guide to the holiday season.

State Health Department Announces New Mobile Medical Treatment Center

Training provided for important new addition to state's preparedness resources

By Barbara Fox

Staff from numerous state and local agencies in Kentucky gathered together on Thursday, Nov. 13, at the Kentucky Exposition Center in Louisville to receive training on the set-up of a newly acquired large-scale mobile medical treatment center.

The mobile medical treatment center is an inflatable shelter system that can be deployed to the scene of a disaster or emergency anywhere in the state to provide on-site treatment for patients and reduce the number of patients sent to hospital emergency rooms. The 3,342-square-foot

structure has a 45-bed capacity and houses separate areas for triage, isolation, administration/nursing station and patient care. The shelter is completely self-contained with two large 45-kilowatt generators and a heating, ventilating and air conditioning system. Supplies such as beds and cribs are also included with the center. Two 28-foot cargo trailers provide storage and transport for the unit.

“In the event of a serious public health emergency, health and medical systems might be overwhelmed with people seeking treatment, and the need to meet this demand would be critical,” said William D. Hacker, M.D., commissioner for public health. “This mobile medical treatment center will have the capability of providing medical services to our citizens utilizing local medical reserve corps (MRC) volunteers without overburdening hospitals.”

Agencies that participated in the training included individuals from local health departments, Kentucky Emergency Management, Kentucky Pharmacists Association, Kentucky Board of Emergency Medical Services, Kentucky Hospital Association, Kentucky National Guard and local MRC coordinators.

Funding for the center was provided through a grant from the Centers for Disease Control and Prevention (CDC). The unit will be stored by the Kentucky Department for Public Health.

Living Well: Set your quit date

If a 40-year-old quits smoking and puts the savings into a retirement plan earning 9 percent a year, he or she could have an extra \$250,000 by age 70. These savings don't necessarily have to be invested over a long period, but think of things on your “wish list.” Calculate what you could purchase if you saved the money you spend on cigarettes. Visit www.cancer.org to calculate your personal costs and potential savings.

When Smokers Quit – What Are the Benefits Over Time?

20 minutes after quitting: Your heart rate drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's.

The risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

The Kentucky Employees Health Plan offers a [Smoking Cessation Program](#) as part of state employees' health insurance benefit. This program is available to any employee and/or dependent over the age of 18 who is enrolled in the Kentucky Employees Health Plan. Employees who waive health insurance are not eligible to participate as the products are being covered through Express Scripts, and participants must be enrolled. For a copy of a brochure outlining the program and its benefits, please visit www.personnel.ky.gov/wellness/smokecess/

On Thursday, Nov. 20, the American Cancer Society is holding its annual Great American Smoke Out campaign asking smokers across the nation to quit for one full day. The CHFS Wellness Committee will be providing information in the lobby of the CHR bBuilding from 10 a.m. to 2 p.m. if you would like additional information.

Read more about quitting online at the American Cancer Society's Web site, www.cancer.org.

Fiscal War: Scrooge McCleaning

By Beth Fisher

This is the time of year when many of us are constructing elaborate Plans of Fiscal Attack for the purchase of things like holiday food, gifts and various décor items. Often, the first objective is getting your house strategically organized and clean. Of course, as the penny pinchers of the world know, the latter can cost you some major bucks. A bottle of furniture spray, a new mop, some scrubbers, some polish, scrubbers with built-in polish, a caddy to house it all. By the end, the gods of good housekeeping are gleefully gleaming and shouting a collective, “Ka-ching” before you’ve even polished your first piece of cutlery.

But not to fear, fiscal warriors. Cleaning - while it certainly can be pricey - doesn't have to be such a budget-buster. The key is reusing certain items in the home and channeling your inner Madame Curie to concoct some dandy products. Here's a top 10 list to help make cleaning a little more budget-friendly this holiday season.

Don't use paper towels. Everyone has an arsenal of terry cloth. Use it, launder and use again. T-shirts, sweats and socks also are great for dusting and cleaning so think twice before throwing out.

Shoe boxes make fantastic storage bins. Instead of throwing away, use them to store important papers and documents, photos or other items you don't want to throw out (be sure to label).

Baking soda is wonderful. Instead of buying expensive powders and shampoos to freshen your carpets, sprinkle baking soda. Wait 15 minutes and vacuum.

White vinegar is another wonder. Mix with a little water, and it can be used to clean almost any surface and is great for the fridge.

Shine those floors. For hardwood or tile floors, CHFS publications manager Emily B. Moses swears by Dawn dishwashing detergent. Mix a few drops into a bucket of warm water and you'll be amazed by the efficiency of this concoction. It's also great for cleaning ceilings and walls.

Newspaper - don't just read it. Moses also uses old newspapers to wipe away grime on windows, doors and mirrors (use along with traditional glass cleaner). Newspapers also can be used to dry cars after cleaning.

Never throw out an old toothbrush. These items are excellent for cleaning those hard-to-reach areas around faucets and jets in bathtubs (be sure to store with other cleaning products and not with other toothbrushes).

Use those hands. Never waste money on expensive detergents for delicate clothing items that need hand-washing. A gentle face soap with moisturizer (such as Dove) will do just fine. My mom has been doing this for years!

De-clutter. A house free of clutter can save you ever so much time, and we all know that saying about time and money. It's especially true during the holidays!

I hope you find these tips helpful and they save you a buck or two to put toward something nice for a family member, friend or loved one. I don't think it's any secret that gift buying is certainly more fun than cleaning!

Fiscal War Money Saving Tip of the Week – To make your house smell like the holidays, simmer a pot of sliced apples and cinnamon sticks on your stove. Enjoy!

Employee Enrichment

By Anya Armes Weber

As colder weather approaches, so does cold and flu season. Here are some suggestions from AssociatedContent.com to help you avoid germs at the office this winter.

Wash your hands frequently – and properly. Wash them with soap and warm water for at least 15 to 20 seconds. Less than that will not be effective.

Avoid handshakes. If you can't, wash your hands soon after a handshake.

Avoid handrails. Don't touch the handrails on a staircase or an escalator unless you need to for balance.

Hands off buttons. Don't touch buttons for elevators or public phones if you can. Germs linger on these often-used areas.

Disinfect your desk. An average office desk has more germs than a toilet seat. One idea is to keep disinfectant wipes in your desk. Use them to kill the germs and bacteria on a regular basis.