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Tributes to Boni Frederick planned

By Anya Armes Weber

Several tributes to slain social service aide Boni Frederick are being planned to mark the first anniversary of her death.

Frederick was murdered Oct. 16, 2006, while taking an infant on a home visit with his birth mother in Henderson County.

CHFS Secretary Mark D. Birdwhistell and Executive Cabinet Secretary Robbie Rudolph will lead a memorial service at 10 a.m. CST, on Tuesday, Oct. 16, in Morganfield, Frederick's hometown.

Also on Oct. 16, a silent prayer vigil for Frederick is scheduled for 6 p.m. CST, at Saint Ann's Church in Morganfield.

The service will be a time to pray or reflect on Frederick's life and contributions. For directions or more information about the service, call Millikan at (270) 389-1892.

Individual offices also are planning their own tributes to Frederick.

Employee Spotlight: Breast Cancer Awareness

Staci Cain is a case processing section supervisor at the Department for Disability Determination Services. She has worked for state government for 21 years.

How does your job allow you to impact the lives of your fellow Kentuckians? What's the best part of your job?

My job allows me to determine if applicants are disabled. This is a very important position that I take seriously. The best part of my job is the satisfaction that I get when I am able to help

someone who considers this program their last avenue for assistance. Although I don't meet the claimants face to face, I still feel I have touched their lives in a small way.

Share your story about breast cancer with readers.

On Oct. 29, 2005, I lost one of my very best friends to breast cancer. She was diagnosed in 2003 and fought a brave battle until the end. I had always looked up to my friend and considered her the big sister I never had. One of the many amazing things about my friend's attitude during her illness was that she never complained. When she would call to chat, she never talked about how she was really feeling and was more interested in how I was doing. My friend's attitude and brave outlook were an inspiration to me during her illness. It made me realize how important a good attitude is.

How did this change your life?

Losing my friend made me realize that life is precious and that you should never take anything for granted, because we do not know what tomorrow holds for us or our loved ones.

What suggestions would you have for readers to help raise awareness of breast health and breast cancer?

Having a mammogram once a year is a must, and monthly self-breast exams are very important. I also feel that our insurance should pay for mammograms before the age of 40 to ensure that there is a baseline for comparison in case there are problems in the future.

Don't Forget: Wear Pink to Work on Wednesday

First Lady encourages Kentuckians to show support for breast cancer awareness

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Remember to don your favorite pink blouse, suit, dress, scarf or necktie Wednesday to honor the breast cancer awareness observance “Wear Pink to Work Day.”

First Lady Glenna Fletcher is leading the push to encourage Kentuckians to take part in the observance as a way to focus attention on Breast Cancer Awareness Month and the efforts of the Get Healthy Kentucky initiative.

For more than 20 years, National Breast Cancer Awareness Month in October has been associated with activities designed to educate and inform the public about the importance of regular breast cancer screenings, early detection and treatment. Similarly, Governor Ernie Fletcher’s Get Healthy Kentucky program is a statewide wellness program that uses targeted initiatives to promote events, public education campaigns and lifestyle choices to prevent poor health and disease.

The American Cancer Society estimates 3,220 Kentucky women will be diagnosed with breast cancer this year for the first time, and 620 women in our state will die from this often treatable disease.

To learn more about breast cancer or health services currently available for women in the commonwealth, visit the Kentucky Women’s Cancer Screening Program Web site <http://chfs.ky.gov/dph/ach/mch/cancerscreening.htm>.

Employee Walks for Breast Cancer Awareness

Jennye Grider is walking. Not just a short walk around the block, not just a stroll along the walking path, not just a hike around Frankfort.

Grider, an employee in the Governor’s Office of Wellness and Physical Activity, is walking 39 miles in one and a half days. She’ll walk 26

miles – a marathon - the first full day and the remaining 13 miles the next day. She’ll make her extraordinary walk in Charlotte, N.C., Oct. 20 and 21.

Although Grider likes walking as a recreational activity, this particular walk has a purpose. She is participating in the Avon Walk for Breast Cancer. The Avon walk raises money for medically underinsured women and men to receive the screening, support and treatment they need. Additionally, leading-edge research teams are funded with these resources to research better treatments and a cure for breast cancer.

“Like many people, breast cancer has affected my family,” said Grider. “I wanted to do something positive to honor two of my aunts, Jerry Lou and Betty.”

During her walk, Jennye will be wearing pink ribbons bearing the names of breast cancer patients – some in memoriam but others as a celebration of their survival.

“While researchers have made significant progress in the past few years, there’s still more that needs to be done. I know that the journey I’m about to take doesn’t begin to compare with the challenges that cancer patients and their families endure,” she said. “So, for each blister and each muscle cramp, for every time I think I can’t possibly go any farther, I’ll be humbled recognizing the small sacrifice I’m making on behalf of millions of women everywhere. I’ll think of those who have lost the battle and of those who fight fearlessly every day.”

If you would like to make a donation to Grider’s walk, or if you would like her to wear a ribbon for someone you know, contact her at 564-9358, ext. 3795, or on the global directory at Jennye.Grider@ky.gov. You can also visit her Avon walk page at www.tinyurl.com/2MJYE2

Grider wants everyone to remember:

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- Get a mammogram.
- Perform monthly breast self-exams.
- Have a clinical exam and talk with your doctor.
- Encourage women around you to do the same.

Living Well: Liquid Candy

By Kris Hayslett, Wellness Coordinator

During the midpoint of the 20th century, Americans drank four times as much milk as soda. Currently, the ratio is almost completely reversed. Government data has proven that sweetened soft drinks account for 10 percent of the calories consumed in an American diet. These sweetened drinks have been directly linked to weight gain and have been identified by obesity researchers as promoting overeating.

Here are some quick facts about soda:

- A 32-ounce Coke (X-large option at a fast-food restaurant) has around 400 calories, nearly a quarter of what the average adult woman needs for a whole day.
- Sodas are high in calories and contain no nutrients.
- Research presented at an American Diabetes Association meeting this summer linked women who switched from drinking less than one non-diet soda a day to one or more daily sodas were nearly twice as likely to develop type 2 diabetes over a four-year period than women who drank less than one soft drink a day.
- The American Beverage Association claims it is responding to our country's rising obesity statistics by cutting back on the number of sweetened sodas shipped to schools.

If weight loss or maintenance is your main goal, cut back on your consumption of regular sodas. To achieve your goal, you have to burn off the amount of calories you consume. Look over your current diet and caloric intake. Do some research on what you could be eating instead of drinking. Eating solid food triggers hormones in the brain that tell your body it's time to eat or that you are full. For example, if you eat a large burger, the level of the ghrelin hormone drops for a few hours. Your body is satisfied. However, if you drink a regular soda, that same hormone does not drop at all, even if the soda contains more calories than the burger.

The Center for Science in the Public Interest, which lobbies for an increase in government restrictions on unhealthy food, is pushing for obesity warning labels on the sides of soda cans similar to the warnings on cigarette packs or advertisements. Recent published studies have shown that people are responding and starting to reach for alternative, healthier options.

Americans are now reaching for bottled water or sports drinks to quench their thirst. The fight against obesity is complex. But by cutting down on the number of regular sodas consumed, we are taking an active role toward moving forward and addressing the issue.

Employee Enrichment

Making more time at work is a never-ending challenge for many employees. These streamlining tips include suggestions from Microsoft.com's Small Business Center can help you stay organized and streamline your workday.

Eliminate paper clutter. If you haven't needed a paper for two years or have access to it electronically, recycle it.

Color code files and projects. Use a new color for different projects and to designate priority for the more important assignments.

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Streamline as much as you can. Use technology to your advantage in file sharing and communicating.

Share the load. Ask for help when a coworker is more familiar with one of your projects.

Prioritize. Time-sensitive tasks or assignments for leadership will always take priority. But plan your time on other projects wisely. For example, arrange to make phone calls to clients when you know they are available. Use time waiting for approvals to get ahead or start on other projects.