Cabinet Staff Work State Fair

By Anya Armes Weber

Cabinet staff is busy preparing for the Kentucky State Fair, which runs Aug. 20-30 at Louisville's Kentucky Fair and Exposition Center.

About 60,000 people are expected to visit the Cabinet exhibit in the South Wing's Health Horizons area. Guests can get information to help their families' health and well-being through free screenings and educational activities.

The fair is one of CHFS' best outreach opportunities, enabling staff to personally connect with thousands of Kentuckians from all walks of life.

The fair runs Thursday, Aug. 20, through Sunday, Aug. 30, and visitors can learn something new every day.

Representatives from the Kentucky Children's Health Insurance Program (KCHIP) will be at the fair every day, providing information and applications for KCHIP.

Many state programs offer support to people trying to stop smoking, be more active and make healthier food choices that are the root of preventing chronic diseases like diabetes, cardiovascular disease and cancer.

Expert staff will offer free daily blood pressure screenings, and body fat analyses will be offered for many days of the fair.

The exhibit also will feature information on recognizing and preventing abuse, finding quality child care and prescription drug abuse prevention. Other programs spotlighted diabetes education, childhood lead poisoning prevention and the Special Needs Adoption Program.

Elder Kentuckians will be in the spotlight on Tuesday, Aug. 25, when staff from the Department for Aging and Independent Living, the Long-Term Care Ombudsman's Office and Adult Safety Branch will answer questions.

Also in the South Wing, the Cabinet's Nutrition Services Branch staff will assist visitors with the Rock and Relax room, sponsored by Louisville Metro Public Health and Wellness and Baptist East Hospital. Parents can stop by to privately and comfortably nurse, feed or change their infants and learn about breastfeeding and baby safety.

Cabinet staff from Jefferson County's Department for Community Based Services will assist with the Wednesday's Child booth, located in the South Wing, to recruit adoptive families. Read the recent news release on CHFS State Fair activities for the cabinet's complete fair calendar and more information.

Nominate Employees for Ambassador Awards

Nominations can be made through the end of August for the Governor's Ambassador Awards. The awards were established by the Personnel Cabinet and are designed to encourage, support, acknowledge and reward state employees who embody the principles of Kentucky's Unbridled Spirit.

The Kentucky Governor's Ambassador Award highlights stories of employees who have significantly and positively impacted the lives and experiences of their co-workers, customers and community at large. This employee recognition program showcases stories that recognize individuals and team performance in the following categories:

- Service and Volunteerism Award
- Courage Award
- Leadership Award
- Professional Achievement Award
- Customer Service Award
- Teamwork Award

Nominations will be accepted through Aug. 31. Learn how to nominate a co-worker or other deserving state employee at http://personnel.ky.gov/emprel/GovernorsAmbassadorAward.htm.

Discounted Tickets for Reds Games

State employees can still receive discounted tickets for two Cincinnati Reds games. Join the Cincinnati Reds at Great American Ball Park and enjoy special discounts for the following games:

- Sunday, Aug. 30, Reds v. Dodgers, 1:10 p.m.
- Saturday, Sept. 19, Reds v. Marlins, 7:10 p.m.

State employees can purchase tickets in select, non-premium seating locations for half price. To purchase discounted tickets online, visit www.reds.com/skye. Tickets must be purchased in advance of game date to receive this discount. Discount tickets will not be available at the box office on the day of the game.

Living Well: Even the Small Stuff Helps

Do you struggle to stay fit as you age? Are you suddenly resenting people who can eat anything they want or always have time to exercise? If you find yourself asking these questions, you're not alone. On a recent trip to southern California, I enjoyed people watching and was amazed at every beach town we passed. On a Tuesday at 10:30 a.m., people were out walking, rollerblading, skateboarding, running and riding bikes. When I say "people," I am referring to middle-aged adults and older people, not kids on summer break or stay-at-home moms. After being jealous of the beautiful scenery, perfect weather and apparently endless recreation time, I asked myself if this life really exists. The conclusion I came to is that it does – but only in Southern California. Because we are not blessed with that same environment and need other

options for living well, I offer you these five small steps for staying fit in middle age by Rachel Johnson, PhD, MPH, RD.

Take advantage of healthy convenience foods – Stop feeling guilty about paying a little extra for ready-to-eat bagged vegetables. After a long day at work, these prepared items mean the difference between a healthy and unhealthy meal. Also, staying home will allow you to save some money and allow you to control ingredients and portion sizes.

Schedule exercise and make it non-negotiable – Take control over your schedule and block out time in your daily planner for exercise. All scheduled activities do not always go as planned. But by putting it on the calendar three to four days a week, you are guaranteed to fit most exercise appointments in.

Don't waste calories on bad food – Before eating something, think about what you are consuming. If it doesn't taste good or you are not really hungry, don't eat it. Instead of wasting those tasteless calories, save them for something more enjoyable later.

Never travel without gym clothes - If your job requires travel, packing some workout clothes will remind you to get out and move. If the weather conditions are good and the area is safe, taking off on foot is a great way to explore the area. The physical activity will help you stay focused during long meetings and battle the stress associated with travel.

Weigh yourself often – Consistently, not obsessively, step on the scale (there is a difference). Research has proven that people who weigh themselves regularly are more likely to remain at a healthy weight. Stepping on a scale regularly alerts us when we have gained two or three pounds and snaps us back into action before those few pounds become five or 10. When weighing, be sure to select the same time and use the same scale. Most people choose the morning because they will weigh less.

These steps will not transform us overnight, but it is the small steps that lead us to the bigger behavior changes. Use these steps in the upcoming Personnel Weight Wise Challenge from the Personnel Cabinet. More information will be released from State Wellness Coordinator Stephanie Marshall regarding this program on Aug. 31.

Recipes for People with Diabetes

A newly revised booklet — called *Tasty Recipes for People with Diabetes and Their Families* — is now available in both Spanish and English from the National Institute of Health.

Tasty Recipes includes healthy food ideas with a Latin American flair. Learn how to make a Spanish omelet, Caribbean red snapper, avocado tacos and other healthy dishes.

Each recipe comes with a nutrition facts table that lists calories, fat content and other dietary information. The book also includes tips for eating well and managing your diabetes. It's a terrific addition to any kitchen.

To order a free copy of *Tasty Recipes*, call NIH's National Diabetes Education Program toll-free at 1-888-693-6337, or visit http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131. A limited number of additional booklets can be purchased for $1 each. You can also download a PDF version to print at no cost.

Employee Enrichment

By Anya Armes Weber

It's important to have good professional relationships, and that means a bit of light, personal conversation along with your serious work discussions. But sometimes these chats can become one-sided and become a waste of your time. Author Monica Hannan offers these tips to delicately end these unproductive conversations with people who love to talk.

Make your responses minimal. The less you say, the less interested you seem in a prolonged conversation.

Send the right nonverbal cues. Folded arms, raised eyebrows and a body turned away from the speaker will let them know you want to move on.

Make a move to leave the conversation area. This might be difficult if the space is your office, but you want to seem too busy to talk.