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Employees Trained in Emergency Care

One hundred employees in the CHR Complex have been trained in CPR, first aid, and the use of Automatic External Defibrillators (AED) through the American Heart Association in conjunction with the Division of Facilities Management.

A staff certification listing is available on the Facilities Management Intranet site at <http://chfsnet.ky.gov/NR/rdonlyres/D2B22C4D-EC74-48CF-B1E4-45643DA5C984/0/firstresponders.pdf>. Trained employees also have red cross emblems posted on their outside partition walls.

The CHR Complex now has a total of four AED's at the following locations:

- The hallway near the nurse's station.
- The elevator lobby on the fourth floor.
- The Secretary's office on the fifth floor.
- The Commissioner's office in the Health Services Building on the first floor.

The Division of Facilities Management would like to thank all employees who volunteered for this program as well as their supervisors who allowed them to receive this important required OSHA training. This program is assisting us in making the CHR Complex a safer place to work.

If you would like to become involved with the CHR emergency evacuation program, please contact Phillip Howard or Brent Webber at 564-6631.

Deferred Comp Seminar for New Employees

Kentucky Deferred Compensation (KDC) is an optional, state-sponsored benefit available to all state employees. KDC wants to help new employees take full advantage of this tool to help you achieve financial independence at

retirement. Join us for a brief enrollment presentation on KDC and:

- Learn about the different risk and rewards associated with investing
- Discover the best way to invest your money to help meet your retirement goals
- Enroll in our 401(k), Roth 401(k), 457, Traditional and Roth IRA supplemental retirement saving plans immediately

The seminar for new employees will be 12:10 to 12:50 p.m. Aug. 28, at 101 Sea Hero Rd., Suite 110, Frankfort. Lunch will be provided. P-registration is required. To register, call Carol Cummins at (502) 573-7925 or (800) 542-2667. Call for an enrollment kit if you are unable to attend.

Retirement Workshops Offered at Expo 2008

The Kentucky Public Employees' Deferred Compensation Authority has planned its 2008 Expo and invites you to retirement seminars on one of the following days from 9 a.m. to 4 p.m.:

- Tuesday, Sept. 23, Louisville, at the Marriott Louisville Downtown (2-hours parking paid for by Deferred Comp).
- Wednesday, Sept. 24, Somerset, at the Center for Rural Development.
- Thursday, Sept. 25, Frankfort, at the Frankfort Convention Center.

Workshop topics and times for this year's Expo are:

- Financial Literacy, 9:30 a.m. or 1 p.m.
- Understanding Your Spectrum of Investment Options, 10:30 a.m. or 2 p.m.
- Navigating kentuckydcp.com, 11:30 a.m. or 3 p.m.

Each workshop lasts approximately 45 minutes. An Expo Attendance Certificate will be provided for you to give to your supervisor upon return to work.

Governor Beshear has granted employees up to two hours paid time off to attend an Expo, plus reasonable travel time. With prior supervisory approval, you can attend these free workshops and/or meet one-on-one with a Kentucky Plan Service Representative to discuss your retirement planning goals or ask any questions you have. Participating Mutual Fund Representatives will also be available.

For more information, visit KDC online at www.kentuckydcp.com or call, toll-free, (800) 542-2667.

Living Well: Headed to the Fair

If you can resist the delicious scents wafting from the food booths at the Kentucky State Fair, you have more will power than most. Last year, I worked the fair on a Sunday from 9 a.m. to 3 p.m. and was given a few minutes to pop out and find something to eat. As I left the convention center, I was smacked in the face with a distinctive set of smells.

In front of Freedom Hall, there is an abundance of different options that pander to many tastes. From sausages and French fries to pork chops and roasted corn on the cob, the smells of all of those foods combined are enough to encourage movement toward your wallet.

For some, the lack of healthier options is a good excuse to eat poorly. For health food fanatics, booths may be bypassed without a second glance. I admit that I fall in between these two groups. When all of those wonderful (fried) food smells caught me on my break, I immediately went on a quest for something to fulfill my fair food cravings. The thought of “healthy” or “unhealthy” no longer registered in my mind.

The state fair has a lot of fun things to eat, see and do, so I highly recommend going. But if you

want to keep yourself from being tempted by fair food, follow these quick and easy tips.

- Eat a full meal before you go and allow yourself a snack (popcorn, snow cone, or a low sugar fruit smoothie) at the fair instead of eating a whole meal at the fair.
- Bring your own water bottle (and healthy snacks) to keep yourself hydrated as well as keeping your hands busy holding something. If your hands are empty you might be more tempted to purchase something that will allow you to mindlessly snack while looking at the attractions. (This is also a money saver.)
- Choose a smaller portion size. Do not be tempted by the “State Fair Big Dog” like I was! I usually follow the guidelines of quality and quantity so if it is not the healthiest choice then try not to eat too much of it.
- Avoid empty calories. These are mostly found in beverages. So think again when you head for the smoothies, lemonade, sweet tea (these may have a high sugar content) or soft drinks.
- Share food purchases with friends or family. If you get a variety of foods in smaller portions you will feel more satisfied and less guilty about your intake for the day.
- Park far away from the entrance and walk briskly to and from the exhibits. Or schedule a quick, 15-minute walk before going to the fair and 15 minutes when you get home. Physical activity is the key to balancing that extra caloric intake.

I confess that, last year at the fair, I did eat a jumbo corn dog dipped in a huge pile of mustard. My rationale was to choose something that I don’t normally eat, in a size not usually offered. That turned my selection into more of a treat and I could return to my post feeling like I had taken part in the state fair experience. However, my

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work at the fair consisted of doing push-ups, jumping jacks, sit-ups, toe touches and arm circles, so thankfully my physical activity for the day balanced out my fair treats. Enjoy the fair!

Employee Enrichment

By Anya Armes Weber

“There's no ‘I’ in “team.”

“It was a total team effort.”

“We are only as strong as our weakest link.”

Clichés about teams and teamwork may be overused, but they also ring true most of the time.

When you are part of a team or an office, you'll have to help out one another to accomplish your goals. Someone in your office may have experience that you don't, and you can learn from that knowledge. You can offer your skills to help when your co-worker is in a jam.

Don't give up your own objectives or opinions just to fit in with the team. Use what you are learning from others to refine your work philosophy.

Being a “team player” will get you recognized as someone who is responsible, selfless and responsive.