

CHFS Focus
March 29, 2010

Kids Are Worth It! Conference Offers Early Bird Rate

By Anya Armes Weber

Prevent Child Abuse Kentucky is offering a special early bird registration rate for its annual Kids Are Worth It! conference.

The conference is scheduled for Aug. 30-31 at the Marriott Griffin Gate Resort, 1800 Newtown Pike, Lexington.

PCAK is offering a special early bird registration rate of \$205 through June 1. Lodging fees are not part of the registration costs.

The conference will feature Lesra Martin, a lawyer and motivational speaker. Martin is notable for his involvement in the release of former boxer Rubin "Hurricane" Carter in 1985 after serving 20 years in prison. The story of Carter's release, including Martin's involvement, is portrayed in the film "The Hurricane" starring Denzel Washington.

To learn more about the conference or to download the early bird registration form, log on to the [PCAK home page](#).

April is Child Abuse Prevention Month

By Anya Armes Weber

April is Child Abuse Prevention Month, and now is the time for staff to prepare their involvement.

Prevent Child Abuse Kentucky and the Department for Community Based Services offices across the state are planning activities and awareness events, and staff is encouraged to be involved.

A simple way to be involved is to wear a blue ribbon, or you can take part in a local event. This year's Child Abuse Prevention Month theme is "Everyone has a role to play - what is your piece of the puzzle?"

For more information on the events planned in your area and ways you can get involved, log on to the [Prevent Child Abuse Kentucky Web site](#). For additional information, please e-mail Rebecca Hake at rhake@pcaky.org or call (859) 225-8879.

Reporting suspected child abuse or neglect is the law. Call (800) 752-6200 or local law enforcement to make an anonymous report.

Win a Chance to Remodel Your Backyard

As spring returns and you begin to look forward to spending time outdoors, why not consider the chance to enhance your backyard habitat with a backyard makeover? The non-profit Kentucky Fish and Wildlife Foundation, in cooperation with the James C. Salato Wildlife Education Center, is raffling chances to win a [\\$10,000 Backyard Makeover](#). The name of the lucky winner will be drawn on Earth Day, April 22.

A backyard makeover could include a water feature, deck, patio, lawn furniture or a grill - whatever \$10,000 will buy. Installation comes with the prize package.

The focus, however, will be on landscaping with native plants, trees and wildflowers. The package could include non-native plants that provide habitat and are not detrimental to wildlife. The Backyard Makeover is open to all Kentucky residents and includes the Louisville and Cincinnati Metro Areas within the 812 and 513 area codes. Tickets are just \$25 each.

For more information or to purchase tickets, visit the Kentucky Fish and Wildlife Foundation Web site at www.kentuckywildlife.com, stop by the Salato Center in Frankfort during business hours, or call 1-800-858-1549, ext. 4492.

April 1 is National Census Day

By now you should have received your United States Census form in the mail. You may have already taken the time to mail it back. If not, the Census Bureau would like you to use April 1, National Census Day, as a defining date in returning your Census forms. Make it your goal to return your Census form before or on that date.

The Census counts every resident in the U.S. and is required by the Constitution to take place every 10 years.

The 2010 Census will help communities receive more than \$400 billion in federal funds each year for things like:

- Hospitals
- Job training centers
- Schools
- Senior centers
- Bridges, tunnels and other public works projects
- Emergency services

The data also help determine the number of seats a state has in the U.S. House of Representatives.

Residents who do not fill out a Census form may receive a visit from a Census taker. Home visits will begin in April.

Learn more about the 2010 Census online at <http://2010.census.gov>.

Living Well

We Can Kentucky!

We can Kentucky? A possible slogan or chant for our True Blue fans or is it something for all of us in the Commonwealth? The answer is found on this Web site recently sent to me, [We Can!](#) The site is designed for families and provides practical tools on how to improve food choices, increase physical activity and reduce screen time for children ages 8-13 years old. Many of us are parents or grandparents who are trying to be role models for our kids on how to live a healthy lifestyle. This Web site offers quick, practical tips to assist us.

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national program for families and communities. Topics on the Web site include:

- [Simple Steps to Encourage Healthy Family Habits](#)
- [Moving From Picky to Pleasant: Tips for Helping Cautious Eaters](#)
- [Family Meals Matter](#)
- [How to Talk to Kids About Eating and Activity](#)
- [A Good Night's Sleep Reduces Risk of Childhood Obesity](#)
- [Good Books About Healthy Family Habits](#)
- [Healthy Holiday Traditions](#)
- [Sign up for We Can! KY Quick Tip](#)
- [Parent Power Quick Tips](#)

This site also has helpful links to the community. The site offers Kentucky-specific links for finding [farmers markets](#) or [U pick farms](#). Also, you can click on your area or city to find We Can! family classes, trails, sports activities, summer camps, community walks/runs and many other activities offered in your area.

Visit this site to learn helpful tips/tools toward becoming a healthier family. Talking with kids on the benefits of making better choices and staying active will benefit them and guide them to live a healthier lifestyle. Thanks to the CHFS employee who sent me this link. If you have health and wellness information to share, please send me an e-mail at kris.hayslett@ky.gov

Employee Enrichment

By Anya Armes Weber

With the arrival of warmer weather, will you be taking any time off from work? Taking a vacation can actually benefit your health and mind, which makes you a better worker. From LifeClever.com, here are some of the rewards you can get from taking a vacation.

It helps improve your mental health. Recent studies show that women who took regular vacations were less likely to be depressed, tense or tired. Women who rarely took vacations were more likely to face stress at home and get poor sleep.

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You can gain self-confidence. By giving yourself a break, you are declaring that you value your well-being and deserve to relax. If you have earned vacation time, you've earned the chance to use some of it.

It can give you creative inspiration. A change from your daily schedule can introduce you to new locales, new interests and new ideas. You allow your brain to think differently when you have new experiences. Put that new creative energy to good use when you return to work.

You may become more productive. When you know you have a vacation planned, you make your time at work more productive. Knowing you have a reward to look forward to helps you be efficient with your work hours and get things done.