

# FOCUS

News from and about the Kentucky Cabinet for Health and Family Services

August 14, 2014



## CHFS exhibits, screenings on display at Kentucky State Fair

CHFS staff visiting the Kentucky State Fair are invited to stop by the Cabinet's exhibit Aug. 14-24 at the Kentucky Fair and Exposition Center.

Several staff are contributing to the

work at the fair,

where about 60,000 people are expected to visit the Cabinet exhibit in the South Wing's Health Horizons area. The CHFS exhibit will feature information to help support the strategies of Gov. Beshear's kyhealthnow initiative, which prioritizes the well-being of Kentucky's citizens and sets several health goals for all Kentuckians.

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 up to Kentuckians from all walks of life. With rotating exhibits at the CHFS display, visitors can learn something new every day.

Visitors can get information about kynect, talk to a counselor about their blood pressure readings, learn more about chronic disease and abuse prevention, get tips for better nutrition and find out about child support and family youth services centers.

Exhibit buildings at the Kentucky Fair and Exposition Center are open daily from 9 a.m. to 10 p.m.

Advance discount tickets, purchased at Kroger, are \$8 for adults and \$4 for seniors 55 and older and children ages 3 to 12. Beginning Aug. 18, tickets are \$10 for adults and \$6 for children and seniors. Children 2 and younger get in free. Parking is \$8 per vehicle.

For more information, visit [kystatefair.org](http://kystatefair.org).

Full schedule of CHFS State Fair events on Page 3.





**DPH Deputy Commissioner of Clinical Affairs Connie White serves samples of Better Bites entrée Seasonal Veggie Lasagna to CHFS staff.**

## **Better Bites launch continues until Aug. 20**

Frankfort CHFS staff should not miss the chance to try Better Bites entrees, sides and desserts during the launch period.

Better Bites options make the healthy choice the easy choice. Each item -- labeled with the Better Bites logo -- meets criteria for calories, sodium, fat and sugar.

The six-week Better Bites launch began in July and ends Aug. 20. During this time, one Better Bites entrée will be offered every Wednesday through Aug. 20. Sampling tastes are available so staff can try before they buy. During the promotional period, entrees are \$2.59, and an entrée with side item is \$3.59.

DPH Wellness coordinator Elaine Russell said current and new Better Bites options will be offered every Wednesday after the promotional period at regular pricing: . Better Bites entrée: \$3.59 and Better Bites entrée with one side: \$4.59. Additional certified items such as grab-n-go salads and sandwiches will be introduced.

Better Bites is part of a larger effort by the DPH, which received a grant from the Centers for Disease Control and Prevention to work on improving nutri-

tion standards in government facilities and worksites, Russell said. The DPH Wellness Committee started focusing on improving cafeteria options less than a year ago.

Meals offered so far include seasonal veggie lasagna, savory grilled chicken with orzo pasta and Szechuan chicken and veggie stir fry.

Russell said Wellness Committee members have gotten great feedback so far.

We've heard everything from 'I am so glad you are doing this,' to 'You could start a Better Bites cookbook.' Someone even commented that they had never seen the cafeteria sandwich line so empty as it was on a Better Bites day!"

Russell said feedback is important to the Wellness Committee and to the caf-

eteria's Parks Department cooking staff.

### **Cast Your Vote for Wellness Logo**

All CHFS staff can help select a worksite wellness logo. Just visit the Worksite Wellness [Logo Selection survey website](#) to enter your opinion about three choices.





## 2014 Kentucky State Fair Schedule of CHFS Events and Services

South Wing Exhibit Hall  
Kentucky State Fair and Expo Center



### **Featured Daily**

- kynect: Kentucky's Health Care Connection
- Free Blood Pressure Screening and Counseling

### **Thursday, Aug. 14**

- Nutrition
- Kentucky Children's Health Insurance Program (KCHIP)
- Arthritis and Falls Prevention
- Adoption and Foster Care Information
- Family Planning and Adolescent Health
- Kentucky Prescription Assistance Program

### **Friday, Aug. 15**

- Nutrition
- Kentucky Children's Health Insurance Program (KCHIP)
- Adoption and Foster Care Information
- Tobacco Cessation
- Immunizations – Prevention for All Ages
- Kentucky Prescription Assistance Program

### **Saturday, Aug. 16**

- Health Literacy
- Adoption and Foster Care Information
- Kentucky Prescription Assistance Program
- Abuse Reporting and Prevention Information

### **Sunday, Aug. 17**

- Free Body Fat Analysis provided by Kentucky State University -- 10:30 a.m.-4:30 p.m.
- Abuse Reporting and Prevention Information
- Kentucky Prescription Assistance Program

### **Monday, Aug. 18**

- Kentucky Children's Health Insurance Program (KCHIP)
- Colon Cancer Screening Information
- Kentucky Health Information Exchange – Learn More About Electronic Health Records
- Child Support Information
- Finding Quality Child Care (STARS for KIDS NOW)
- Kentucky Prescription Assistance Program

### **Tuesday, Aug. 19 (Senior Day)**

- Free Stroke Screenings (Blood Sugar, Cholesterol and Blood Pressure) – 10:30 a.m.-3 p.m.

- Adult Protective Services/Adult Safety
- Arthritis and Falls Prevention
- Kentucky Health Information Exchange – Electronic Health Records
- Child Support Information
- Kentucky Prescription Assistance Program

### **Wednesday, Aug. 20**

- Environmental Lead Prevention
- Kentucky Children's Health Insurance Program (KCHIP)
- Heart Disease and Stroke Prevention
- Asthma
- Kentucky Prescription Assistance Program

### **Thursday, Aug. 21**

- Free Body Fat Analysis provided by Kentucky State University -- 10:30 a.m.-4:30 p.m.
- KASPER – Prescription Drug Prevention
- Kentucky Children's Health Insurance Program (KCHIP)
- Hepatitis Treatment and Prevention
- Diabetes Prevention and Management – Ask a Diabetes Educator
- HIV Prevention
- Kentucky Prescription Assistance Program

### **Friday, Aug. 22**

- Free Body Fat Analysis provided by Kentucky State University -- 10:30 a.m.-4:30 p.m.
- Immunizations – Prevention for All Ages
- Public Health Preparedness
- Women's Health – Breast and Cervical Cancer Treatment and Prevention
- Kentucky Children's Health Insurance Program (KCHIP)
- Kentucky Prescription Assistance Program

### **Saturday, Aug. 23**

- Abuse Reporting and Prevention Information
- Kentucky Prescription Assistance Program

### **Sunday, Aug. 24**

- Abuse Reporting and Prevention Information
- Kentucky Prescription Assistance Program

## Recipe Corner

# Looking for spicy appetizer? Create Texas style salsa

With the planting of the CHFS summer garden, The Focus will spotlight vegetable recipes from employees and their families. This recipe is courtesy of Barbara Fox in the CHFS Office of Communications.

If you have a recipe you would

like to share please send it to Elden May at [elden.may@ky.gov](mailto:elden.may@ky.gov).

### Spicy Texas Salsa

- 4-6 ripe tomatoes
- 1 bunch fresh cilantro
- 1 large green bell pepper
- 1 clove fresh garlic
- 2 lemons, juiced

- 2 bunches of green onions
- Sea salt
- Crushed black pepper
- 1 teaspoon of crushed cayenne pepper

Finely chop and combine ingredients in a large bowl. Contents may be placed in a food processor, depending on desired consistency. Salt and pepper to taste.

Serves 6-8.

## Handling disappointment key to personal growth in office

### PEAK PERFORMANCE

Anya Armes Weber



It's normal to be disappointed when a project doesn't turn out the way you'd hoped and planned. You can use a failure to your advantage. Human resources consultant Victor Parachin suggests you ask these questions next time an outcome doesn't meet expectations:

- Why did this happen?
- Could I have done anything to prevent it?
- Are there flaws in my approach that I need to correct?
- Was I working out of my comfort zone?
- How can I improve myself as a result of this experience?

Take the initiative to answer these questions to find out where mistakes happened or where you or a teammate could have performed better. Although you may not want to dwell on your outcomes, evaluation is key to change. With some consideration of your results, you may avoid the same pitfalls in your next assignment.



## Free parenting workshop addresses issue of family stress management

The combination of work and back to school responsibilities has the potential to increase stress within the family.

A free parenting workshop sponsored by the Kentucky Employee Assistance Program is designed to offer assistance in this area.

The Workshop, entitled "Surviving Back to School and Other Trying Times with Your Family," will take place on Tuesday, Aug. 26 from 10:30 – 11:30 a.m. in the KYTC Conference Center on Mero St. in Frankfort.

Presenting the conference is

Laura Best, LCSW. The workshop will strive to assist workers in increasing knowledge in identifying and managing stress as well as coping with the challenging dynamics of the family. Specific content areas of the workshop include tips for navigating the back to school transition between parents and children, self-care strategies for parents and caregivers, as well as helpful hints for managing stress.

Anyone interested in attending the workshop must RSVP to Rebecca Waddle at [rebeccam.waddle@ky.gov](mailto:rebeccam.waddle@ky.gov) or 502-564-5788.

## Sock drive seeks 600 pairs for Louisville homeless

A Louisville-based agency that helps seniors, veterans and the homeless is a step ahead for its seasonal sock drive thanks to guests of the annual Governor's Awards for Volunteerism and Service Awards ceremony in Frankfort on July 22.

Louisville Metro Retired and Senior Volunteer Program (RSVP) is sponsoring a sock drive for the 2014 Project Homeless Connect/VA Stand Down. RSVP's goal is to collect at least 600 pairs of socks for homeless in the Louisville Metro area.

With one day's notice, guests provided 141 pair of socks for the project.

The sock drive ends Oct. 3, and socks will be distributed during the "Stand Down" Homeless Veterans Event on Oct. 8.

If you would still like to donate or have questions about the sock drive, please contact Michelle Nickerson, RSVP Volunteer Coordinator, at 502-574-7305.

Learn more about the [winners of the Governor's Awards for Volunteerism and Service Awards](#) online.



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## KARES launched to assist long-term care providers with new applicant background check research

The Cabinet for Health and Family Services Office of Inspector General (OIG) has launched a new Web Portal – KARES in support of the National Background Check program. KARES is a fingerprint-supported State and FBI background check program launched by the OIG to help long-term care and other providers research the backgrounds of new job applicants.

All providers that wish to participate in the National Background Check Program Pilot and use the KARES Web Portal are strongly encouraged to enroll in the program and help reduce the potential for abuse, neglect or exploitation, including financial exploitation, of elderly and vulnerable adults. Please accept the invitation to join this program.

The cost of the background check will be \$20, same as a name-based state check. Federal grant funds will be used to subsidize the cost of the FBI check on new hires so that participating employers will not be financially impacted initially. The increase in cost after the grant period will be less than fees charged by 3rd party vendors. Your participation and feedback of this new service will allow the cabinet to address your concerns and enhance the program.

KARES is an integrated software system for participating employers to research abuse registries without going to multiple websites or contacting multiple agen-

cies; confirm that an individual's professional license is in good standing; and initiate a state and FBI fingerprint check. By adding fingerprint checks in lieu of name-based checks, the potential for misidentification of the applicant is greatly reduced. In addition, the FBI check will prevent applicants from hiding criminal history from other states that may rise to the level of a disqualifying offense in Kentucky.

"KARES is a critical initiative that dramatically improves the ability of long-term care and other providers to research the backgrounds of potential employees, ruling out individuals with histories of violence, abuse or exploitation that occurred in other states," said CHFS Secretary Audrey Tayse Haynes. "By participating in this program, providers are joining us in our ongoing work to address elder abuse and improve patient care in various settings, demonstrating that they are willing to go above and beyond what is required to ensure patient care and safety."

The [KARES website](#) provides information about the program, why it's beneficial for employers and how to use KARES Web Portal. All providers should visit the site to learn more.

Additional information can be obtained by contacting the program's help service via email, [KARES.Helpdesk@ky.gov](mailto:KARES.Helpdesk@ky.gov). or by telephone: (502) 564-2159.



**KY RIVER WATER TRAIL ALLIANCE SPECIAL EVENT**

**12:00 Noon to 10:00 PM**  
**Suggested Parking Donation**  
**\$5.00 Per Carload**

**Come Explore and Learn About the Kentucky River as an Authentic Resource of Water, Recreation, Geology, Wildlife, Beauty and History.**  
**Enjoy These Activities:**

- Paddling Races – start 8am**
- Car Show – 12 noon to 4pm**
- Live Music – 4pm to 10pm**
- Educational Exhibits**
- Children’s Activities**
- Arts & Crafts**
- Food Vendors**
- Beer Garden**

**Come Connect to the Great Outdoors and Enjoy Family Fun at the Inaugural River Event Celebrating the 40<sup>th</sup> Anniversary of Fort Boonesborough State Park I-75 exit 95**

**Presented by** 

**Fireworks Show by** 

**Register for Paddling Races at**  
[www.bluegrasstomorrow.org](http://www.bluegrasstomorrow.org)



**Enjoy the Evening Beach Bonfire and Fireworks Show**

**For More Information Contact**  
[www.bluegrasstomorrow.org](http://www.bluegrasstomorrow.org)  
[www.facebook.com/riverblast](https://www.facebook.com/riverblast)  
**859-217-9614**

