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Audubon Area Community Services, Incorporated

# The Curious Journal

Agency Edition — Published Monthly for the Information and Enjoyment of AACS Staff

## Regional Senior Games a Hit

A variety of games was plentiful and so was the laugh-ter at the third annual Green River Regional Senior Games May 31 through June 3rd at the Executive Inn in Owensboro. While some seniors threw fast balls into a net, others tossed washers and horseshoes and even pinned up clothes on a makeshift clothesline, all hoping to take home the gold, bronze or silver.

About 500 seniors from the seven-county Green River area turned out for the opening ceremonies of the games and health fair. About 100 agencies, including Audubon Area Community Services, set up information booths with tips on staying active, fit and safe. Cindy Ferrell, director of Audubon Area's Senior Service Corps, attended along with employees in that department and oversaw the fast-ball pitch, horse shoes and washer toss. Many seniors stopped by their booth to learn about the three volunteer opportunities available through Audubon Area Community Services – the Foster Grandparent Program, Retired and Senior Volunteer Program and the Senior Companion Program.

"This is such a wonderful opportunity for area seniors to have fun while learning how to stay healthy," Ferrell said.

The ceremonies began with comments from several area officials, including Reps. Tommy Thompson and Joe Bowen, Owensboro Mayor Tom Watson and Daviess County Commissioner Jim Lambert. Following the comments, RSVP volunteer Anna Walters led the crowd through a series of warm-up exercises.

After a torch walk to the RiverPark Center, the games began! An estimated 700 seniors were expected to attend the week-long event. Following the comments, RSVP volunteer Anna Walters led the crowd through a series of warm-up exercises. After a torch walk to the



**Cathy Campbell, manager of Audubon Area Community Services Senior Companion Program, assists a senior with the washer-toss game.**

– Continued on Page 2

## Surveys Indicate Satisfaction

Parents of children enrolled in Audubon Area Community Services Head Start have once again given high marks for the program. Results from the 2006 Parent Satisfaction Survey indicate a range of excellence on all responses.

"We are constantly gauging the progress of our program to make sure we are meeting the needs of our families," said Aubrey Nehring, director of Audubon Area's Head Start. "This is one more indication that parents are more than satisfied with the quality of service they and their children are receiving."

The survey consisted of nine questions that asked parents to rate their overall satisfaction of the program on a scale from 1 to 4, with 4 being excellent. Out of the approximately 2,500 surveys that staff sent, 1,194 responded for a response rate of nearly 50 percent.

The question that received the highest ranking pertained to staff respect and courtesy toward families. It received an overall score of 3.85 out of a possible 4 points. The lowest ranking score was 3.71, which asked if the enrollment process was easy to understand. That's an area that Nehring said staff is constantly working to improve.

Audubon Area Community Services administers Head Start in the 16 counties in the Pennyriple and Green River regions. In May, the National Head Start Association awarded the program a Program of Excellence Award for the third time. AACS' Head Start is one of only about 25 in the nation, out of more than 2,000 grantees, to have received the award that many times. It received it also for 2000-03 and 2003-06. Visit [www.audubon-area.com](http://www.audubon-area.com) to see the full report. Call (800) 494-2247 to enroll your child!

## Pile Receives KACA Honor

Rev. Royce D. Pile, former chairman of Audubon Area Community Services Board of Directors, received the 2006 Altha Jo Hamilton Volunteer Award from the Kentucky Association of Community Action Agencies during its annual meeting in June. Pile received the honor for his tireless dedication to the agency, particularly during periods of potential funding cuts and the subsequent need to reduce overhead costs.



An engaged member since he began serving in July 1997, Pile ensured the board received extensive training and support and enhanced the effective use of board committees. Ron Logsdon, AACCS director, called Pile “a mighty activist” who “always shows his concern with service and influence.”

The Altha Jo Hamilton Volunteer Award was created to honor the spirit and achievement of a woman who spent 17 years promoting and expanding the Community Action movement. After learning about Community Action as a recipient of services, Hamilton began working at Central Kentucky CAC in Lebanon in 1968. In 1980 she became the agency’s assistant director and served in that position until 1985. The award is open to any agency volunteers who have excelled in promoting the cause of Community Action at the national, state, or local level.

## Senior Games – Continued from Page 1

RiverPark Center, the games began! An estimated 700 seniors were expected to attend the week-long event.

Independence Bank was the primary sponsor of the games. Other sponsors were Caretenders Home Health, Danhauer Drugs, Davco Resthome, LLC., Fern Terrace, LLC of Owensboro, Heartland Villa, Heritage Place Assisted & Retirement Living, Ohio County Hospital-WalMart Pharmacy, Wellington Parc, Owensboro Medical Health System, Fordsville Nursing & Rehabilitation Center, Kings/Procure, and OMHS Golden Partners. Many thanks!

### Did you know?

Eighty-eight percent (88%) of clients who received help from a Senior Companion Program volunteer in 2005 indicated they were able to stay in their home longer. Costs for a long-term care facility is an estimated \$48,000 annually, compared to \$4,800 for one program volunteer.

## Marriage Initiative Training

Stable relationships are like well-built homes with strong foundations supporting a framework and roof capable of weathering any storm. They are built with high trust and character, effective communication and unselfish companionship. Add in the 8 Habits of a Successful Marriage and your chances for a structure built to last improves.

Members of the Owensboro Coalition for Strengthening Families hope to get this word out to families and individuals in their community who are thinking of entering a relationship or simply want to increase their chances of having a stable relationship one day.



Participants learning about the Healthy Marriage Initiative create pictorial representations of a marriage mission statement.

Coalition members attended a training June 15 at the Mount Saint Joseph Conference and Training Center in Daviess County to learn more about the 8 Habits of a Successful Marriage, a Franklin Covey product. The newly formed coalition of local agencies plan to use this curriculum if awarded a federal Healthy Marriage Initiative grant. In May the federal government announced \$400 million in funding for activities that promote healthy marriages.

The 8 Habits will arm couples with the tools necessary to maintain stable unions. Similar to Franklin Covey’s 7 Habits of Highly Successful People, the program teaches skills that enhance the 3-Cs of a healthy marriage – character, communication and companionship.

Coalition members learned these techniques through a variety of hands-on activities. They created and then cut out pictures that described their marriage mission statement, and role-played different scenarios to discover win-win solutions. For more information on the initiative, visit Audubon Area’s web site at <http://marriage.audubon-area.com>.

## Deepest Sympathy

It is with deepest sympathy Audubon Area Community Services announces the deaths of two people formerly associated with the agency.

**W.R. Doyal**, volunteer with the Senior Companion Program, died June 21 at the age of 92. He served as chairman of the advisory council that oversees that program and the Foster Grandparent Program.

Jerry Shelton, husband of former employee **Judy Shelton**, died June 7 at the age of 67. Judy Shelton retired from AACCS in August 2005 after 18 years of service. She was fiscal officer/purchasing agent.

## Caution Advised on Contract

Audubon Area Community Services' Executive Committee approved upon advice of the agency's management and attorney to withhold signing an agreement to subcontract with LogistiCare Solutions, LLC, to provide transportation services in Region 3 (Green River region) of the Human Services Transportation Delivery system.

AACS' Green River Intra-county Transit System (GRITS) will continue to provide the service in these counties as a subcontractor through LKLP, another community action agency that won the brokerage in April 2005, until further notice.

The Kentucky Finance and Administration Cabinet awarded the contract to LogistiCare, a for-profit outfit out of Atlanta, in September 2005 after a second round of bidding that resulted from a protest to the initial award. Logisticare still had to show capacity to deliver the services, which it has yet to do.

The agency's counsel said he believes it is in the best interest of Audubon Area to withhold signing the contract at this time due to possible conflicts with the current subcontract with LKLP and to questions regarding the quality of service provided by LogistiCare, which currently brokers transportation in the Louisville Region 6 area. In 2002, LogistiCare received 1,919 client complaints compared to GRITS' two.

Jesse Mountjoy, attorney for Audubon Area, sent a letter dated June 1st to LogistiCare's corporate office stating the agency's position on the proposed contract. In speaking to the Executive Committee, Mountjoy reaffirmed the agency's primary goal of providing quality transportation.

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## Free Becomes Eagle

Seth Free, son of Jeff and Sandy Free, assistant director of Audubon Area Community Services Counseling Services, successfully met the requirements of the Audubon District Eagle Scout Board of Review on August 18, 2005. "This is quite an honor for Seth and we are extremely proud of this accomplishment," said Sandy.

Scouts are required to have 21 merit badges to achieve Eagle. Seth surpassed this achievement by having 30 merit badges. In addition to earning the merit badges, the scout must complete an Eagle project. Seth's Eagle project was to organize the installation of a boat dock on the Green River at Livermore, which was launched in May of 2005.

Seth is a Boy Scout with Livermore Troop 35. Over the seven years of his scouting, he has made two High Adventure canoe trips to Canada, spent one week of High Adventure sailing, held numerous leadership positions, attended summer camp each year, involved in Disaster Relief work and participated with various service projects around the surrounding communities.

Seth had his formal Eagle Scout Court of Honor on February 5, 2006 with his friends and family to celebrate his achievement of the Eagle Scout Rank.

## Income Guidelines Changed

Audubon Area Community Services will be able to weatherize more homes in Fiscal Year 2006-07 with a change in income guidelines that govern that program. Beginning July 1, a family must not make more than 150 percent of the federal poverty limit, or \$30,000 for a family of four. That's up from the previous 125 percent, or \$25,000 for a family of four.

Trained technicians will inspect and repair or replace heating systems, insulate, weatherstrip and more at no cost to homeowners. Applicants must provide income for all household members for the past 12 months, Social Security cards, title to the mobile home or a deed, and the past 12 months of heating and electric bills.

This program is available to homeowners in the seven-county Green River area, comprised of Daviess, Hancock, Henderson, Ohio, Union, Webster, and Mclean counties. Call your local office or (270) 686-1670 for more information.

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## Appropriate Attire for Agency Dress Down Days

If agency staff wish to continue the practice of "Dress Down Fridays," in which wearing more casual attire is encouraged, everyone needs to understand and comply with what is and is not acceptable and dress accordingly:

**Acceptable Attire:** Clean and whole (not shredded, cutoff, or holey) jeans, sweatshirts, "shorts" of a proper length (no more than 3 inches above the knee), tennis shoes in reasonably good shape, warm-up suits and tasteful sweat-suits and hats.

**Unacceptable Attire:** "Cutoffs" or short-shorts; biker shorts, thongs, flip-flops, tight-fitting attire (such as lycra garments); low and or revealing necklines; exposed chests, abdomens or backs, and garments with profane, obscene, indecent or otherwise offensive language, logos or pictures on them. [SUB-SECTION 8 of Section 6.13]

In the last few weeks, several comments concerning inappropriate dress have been brought to the attention of the human resource staff, in particular low cut blouses and shorter than 3 inches above the knee shorts. It is known that everyone wishes to continue to dress down on Fridays so please be aware of your appearance.

Thank you and please call the Human Resources department anytime if you have any questions or concerns. 270-686-1629 or 270-686-1646.

**"The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man."**

*—Euripides*

Help us to wish these staff a very happy birthday during this month...



Happy Birthday!



Dianna Henderson .....	July 1st
Gloria Goatley .....	July 2nd
Amanda Graves .....	July 2nd
Virginia Kinder .....	July 2nd
Pamela Yates .....	July 2nd
Cathy Cobb .....	July 4th
Sonjanita Granger .....	July 4th
Shirley Porter .....	July 4th
Lyn Prewitt .....	July 4th
Karen Daugherty .....	July 5th
Brenda Crabtree .....	July 6th
Tammy Carden .....	July 6th
Brenda Gude .....	July 6th
Darell Merritt .....	July 6th
Nancy House .....	July 6th
Stacy Rogers .....	July 6th
Judy Whitney .....	July 6th
Kerry Velasquez .....	July 6th
Wanda Willis .....	July 7th
Pamela Clark .....	July 7th
Virginia Erxleben .....	July 7th
Robyn Overly .....	July 7th
Rebecca Ervin .....	July 7th
Lisa Howard .....	July 7th
Tammaron Baxter .....	July 7th
Deborah Perkins .....	July 7th
Sandra Hermann .....	July 8th
Anna Hillyard .....	July 8th
Carroll Quisenberry .....	July 8th
Pamela Holder .....	July 9th
Stacy Hardin .....	July 10th
Ashley Ivy .....	July 10th
Brandon Shelton .....	July 10th
Crystal Trosclair .....	July 10th
Stacy Whitehead .....	July 10th
Paula Duncan .....	July 11th
Carol Ferguson .....	July 11th
Sheial Grider .....	July 11th
Anissa Underwood .....	July 11th
Brandi Whitten .....	July 11th
Joseph Alvey .....	July 13th
Amy Boswell .....	July 13th
Alexis Hall .....	July 13th
Peggy Clements .....	July 14th
Wendy Everly .....	July 14th
Richie Stevens .....	July 14th
Charmeraia Brown .....	July 15th
Sherry Baber .....	July 17th
Teresa Justice .....	July 18th
Patricia Lantrip .....	July 19th
Sarah McMaine .....	July 19th
Marinia Hook .....	July 20th
Libbi Rbinson .....	July 20th

## Happy Anniversary!

These staff celebrate their employment anniversaries with us this month ...

17th .....	Elaine Rafferty .....	July 19th
9th .....	Randy Alvey .....	July 19th
8th .....	Anna Hillyard .....	July 20th
8th .....	Tammy Coon .....	July 22nd
8th .....	Connie Church .....	July 23rd
8th .....	Oma Flener .....	July 30th
8th .....	Chrystal Hardesty .....	July 30th
8th .....	Cherie Howell .....	July 30th
8th .....	Patrick Mason .....	July 30th
8th .....	Tanya Jackson .....	July 20th
8th .....	Rosa Bearden .....	July 20th
8th .....	Stacy Hardin .....	July 16th
7th .....	Beverly Manning .....	July 19th
7th .....	Mary Pool .....	July 19th
7th .....	Debra Minton .....	July 23rd
7th .....	Kathy Blankenship .....	July 26th
7th .....	Crystal Childress .....	July 26th
7th .....	Sarah Gibson .....	July 26th
7th .....	Linda Hays .....	July 26th
6th .....	Rebecca Williams .....	July 31st
6th .....	Brenda Tucker .....	July 31st
5th .....	Lori Girvin .....	July 2nd
5th .....	Betty Alexander .....	July 2nd
5th .....	Richie Bryson .....	July 2nd
5th .....	Pamela Yates .....	July 23rd
5th .....	Lisa Massie .....	July 2nd
5th .....	Rebecca Milam .....	July 2nd
5th .....	Jennifer Williams .....	July 2nd
5th .....	Richie Stevens .....	July 2nd
5th .....	Crystal Kassinger .....	July 23rd
5th .....	June Sensabaugh .....	July 23rd
5th .....	Delilah Shults .....	July 30th
4th .....	Kristi Spedding .....	July 12th
4th .....	Wanda Gregory .....	July 15th
4th .....	Stacy Fuqua .....	July 9th
4th .....	Bonnie Lee .....	July 31st
3rd .....	Jennifer Crump .....	July 1st
3rd .....	Linda Whittinghill .....	July 14th
3rd .....	Angie Emmick .....	July 28th
2nd .....	Dorothy Ashley .....	July 19th
1st .....	Mary Johnson .....	July 1st
1st .....	Brandon Shelton .....	July 1st
1st .....	Abeer Bateh .....	July 4th
1st .....	Kelly Hooks .....	July 5th
1st .....	Heather Lewis .....	July 8th
1st .....	Kerry Velasquez .....	July 9th
1st .....	Becky Doss .....	July 14th
1st .....	Dusty Himes .....	July 18th
1st .....	Deanna Laffoon .....	July 18th
1st .....	Kim Simpson .....	July 18th



# Audubon Cares About Your Health

## Adult Vaccines Essential

Vaccinations have essentially wiped out diseases that once infected hundreds of thousands of people every year and killed tens of thousands. Yet many of us may assume that, once we're adults, we don't need them anymore. We do. So if you suspect you're not up-to-date with your vaccinations, ask your doctor.

Many vaccines work by introducing a dead or weakened version of a germ into your body, allowing your body to become familiar with it. Your immune system then reacts by creating antibody proteins custom-designed to fight that particular microbe. Then, if you ever come into contact with the real germ, the antibodies attack it. But that immunity doesn't necessarily last forever.

### Which Immunizations Do Adults Need?

The vaccinations you need depend on your age, health, and vaccination history. But here's a rundown of some of the common vaccines adults may need.

**Diphtheria and tetanus.** Diphtheria can cause breathing problems, paralysis, and heart failure.

Tetanus can cause severe and dangerous stiffening of the muscles throughout the body.

The CDC recommends that all adults have a diphtheria/tetanus booster shot every ten years.

**Influenza (Flu) vaccine.** The CDC recommends that all people 50 and over get the flu vaccine annually.

**Hepatitis A.** Hepatitis A is spread by contact with contaminated food or fluids and can cause serious liver disease. The CDC recommends vaccinations for adults who use injected street drugs, men who have sex with men, and people with liver disease and other illnesses.

**Hepatitis B.** Hepatitis B can lead to chronic liver disease and other problems. It is spread by contact with bodily fluids, sex or by using infected needles. The CDC recommends the HBV vaccine for adults who have an increased risk of getting the disease because of their job or lifestyle.

**Pneumococcal vaccine.** The CDC recommends all people 65 and older get this vaccine, which protects against serious bacterial infection of the lungs, brain, and blood.

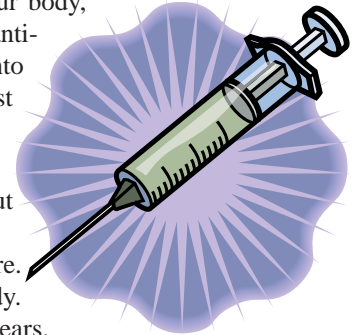
### Future Adult Vaccines

In addition to the vaccinations above, a few vaccines are likely to be available soon.

**HPV (human papillomavirus.)** HPV is a very common virus which can be transmitted by physical and sexual contact. While it is not harmful in itself, certain strains can lead to cervical cancer, so a vaccine that prevents HPV has tremendous implications.

The vaccine, Gardasil, is 100% effective against four common strains of HPV that cause about 70% of all cervical cancers. It's being reviewed by the FDA and a decision is expected soon. Another HPV vaccine, Cervarix, is in development.

**Shingles.** Shingles is a painful disease caused by the varicella virus, which also causes chickenpox. A new vaccine for shingles, Zostavax, is actually a double dose of the chickenpox vaccine.



## Methamphetamine Dangers

The use of methamphetamines has become a big problem in the US. According to health expert blogger Dr. David Neubauer of Johns Hopkins, methamphetamines are powerfully addictive central nervous system stimulants. The big problem that this drug presents is that it is easy for lots of people to get—and make. Neubauer says that pleasure centers in the brain are stimulated when this drug is used because excessive amounts of the neurotransmitter dopamine are released by the body. The release causes a rush or high that is very intense—and with methamphetamines the high can last for hours. Then, as in most addictions, a tolerance is built up and the user often starts taking higher and higher doses, which can lead to overdosing.

Methamphetamine users often experience increased wakefulness and physical activity, and a decrease in appetite. Some users also suffer rapid or irregular heartbeat, increased blood pressure and elevated body temperatures. Small blood vessels can be damaged and can lead to strokes.

If the abuser continues using methamphetamines, the abuse can lead to depression and psychotic episodes—such as paranoia and hallucinations. Weight loss is also often associated with methamphetamine use. Excessive use of this drug can lead to major health problems and death.

Go to [www.methamphetamine.org/](http://www.methamphetamine.org/) and [www.whitehousedrugpolicy.gov/publications/factsht/methamph/](http://www.whitehousedrugpolicy.gov/publications/factsht/methamph/) for more information about the drug's effects and treatment.

**Anthem** 

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(†) Registered marks Blue Cross and Blue Shield Association.\*

#### DISCLAIMER

**This information is for educational purposes only and should not be interpreted as medical advice. Please consult your doctor for advice about changes that may affect your health.**



# TECH

## Why Do Install Programs Ask Me to Close Everything Else?

When you install software on your machine, you are usually asked to close the other running programs while you install your software (a good practice to do even if you are not explicitly asked to close your other software). But why are you asked to do so?

- 1) Some install programs require you to reboot your operating system when the install is done. So, you would have to close the other programs down anyway...
- 2) Some install programs may modify parts of the programs currently running, and may even modify part of your operating system. You may think, "hey, I'm running a word processor. Why should installing a spreadsheet require me to close my document?" Unfortunately, with today's world of programs consisting of dozens, perhaps hundreds of pieces, there may be code shared by your word processor and the spreadsheet that you are trying to install.
- 3) What if the install program crashes? Installer programs are notorious for modifying key operating system components. They might modify something that causes your system to crash, and any work you may have done in your currently open applications would be lost.  
So play it safe - close down other applications before running installers.

**More Anniversaries...**

1st ..... Jennifer McElwain ..... July 23rd  
 1st ..... Judith Powers ..... July 23rd  
 1st ..... Carol Bruce ..... July 25th  
 1st ..... Casey Mills ..... July 25th  
 1st ..... Nancy Young ..... July 25th

**The Curious Journal**

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 Your stories, comments, and ideas are invited.

# TIPS

## The Attachment's from My Friend?



Did a friend or family member just send you an electronic mail attachment that you weren't expecting? Surely your co-worker checked the file out first? Of course your mom would not send you something that would harm your computer, right? Nowadays, you **MUST** be safe. Why not ask your friend or family member in a friendly e-mail if they really meant to send you the attachment?

Why am I saying this? It's not to upset dear ma. But, thanks to the newest viruses that spread through email, many peoples' computers are becoming unwitting accomplices to the spread of rogue software. There are viruses that can affect peoples' machines, causing them to e-mail innocent looking attachments that are actually viruses to everyone in their address box. Worse yet, some of these viruses actually can make the e-mail look like it came from someone else!

That's right. For example, say you have a friend, Bob, who uses e-mail software that contains an address book. Let's say that your name is in Bob's address book, but so is that of a mutual friend, Bill. Unfortunately, there are viruses that cause e-mail to be sent to you that are made to look like the e-mail came from Bill!

When it comes to e-mail attachments, be safe. Scan EVERY attachment, no matter who sent it, and don't open an attachment unless you're sure it is safe and the sender meant to mail you the file.

**More Birthdays!**

Bonnie Hildebrandt .....	July 21st
Melissa Eastwood .....	July 21st
Lettie McKnight .....	July 21st
Mishalia Pickerel .....	July 21st
Kimberly Watkins .....	July 22nd
Tera Phelps .....	July 23rd
Chadwick Williams .....	July 23rd
Sarah Gibson .....	July 23rd
Joyce Lester .....	July 24th
Peggy Miller .....	July 24th
Linda Snyder .....	July 24th
Shirley Taylor .....	July 25th
Carolyn Ware .....	July 25th
Amanda Jennings .....	July 26th
Elizabeth Martin .....	July 27th
Leslie Alexander .....	July 27th
Anissa Wilson .....	July 27th
Liana Stinnett .....	July 29th
Lindsey Thomas .....	July 29th
Tina Duncan .....	July 30th
Britney Jackson .....	July 30th
Evie Cannon .....	July 31st
Deena Jackson .....	July 31st