



# The Curious Journal



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## GRITS TAKES ON MAJOR NEW ROLE

### Green River Transportation “Brokerage” Role Approved

The December issue of *The Curious Journal* contained an announcement that Audubon Area’s Green River Intra-county Transit System (GRITS) had received word November 9<sup>th</sup> from the Kentucky Transportation Cabinet of its selection as the *Empower Kentucky* “Region 3” **Human Service**

**Transportation Delivery Project.** The counties to be served are Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster counties. Transportation services under this contract will be provided for Green



River Area participants of these programs—the Cabinet for Health Services’ Medicaid program, the Cabinet for Families and Children’s “Kentucky Works” program (Temporary Assistance for Needy Families—TANF), and the Workforce Development Cabinet’s Department of the Blind and Vocational Rehabilitation programs. The Kentucky Transportation Cabinet serves as the state’s lead agency for contracting these services; its existing “5311” program provides the foundation for the *Empower Kentucky* collaborative initiative.

Building on its existing capabilities, GRITS will establish a much expanded network of specialized transportation providers to deliver the required transportation. GRITS will negotiate specialized service delivery rates with each qualified transportation entity and broker the transportation needs of all participants under the four Cabinets.

GRITS’ roles under the “brokerage” contract include:

**Gatekeeping.** GRITS will verify recipients’ eligibility; assess of recipients needs for “network” services; and determine the most appropriate type of transportation to meet recipients’ needs—including any special transport requirements for the medically fragile and physically/mentally challenged recipients. Education of recipients in the use of services will also be a GRITS function.

Operationally, GRITS will receive recipient requests for transportation and then assign the trip to the most appro-

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## A CHAMPION OF THE DISADVANTAGED

### Rep. Paul Mason Dies

The Lexington *Herald-Leader* newspaper perhaps said it best: “Paul Mason spoke for those whose voices are drowned out in the halls of power. He did it in an unadorned way that was impossible to ignore.”

Representative Mason, 63, was a native of Whitesburg, Letcher County (on the far eastern border of Kentucky), but he also has a notable tie with our Green River area. His daughter,



Belinda Mason, lived in Hartford and was quite well known in this area as an AIDS victim, having contracted the disease which took her life in 1991 from a January 1987 blood transfusion during the birth of her second child. She became an articulate spokesperson for people giving AIDS victims’ care, compassion and dignity.

Representative Paul Mason had served in the Kentucky General Assembly since 1987. He died December 7th in Boston following pancreatic surgery at Massachusetts General Hospital. His funeral was December 12th in Whitesburg.

Again from his tribute in the *Herald-Leader*:

Mr. Mason looked at the state budget and saw people, not just numbers. Lawmaking was about improving lives as far as he was concerned. He worked for children, the elderly, the poor, the sick. He got things done. Not nearly as much as he would have liked. But Kentucky is a better place for his 11 years in the legislature. His death....after a bout of ill health, leaves a void in Frankfort and Eastern Kentucky.

Paul Mason never ducked a fight because it was difficult or politically risky. House Majority Leader Greg Stumbo was right when he called Mr. Mason the House’s conscience. “He reminded us,” Stumbo said, “that people mattered more than money.”

Since 1994, AACCS Executive Director Ronald Logsdon has served with Representative Mason on the Kentucky Commission on Poverty, a commission composed half of legislators—Senators and Representatives—and half of citizen members. For the entire term he has witnessed Mr. Mason consistently and persistently advocate effectively, aggressively, for the interests of the less fortunate. Indeed, he was perhaps the conscience of Kentucky, not just the state house. Paul Mason will be sadly, lovingly missed.

## New Employees

*AACS, Inc. is proud to welcome these new staff:*

Patricia Babb .....	Title V .....	November 2nd
Sharon Brown .....	GRITS .....	November 2nd
Leigh Flake .....	Head Start .....	November 2nd
Verna Watkins .....	Title V .....	November 2nd
Charles Keller .....	GRITS .....	November 4th
April Bradley .....	Head Start .....	November 6th
Carla Brooks .....	Head Start .....	November 6th
Shannon Bundy .....	Head Start .....	November 6th
Laryasa Canary .....	Head Start .....	November 6th
Lana Geary .....	Head Start .....	November 6th
Betty Hicks .....	Head Start .....	November 6th
Shannon Hudson .....	Head Start .....	November 6th
Anita Miller .....	Head Start .....	November 6th
Anita Morrison .....	Head Start .....	November 6th
Dana Reed .....	Head Start .....	November 6th
Suzann Smith .....	Head Start .....	November 6th
Candy Wilson .....	Head Start .....	November 6th
Cynthia Woodrum .....	Head Start .....	November 6th
Angela Martin .....	Head Start .....	November 9th
Delores Dwelis .....	Head Start .....	November 9th
Monica Saxon .....	Head Start .....	November 9th
Brenda Berry .....	Lincolnshire ...	November 10th
Franklin Cottrell .....	GRITS .....	November 16th
Cindy Sauls .....	Title III .....	November 16th
Tammy Bratcher .....	Head Start .....	November 23rd
Rhonda Carmichael .....	Head Start .....	November 23rd
Martha Main .....	Head Start .....	November 23rd
Thea Miller .....	Head Start .....	November 23rd
Shawn Rhinerson .....	Head Start .....	November 23rd

### *What's So Special About January?*

**National Diet Month, January 1-31.** January, not surprisingly, is the most popular month for launching diets, perhaps because, over the holidays, Americans gain an average of seven pounds.

**Martin Luther King, Jr. Day, January 18.** This legal holiday, always the third Monday in January, honors Martin Luther King, Jr., born January 15, 1929.

**National Puzzle Day, January 29.** People in the United States, England, Spain, and Mexico spend more time on puzzles than citizens of any other countries. Riddles are the oldest type. Crossword puzzles first appeared in English children's books in the 19th century, but it wasn't until 1913 that the first crossword appeared in a US newspaper. Today, 95 percent of American newspapers use them.

## Birthdays

*Congratulations to the following staff who celebrate their birthday this month!*

James Schultz .....	January 1st
Cyndi Kirby .....	January 2nd
Linda Sexton .....	January 2nd
Donna Woodcock .....	January 2nd
Sheila Jarvis .....	January 3rd
Joyce Bennett .....	January 4th
Mary Hurley .....	January 4th
Bobbie Davis .....	January 6th
Nova Harrison .....	January 6th
Peggy Allen .....	January 7th
Marcia Jordan .....	January 7th
Wanda Willis .....	January 7th
Terry Keller .....	January 8th
Janet James .....	January 9th
Kelly Myatt .....	January 9th
Cherie Howell .....	January 9th
Angela Bartlett .....	January 11th
Lynda Dennis .....	January 13th
Bill Horton .....	January 14th
Betty Blackwell .....	January 17th
Betty Lancaster .....	January 17th
Joyce Smith .....	January 18th
Cindy Thompson .....	January 18th
Christa Webb .....	January 18th
Jerry Taylor .....	January 19th
Karen Blincoe .....	January 20th
Vicky Howard .....	January 22nd
Lori Cole .....	January 22nd
Franklin Cottrell .....	January 23rd
Cheryl Oakley .....	January 24th
Cindy Ferrell .....	January 25th
James Speed .....	January 26th
Barbara Offerman .....	January 27th
Lovon Groves .....	January 29th
Judy Shelton .....	January 29th

### *In Memory of Robert Howard Smith..may you rest in peace.*

Mr. Robert Howard Smith, 74, of 1721 West Fifth Street Road, Owensboro passed away on Monday, November 30, 1998.

Mr. Smith was a very special person to Audubon Area Community Services. He was our very first custodian for the central office building and our next door neighbor. He will be fondly remembered!



JANUARY EMPLOYEE OF THE MONTH

**Linda Williams**

Linda started with Audubon Area in August, 1997. In the 1970's, she had previously worked as a secretary to the Head Start director. Linda's daughter now works as a teacher for Audubon Area Head Start, so she has not lost her head start connection.



She currently serves as the Family Preservation/Family Reunification secretary for the FPP director and a staff of four therapists.

Linda is very helpful—and a true team player. She has a pleasant attitude and a beaming smile which seems to appear often. She has a high proficiency level and works diligently making sure all of the tedious paperwork is properly completed, and filed. Her boss describes her as organized and someone who can “keep you on track.”

She is more than willing to learn new computer software and feels it allows her to perform efficiently. She strives for excellence in all of her work accomplishments. She has a warm heart that shows through in the care she uses while dealing with clients. Thank you for the great job you are doing for us, Linda, and congratulations on being employee of the month!



**Covey Training Continues**

Suzanne Hays, Audubon Area Head Start Team Manager for Administration, conducted six days of *Seven Habits of Highly Effective People* December training at Rahill's Restaurant and the AACCS Central Office in Owensboro for staff from the United Way of the Ohio Valley, Girl's Incorporated, and Audubon Area's Head Start.



Seven distinct habits that lead to effectiveness were taught

- Habit 1: **Be Proactive;**
- Habit 2: **Begin with the End in Mind;**
- Habit 3: **Put First Things First;**
- Habit 4: **Think Win-Win;**
- Habit 5: **Seek First to Understand, Then to Be Understood;**
- Habit 6: **Synergize;** and
- Habit 7: **Sharpen the Saw.**



The program focuses on inside-out improvement: First building your personal trustworthiness, then creating trust on an interpersonal level to improve relationships.

The principles taught in the *Seven Habits of Highly Effective People* course allowed participants to deal effectively with personal and professional challenges. Participants learned to:

- ◆ Focus on the things they can influence.
- ◆ Become more responsible.
- ◆ Boost self-worth through personal achievement.
- ◆ Work toward principle-centered, value-driven, and mission oriented personal and organizational development.
- ◆ Learn how to manage time and resources in ways that focus on key roles and goals

The participants examined their effectiveness and developed goals in both their personal and professional arenas. They each related that a lifetime journey had begun and found strength within themselves to accomplish their

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**Anniversaries**

These staff celebrate their AACCS employment anniversaries with the AACCS, Inc. this month ...

- 15th ..... Brenda Taylor ..... January 3rd
- 13th ..... Aubrey Nehring ..... January 16th
- 10th ..... Lynda Trogden ..... January 18th
- 8th ..... Tami Canter-Powell ..... January 2nd
- 8th ..... Teresa Sampson ..... January 2nd
- 6th ..... Vickie Parham ..... January 4th
- 4th ..... Margie Willett ..... January 7th
- 4th ..... Belinda Simmons ..... January 10th
- 4th ..... Tonya Bumpus ..... January 18th
- 4th ..... Pamela Dunbar ..... January 19th
- 4th ..... Marinda Gates ..... January 23rd
- 4th ..... Nicole Towery ..... January 23rd
- 3rd ..... Mary Carson ..... January 16th
- 2nd ..... Elizabeth Blandford ..... January 21st
- 2nd ..... Angela Ladd ..... January 23rd
- 2nd ..... Dori Payne ..... January 29th
- 1st ..... Linda Townsend ..... January 5th
- 1st ..... Deena Smith ..... January 5th
- 1st ..... Connie Casteel ..... January 12th
- 1st ..... Beth Russelburg ..... January 19th
- 1st ..... Donnella Cason ..... January 21st
- 1st ..... Mary Furgerson ..... January 26th

**In Memoriam**

**Richard "Hoppy" Hopkins**, 83 of Calhoun died Saturday, December 5, 1998. Born in Comer, he received his bachelor's degree in agriculture and industrial arts from Western Kentucky University and did his post-graduate work at the University of Kentucky. From 1980 to 1988, he served as the McLean County judge-executive, which means he was a member of our board of directors during that time period. In 1991, he was the mayor of Calhoun.



## Martin Luther King, Jr. Day

"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

These were the famous words of Martin Luther King, Jr., spoken at the Lincoln Memorial in Washington, D.C., in 1963 when he led a civil rights march.

King became involved in the civil rights movement eight years earlier after Rosa Parks, a black seamstress, was arrested in Alabama for refusing to give up her seat near the front of a bus to a white man. The next night, 50 leaders of the black community met to discuss the issue with King, then a 26-year-old Baptist minister. They organized a boycott of the bus company. Eight months later, the Supreme Court ruled that bus segregation violated the Constitution.



From that time on, King organized protest demonstrations and marches in southern cities, during which he advocated nonviolence. He was imprisoned several times; was stoned and physically attacked; saw his house bombed; and was placed under surveillance by the FBI. In 1964, King was awarded the Nobel Peace Prize. Four years later in Memphis to support striking city workers, he was shot and killed while standing on his hotel balcony. James Earl Ray was sentenced to life in prison for the crime; he died in April 1998.

## Choosing a Health Club

The Better Business Bureau reports that it receives more complaints about health clubs than about any other kind of business. Here's some BBB recommendations:

Ask your local BBB if it has received complaints about the health club you're interested in joining.

Before signing a contract, read the small print carefully.

If the contract stipulates paying extra for certain exercise machines or facilities, tour the club to make sure they exist.

Don't pay for an entire six or 12-month membership up front—some clubs have closed their doors, with no refunds, as little as a month after new members have signed up.

## The Origins of "January"

January gets its name from the Middle English word "Januarie," which translates roughly to "month of Janus," the Roman god of gates and doorways who was depicted with two faces looking in opposite directions. His festival month was January.

**Happy New Year!**

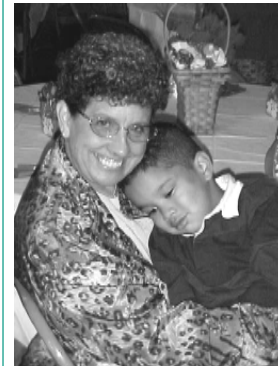
## "Christmas Gathering" '98



Santa (a.k.a. Chairman Greg) Baize and Gathering Committee Chair Marian Simpson call out the door prize winners.



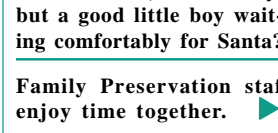
Staff and friends enjoy friendly pre-lunch conversation around



A little tired, a little shy, but a good little boy waiting comfortably for Santa?



Lunch is served.



Family Preservation staff enjoy time together. ▶



Audubon Board members enjoy the musical presentations—jazz band, string ensemble, and the OMHS Choral, shown to the left.



All under a canopy of lights. Many Thanks! to the Gathering Committee and all who attended.

"Competition is easier to accept if you realize that it is not an act of aggression. I've worked with my best friends in direct competition. Whatever you want in life, other people are going to want it, too. Believe in yourself enough to accept the idea that you have an equal right to it." —Diane Sawyer

"There is no exercise better for the heart than reaching down and lifting people up."

—John Andrew Holmes

## The New Year's Baby

The tradition of using a baby to symbolize the new year began in Greece around 600 B.C. To honor their god of wine, Dionysus, ancient Greeks paraded a baby around in a basket, celebrating his annual rebirth as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth, but the image of a baby with a new year's banner dates back to 14th century Germany.

## Healthy Snacking

Healthy Lifestyle Advocates, a group of expert dieticians, reports that eating light snacks in the mid-morning and late afternoon aids dieting because it keeps your metabolism from dropping to conserve calories.

Snacks should be low in fat and high in nutrients. Combine two different food groups, such as breads/grains (baked crackers, pretzels, bagels, rice cakes) with raw vegetables (carrots, celery, broccoli); or opt for fruit with skim milk or yogurt.

For extra energy, eat some protein (peanut butter, low-fat cheese) with your snacks, and don't rely on fat-free foods because they still have calories and lack fiber.

## Soup is Good Food

Soup is not just good, it's good for you, particularly if you make it from scratch. Here's a simple recipe for split pea soup:

- 1 lb dried split peas (2 cups)
- 4 large carrots, peeled and cut in half
- 1 large onion, peeled and cut in quarters
- 1 unpeeled, cored apple
- 12 cups of hot water
- 2 teaspoons salt
- Pepper to taste



Put all ingredients in large stockpot and bring to boil; simmer until carrots are tender (about 20 minutes). Puree in blender till smooth.

## Congratulations!

Goes out to Wally and Pat Renner who were blessed with a new granddaughter on November 24, at 6:39 p.m. Abigail Elizabeth North, was born to Richard North and Lore' Renner North at Clarksville Memorial Hospital in Clarksville, TN. She was 6.14 pounds and 20 inches long. What a wonderful "early" Christmas gift! Just look at this face!



**"Most people are about as happy as they make up their minds to be."**  
—Abraham Lincoln

## Free To Grow Update

**Christian County.** After extensive planning the Coalition met with community residents and community officials to present the results of the Community Engagement Process. Two local Law Enforcement officers were present, Mayor-elect Rich Liebe and Sheriff-elect Billy Gloyd. "This is something that is very positive for Hopkinsville," said Mayor-elect Rich Liebe. "It says a lot about our community when this many people are concerned about drugs. We are very concerned about the drug problem and both of us plan to do something about it."

"We are trying to do everything we can to deal with the problem, but as you know law enforcement can't do it by themselves," said Sheriff-elect Billy Gloyd. "We need just what we have seen here tonight-community involvement."

The voice of the people has been heard and we plan to continue to listen to the eastside Hopkinsville residents. We are currently preparing to start another Leadership Training in January and hope to enlist new blood to add to our ranks.



Recently we learned that new playground equipment was placed in three locations of the Christian County Housing Authority. After the coalition met with the Housing Authority last summer it was stated they would place new playground equipment in three sites. They asked if the coalition would help watch the equipment to help prevent vandalism.

**Daviess County.** The Owensboro *Free to Grow* Coalition is continuing to put final touches on the Powerpoint presentation that will be presented to community residents and local city/county officials sometime in January, 1999. Coalition members are endeavoring to provide community residents with information regarding violence and drug activity in the area. They will also be conducting one-on-one interviews within the Foust community to make residents aware of the meeting and invite them to attend. In the meantime, *Free to Grow* staff is in the initial planning stages of conducting another Leadership Development Training Program that is scheduled to begin in February 1999. Community leaders and advocates will be tapped for facilitation of the individual work sessions with staff in an assisting role.

**Hancock County.** Residents and Coalition members have just recently completed the Community Engagement Process (CEP) in Hancock County. Sixteen community residents conducted the CEP survey on November 19th, 20th, and 21st. A total of 372 households were surveyed with the surveyors reporting an extremely good reception. The survey consisted of questions dealing with community issues such as recreation, adult involvement, and quality of schools as well as alcohol and drug issues. The surveys have been forwarded to Philliber Research Associates for review, study and compilation of the information gathered. Once this has been completed, Coalition members will review and plan how to present the gathered information.

*Continued on page 6*

## Calculate Your Body Mass Index

Rather than trying to attain a perfect weight, many doctors now tell their patients they should focus on their body mass index (BMI) because this is a better health indicator than the numbers on the scale. Here's how to calculate your BMI:

1. *Multiply your weight in pounds by 703.*
2. *Multiply your height in inches by itself.*
3. *Divide the first number by the second number.*

**Under 19—Underweight**  
**19 to 25—Healthy weight**  
**26 to 30—Overweight**  
**31 to 39—Very overweight**  
**40 and above—Extremely overweight**

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## Healthy Snacking

Healthy Lifestyle Advocates, a group of expert dietitians, reports that eating light snacks in the mid-morning and late afternoon aids dieting because it keeps your metabolism from dropping to conserve calories.

Snacks should be low in fat and high in nutrients. Combine two different food groups, such as breads/grains (baked crackers, pretzels, bagels, rich cakes) with raw vegetables (carrots, celery, broccoli); or opt for fruit with skim milk or yogurt.

For extra energy, eat some protein (peanut butter, low-fat cheese) with your snacks, and don't rely solely on fat-free foods because they still have calories and lack fiber.

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## Safe Driving with Kids

Use child safety seats correctly to protect your children in the car:

- ✳️ Children less than a year old who weigh up to 20 pounds and are shorter than 26 inches should always face the back of the car, with the seat tilted at a 45-degree angle.
  - ✳️ Children ages one to four who weigh between 21 and 40 pounds should sit upright and face the front of the car.
  - ✳️ Don't allow a child to sit in the front passenger seat (even if strapped into a safety seat) if the vehicle is not equipped with a passenger-side air bag.
  - ✳️ Pay attention to the weight ratings on the car seat you own.
  - ✳️ Never put an infant in a car seat that's too large or put a toddler or small child in a car seat that's too small.
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## Free to Grow — *Continued from page 5*

**Lyon County.** Several community residents recently completed Leadership Training. After completion of the ten week training, participants celebrated at an area restaurant. Helping us celebrate this occasion was FTG staff and individuals who facilitated previous workshops. At the celebration graduates received certificates of completion, FTG pencils, keychains, folders and T-shirts. Graduates of the training will have their first meeting as a coalition after the New Year.

## ATM Safety Tips

Some precautions to take when using automatic teller machines:

- ✓ Use only well-lit ATMs and avoid those in secluded locations.
- ✓ For nighttime ATM transactions, bring along a friend.
- ✓ If you notice anyone who doesn't seem to have a legitimate reason for being there, leave immediately and go to a different ATM.
- ✓ When conducting transactions, position yourself so that your body blocks the monitor screen.
- ✓ Never leave your receipts behind.



## Dry Clean Only?

Not all garments marked "dry clean only" truly require such expensive care. Here's a simple way to check.

- ➔ Wet a small area of the garment thoroughly, an area that will not be visible when you wear it, such as the tucked-in hem of a blouse.
- ➔ See if any of the colors "bleed" into the wet area.
- ➔ Once the wet area is dry, you can be fairly sure that the garment is safe to hand wash if you can't tell where the wet spot used to be.
- ➔ Don't try to wash silk crepe, which shrinks dramatically, or detailed silk blouses with pleats, trim, or embroidery.
- ➔ Even if a garment is safe to hand wash, you may still have to iron it yourself.



## Diet Programs: *Get the Facts First*

Before you sign up for a weight loss program, the Food and Drug Administration, the Federal Trade Commission, and the National Association of Attorney's General suggest that you ask the promoters these questions:

- 📎 What are the health risks?
- 📎 What data do you have to show that your program actually works?
- 📎 Do participants keep the weight off after they leave your program?
- 📎 What are the total costs, including fees, food, supplements, and counseling?
- 📎 Do you give refunds if customers drop out?
- 📎 What kind of professional supervision do you provide?
- 📎 What are the supervisors' credentials?

The agencies also advise you to be skeptical of weight-loss claims containing the words easy, effortless, guaranteed, miraculous, breakthrough, new discovery, mysterious, exotic, secret, exclusive, and ancient.

## Days of the Week

The names of our weekdays are rooted in Anglo-Saxon and Middle English languages and honor Roman and Scandinavian mythological gods, as well as celestial bodies.

**Sunday**—Day of the sun.

**Monday**—Day of the moon.

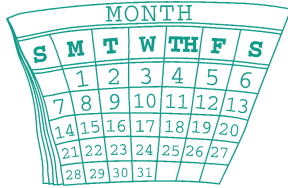
**Tuesday**—Literally Tiw's day, named for Tiw, the son of Wodin, the Scandinavian god of war.

**Wednesday**—Day of Wodin

**Thursday**—Day of Thor, the Norse god of strength and thunder.

**Friday**—Named after Frigg, Wodin's wife.

**Saturday**—Day of Saturn, the Roman god of agriculture.



**“Weekends are a bit like rainbows. They look good from a distance but disappear when you get up close to them.”**  
—John Shirley

## Preventing Burglaries

To keep your home safe from intruders...

- Never leave a spare key outside the home
- Don't leave keys with people you do not completely trust.
- Do a security check of doors and windows before going to bed.
- Keep blinds and curtains closed at night.
- Keep all windows locked when you are asleep.
- Leave outdoor lights on all night, at both front and rear of your home.
- Never leave your purse, wallet, money, and other valuables in plain sight.
- Trim trees and shrubs near doors and windows.



**“A life spent in making mistakes is not only more honorable but more useful than a life spent in doing nothing.”**

—George Bernard Shaw

## The Curious Journal

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Your stories, comments, and ideas are invited.

## Winter Weather Terms

Understanding “weatherspeak” can help keep you safe and warm this winter.

**“Frost/freeze warning”**—Means that below freezing temperatures are expected which may cause damage to plants, crops, or fruit trees.

**“Winter weather advisory”**—Winter weather conditions are expected which could cause significant inconvenience and may be hazardous, especially to motorists.

**“Winter storm watch”**—That tells you to be alert because a storm is likely.

**“Winter storm warning”**—Take action! A storm is in or entering your area.

**“Blizzard warning”**—Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill. Seek refuge immediately.

## Dealing With Deadlines

Too often, deadlines can creep up and overtake you before you know it. Here are some tips to keep you from being caught off guard:

- Mark the project's deadline date clearly on a calendar or any other place that's in plain view.
- When starting a project, tackle the most difficult and crucial parts of it first.
- If working with others, keep abreast of how their work is going and remind them of the deadline in writing from time to time.
- Aim to meet your deadline a day or two early, to allow time for unforeseeable delays.



## Making Resolutions Last

Career planning experts Bob McDonald and Don Hutcheson offer these tips on making attainable, sustainable New Year's Resolutions:

- ☐ Ask yourself why you want to do it.
- ☐ Tell your resolution to someone important to you. Talk about what you want and why you want it.
- ☐ Write it down and include not only the resolution, but the time frame, intermediate steps, how you'll measure your progress, and potential problems and solutions.
- ☐ Visualize the results. Where, when, and what will you be doing differently? How will other people respond to you? How will you feel?
- ☐ Fit your resolution into your overall career or life plan.
- ☐ Take small steps to implement your resolution, solving the problems that may arise as they come along, always keeping your goal in mind.

## GRITS: Green River Transportation “Brokerage” Role Approved

*Continued from page 1*

appropriate transportation provider. That is, the AACS must assure, through GRITS’ operations, that the transportation-dispatching activities are performed area-wide, but may delegate and dispatch the actual service provision to another regional network provider—taxi, ambulance service, or other service. Of course, GRITS itself will continue providing extensive area-wide transportation services itself.

**Quality Assurance.** GRITS also provides assurance that all providers utilized and transportation provided under its auspices meets required health and safety standards for vehicle maintenance, operation, and inspection driver qualifications and training. Drug and alcohol testing, recipient problem/complaint resolution, and the delivery of courteous, safe, and timely transportation services will also be monitored and assured through GRITS under the contract.

Under the regulations, the AACS is responsible, operationally, for the provision of transportation services to all eligible recipients to or from a stated point of origin or to or from specific reimbursable services requested by recipients or persons acting on their behalf. Generally, such transportation shall be provided without consideration of trip limits and mileage caps. Transportation customarily needed by recipients to obtain health care services outside the Green River Area may be provided when health care provider scheduling conflicts require such transportation—or when specific medical service needs are not locally available and a health care provider has referred the recipient to health care services outside the immediate community. Recipients enrolled in managed care health plans, such as HMOs, are obligated to use providers participating in the Medicaid managed care health plan. Travel for such managed care plan enrollees shall be considered the same as travel based on the approval by the HMO, a health care provider’s referral.

“Kentucky Works” participants will be transported to required component activities, and their child care site within their county of residence and contiguous counties.

**GRITS responsibilities.** The *Empower Kentucky* contract will, in short, include:

- Human Services Transportation System “central office” operations—including mandatory TDY and computer integration
- Readiness testing.
- Recipient eligibility verification process
- Scheduling
- Managing the service denial process, including complaint mediation and an appeal process
- Quality assurance
- Model service agreements
- Vehicle inspection reports
- “Encounter data submission” procedures and other extensive reporting procedures

**General Requirements.** *Non-emergency transportation services* are defined as “medically necessary” trans-

portation for any recipient and escort, if required. Eligible recipients are those who have no other means of transportation available to any Medicaid-reimbursable service for the purpose of receiving treatment, medical evaluation, follow-up of Medicaid-covered services.

Kentucky Works-eligible transportation is defined as any transportation needed for required participation in a TANF component activity or other appropriate service. This includes the child care transportation needed to allow participation by the “Kentucky Works” participant. “Kentucky Works” customers’ services will normally be recurring needs—commonly needed at the same site and time, so these participants should inform GRITS the nature of their transportation needs, including child care transportation needs as soon as their “Kentucky Works” schedule is known.

“Exceptional” transportation services are those instances of *non-emergency* transportation which is necessary under extra-ordinary *medical* circumstances that requires traveling out of state for health care treatment—treatment not normally provided through in-state health care providers. Excluding stretcher service or air transportation, the AACS is responsible for all out-of-state non-emergency medical (Medicaid-eligible) transportation. Medicaid-assisted customers, in order to receive transportation under the contract, must have a valid Medicaid card or other tangible proof of Medicaid eligibility covering the date(s) services are needed.

**Advance scheduling required.** Transportation customers should provide GRITS three-days prior notification of an appointment for which they require transportation. The three-day advance scheduling requirement includes the day of the call but not the day of the appointment.

**“Urgent Care.”** This is defined as an unscheduled, episodic situation in which there is *no threat to life or limb*, but the recipient must be seen on the day of the request and treatment cannot be put off until the next day.

**Goal Keeping.** Before you begin a thing, remind yourself that difficulties and delays quite impossible to foresee are ahead. If you could see them clearly, naturally you could do a great deal to get rid of them but you can’t. You can only see one thing clearly and that is your goal. Form a mental vision of that and cling to it through thick and thin.  
—Kathleen Norris

## Covey Training — *Continued from page 3*

personal mission in life.

*“What lies behind us is nothing compared to what lies within us and ahead of us.”*  
—Anonymous

Audubon Area Community Services, Inc. is a Covey Leadership Center licensee. Currently, Suzanne Hays is the agency’s only Certified Covey Facilitator, though a number of other staff will be trained and qualifies in the next few months.