The Beshear Plan improves the Kentucky Children's Health Insurance Program (KCHIP), which provides children's health insurance to low and middle-income families who qualify.

The Beshear Plan greatly increases the commonwealth's outreach efforts to find, enroll and keep eligible children in the program. It also increases education to enrolled families about what benefits are available to them through KCHIP. The Beshear Plan also removes a barrier that required applying families to have a face-to-face interview with a caseworker before their children could enroll. Parents must still verify their income to prove eligibility.

Children need health insurance. There are an estimated 67,000 children in Kentucky eligible for KCHIP or Medicaid who are not enrolled. The Beshear Plan is part of a much larger answer to identify and insure all Kentucky children who are eligible.

The KCHIP program is a federal matching program. If The Beshear Plan meets its projected goals, the program will cost $6 million dollars the first year (2009) and $25 million in the next year (2010). However, the federal match to our dollars will pull in more than $81 million dollars into the commonwealth.

For more information…please visit http://kidshealth.ky.gov/en/beshearplan/

Go RED for Women with The American Heart Association

Choose to be a leader. Inspire friends, family, and co-workers to wear red and speak up about heart disease—our #1 killer—on National Wear Red Day! February 5th, 2010.

Building awareness shouldn’t be confined to just one day. Consider organizing a Wear Red Day on any day you like. Plan one at your workplace, in your community, or even in your home.

For more information about the American Heart Association or Wear Red Day, go to this website http://www.goredforwomen.org/wearredday.

You can get your very own free Go Red for Women pin to let the world know you are fighting to raise awareness of heart disease in women!

Source: Lexington-Fayette County Health Department
Morale is defined as the state of the relationship between an individual and an organization. Management’s ability to create and develop positive morale is the most effective way to recruit, retain, and motivate a high-performance work force.

A Gallup poll of 2 million workers at 700 companies cited that the length of an employee’s stay in an organization is largely determined by their relationship with their immediate supervisor. The responsibility of management is to maintain a work environment that acknowledges the need to stimulate positive morale. A quote from Sharon Jordan-Evans, Co-author of “Love ’Em or Lose ’Em,” states “People don’t quit companies. They quit their bosses.”

Medicines play an important role in treating a wide range of conditions, but when they are no longer needed, medicines need to be disposed of properly. To keep them away from curious children and pets, it used to be widely recommended that they be flushed down the toilet. However, studies conducted over the past few years have found trace amounts of medications in our water supplies, so the public has been urged to avoid dumping unused medicine down the drain or toilet.

However, this won’t solve the problem. When we take medicines, they do not stay in our bodies but rather are excreted in urine or stool, so they wind up in the toilet. This sewage eventually finds its way into various water supplies—rivers, lakes, the groundwater, and the ocean. When we dump unused medicines down the drain or in the toilet, they follow the same route. Municipal water supplies, where we get our tap water, draw their water from some of these same sources, and though the water goes through many steps to remove germs and certain chemicals, the system may not remove trace amounts of medicines.

To help parents and others decide what to do with unused medicines, the U.S. Food and Drug Administration (FDA) has offered a number of suggestions.

First, flushing medicines down the toilet is still NOT recommended for the vast majority of products. The label on the product will usually have instructions for how to dispose of it, but if it doesn’t, medicines can be disposed of safely in the household trash by:

1. Mixing them with something that will hide the medicine or make it unappealing, such as kitty litter or used coffee grounds.
2. Placing the mixture in a container such as a sealed plastic bag.
3. Throwing the container in your household trash.

However, the FDA has a list of medicines that could be especially harmful to a child, pet, or anyone else who takes them accidentally. For these reasons, the FDA recommends that these particular medicines be flushed down the sink or toilet, so that they can be immediately and permanently removed from posing a risk to others in the household.

As of August 2009, when the list was last updated, FDA had about two dozen medicines on that list, almost all of which are narcotic. Examples include morphine, under various brand names, Percocet, and Actiq. Also included are certain medicines that come in patches, such as Daytrana (which contains methylphenidate, a medicine used to treat attention-deficit/hyperactivity disorder or ADHD, but presents a risk because children can chew or suck on the patch.)

FDA will be updating the list as needed. For the complete list, visit the FDA website: http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187; if you have additional questions, contact FDA (toll free) at 1-888-INFO-FDA (1-888-463-6332).

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What To Do With Unused Medications?

What To Do With Unused Medications?

What To Do With Unused Medications?
**Snowy Handprint**

How to Make:
1. Lay white paper landscape and cut the paper in half using curvy cut. Place paper across blue construction paper and glue. Trim off any excess paper. (See image).
2. Paint child’s hand brown and make handprint in middle of paper. Use finger to paint tree trunk. (See image). Wash hands. Let handprint dry.
3. Use glue stick to apply glue to fingers (branches), press in sugar and make a sugar handprint over brown handprint.
4. Use glue stick to draw small circles on blue paper, sprinkle with sugar to look like snowflakes falling. Also apply glue to white paper and sprinkle with sugar to make snow-like appearance. Tap off excess sugar.

**Tips for Parents and Caregivers to ensure good oral health for your child:**
- Encourage your children to eat regular nutritious meals and avoid frequent between-meal snacking.
- Protect your child’s teeth with fluoride. Use fluoride toothpaste. If your child is less than 7 years old, put only a pea-sized amount on their toothbrush. If your drinking water is not fluoridated, talk to a dentist or physician about the best way to protect your child’s teeth.
- Talk to your child’s dentist about dental sealants. They protect teeth from decay.
- If you are pregnant, get prenatal care and eat a healthy diet. The diet should include folic acid to prevent birth defects of the brain and spinal cord and possibly cleft lip/palate.

*Source: http://cdc.gov/oralhealth/topics/child.htm*
Keep warm with these yummy recipes...

**Spaghetti Chicken**

**Ingredients:**
- 1 can crème of mushroom soup
- I can crème of chicken soup
- 1 can diced tomatoes with green chilies
- 8 ounces of processed cheese (cut up)
- 4 skinless, boneless chicken breast halves, cooked and shredded or cut into bite-sized pieces

**Cooking Instructions:**
1. Put soups and tomatoes and cheese in crock pot over medium heat. Stir together and cook until cheese melts (about 15 minutes).
2. Stir in cooked chicken and spaghetti. Reduce heat to low and cook until heated through (about 1 hour).

**Servings:** 6

**Easy Hot Chocolate**

**Ingredients:**
- 2 cups milk
- 2 tsp. Cocoa
- 2-3 tsp. Sugar
- 1/4-1/2 tsp. Vanilla

**Directions:**
Combine all ingredients in pan and heat until desired temperature. Pour into mug and garnish with marshmallow crème and chocolate shavings or marshmallows if desired! Enjoy!

**Servings:** 2