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Audubon Area Community Services, Incorporated

# The Curious Journal

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

## Board of Director's Annual Meeting

Members of Audubon Area Community Services' board of directors and senior staff combined its annual dinner with its Christmas celebration for the first time this year with a dinner December 15 at the Executive Inn in Owensboro. The dinner was marked by the departure of the agency's previous board chairperson, Rev. Royce Pile, and the welcoming of the newly appointed one, Shauna Boom.

"I am truly proud to serve on this board," said Boom, previous vice-chairperson. "There have been many challenges, and I see it continuing. But this agency is good at change, and I think it will come out on top," she said, referring to funding cuts.

Ron Logsdon, Audubon Area executive director, said programs should expect an across the board 1 to 2 percent budget cut with the passing of the appropriations bill, even if appropriations remain level. A recall of funds often occurs after Congress approves the bill.

"You will be the advocates for the poor," he reminded the board members.

The 2005 annual report was also presented during the dinner and celebrations. One goal of this year's report was to indicate the impact the agency has had on the communities it serves, said Lydia Johnson, public information and outreach director for Audubon Area. Surveys and reports were culled for information that highlights the benefits of the agency to include in the report. For example, 98 percent of elementary students who received help from a Foster Grandparent improved academically, according to their teachers. If you would like a copy of the report, call Johnson at (270) 686-1652.



Audubon Area Board of Directors celebrate the holidays during its annual dinner December 15.

## Boom Seated as Board Chairperson

Audubon Area Community Services has a new board chairperson after its previous one, Rev. Royce Pile, moved to eastern Kentucky to become pastor of the Oneida Baptist Church in Clay County. His resignation was effective December 31.

"It has been both an honor and a pleasure to serve on Audubon's board these past eight years," Pile said. "I shall cherish the memories and friendships that this experience has produced and am confident that this agency will continue to have a powerful and positive influence on people all across Kentucky."

Shauna Boom, previously vice chairperson for the agency, has served on the Audubon Area board of directors for three years. She is a technical and resident services coordinator for the Housing Authority of Henderson.

"Many of the individuals I serve in my current position have benefited from the various outstanding programs that Audubon Area Community Services provides," Boom said. "Serving on this board has allowed me to give back and assist communities the agency serves."



Continued on Page 2

## Chairperson—Continued From Page 1

Boom said her goals as chairperson include ensuring a continued commitment to providing high quality services to low-income Kentuckians and expanding programming where feasible.

“When I first became involved with the agency, I was amazed at the vast number of services it provides, the professionalism and skills of personnel, and the personal commitment of the staff,” she said. “Community action agencies, such as Audubon Area, are essential in communities to meet the growing needs of the population.”

In addition to the new board chairperson, Audubon Area also has several new board members and officers. Reid Haire, judge executive for Daviess County, has been named vice-chairperson, and Fonda Brown has been named secretary. New members are: Wesley Bock and his alternate representing the consumer sector in Hancock County; Brown and her alternate Matt McKee representing the private sector in Hancock County; Susan Edwards as alternate representing the Henderson Business & Professional Women’s Club; and the Rev. Jesse Johnson and his alternate Rev. Harold Butler representing the private sector of the McLean County Ministerial Association.

### Don’t Forget...

Audubon Area Community Services will be closed in observance of Martin Luther King, Jr’s. birthday on:  
*January 16th, 2005*

## Shop with a Cop 2005

Stockings were filled early this year as volunteers from Audubon Area Community Services helped with the 15<sup>th</sup> annual Fraternal Order of Police Shop With a Cop program December 20 in Owensboro.

The children who participated were selected through referrals from local agencies and the Owensboro Police Department. Last year, 102 were served. This year, a similar number was estimated to have participated in the shopping spree.

Children and their parents filled the gymnasium at Hall Street Baptist Church for hot dogs, chips and drinks before heading off on buses to Wal-Mart where they spent \$120 on each child.

“For many of these kids, this will be their only Christmas,” said Sheila Boling, housing director at Audubon Area and organizer of the agency’s volunteer efforts with the program. AACS donated \$500 for the event.

**“The Person who says it can not be done,  
should not interrupt the person doing it.”**

*—Chinese Proverb*

## Satisfaction Survey #2

Audubon Area Community Services employees will soon receive the second in a series of five satisfaction surveys in mid January. The second survey, due by January 31, will cover employees’ supervisors. Agency administration will use the data from all the surveys as a benchmark to improve performance and increase employee satisfaction in all its services.

The first survey covered job satisfaction. Of the 561 that were mailed, the agency received 188, for a response rate of 34 percent. Data from that survey is still being analyzed.

Subsequent surveys, which will be mailed out in February, March and April, will cover management, communication and benefits.

## Affirmative Action Plan Updated and Approved

The Audubon Area Community Services Board of Directors approved an updated Affirmative Action Plan for the agency at its regular December meeting, as it does each year in compliance with agency regulations. Few changes were made to the 2006 plan, other than the removal of wording referring to an agency for which Audubon Area is no longer fiscal agent.

The plan contains statements of the agency’s commitment to ensuring that all actions taken against or on behalf of employees are done so without regard to a person’s race, religion, sex, age, marital status, disability, political affiliation or national origin.

The agency complies with all applicable equal opportunity policies, laws and directives to ensure that all applicants for positions and current employees are treated equally in all matters, including employment, promotion, demotion, transfer, recruitment, layoff or termination, rates of pay or other terms of compensation and selection for training in all positions.

## Deepest Sympathy

Board member and former board chairperson

Daisy James lost her mother, Anna Mae Bryant, on December 4. Bryant, 96, loved cooking, entertaining, shopping and riding Audubon Area’s GRITS buses. She is survived by James, a son, George Bryant, and several grandchildren. Audubon Area



extends its deepest sympathy to James for her loss.

## AACS Accounts Payable 2006 Cut-off Schedule

Cut off Date for Invoices Entered by Payables Dept	Cut off Date for Invoices Entered at Program level	Payables Mailing Date
01-05-06 .....	01-06-06 .....	01-13-06
01-19-06 .....	01-20-06 .....	01-27-06
02-02-06 .....	02-03-06 .....	02-10-06
02-16-06 .....	02-17-06 .....	02-24-06
03-02-06 .....	03-03-06 .....	03-10-06
03-16-06 .....	03-17-06 .....	03-24-06
03-30-06 .....	03-31-06 .....	04-07-06
04-13-06 .....	04-14-06 .....	04-21-06
04-27-06 .....	04-28-06 .....	06-05-06
05-11-06 .....	05-12-06 .....	05-19-06
05-25-06 .....	05-26-06 .....	06-02-05
06-08-05 .....	06-09-05 .....	06-16-05
06-22-05 .....	06-23-06 .....	06-30-06
07-06-06 .....	07-07-06 .....	07-14-06
07-20-06 .....	07-21-06 .....	07-28-06
08-03-06 .....	08-04-06 .....	08-11-06
08-17-06 .....	08-18-06 .....	08-25-06
08-31-06 .....	09-01-06 .....	09-08-06
09-14-06 .....	09-15-06 .....	09-22-06
09-28-06 .....	09-29-06 .....	10-06-06
10-12-06 .....	10-13-06 .....	10-20-06
10-26-06 .....	10-27-06 .....	11-03-06
*11-08-06 .....	11-09-06 .....	11-17-06
*11-23-06 .....	11-24-06 .....	12-01-06
12-07-06 .....	12-08-06 .....	12-15-06
*12-21-06 .....	12-22-06 .....	12-29-06

*\*This indicates that these dates are Holidays.*

### Did you know?

Audubon Area Community Services' Kentucky Intensive Services Program (KISP) is an intense counseling program offered statewide for juvenile offenders. Offices are located in Owensboro, Louisville and Lexington.

### Counseling Services Moving

Audubon Area Community Services' Counseling Services Department is now located at 620 Carlton Drive in Owensboro. The department provides several counseling and case management programs and administers the Low-Income Home Energy Assistance Program. For more information call (270) 689-9848.

## Volunteer Uses Training to Help Fallen Friend

A volunteer with Audubon Area Community Services Senior Companion Program (SCP) used the first aid training she received through the program recently when a friend of hers fell and broke her hip. Donna Pate, a volunteer for one year, knew to keep her friend comfortable until help arrived.



Ms. Donna Pate

"I wouldn't let anyone move her because I knew that was wrong," Pate said. "I told her she needed to lie there until help came."

An X-ray later revealed her friend had broken her hip.

Most all volunteers in the three senior volunteer programs – the Foster Grandparent Program, Retired and Senior Volunteer Program and the Senior Companion Program – attend trainings every month, said Cathy Campbell, manager of the SCP. For the past three months, they have been attending trainings offered through the local Red Cross and have been learning how to care for cuts and what to do if someone chokes or falls. Volunteers have also helped clients to prepare disaster plans, Campbell said. And in the coming months, they will learn simple mobility exercises that they can teach their clients.

Pate used the first aid training while shopping with her friend in Hartford. They were searching through a stack of pictures on the floor when one fell forward, causing the friend to lose her balance. Several in the store wanted to help the woman stand, but Pate knew to keep her still until the ambulance arrived. She asked the store manager for a pillow and sat on the floor next to her friend to keep her comfortable.

A few days later, her friend was released from the hospital and is currently recuperating at home.

## GRITS Donates Vehicles

Hugh Edward Sandefur Training Center will seek grants to cover the costs of transporting their clients after Audubon Area's GRITS was forced to discontinue the service. GRITS lost its Medicaid contract with the state, cutting its budget by 49 percent. GRITS initially was to have discontinued service to HESTC in October but extended the deadline to the end of the year to allow officials to consider its options. It also offered two 2002 vehicles to HESTC.

GRITS and HESTC officials met November 2 and 29 to discuss the decision.

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

Toria Whitlock .....	January 1st
Jennifer Whistel .....	January 1st
Angela Todd .....	January 2nd
Kathy Blankenship .....	January 3rd
Joyce Bennett .....	January 4th
Mary Hurley .....	January 4th
Mary Joselyn .....	January 4th
Thomas Hagan .....	January 5th
Deborah Hill .....	January 5th
Tracy Fowler .....	January 6th
Marcia Jordan .....	January 7th
Peggy Allen .....	January 7th
Terry Keller .....	January 8th
Cherie Howell .....	January 9th
Angela Bartlett .....	January 11th
Judy Grant .....	January 11th
Linda Sexton .....	January 12th
Ramona Yates .....	January 12th
Robin Gillians .....	January 13th
Cindy Hibbs .....	January 14th
Jennifer Williams .....	January 15th
Rhonda Marsh .....	January 15th
Stacey Embry .....	January 16th
Joyce Smith .....	January 18th
Karen Plain .....	January 18th
Tina Gray .....	January 19th
Dusty Himes .....	January 19th
Lesia Westerfield .....	January 19th
Karen Blincoe .....	January 20th
Sheyla Santiago .....	January 20th
Norma Avila-Brown .....	January 21st
LaMona Vinson .....	January 21st
Lori Cole .....	January 22nd
Teresa Robertson .....	January 24th
Dorothy Ashley .....	January 24th
Kari Bell .....	January 24th
Cindy Ferrell .....	January 25th
Betty Divine .....	January 26th
Deborah Hancock .....	January 27th
James Adkins .....	January 28th
Betty Huff .....	January 30th
Kene Roach .....	January 30th

Happy Birthday!



Have a Happy Birthday!!!

“There are no secrets to success. Don’t waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence.”

—Colin Powell

Happy Anniversary!



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

22nd .....	Brenda Taylor .....	January 3rd
20th .....	Aubrey Nehring .....	January 16th
11th .....	Nicole Towery .....	January 23rd
10th .....	Stacy Whitehead .....	January 22nd
8th .....	Beth Russelburg .....	January 19th
6th .....	Marilyn Troutman .....	January 31st
6th .....	Eugene Scheidegger .....	January 19th
6th .....	Bonnie Woolridge .....	January 24th
5th .....	Shelly Grant .....	January 28th
5th .....	Mae Parish .....	January 5th
5th .....	Ralph Nash .....	January 3rd
4th .....	Sandra Self .....	January 14th
3rd .....	Norma Avila-Brown .....	January 27th
3rd .....	Angela Todd .....	January 27th
2nd .....	Bridget Colbert .....	January 20th
1st .....	Linda Knott .....	January 3rd
1st .....	Leslie Alexander .....	January 6th
1st .....	Tory Donofrio .....	January 8th
1st .....	Gail Nelson .....	January 15th
1st .....	Thomas Nation .....	January 18th
1st .....	Carroll Quisenberry .....	January 19th
1st .....	Caratha Buckner .....	January 24th
1st .....	Kristy Ferguson .....	January 31st

“When I was a kid I said to my father one afternoon, ‘Daddy, will you take me to the zoo?’ He answered, ‘If the zoo wants you, let them come and get you.’ ”

—Jerry Lewis

## New Hires

AACS, Inc. introduces the following new staff:

Amy Shelton .....	Head Start ...	November 12th
Wendy Dunham .....	Head Start ...	November 14th
Brenda Compton .....	Head Start ...	November 14th
Ashley Hamblen .....	Head Start ...	November 21st
Amanda Graves .....	Head Start ...	November 21st
Andrea Daughtery .....	Head Start ...	November 21st
Dekika Catlett .....	Head Start ..	November 22nd
Donyell Manning .....	Head Start ...	November 26th
Susan Shofner .....	CS .....	November 28th
Angela Himes .....	Head Start ...	November 28th
Steven Davies .....	WX .....	November 29th
Natalie Sosh .....	Head Start .....	December 1st
Tammy Renfrow .....	CSBG .....	December 8th



# Audubon Cares For Your Health

## Second Hand Smoke Harmful

As little as 30 minutes of secondhand smoke can lead to hardening of the arteries in nonsmokers, Japanese researchers reported at an American Heart Association (AHA) meeting in November.

While most people know that secondhand smoke can affect those living or working around the smoker, most say that damage only occurs with long-term exposure.

Japanese researchers, however, report changes that can lead to heart disease occur in as little as 30 minutes.

“Exposure to second-hand tobacco smoke can result in reduced blood flow and an increase in a marker for oxidative stress equivalent to what occurs in smokers,” says Toru Kato, MD, of the faculty of medicine at Saga University in Saga, Japan.

Thirty healthy male Japanese men – 15 smokers and 15 nonsmokers – were exposed to passive smoke for a 30-minute period. The researchers looked for the percentage of artery narrowing and for a marker of oxidative stress, which can damage cells in the body’s vessels and lead to atherosclerosis (hardening of the arteries).

What the researchers found was that the arterial blood flow was lower and oxidative stress was higher in smokers than in nonsmokers at the beginning of the study. But after 30 minutes of exposure to secondhand smoke, the levels in nonsmokers mimicked that of long-term smokers.

“Second-hand smoke is dangerous,” Kato said. “Thirty minutes is enough to produce damage, but repeated exposure is even more dangerous.”

Lynn Smaha, MD, PhD, past president of the AHA and a cardiologist with the Guthrie Clinic in Sayre, Pa., says, “We have known for a long time that nicotine is hazardous to your health. These [results] show that even a 30-minute exposure can be hazardous to the lining of the blood vessels.”

It is not like being in a bar where people have been smoking for hours, he says. “Just 30 minutes makes a difference. This study narrows the timetable and documents the affect with scientific markers.”

For more information on quitting smoking, visit the American Cancer Society’s web site at [www.cancer.org](http://www.cancer.org).

—[www.anthem.com](http://www.anthem.com)

**“Too many people confine their exercise to jumping to conclusions, running off at the mouth, stretching the truth, bending over backward, lying down on the job, side stepping responsibility, swimming against the current and pushing their luck.”**

—Anonymous

## Are your Co-Workers Germy?

Do you grimace when you hear one of your co-workers hacking and sneezing behind you? Well, according to Ron Goetzel, the director of Cornell University’s Institute for Health and Productivity, you probably should. Why? Because it’s likely that person is going to cost you some time off by infecting you with what he or she has drug into the office. Why don’t these people just stay home, you might ask. Some people are afraid that it will reflect poorly on them to miss work, some people fight the notion that they are sick at all—so you are a victim of their denial, and some people, frankly, can’t afford to take the day off because they won’t get paid. So what’s an office germophobe to do? Here are a few ways to stay healthy in the office—even when there are others there who aren’t.



**Keep your desk clean.** That means disinfecting it every day. Yes, that’s right—every day.

**Make a habit of cleaning your desktop tools.** This means disinfect your phone, your mouse pad, and other items that you regularly touch.

**Wash your hands frequently.** You should wash your hands for 20-to-30 seconds with warm soapy water. That means that you’ll have just about enough time to sing “Happy Birthday” twice if you’re washing your hands properly.

**Keep tissues on hand to break sneezes and muffle your coughs.** This will help to some degree to keep your germs from traveling so far in the office.

**Keep yourself in good general health.** This means get enough sleep, eat a healthy diet and drink lots of liquids.

**Try to maintain a cleanliness regimen at all times.** Remember that people are contagious before they exhibit symptoms and after the symptoms are no longer visible.

**Anthem**

\*Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Kentucky, Inc.  
Independent licensees of the Blue Cross and Blue Shield Association.  
(†) Registered marks Blue Cross and Blue Shield Association.\*

Anthem Blue Cross and Blue Shield’s mission is to improve the health of the people we serve. We believe the best health care coverage can actually help people stay healthy. That’s why we go beyond simply providing coverage. We help encourage members’ wellness by:

- Offering large networks of some of the region’s best physicians, specialists and hospitals.
- Reminding members to have important preventive screenings.
- Providing programs and information to help manage chronic health conditions.
- Offering related services including dental coverage, life insurance and pharmacy benefits management.

We work with physicians, hospitals and other providers to help ensure that care is accessible, coordinated, timely and provided in a manner and setting that promotes positive patient-provider relationships.

Anthem Blue Cross and Blue Shield is a subsidiary of WellPoint, Inc. (NYSE: WLP). WellPoint is the nation’s leading health benefits company serving the needs of approximately 28 million medical members nationwide; 1.2 million members in Kentucky.

**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 Cybercrime Losses are Down

The Computer Security Institute says that average cybercrime losses are down, according to the results of the CSI annual computer crime and security survey. CSI and the San Francisco Federal Bureau of Investigation's Computer Intrusion Squad conducted the survey. The aim of the survey is to raise security awareness and to determine the scope of computer crime in the United States. Here are some of the key findings of the 2005 survey:

- The total dollar amount of financial losses resulting from security breaches is decreasing, with an average loss of \$204,000 per respondent—down 61 percent from last year's average loss of \$526,000.
- Virus attacks continue as the source of the greatest financial losses, accounting for 32 percent of the overall losses reported.
- Unauthorized access showed a dramatic increase and came in as the second most significant contributor to computer crime losses, accounting for 24 percent of overall reported losses, and showing a significant increase in average loss per respondent, more than double that of last year.
- The percentage of organizations reporting computer intrusions to law enforcement has continued its multiyear decline. The key reason cited for not reporting intrusions to law enforcement is the concern for negative publicity.

Chris Keating, CSI director, says, "Individual users are more exposed to computer crime than ever, due to the growth in identity theft schemes. With the press and the public paying more and more attention as identity theft becomes a vital societal issue, we can't help but note the shift in the survey results toward more financial damage due to theft of sensitive company data. This is an ominous, though not unexpected, development and underscores the need to insist that enterprise networks be properly safeguarded."

## The Curious Journal

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Your stories, comments, and ideas are invited.

## TIPS How to Handle Friends who Forward Everything



Do you have friends who e-mail you and the rest of the world every Internet joke or anecdote that makes the rounds? If you do, and you get tired of having to delete these types of messages, you may have to have a talk with your friend. Susan Roane, author of *How to Work a Room*, says that she once had to talk to a friend/colleague about this matter. She says it's best to say what you have to say in person, that way your friend can hear your tone of voice and not misunderstand your request. Here's what she said to her friend: "I really enjoy hearing from you, but I don't read forwarded online jokes, especially if there is more than one screen of names. I would much prefer just hearing from you and how you are, and am so glad you stay in touch."

## Questions to Ask Yourself When Composing Email

When you are composing an e-mail, ask yourself some questions before you hit the send button. Here they are:

1. Do you have the appropriate subject line?
2. Did you get to your point quickly enough without sounding rude?
3. Is your language as clear as it can be?
4. Did you say too much and veer away from what is really important?
5. Do you have your facts straight?
6. Did you use correct capitalization and grammar?
7. Did you make a joke? Is it appropriate, and if it is, will it fall flat when it lands on someone's screen anyway?
8. Do you really need to send this e-mail?
9. Did you read what you wrote after you finished composing?
10. Did you check your spelling?

—Adapted from *You Send Me* by Patricia T. O'Conner and Stewart Kellerman

## Universal Shortcuts

These shortcuts can be used in just about anywhere in Windows. Try them and save yourself some time.

- Control S**—Save
- Control X**—Cut
- Control C**—Copy
- Control V**—Paste
- Control N**—New Document
- Control P**—Print
- Control A**—Selects All
- Control O**—Opens Existing Documents