

June/July 2007



## IN THE NEWS

### EVERYTHING'S COMING UP BEGONIAS!

#### A MESSAGE FROM TIM BARRY, LMHA EXECUTIVE DIRECTOR

Spring has sprung at LMHA! Hopefully, by now you have seen the beautiful flowers planted along the sidewalks, in various green spaces and at the entry point of LMHA's central office. In May, several central office employees volunteered to plant a virtual rainbow of color that includes begonias, marigolds, and geraniums. In addition to the new plants, daylilies were replanted and of course every gardener's favorite, mulch, was put into place.

Although the ground was a little hard and stubbornly resistant, this feisty crew did not give up. They put their best shovel forward to complete the task at hand. Shoulder to shoulder, both experienced and inexperienced gardeners worked for hours to plant tray after tray of flowers.

As the saying goes, "no good deed goes unpunished!" Someone, who shall remain nameless of course, mistakenly spliced the irrigation system (I was framed). At any rate, fun and dirt was had by all!

So, the next time you come to LMHA's central office be sure to stop and smell the begonias...they were probably planted by someone you know!

My thanks to all who participated.

### CONSTRUCTION UNDERWAY ON I-64

The interstate (I-64) will be closed between Preston Street and the Sherman Minton Bridge for three consecutive weekends beginning Friday evening, June 8, 2007 and then will be closed between 3rd Street and 22nd Street for approximately 30 days beginning Thursday, July 5, 2007, re-opening Monday, August 6, 2007.

Throughout the 30 day closure period, west bound traffic from 3rd Street to the 22nd Street Interchange will be restricted. However, exits to many downtown streets will be accessible via 3rd Street and 22nd Street ramps from I-64.



All I-65 access ramps will remain open except for the I-65 NB to I-64 WB ramp. In order to provide additional interstate access during Restore 64 construction, access to I-65 from the 2nd Street on-ramp will be provided.

For more information visit the **I-64 construction website:**  
[www.restore64.ky.gov/](http://www.restore64.ky.gov/)

### LMHA EMPLOYEE ASSISTANCE PROGRAM: HANDLING LIFE'S UNEXPECTED TWISTS AND TURNS

Life can sometimes have unexpected twists and turns. Just when you think everything is falling into place, something changes and you need to regroup or seek assistance. If an unexpected medical, emotional or family problem occurs you can call upon the LMHA Employee Assistance Program (EAP).

Initiated in 1989, EAP is a special program sponsored by LMHA to help employees and their families deal with

personal problems. The three most important things to remember about EAP are: 1) EAP **provides professional help** for you and your immediate family; 2) there is **no charge** to you and the service is available 24 hours a day; and, 3) **it is strictly confidential.**

For more information regarding EAP, contact Pat Packer in Personnel at 569-3428 or via e-mail at [packer@lmha1.org](mailto:packer@lmha1.org).



### BLOW YOUR OWN HORN

Sherri Churchill, Avenue Plaza, loves to work with youth and puts her energy and dance interests to good use managing two dance teams with her husband. Their hip hop dance team entitled "Top Notch" recently appeared on the hit TV program "BET 106 and Park Wild Out Wednesday" and they have been invited to perform in New York at "Blaze the Stage" on August 4, 2007. "Top Notch" will also be appearing on the BET 106 & Park Wild Out Wednesday All Star Battle on August 29, 2007. Their hip hop gospel dance team "Faith" performs at churches and various events.



### SALUTE TO SERVICE (JUNE – JULY)

#### 20 years

(6/2007) William Jackson, Region I  
(7/2007) Vickie Greathouse, Personnel

#### 15 years

(6/2007) Nate Northington, Region I  
(7/2007) Shari Wells, Finance  
(7/2007) Frank Anderson, PG&E  
(7/2007) Vickie Spencer, Sheppard Square

#### 10 years

(6/2007) Chester Murphy, Iroquois Homes  
(6/2007) LaTonia McAlmont, Iroquois Homes  
(7/2007) Patricia Brooks, Lourdes Hall

#### 5 years

(6/2007) Bobby Campbell, HVAC



### EMPLOYEE SUGGESTIONS (BETTER KNOWN AS GIVE US YOUR TWO CENTS)

Don't forget to send in your cost saving suggestions. If your suggestion is published, you'll not only help the agency become more cost-effective, you'll also receive a prize for your efforts. Please submit your suggestions by contacting Vikki Stone via e-mail at [vstone@lmha1.org](mailto:vstone@lmha1.org).



## HAPPY BIRTHDAY TO:

### June

Tyrone Finn, Dosker Manor  
 Alious Kaestner, Vacancy Prep.  
 Ron Sharp, Purchasing  
 Makeeba Edmund, Dosker Manor  
 Fred Dillon, Beecher West  
 Ernest LaCroix, HVAC  
 Shelton Talbott, PG&E  
 Bernard Pincus, Construction Admin.  
 LaShawn Starling, Auto/Grounds  
 Mike Dunavan, Regional Maintenance  
 Chastiny Coleman, Lourdes Hall  
 John Bowling, Regional Maintenance  
 Wendy Osborne, LHS  
 Mary Wethington, Iroquois Homes  
 Cleda Thompson, Lourdes Hall  
 Stephanie Payne, Vine Street  
 Ucesia Sistrunk, LHS  
 Lynn McCallie, Vine Street  
 Lisa Osanka, Executive  
 Faye Wilford, Dosker Manor  
 Cathy Salvate, Finance  
 LaTonia McAlmont, Iroquois Homes  
 Tim Barry, Executive

### July

Carlos Whitehorse, HVAC  
 Byron Bishop, Dosker Manor  
 Danny O'Daniel, Lourdes Hall  
 Patricia Laster, Operations  
 Shameca Smith, Lourdes Hall  
 Art Wasson, Vine Street  
 Phonsine Baber, Sheppard Square  
 Robert Thompson, Auto/Grounds  
 LaTasha Kilgore, Construction Admin.  
 Joseph Ryan, Bishop Lane  
 Terry Good, Regional Maintenance  
 James Goff, Vacancy Prep.  
 Will Seay, Operations  
 Mark Lindenmayer, Extermination  
 Stephen Higgins, Regional Maintenance  
 William Jackson, Regional Maintenance  
 Latacha Brewer, Lourdes Hall  
 Marie Tull, Personnel

## STAFF UPDATE

### New Hires

#### Full Time

Brenda Dodson, Housing Specialist - Vine Street  
 Paulette Sublett, Housing Specialist - Vine Street  
 Terri Thornton, Housing Specialist - Vine Street  
 Tobias Bland, Maint. Worker III - Bishop Lane

#### Temporary

Leon Dansby, Maint. Worker I - Auto/Grounds  
 David Halberg, Maint. Worker I - Auto/Grounds  
 Aratha Johnson, Maint. Worker I - Iroquois Homes  
 Sarah Laster, Admin. Asst. - Executive  
 Sonia Lester, Maint. Worker I - Iroquois Homes  
 Jasmin Neal, Maint. Worker I - Auto/Grounds  
 Ryan Robinson, Maint. Worker I - Auto/Grounds  
 Carolyn Shumake, Relocation Assistant - Occupancy  
 DeJuan Stratton, Maint. Worker I - Iroquois Homes  
 George White, Maint. Worker I - Auto/Grounds

### Resignations

Vanessa Ryland, Rental Assistance Monitor II - Vine Street

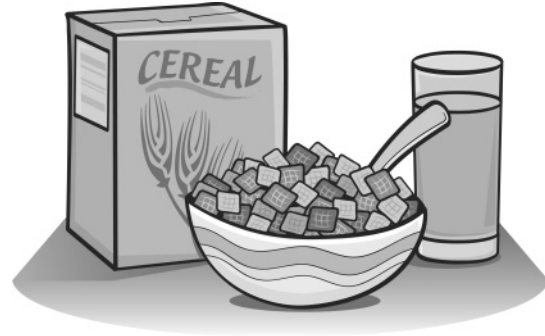
**Briefly Speaking** is a bi-monthly employee newsletter published by the Public Information Office (PIO) for the LMHA. For more information contact Vikki Stone, PIO officer, (502) 569-3421 or [vstone@lmha1.org](mailto:vstone@lmha1.org).  
 Executive Director: Tim Barry  
 Deputy Executive Director - Operations: Will Seay  
 Deputy Executive Director - Finance: Wavid Wray  
 Website: [www.LMHA1.org](http://www.LMHA1.org)

## DID YOU KNOW...

Eating breakfast is one of the most important things you can do for your body. Breakfast jumpstarts your system, raises your metabolism and provides the necessary fuel to get you going. Studies show eating breakfast improves academic and job performance, stimulates creativity and prolongs life. Eating a heart-healthy breakfast can also set the tone for smart food choices the rest of the day. Start the day by eating breakfast even if you aren't hungry. Make yourself hungry by eating dinner at least four hours before you go to bed - and of course skip those late-night snacks.

### Heart healthy breakfast tips and ideas:

- Prepare as much as possible the night before. Cut up fruit, make low-fat muffins.
- Running late - grab a piece of toast, an apple or a granola bar.
- Eating out - choose fruit, a small bagel or yogurt.



- Blend a shake with fresh fruit, soy milk and ice.
- Additional breakfast ideas: melon slice, banana, toasted whole wheat muffin, apple slices, or high fiber cereal with sliced bananas and one cup of low-fat milk.

*Excerpt from the American Heart Association "Search Your Heart" Heart Health and Stroke Prevention Program*



## TASTY TIDBITS

Submitted by Nicole Lyons,  
Special Programs

### Cheese Ball

1 package cream cheese  
 Approx. 1/4 cup diced green peppers\*  
 Approx. 1/4 cup crushed pineapple\*  
 1 tablespoon diced onion  
 Approx. 1/4 cup pecan pieces  
 Dash of garlic salt  
 Couple drops of Worcestershire sauce  
*\*More green peppers and pineapple can be added if desired.*  
 Mix all ingredients together then shape into a ball. Cover with pecan and/or almond pieces. Chill for two hours. Serve with Ritz crackers.

### Benedictine

1 1/2 packages cream cheese  
 1 medium cucumber (pare, grate and drain)  
 2 tablespoons grated onion  
 2 drops green food coloring  
 1 dash garlic salt  
 1 dash Cayenne pepper or hot sauce  
 1 dash salt  
 Couple drops of Worcestershire sauce  
 Mix ingredients together and chill. Serve as sandwiches or as a dip for veggies, pretzels, etc.

**If you would like to submit a recipe for consideration in the next issue of Briefly Speaking, contact Vikki Stone at [vstone@lmha1.org](mailto:vstone@lmha1.org).**



## IT'S GRASS CUTTING TIME... A FEW MOWING SAFETY TIPS

Submitted by Mike Loughmiller, Safety Manager

### ALWAYS:

- Wear heavy duty shoes with non-slip soles and long pants to protect your legs. If you have to wear shorts due to hot weather, don't forget to wear thick, knee high socks to protect your legs.
- Mow in sufficient daylight.
- Make sure grass is dry; never mow wet grass.
- Clear the area of sticks, stones and other debris that can be hurled out the discharge chute (at over 200 MPH).
- Mow across an incline with a walk-behind mower.
- To refuel, disconnect spark plug wire and let engine cool two minutes - gasoline spilled on a hot engine could cause a flash fire.
- Wipe up gas spills immediately.

### DON'T EVER:

- Keep gasoline in the house or fill a gas tank indoors.
- Smoke when filling the gas tank.
- Leave the mower while the engine is running.
- Adjust mower height, clean grass chute or remove grass catcher with the engine running.
- Attempt to lift or repair mower with engine running.
- Speed or allow passengers if using a riding mower.

*Excerpt from "Mower Safety - Riding Mower Safety", Briggs and Stratton*