



Hello, Hamilton County

E-News for Hamilton County Residents and Staff

Providing the best and most responsive county government in America.

August 2005

www.hamilton-co.org



Communications Center's Notification System Available to County Departments

The Department of Communications has a product called the *Communicator* capable of notifying a pre-designated list of people of an important, urgent, or emergency event.

The *Communicator* has the ability to place calls to telephone numbers, fax machines, e-mail addresses, and even cell phones as text messages. The system can store multiple telephone numbers for each person listed as a point of contact. It also has a reporting system to let the originator know who received the message, and whether an answering machine received it or if there was no answer.

The *Communicator* currently is capable of making up to 24 simultaneous calls. Plans are underway, however, to expand the system to double the number of simultaneous calls. The *Communicator* is currently being used for public safety activities, such as activation of the Hazmat Team, SWAT Team, snow emergency callouts in the winter, and Underwater Search and Recovery. The system is also used for other pre-designated lists of personnel who need to be quickly notified of an event.

Use of the system is restricted to pre-designated callout lists where the

same groups of people will routinely need to be notified of an event or activity.

The *Communicator* is available to any Hamilton County department or agency to assist with their notification needs.

Departments interested in exploring the possible use of the *Communicator*, should contact Telecommunications Manager, Ron Bien, 825.2170.

County Welcomes Rick Roberts as Job and Family Services' Director



Rick Roberts, JFS Director

The Board of County Commissioners recently selected Rick Roberts as Director of the county's Department of Job and Family Services (JFS).

Job and Family Services is the largest department of county government. It is the first stop for tens of thousands of residents who are trying to build a better life. The agency administers the government cash assistance, Food Stamp, Medicaid and Workforce Investment Act programs; enforces child support collection; and operates the 241-KIDS telephone line to protect children from abuse and neglect.

straints and carrying out complex initiatives and projects, such as the reform of the adoption process for abused and neglected children.

Mr. Roberts has been an Assistant Director at JFS for three years. He is a graduate of Miami University in Oxford, Ohio, and began his career as a caseworker at JFS.

He replaces Suzanne Burke, who now serves as CEO of the Council on Aging. It was Ms. Burke who recommended County Commissioners select Rick Roberts for the position.

"Rick will bring many excellent qualities to the position. He has broad expertise in JFS' programs, many contacts at the state level, knowledge of best practices being used in other counties, and an open management style, Ms. Burke stated. "I am confident Rick will continue the many initiatives that are underway at JFS to improve programs and raise the agency's profile in the community."

"My goal is to help us become the number one human services agency in Ohio and one of the best in the country," Mr. Roberts said. He sees challenges in fulfilling mandates within budget con-

County Commissioners meet at County Fair on Opening Day

County Commissioners Pat DeWine, Phil Heimlich, and Todd Portune held their public meeting just prior to the opening ceremony of the County Fair. Seated with the Commissioners are County Clerk Jacqueline Panioto, Attorney Bob Johnstone of the County Prosecutor's office, and Interim County Administrator Suzanne Burke.



Citizens and staff gathered at the County Fairgrounds for the Commissioners' public meeting.

At the conclusion of the public meeting, the Commissioners officially opened the gates to the 150th County Fair.

Commission President Phil Heimlich, on behalf of the entire Board, read a proclamation recognizing the Agricultural Society's celebration of the 150th year of the County Fair.

The proclamation also recognized two key partners of the County Fair, the 4-H program and the Junior Fair Board, who organize the essential livestock and animal displays and all the special exhibits of the County Fair.



4-H and Junior Fairboard at County Fair



The Board of Commissioners, at their public meeting held at the County Fair, recognized 4-H youth and the Junior Fair Board with a proclamation.

As part of Operation Military Kids, several 4-H youth and adult volunteers assembled "Hero Packs" for distribution throughout Ohio to the children of deployed Ohio Reservists and National Guardsmen.



Operation Military Kids gave 4-H youth and adult volunteers the opportunity to stuff backpacks with various items, and to write a personal note to include in the pack. Many of the notes were heartfelt and touching.



Most Americans put on extra weight each year throughout adulthood

American Institute for Cancer Research

How do you feel about gaining 10 to 20 pounds? Researchers say that most Americans probably will within the next 10 years, if they continue their current exercise and eating habits. In fact, the average American gains one to two pounds a year throughout much of adulthood. Yet studies show that practical healthy eating and exercise habits can prevent or minimize this weight gain.

Although adult weight gain is common, it should not be considered normal or healthy. Middle-age weight gain increases the risk of diabetes and heart disease. In one study, for every two pounds men gained, their risk of developing diabetes in the next 10 years rose by over seven percent. Weight gain damages joints, too. When normal-weight young adults become overweight, the risk of developing osteoarthritis of the knees requiring surgery rises three-fold.

The worst consequence of extra weight may be the greater risk of several cancers, especially colon cancer and post-menopausal breast cancer. A gain of more than 45 pounds during adulthood doubles the risk of this type of breast cancer, while smaller weight gains can raise the risk by 20 percent.

The latest edition of the federal Dietary Guidelines for Americans stresses the importance of preventing weight gain like never before. For years, the American Institute for Cancer Research has recommended that adults gain no more than 11 pounds after reaching adulthood.

Changing the balance of calories by 100 fewer calories a day — by consuming less or exercising more — would probably be enough to prevent any gradual yearly weight gain. One recent report says to decrease calorie consumption by 100 calories per day and add 2,000 steps or a 15 to 20-minute brisk walk.

Studies consistently show that activity level is a key influence on weight. A 30-minute brisk walk three days a week may be enough to reduce weight gain by close to a pound a year. To prevent weight gain altogether, try walking 45 to 60 minutes a day, yard work, or similar activity.

Of course, eating habits also matter. In one study, middle-aged men and women with a healthy weight, who ate more raw vegetables, fruits and whole grains and less processed meat, high-fat dairy products, and butter or margarine, either maintained their weight or gained much less weight than those who followed the opposite eating patterns.

Other studies have shown that whole grains, as well as vegetables and fruits, can independently reduce weight gain and waistline increases.

Weight Watchers At Work Program

Have you heard about the *TurnAround* "At Work" Program? If you are interested in becoming a *Weight Watchers* member, attend the upcoming informational meeting. You'll have a chance to hear about the program, ask questions and meet *Weight Watchers'* Leader Lori Brown.

Date: Friday, September 16

Time: noon until 12:45 p.m.

Location: County Administration Building
138 E. Court Street
Room 710

Registration is not needed to attend, but please be prompt.

Benefits of *Weight Watchers* "At Work" Program

- ◆ Improved wellness.
- ◆ Weekly, on-site meetings that include a confidential weigh-in, lecture and discussion.
- ◆ A specially trained leader covering topics like coping with coffee breaks, surviving lunch hour, fitting exercise into a busy schedule, and maintaining motivation and dealing with the effects of time pressure on eating habits.
- ◆ The cost to the employee is lower than attending off-site meetings, including no initiation fees.

A minimum of 15 employees are required to participate in a *Weight Watchers* series.

An employee interested in joining after attending the September 16 meeting will complete a pre-registration form and pay \$144 for a series consisting of 12 consecutive meetings.

The *Weight Watcher's* facilitator will conduct weekly meetings during the Friday lunch hour. Meeting time to be determined.

Mark your calendar. You'll have a chance to hear about the program and ask questions.

If you have questions about the meeting, contact Kim Pennekamp, 946.4705.

Adoption
For Information Call 513.632.6366

My'lika and Janelle
born: August, 1995 and December, 1992



Energetic and intelligent best describes these sisters. My'lika and Janelle are very close. Both sisters like to read and enjoy outdoor activities. They need a family that has room in both their home and heart for two.

My'lika really likes school. She is on target academically and hopes to be a pediatrician or a paramedic. Like most girls her age, she likes video games and movies but she also likes to be active. She likes roller blading and jumping rope. Her favorite foods are pizza and hamburgers.

Janelle also likes hamburgers, but hotdogs win out over pizza. Although the sisters are close, they can be very different. Janelle likes to read — fantasy stories are her favorite. Her drawing illustrates her artistic flare, but like her sister she loves to be active. She likes riding her bike and swinging on the swing set after school and on weekends. Janelle also excels academically. She likes school and makes good grades. She hopes to be a teacher.

These sisters need a family that can help them reach their potential. They need a family that will support them in therapy as they deal with separation issues. They need a home where they can grow up together.

Dear Prospective Adoptive Parent:

Thank you for your interest in adoption. Right now, our agency has more than 100 local children waiting to be adopted.

The majority of children available for adoption through Hamilton County Children's Services are African American, over the age of six or part of a sibling group. All of our children have been abused or neglected or were at risk of abuse or neglect. Currently, they are being cared for by foster parents or live in a group facility.

Despite their troubled lives, most of our children laugh and play like other children. They have favorite toys, games and friends. Each one of them has hopes and dreams. For the most part they are normal children but they have not led normal lives. Our children need one or more committed adults who are willing and able to provide a stable, nurturing and loving home.

"Adoption is forever." Adoption of a child through Hamilton County Children's Services is for committed adults willing to help traumatized children cope with their emotions. Adoptive parents must be willing to understand and support a child's attachment to his or her birth family and help that child stay in touch with his or her siblings. If you decide to adopt one of our children, you'll find there are few things in life more challenging or more rewarding. Adoption can not only change a child's life, it can change yours.

As a public agency, Hamilton County Children's Services can help your family throughout the entire adoption process. We provide a full range of adoption services from training to finalization. In addition, support programs and services are available to our families after finalization. If you choose to adopt a child through our agency, the total cost to you is typically under \$200.

The enclosed information is designed to give you a better understanding of adoption. We've included an overview of the process, more information about the children available for adoption and the basic requirements necessary to be an adoptive parent. We hope this information helps you decide whether you are ready to take the next step in the adoption process.

If you are ready to move forward, call 632-6366 and register for the next Open House. Register today. Our children are waiting.

Hamilton County Children's Services
Adoption and Foster Care Unit

ASCLD Celebration

Congratulations to County Coroner Dr. O'dell Owens, Crime Lab Director William Dean, and the entire County Coroner's staff.

The Coroner's Laboratory recently underwent an audit/inspection of the laboratory's accreditation by the American Society of Crime Laboratory Directors.

The Coroner's Crime Laboratory was found satisfactory and all requirements of the Board fulfilled. The accreditation is in the disciplines of controlled substances, toxicology, trace evidence, biology, firearms/toolmarks and questioned documents.

Pictured are Michael Wathens, Lab Director of the Miami Valley Regional Crime Laboratory presenting the certificate to William Dean and Dr. O'dell Owens.



Environmental Services Director Receives OKI *In Motion* Award



The *In Motion* Award, established in 2003, is the highest award given by the Ohio-Kentucky-Indiana (OKI) Regional Council of Governments to individuals who have demonstrated a commitment and dedication to making positive and lasting changes in our region. The award honors individuals who have demonstrated a unique dedication to OKI's mission of improving the quality of life and the economic vitality of our region.

Cory Chadwick, Director of the Department of Environmental Services, was recently recognized with an *In Motion* award for playing an integral part in the region's environmental efforts. He has served for a number of years on OKI's Regional Ozone Coalition (ROC) and on countless committees affiliated with the ROC, including the steering committee. His guidance on air quality issues has been a priceless contribution to the group's continued success.

This past year, however, Cory has also taken on the additional duties as one of the primary technical advisors on the Clean Air Consortium. At many times, Cory served as a go-between with the Ohio EPA, as well as various other air quality groups around the region. Congratulations, Cory!

2005 Amateur Photo Contest Deadline Approaching



Theme: Oh Beautiful Hamilton County

Hamilton County has breath-taking hilltop views, pastoral open spaces, quiet, wooded coves and other magnificent natural views. Capture your favorite outdoor escape place through photography and enter the 2005 Hamilton County SWCD Photo Contest.

- ◆ All high quality, color, close-up, mid-range and landscape photos taken in Hamilton County will be considered.
- ◆ Individuals may submit up to 3 (three) color photos for consideration. Digital images will be accepted on disc and must be in jpeg format.
- ◆ There are 2 (two) categories for submission.
 - Junior Category.....14-19 years of age
 - Senior Category.....19 years of age or older
 - First prize in each category is \$100.00
 - Second prize in each category is \$50.00
- ◆ Images will be judged on composition, technical excellence, originally, color and overall impact.
- ◆ Each entry will be blind-judged as the name and location of the entrant will be hidden from the judges. The decisions of the judges are final!
- ◆ In order to ensure the highest quality images for the cover of the Annual Report. Winning photos must provide a high-resolution file of their photos.

LAST DAY TO HAVE PHOTO(S) TO US: AUGUST 29, 2005

Please mail your photos with your name, address, daytime phone number, and location of photo(s) to:

Hamilton County SWCD
29 Triangle Park Drive, Suite 2901
Cincinnati, Ohio 45246-3411



Please note:

All photos will become the property of Hamilton County SWCD

Project Gain



To participate in Project Gain, all county departments /agencies are invited to begin now to brainstorm revenue enhancing and cost saving program ideas.

To learn more about Project Gain, elected officials/appointed authorities/ department heads should contact Sharon Booker, 946.4428 or sharon.booker@hamilton-co.org.

What is Project Gain

A gainsharing program to provide county employees an opportunity to be rewarded for contributions to the efficient operation of county government, above and beyond the normal scope of duties.

How does Project Gain work?

Elected officials/appointed authorities/department heads and employees brainstorm ideas to design a program for their department/ agency that will increase revenues or produce a cost savings.

Who can participate in Project Gain?

The program is open to all departments/agencies and all eligible employees.

What are the rules governing Project Gain?

Each elected official/appointed authority/department head is provided a copy of the Project Gain Guidelines. There is no single, across-the-board strategy that will work for every department/ agency.

How are Project Gain awards distributed?

- Awards are funded from cost savings in the department/agency or revenue enhancements.
- The pool of funds resulting from savings or enhancements will be shared equally with all employees who actively contributed toward the goal of the department/agency's program.
- Individual employee awards must total \$100.00 per employee per program.
- Individual employee awards may not exceed \$1,000.00 per employee per program.
- Individual employee awards may not exceed \$5,000.00 per employee per fiscal year.

Airport Noise



Does it really do any good to complain about noise from airplanes flying in and out of the Cincinnati/Northern Kentucky International Airport?

Yes!

Particularly if you register your complaint on the county's website — www.hamilton-co.org.

Hamilton County will forward your complaint, along with those of other county residents, directly to the

airport's Noise Office. The county will also track how promptly and completely the airport furnishes information about the aircraft that bothered you, which runways were used by the airplanes that you complained about, and why aircraft were flying through the airspace near your home at the time of your complaint.

Does it really do any good to complain?

Yes!

Hamilton County will also ask the airport for additional information that may help to find improved noise mitigation measures, to enforce current preferential runway use plans, and to identify significant noise impacts on county residents.

Visit:

www.hamilton-co.org

**Telephone hotline:
946.4626**

Visit Hamilton County's Internet noise complaint website. You'll find answers to frequently asked questions about noise complaints, as well.

Next time the noise from an airplane bothers you while you're at home, point your browser to www.hamilton-co.org and click on the CVG airport aircraft noise complaints link. If you don't have access to the Internet, you can leave a message on the county's telephone airport noise complaint hotline — 946.4626.

Graphic used with permission of Seattle Council on Airport Affairs.

Social Services veteran joins ADAS Board



Linda Gallagher, a former mediator with the Court of Domestic Relations, has joined the Alcohol and Drug Addiction Services (ADAS) Board as Coordinator of Contracting Services.

Gallagher will serve as a liaison with service providers, oversee contract preparations and annual requests for funding, assist with strategic planning, and play a strong role in total quality improvement.

“Linda has an impressive background, and her experience will be vital to us,” said Dr. Sherry Knapp-Brown, CEO of the ADAS Board. “She knows the Hamilton County prevention and treatment landscape well, and can offer wonderful insights into how our programs and vendor relationships can help drive our organization’s mission and community outreach.”

In addition to her social services experience, Gallagher holds a bachelor’s degree in psychology from the University of Cincinnati and a master’s degree in social work from the University of Kentucky. She is also a licensed social worker and licensed independent chemical dependency counselor for the State of Ohio. She was also trained as a mediator through the Supreme Court of Ohio.

Quote of the Month

“The character traits most critical to creating empowerment are:

- ◆ Integrity — habits are congruent with values, words with deeds, expressions with feelings;
- ◆ Maturity — courage balanced with consideration;
- ◆ Abundance mentality — there is plenty out there for everybody.

A person with these character traits can be genuinely happy for the success and accomplishments of others.

Stephen R. Covey, Author

Word of this issue

powfag

To tire bodily from overwork; to become worn out in mind from care or anxiety; to work to the point of exhaustion.

Francis Taylor's Folk-Speech of South Lancashire (1901).

Print and post

*Hello,
Hamilton
County*

in your area!

Can't attend the Wednesday public meeting? We would still like to hear from you.



Commissioner Pat DeWine
pat.dewine@hamilton-co.org



Commissioner Phil Heimlich
phil.heimlich@hamilton-co.org



Commissioner Todd Portune
todd.portune@hamilton-co.org

“Got News?” Email sharon.booker@hamilton-co.org. Deadline for next issue: September 15.

If you have questions or suggestions for future editions, please contact Sharon Booker, 946.4428. To subscribe or unsubscribe visit <http://www.hamilton-co.org/newsletter/>. *Thanks to those who contributed to this issue.*