

Current FACtS
FAC News to Use
February 25, 2016



Keep your LivingWell Promise!

If you elected a LivingWell health plan for 2016, complete your Vitality Check or online Health Assessment by May 1.

See page 2 for more details.

FAC Spotlight:
Dept. for Facilities & Support Services has its own "artist in residence"
Lacey Roberts paints & creates fiber art pieces

Whimsical... beautiful... tranquil...these are all concepts that provide inspiration for Lacey Roberts as she creates unique, one-of-a-kind paintings and fiber art pieces.

"I think I've always been interested in art and always a bit creative," said Roberts. "It wasn't until late 2011 that I had the courage to put paint to canvas and eventually call myself an artist."



Since then it's been a whirlwind of activity including establishing The Painted Lace, which simply put, is Robert's small business in which she displays and sells artwork.

A little less simply put, "The Painted Lace is the visible output of my mind, dreams, thoughts and ambitions; the result of hours, days, years of my life spent on creating objects to adorn others' homes and brighten others' days. Every piece takes a part of my life and mind to create," she added.

As with most artists, Roberts says her artwork is always evolving. She likes to work in acrylic or watercolor when painting, but is open to discovering and working with many more mediums. Her latest series, which recently debuted at the Frankfort City Hall exhibition during the Art Walk, tells the tale of a young lady's journey back to the beginning.

The second half of her work comes from the fiber art in which she is juried under the Kentucky Crafted Program.

Fiber art is a general term for textile art and really is a vast and underappreciated art form. I mostly work with wool and use a dry

technique called needle felting to make sculptures of various design. I've made realistic "animals, whimsical creatures and even wool "paintings" with this technique."



Roberts' day job is working as an energy manager with CEMCS (Commonwealth Energy Management and Control System) in the Division of Facility Efficiency. She worked on the CEMCS pilot project early on, but left state government in 2011 only to return in 2015.

"CEMCS is an extraordinary project and I knew then that it would change the way the state operated its buildings once it was implemented and gained momentum. I'm very happy to be working full time on the project now.

"CEMCS is a sophisticated system that amplifies understanding of our own facilities. When you can understand your environment and your equipment, you can improve it and utilize it to its full capability. It's saving our Commonwealth money, improving understanding of our facilities, and paving the way nationally for facility management."

Busy by day, creative at night...all in all there's not a lot of down time for Roberts. With her Etsy virtual storefront, and getting ready to participate in the upcoming Kentucky Crafted The Market March 5 - 6 at the Lexington Convention Center, she is on the go from dawn to dusk. Combine all that with being the mother of a smart and precocious 3-year-old, and, well you get the picture!



It's all about prioritizing and putting important things first. Even with her days jam-packed, Roberts gives back and supports the arts whenever she can. Just recently she was named a contributor to an art book published by Out of Step Books. The book is called *Enchanted: Fairytales, Folktales and Fables Artistically Explored*. Portions of the proceeds go to funding art supplies for various schools nationwide. It's currently available for preorder.

Roberts is a native of Frankfort and resides here with her young son and husband. She went to the University of Kentucky and graduated with a degree in Psychology.

1. Get started

You will need your HumanaVitality ID card.

You will find your HumanaVitality Member ID number on this ID card. Use this ID when you get your Vitality Check, and when you take your online Health Assessment.

2a. Vitality Check

Get a biometric screening.

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The screening is provided at no cost to you* and is offered at a number of convenient locations. Find locations and events here. Fast for at least nine hours prior to your appointment, and bring your HumanaVitality ID card and a photo ID.

- OR -

2b. Health Assessment

Take your online Health Assessment.

Visit LivingWell.ky.gov. Click "HumanaVitality Login" to log in. Hover over "Get Healthy," click "Health Assessment" and answer the questions to receive your Vitality Age. You also can complete your Health Assessment on the HumanaVitality mobile app. You must complete all seven sections of the assessment on the mobile app to fulfill your LivingWell Promise.

3. Proof of completion

Get verification from HumanaVitality.

Log in to HumanaVitality, hover over "Get Healthy," click "Achievement Dashboard." Your Health Assessment should appear on the Achievement Dashboard within 24 hours. Vitality Checks may take 4-6 weeks to appear following your screening date. Click "Download as PDF" to save a document that can serve as proof of completion.

If you have your Vitality Check done by your primary care physician, you must submit proof to HumanaVitality. Find the form here.

4. Get points

HumanaVitality rewards you.

HumanaVitality rewards you for completing your LivingWell Promise. Receive 2,000 Vitality Points just for completing the Vitality Check, and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment.

*Physicians office co-pay may apply.

Visit LivingWell.ky.gov for all your wellness benefits. Questions? Visit community.humanavitality.com

DOR will assist with KY tax return preparation for FAC employees

Do you want help with preparing your 2015 Kentucky individual income tax return? If you're a Finance Cabinet employee, then you're in luck. Or, if you just want DOR to electronically file them for free, they can do that too.

Assistance Preparing / e-Filing KY Return

If you need assistance with preparing your Kentucky return, call (502-564-5930) to find out more about this service and to schedule an appointment.

You will need to bring supporting documentation such as donation receipts or healthcare expenses. Click here for the Intake and Interview Sheet. This is a good check list for you to follow in gathering information to bring with you to your meeting.

If you only need to drop off a completed return to have e-filed, you can do so at the Frankfort Taxpayer Service Center, located inside the DOR at 501 High Street in Frankfort. Be sure to print and sign Form 8879-K to authorize DOR to file electronically as well as a completed Intake and Interview form.

E-Filing Federal Tax Return

DOR will e-file your 2015 individual tax return if you so desire. DOR cannot prepare your federal return for you, but they can file it for you. You will need to print and sign Form 8879 and Federal Form 14446 Taxpayer Consent and include them with the information you drop off or send DOR.

For DOR to e-file both state and federal returns for you, you must get them to DOR by April 15, 2016.

If you have questions, please contact David Curtis at 502-564-9585, DavidP.Curtis@ky.gov, or Juanita Noel at 502-564-5930, Juanita.Noel@ky.gov.

Remember, this service is for individual tax returns only and does not include returns with business schedules such as C, D, E, F or Form 2106.

Participating employees must complete and sign their federal and state tax returns as well as the four forms noted above. Please send all forms in an envelope with your name, phone number where you can be reached during business hours, and DOR work station # (if applicable), on the front of the envelope.