

Spotlight:
Children urge drivers to be 'work zone alert' while their parents are at work

Work Zone Awareness Week is March 23-27

Whether you're on the road to go see the Cats or Cards play in the NCAA tournament... or driving to Florida for spring break...or just on your daily commute...

...most of us will encounter at least one work zone during those travels. But a split second of driver inattention can turn a highway work zone into a death zone.



According to the Federal Highway Administration, on average, a person dies every 15 hours, and four are injured every hour, in a work zone in the United States.

"Sadly, mothers and fathers are killed every year while working to make our roadways safe,"

Transportation Secretary Mike Hancock said. "We hope our message – voiced by children of our own employees – will encourage drivers to think about the consequences of speeding and not paying attention in work zones."

During the past three years in Kentucky, 17 people died and 491 were injured in highway construction and maintenance work zones. That underscores the importance of the Kentucky Transportation Cabinet's (KYTC) work zone safety campaign. The cabinet is hosting events across the state to highlight the safety message and running radio spots featuring children of Transportation Cabinet employees, asking drivers to be "work zone alert."

"Inattentive drivers are not prepared for sudden decreases in speed and last-minute lane changes," KYTC Office of Highway Safety Executive Director Bill Bell said. "We always encourage drivers to pay attention, but we want them to be extra-alert when entering a work zone."

March is National Colon Cancer Awareness Month.

Each week, the Colon Cancer Prevention Project is sharing information about colon cancer prevention.

Check out this week's topic on Page 2.

5 Facts to know about colon cancer in Kentucky

Top 10 Work Zone Safety Tips

- 1) **Pay attention – put away the phone!**
- 2) **Slow down.**
- 3) **Don't tailgate.**
- 4) **Keep a safe distance from workers & equipment.**
- 5) **Expect the unexpected.**
- 6) **Obey road crew flaggers.**
- 7) **Allow extra time to get to your destination if traveling through a work zone.**
- 8) **Be patient.**
- 9) **Keep up with traffic flow.**

In 2013, the latest year for which national statistics are available, there were 579 work zone fatalities in the United States.

Kentucky recorded 791 crashes in highway construction and maintenance work zones last year. Three people died and 173 were injured.

"We're asking drivers to consider the families," Secretary Hancock said. "They want their loved ones home safe each night." Before leaving home or work, call 511 or go to www.511.ky.gov for Kentucky traffic and travel information.

National Work Zone Awareness Week is the traditional start of construction season, when the number of workers on roads and highways increases. Cabinet engineers and contractors work to design projects and work schedules that minimize delays and crashes.

REMINDER:

Complete your Promise!

If you chose a LivingWell health plan, you need to complete your online Humana Vitality® Health Assessment or complete a Vitality Check by **May 1, 2015**.



LivingWell Promise

Regional Vitality Check events have been scheduled throughout the Commonwealth for convenient access. Please contact John Morris in the Division of Human Resources with questions or for more information. Mr. Morris can be reached by calling 502-564-4520 or email at john.morris@ky.gov

To register for a Vitality Check Event:
<https://livingwell.ky.gov/Pages/promiseevents.aspx>

For the online Health Assessment:
<https://livingwell.ky.gov/Pages/default.aspx>



Blood Drive

March 20 from 8 a.m. to 2 p.m. at State Office Building

[Click here](#) for details.

5 Facts to know about colon cancer in Kentucky

1. Kentucky has climbed from the 49th state in colon cancer screening rates to 20th in the last decade.
2. Kentucky is ranked #1 in incidence rate in the nation.
3. Kentucky's colon cancer mortality rate has decreased by over 28% in the last decade.
4. Kentucky has the only state wide screening program funded by a public-private partnership. The [Kentucky Colon Cancer Screening Program](#) provides screening to qualifying low-income, uninsured population.
5. More than 2,600 individuals are diagnosed with colon cancer in Kentucky each year.

[Learn more about colon cancer prevention and screening options here.](#)

Spring Into Camping

Discounts offered at KY State Parks in April, May

Get back to nature at a Kentucky State Park with weekday camping deals in April and May – pay for one night and get the second night free Sunday through Thursday. There are 31 campgrounds across the state.



To get the discount, make reservations at www.parks.ky.gov (look for the “reservations” tab at the top of the page). Use the promotion code “SPRING15.” The offer runs through May 21, 2015.

State Parks will also be offering two nights' camping for the price of one during Camper Appreciation Weekend, April 24-26. Many parks will be holding special events for campers that weekend.

Campsites for horse camping are available at Carter Caves, Pennyriple Forest, Dale Hollow, Taylorsville Lake and Greenbo Lake. About a dozen campgrounds offer Wi-Fi service for a fee. There are camper cabins available at Dale Hollow Lake, camping RV rentals at Columbus-Belmont and bunkhouses available at the Carter Caves campground. All state park campgrounds have sites with water and electric hookups.

Guests reserving online can view pictures of the individual campsites available, allowing them to better select a site to suit their individual needs. Guests may also call **1-888-4KYPARK** for reservations.

(This discount does not include the Kentucky Horse Park.)

Take the Pledge to Get Screened!

[Click here](#) to take the pledge.

Talk to your family and learn your family history.

Talk with your doctor.

Get screened.

Volunteer for the cause.

Let's end colon cancer in Kentucky!

