

2008 Marks 100 Years of Celebrating Our Mothers

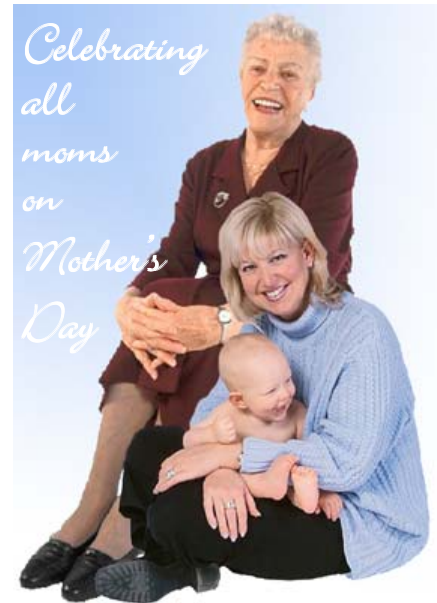
This year marks the 100th year of Mother's Day. To commemorate this event, Governor Joe Manchin has issued a proclamation to declare 2008 as the Centennial Year of Mother's Day.

The first official Mother's Day is credited to Grafton, WV resident Anna Jarvis. Because of her tenacity, the Andrews Methodist Episcopal Church in Grafton arranged the first official Mother's Day celebration, which was held on May 10, 1908. From this event sprang the concept of dedicating a day to honor all mothers. Four years later, in 1912, West Virginia became the first state to adopt an official Mother's Day. The United States Congress passed a joint resolution on May 8, 1914 establishing the second Sunday in May of each year to be recognized nationally as Mother's Day.

First Lady Gayle Manchin, honorary spokesperson and herself a

West Virginia Mother of the Year (2001), said, "Anna's efforts are a prime example of what women can accomplish with determination and dedication." She continued, "As we celebrate the centennial anniversary of Mother's Day this year, we remember the women in our lives who have nurtured and provided us guidance on a daily basis."

The proclamation was accepted by Clarence Paugh, Board Chairman for the International Mother's Day Shrine. A logo has been designed and a committee (chaired by Marcia Slaven) has organized several activities and programs around the State to honor this special anniversary of a special event, including a Mother's Day Service, Founder's Day Celebration, Mother's Centennial Ball, and essays and art contests. These activities will take place throughout the year. Specific details about any of the planned events can be obtained by visiting www.mothersdayshrine.com or calling Ms. Slaven at 265-0019.



*100th Anniversary: May 10, 2008
Celebrated this year: May 11, 2008*

Savings Bond Wizard[®] Can Help You Track Bonds

The following is offered for informational purposes only and is NOT to be considered financial advice. You are encouraged to seek the assistance of a qualified financial advisor.

- \$ I've been buying savings bonds for many, many years. What if they're stolen or destroyed? Should I have these recorded somewhere?**
- \$ I have several savings bonds that were purchased at different times. How can I know what the interest rate is, or how much interest they've earned?**
- \$ I received a couple of savings bonds as gifts. How long do I have to keep them before cashing them in, and when do they reach maximum value?**

The above are all valid questions, and if you're a U.S. Savings Bond program participant, you've probably pondered these and similar questions more than once.

You should, absolutely, have a record of your accumulated savings bonds. You should most definitely keep track of the interest rates and amounts of earned interest for your bonds, and you should certainly know the best time to redeem them. The problem: how best to do so.

West Virginia Health Improvement Institute Launched

Edited from a press release issued by John Law of the Department of Health and Human Resources.

A team of leaders from across the State have launched the West Virginia Health Improvement Institute (The Institute) in a collective effort to improve the health of West Virginians.

The Institute builds on many of Governor Joe Manchin's initiatives to promote a healthy start for children and their families, and a healthier workforce to power West Virginia's economic growth. The Institute also builds upon the initiative to transform the State's Medicaid program. Representatives of hospitals, physicians, community health centers, and the State's three medical schools have joined with business, labor, consumers, insurance and managed care organizations, government agencies, and other participants to address the unhealthy lifestyles and chronic conditions that afflict many residents, pushing health care costs higher.

The Institute will initially focus on basic changes in the State's Medicaid program to better link patients and health care providers to medical homes that are proactive in promoting health and prevention. The Institute will serve as an important communication forum to extend improvement efforts beyond Medicaid and help align and coordinate sev-

eral ongoing health improvement initiatives throughout the State.

West Virginia received five transformation grant awards of nearly \$14 million from the Centers for Medicare and Medicaid Services, the federal agency that administers Medicare and Medicaid. The Medicaid transformation grants are part of the Federal Deficit Reduction Act of 2005, which allows states to apply innovative methods such as enhanced medication management and electronic medical records in administering their Medicaid programs. The Health Improvement Institute is part of a broad initiative to improve the Medicaid system and, ultimately, healthcare systems statewide.

"The West Virginia Health Improvement Institute was born out of our efforts to improve our Medicaid program," said Martha Y. Walker, Secretary of the Department of

Health and Human Resources. "We have discovered that many of the things we need to accomplish to improve Medicaid for our members, the Public Employees Insurance Agency and Blue Cross are also seeking to accomplish. Most doctors, clinics, and hospitals are also working on the same goals. The Governor has challenged us to improve the health care delivery system together, so everyone will benefit," Walker added.

A goal of The Institute is to seek common solutions to the complex problems of health care by involving a diverse and knowledgeable team of leaders from across the State.

West Virginians are keenly aware that the State leads the nation in unhealthy behaviors and the prevalence of chronic conditions; improving the State's ranking in these categories is another goal of The Institute.

Feds Say WV Prepared for Health Emergencies

Contributed by Kim Coleman of the Bureau for Public Health.

State Health Officer Dr. Catherine C. Slemp agrees with the U.S. Centers for Disease Control and Prevention's (CDC) new report that indicates West Virginia is more able to respond to a public health emergency than it was on September 11, 2001.

"We began planning with emergency management, law enforcement, military agencies, and many others. This was broader than anything we'd done in the past. The number of folks we're working with has grown enormously. We've all had to learn about each others' jobs, and together, move our response capabilities to a new level," Slemp said.

The CDC released its first annual report, *Public Health Preparedness: Mobilizing State by State*, in late February 2008. In 2002, the CDC dramatically increased funding to states for preparedness work. States are now more prepared to respond to disasters affecting public health, such as ice storms, floods, or an infectious disease outbreak such as pandemic influenza.

Public health officials have always been responsible for protecting the public from infectious disease outbreaks, unsafe drinking water, and unsanitary homes caused by floods. Terrorism and pandemic influenza add a new dimension to the work of public health employees.

To learn more regarding public health preparedness, go to www.wvdhhr.org/healthprep. If you're interested in reading the entire CDC report, you'll find it at www.cdc.gov.

REMINDER

Make sure you have a living will and medical power of attorney in the event that you are unable to make decisions for yourself.

Basic living will and medical power of attorney documents are available on the Consolidated Public Retirement Board's website in PDF format. They can be completed and saved to your computer in case you need to make changes in the future.

www.wvretirement.com/retirees.html

Concord U. Offers Low-Cost College Courses at High Schools

Concord University (CU) has taken a giant step toward providing access to college classes for students in all 36 high schools and career/technical schools in 12 southern counties.

Beginning May 27, 2008, the Supplemental Instruction Program (SIP) will allow qualified high school students to choose among over 30 general education college courses. Classes will be scheduled at convenient times, and the cost will be about 30 percent of Concord's regular tuition rate.

Dr. Bill O'Brien, Director of the Beckley Center for Concord University observes that, "Ninety percent of the jobs and careers in the 21st Century's global economy require some level of education beyond that offered in the high school curriculum." He further states, "Without a well-trained and highly motivated workforce, economic growth and development is impossible in the region, the State, or the nation as a whole." The hope with SIP is that by taking courses in high school, individuals who might not consider college, or view it as an option, will be encouraged to attend.

The courses offered will be identical to those currently taught at Concord's Athens and Beckley campuses, and they will receive the same academic recognition at other colleges/universities. In addition to general education courses, classes will also include remedial instruction in English and math for those who have not met the minimum admission test standards for the 100-level classes.

To be eligible, students must be a high school junior or senior, have a GPA of 2.0 or better, meet the course prerequisites, and have the recommendation of their school faculty and administration. Tuition will be \$56 per credit hour – 30 percent of the full tuition cost of \$184 per credit hour! There's more good news for participating students who later enroll at CU:

- Students who take and pass a SIP course will receive a financial credit for the SIP tuition.
- For students who receive a grade of "B" in the course are eligible for a one-time \$250 scholarship; a grade of "A" makes the student eligible for a one-time \$500 scholarship.

For more information, contact John Thackston at 304-252-1516 or thackston@concord.edu.

NOTE: All facilities where SIP classes will be taught are handicap accessible.

PEIA OPEN ENROLLMENT BEGINS APRIL 1

Got Questions?

Visit one of the PEIA Benefit Fairs Below

CITY	DATE	TIMES	LOCATION
Beckley	Apr. 21	3 - 7 PM	Tamarack Conference Center-Ballroom A One Tamarack Park
Charleston	Apr. 07	9 AM - 2 PM	State Capitol Complex, Building 7, Mezzanine
Charleston	Apr. 07	3 - 7 PM	Charleston Civic Center, 200 Civic Center Dr.
Fairmont	Apr. 23	9 AM - 2 PM	Fairmont State College, 1201 Locust Ave
Flatwoods	Apr. 22	3 - 7 PM	Days Inn, 200 Sutton Lane
Huntington	Apr. 17	3 - 7 PM	Big Sandy Superstore Arena, 1 Civic Center Dr.
Parkersburg	Apr. 10	3 - 7 PM	Comfort Suites of Parkersburg I-77 & WV 14 (exit 170) Mineral Wells
Martinsburg	Apr. 14	3 - 7 PM	Holiday Inn, 300 Foxcroft Ave
Morgantown	Apr. 16	10 AM - 1:30 PM	WVU Alumni Center, Durrett Hall
Morgantown	Apr. 16	3 - 7 PM	Ramada Inn I-68 Exit 1, US 119 N.
Romney	Apr. 15	3 - 7 PM	South Branch Inn US Rt 50
Wheeling	Apr. 09	1 - 7 PM	Northern Community College Market St
Weirton	Apr. 08	3 - 7 PM	Holiday Inn 350 Three Springs Dr.

MON., MAY 19, 2008 10 A.M.

PIPESTEM RESORT STATE PARK

\$60/person, inc. greens fees, cart, cookout, & pre-tourney range balls

Open to current and retired employees
Limited to first 144 golfers

Rooms 20% off rack rate for Sun. or Mon. if reservations made by May 9.
1-800-CALLWVA

Identify yourself as a tourney participant

Trophies and prizes for both men's & women's divisions

Low Gross & Net Scores (Callaway System)
Closest to Pin/Longest Drive Contest
Optional Skins Game

DOOR PRIZES!!

How about a practice round? May 18 - \$25
Tee times begin at 1 P.M.

17TH ANNUAL
PUBLIC EMPLOYEES
GOLF TOURNAMENT

ENTRY DEADLINE
MAY 31

Phil Wiechman, Golf Pro, Pipestem
466-1800, ext. 474



Supreme Court Offers Helpful Domestic Violence Info Brochure

The West Virginia Supreme Court of Appeals has posted to its website an invaluable brochure designed to assist individuals who are in domestic violence situations and don't know where to turn.

People who live in domestic violence situations often hear well-meant advice from friends and family to “get a restraining order” against the offender. It sounds like a simple thing to do, but for someone living in fear, nothing is simple. There are many questions – Where do I go? Do I need a lawyer? How much will it cost me? What, exactly, does a protective order do for me? When can I file a petition?

The Domestic Violence Protective Orders brochure spells out the details of a Domestic Violence Protective Order and answers many of these questions. In addition, it provides phone numbers and websites for a number of other resources.

If you know someone who needs a starting point, pass along this website. The brochure can be found at:

www.state.wv.us/wvsca/familyct/DomViolence.pdf

BONDS – Continued from Page 1

You could manually maintain a list of your bonds, but talk about time-consuming! You could periodically check the interest rates and interest earned for each bond individually using the U.S. Department of Treasury's Bureau of Public Debt website, but once again, you'd spend considerable time checking and updating.

“There has to be a simpler way!” you exclaim, and fortunately, you'd be right!

The Bureau of Public Debt provides a free downloadable software program, created with your tax dollars, called Savings Bond Wizard® (The Wizard). It's a relatively small program that doesn't require any type of sign-up. You simply download and install it to your home computer. This user-friendly program allows you to easily track and monitor your Series E, EE, I, H, and/or HH bonds for details like serial numbers, maturity dates, interest rates, redemption values, etc. You can print a variety of specialized reports, and there's even an easy inventory builder to help update and maintain your data. The Wizard allows you to maintain different bond types in separate files, and the data can be exported to spreadsheets.

The Wizard is available for download at www.treasurydirect.gov/indiv/tools/tools_savingsbondwizard.htm. Most of your questions can be answered on the website; however, if additional information is needed, address, phone, and e-mail contact information is provided. Also, keep in mind that interest rates are updated every May and November, so you'll want to update your Savings Bond Wizard at those times to keep current.

To get a general idea about whether bonds you hold have matured, check the issue date. Bonds issued between May 1941 and November 1965 earned interest for 40 years; bonds purchased from December 1965 to-date earn interest for 30 years.

Buying U.S. Savings Bonds through payroll deduction is easy! If you're interested, contact your agency Payroll Office.

Pencil In ...



The trick to enjoying a restaurant buffet and eating right is to realize that you can't, and don't have to, eat some of everything. Check over all the choices, then select one meat, two to three cooked vegetables, all the raw vegetables you want (minus dressing - if you add dressing, count it as one of your vegetables), and if you absolutely *must* have it, one dessert, preferably with fruit.



Shepherd University unveiled its new seal at the inauguration of its new president, Dr. Suzanne Shipley. The seal was revised to reflect Shepherd's university status.




Interested in heading out to the Capitol Food Court, but short on cash? No worries! Along with cash, your debit or credit card is welcome.



You have a lifetime to work, but children are only young once.



Polish Proverb

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