

A Message from Gov. Tomblin: Building a Better State Government



Governor
Earl Ray Tomblin

To my fellow State employees:

Together we have set out on our journey to build a more efficient and effective State government. The OASIS project will bind agencies and departments together like never before, creating a seamless government from which we can better serve our constituents.

For OASIS to be as successful as it can be, hundreds of State employees are working together, crossing departments, and pooling their knowledge. This is a monumental undertaking, but one that will be beneficial to all West Virginians.

In the meantime, I want to express my sincere appreciation for the hard work all OASIS team members have done on this project. At the same time, this is truly a team project – one that requires other employees to take on new duties so OASIS can be built. I want you to know I appreciate your hard work and flexibility and encourage you to continue collaborating because the end product will improve all State government services.

Thanks again for all of your hard work!



To see what it's all about, click here!

www.wvoasis.gov

Sincerely,



Governor Earl Ray Tomblin

Highlights for Apr. 1-30 PEIA Open Enrollment Period

Contributed by Jan Powell of the Public Employees Insurance Agency.

Open Enrollment will be held April 1-30, 2012. It's during this time (**and only during this time**) that policyholders and other eligible employees can enroll for health coverage. Policyholders can also decrease or cancel life insurance, change health plans, and add or remove dependents from their coverage without having any kind of a qualifying event. There are also a few changes coming to the PEIA PPB Plans for Plan Year 2013.

❖ **The 2013 Plan:**

1. Eliminates coverage for acupuncture;
2. Adds a \$10 per visit copay to outpatient physical, occupational, speech, massage therapy, and chiropractic services for the first 20 visits in a plan year. This copay is in addition to deductible and 20% coinsurance. If further therapy is medically necessary and approved by ActiveHealth, visits beyond the first 20 require a \$25 copay, plus deductible and coinsurance;
3. Keeps coverage for massage therapy, but requires massage therapists to have national certification, carry \$2 million in malpractice insurance, and follow treatment guidelines of the American Massage Therapy Association;
4. Increases the emergency room copayment from \$50 to \$100. The copay will be waived if the patient is admitted to the hospital. If the visit is



determined to be a medical emergency not requiring admission, the copayment reduces to \$50;

5. Increases the Urgent Care copay from \$15/\$20 to \$25;

See ENROLL – Page 6

Agriculture Employees Drop Over 400 Lbs. through Wellness Program

Contributed by Buddy Davidson of the West Virginia Department of Agriculture.

Forty employees at the West Virginia Department of Agriculture (WVDA) lost a collective 416 pounds through Lean Challenge, a wellness program that spanned 10 months during 2011!

The participants were divided into teams to foster a more competitive spirit, and were awarded individual and team points for weighing in weekly and for keeping exercise logs. Incentives included exercise aids and gift cards. The individual with the largest weight loss dropped a whopping 66 pounds.

Commissioner of Agriculture Gus R. Douglass says the Department's Wellness Committee is providing a great benefit to employees.

"We have a very active committee here on the hill. There is always some kind of wellness program ongoing, and there are always people out walking at lunch, even during the winter," he said.

Challenge Coordinator Erin Carter also noted the support of management and the exercise opportunities at WVDA headquarters at Guthrie, about 10 miles north of Charleston.

"We have converted one of our vacant buildings into a workout facility with fitness equipment that was donated or purchased with a grant received from PEIA, and we have a walking trail that's very scenic and peaceful," Carter said.

See LEAN – Page 6

FITNESS CENTER DISCOUNTS

Did you know that PEIA insureds can enjoy fitness center discounts? To find facilities and specific discounts near you, see PEIA's interactive map at:

[www.peiapathways.com/
Exercise/fcmap.aspx](http://www.peiapathways.com/Exercise/fcmap.aspx)



Meet the West Virginia Department of Agriculture's 2011 Lean Challenge winning team (L-R): Lisa Carpenter, Lisa Conn, Erin Carter and Jennifer Martin. Not pictured is Birdie Wood. At far right is WVDA Wellness Program Coordinator Robin Gothard. The team lost more than 100 pounds altogether.

The Good (and Bad) of Fruit Juice

Fruit juice is tasty – ask any child. Fruit juice is also a part of healthy eating, but a little goes a long way – ask any nutritionist.

A flyer distributed to West Virginia Womens, Infants and Children's Office (WIC) clients offers the following information about providing juice for your children:

Juice can cause tooth decay because it contains natural sugar from fruit. It is not a good idea to let your child continually sip on a cup of juice because the sugar in the juice will continually be on their teeth. Offer juice with a meal and then take the cup away when the meal is finished. This will help to prevent tooth decay.

Too much juice not only causes tooth decay, but can lead to weight gain, decreased appetite, and stomach issues like cramps and gas.

How much juice is enough?

Did you know that infants don't need juice at all? Once a baby reaches six months, you can introduce mashed or pureed fruit. Kids age one year and older need only four to six ounces of juice per day. To help you provide children with the right amount of juice, the WIC Office provides these tips:

- ❑ Eat more fruit and drink juice with a meal; drink water between meals.
- ❑ Put juice in a cup without a lid for children and mix juice with water.
- ❑ Make drinking water fun by adding fruit slices, ice, or using a special cup.

For more information, check with your pediatrician or call the West Virginia WIC Office. You can find local offices by visiting ons.wvdhhr.org/Applicant/LocalAgencySites/tabid/1150/Default.aspx and clicking on your county.

Public Servants May Qualify for Student Loan Forgiveness

Do you have student loans? You may be eligible for loan forgiveness, thanks to the College Cost Reduction and Access Act of 2007.

This program targets students who pursue public service careers, and who have a combination of low income and high debt. Borrowers who have a high income to low debt ratio may benefit, but not as much. It's basically an all or nothing program, because the borrower must comply with the minimum payment and employment limits.

Essentially, the act discharges (forgives) the remaining interest and principal if the individual meets the eligibility criteria. Eligible loans include:

- [Federal Direct Stafford Loans \(subsidized and unsubsidized\)](#)
- [Federal Direct PLUS Loans](#)
- [Federal Direct Consolidation Loans](#)

NOTE: Some loans, such as a Perkins Loan, are not included in the forgiveness program in and of themselves; however, if included in a Federal Direct Consolidation Loan, they may then be eligible.

The individual must make 120 monthly payments on or after October 1, 2007 (prior payments do not count). The borrower must also be employed full-time in a qualified public service position for each of the 120 payments.

Concord U. Smart Phone App Receives International Recognition

Contributed by Sarah Dalton of Concord University.

A smartphone application developed at Concord University in coordination with the West Virginia School of Osteopathic Medicine (WVSOM) received international recognition at a fall medical conference in North Cyprus.

Aimed at facilitating how students at the WVSOM learn medical terminology, the app is the work of Concord software developers Miranda N. Martin and Dr. W. R. Winfrey, along with Dr. James W. Nemitz, Vice President for Administration and External Relations at the osteopathic school. An Oak Hill, WV native, Martin graduated from Concord in 2009. Winfrey is a professor of mathematics at Concord.

The trio traveled to the Mediterranean island this past fall to present at the 1st International Conference on E-Health and Telemedicine. The gathering was held October 10-12, 2011 at Near East University in North Cyprus.

First year medical students at the WVSOM learn anatomical terms for body parts, then advance to learning eponyms for these same structures during their third year surgical rotation. The osteopathic school produced a booklet containing this information that students have used in their studies. The smartphone app developed at Concord contains the booklet's information in a mobile format. Students have the information they need readily accessible on their phones, eliminating the need to carry around the booklet.



Miranda Martin

The ins and outs of the Public Service Loan Forgiveness Program can be a bit complicated. A good starting point to gain a basic understanding is found with the following article: www.finaid.org/loans/publicservice.phtml. After that, you should consult a financial advisor.

Concord U. Offering Online Masters

Concord University will offer a new Master of Arts in Health Promotion Program as of August 2012.

The Master of Arts (MA) in Health Promotion is a 33 credit hour online program that will prepare highly trained health educators to meet the health needs of society in a variety of work settings, including community and public health agencies, worksite health promotion programs, schools, and other health organizations. This proposed program is designed for professionals who want to enhance their skills in promoting health strategies that will lead to improved disease prevention.

The MA in Health Promotion Program is appropriate for those with undergraduate degrees in a variety of areas including health education, health promotion, public health, sociology, psychology, allied health fields, and environmental health studies. Students must be proficient in computer literacy and writing skills, be self-directed learners, possess leadership skills, enjoy working with people, and have a passion for health for both themselves and others.

Contact Dr. Cheryl Barnes, interim director of Graduate Programs, at ctrull@concord.edu or 304-384-5148 for more information, or visit www.concord.edu/graduate.



Fire Safety Information for People with Disabilities

Contributed by Carol Nolte of the State Fire Marshal's Office.

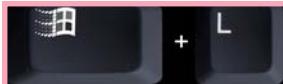
For years, West Virginia has been a State with one of the highest fire death rates in the United States. Typically, high risk populations include people with disabilities, older adults, and very young children. West Virginia also has one of the highest populations in the country of people with disabilities.

The following safety tips come from the National Fire Protection Association (NFPA):

Plan Your Escape

Most fire deaths happen in the home. Everyone should have a home fire escape plan so they will have time to get out in the event of a fire.

- Include everyone in your family in the plan and practice the plan at least twice a year.
- Make sure there are two ways out of every room and every building.
- Include provisions in your plan for anyone who has a disability.
- If there is a fire, it's important to get out right away and meet at an established meeting place.
- Keep a phone by your bed in case you become trapped by smoke or fire and are unable to escape.
- Ask your fire department to review your plan. Some departments have voluntary registries for people who may need extra assistance in an emergency.
- If there is a fire or smoke, call 911 or the fire emergency number. People who are deaf and use a text telephone device (TTY's or TDD's) should call the TTY-equipped 911 center or emergency services center in their communities.



It takes a mere split second to secure your computer when you walk away. Simply hold down the "windows key" + "L" together to lock your computer easily.

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Install Smoke Alarms

Having working smoke alarms in the home gives people more time to escape if there is smoke or fire.

- Install alarms on every level of your home and outside all sleeping areas.
- For added safety, install smoke alarms in every room where people sleep. (To increase safety even further, have a qualified electrician install hard-wired, interconnected smoke alarms.)
- Choose smoke alarms that use strobe (flashing) lights for people who are deaf or hard of hearing.
- Install a new battery in all conventional alarms at least once a year.
- Alarms with ten-year lithium batteries are helpful for people who might have difficulties changing batteries. All smoke alarms should be replaced after ten years or sooner when you notice they fail to work.

Test Smoke Alarms Monthly

- Test your alarm at least once a month using the test button or an approved smoke substitute.
- Some alarms have features that make them easier to test if you are unable to reach them, such as with a flashlight or television remote.

Escaping a Fire

- If there is smoke or fire blocking one of your ways out, try to use your second way out.
- If you must go through smoke, crawl low or get as low as you can go under the smoke. The cleanest air is lower to the ground.
- If you must wait for rescue, close the door to keep smoke out, wait by the window, and make your presence known to arriving firefighters.

See SAFETY – Page 7

WV Independence Hall Celebrates Courtroom Restoration

Adapted from a press release issued by Terri Marion of the Division of Culture and History.

West Virginia's Independence Hall in Wheeling has undergone a much-needed restoration of its courtroom walls and ceiling, taking it back to its original 1859 condition. Staff and citizens are excited to have this important part of the State's history revitalized and preserved. On Sunday, January 29, 2012, the public got its first look at the work during an unveiling and reception.

Working through nearly 30 layers of paint on the walls and ceiling of the historic third-floor courtroom uncovered the building's unique artwork. Representatives from John Canning Studios of Cheshire, CT, a national, award-winning company that specializes in the restoration and conservation of ornamental plaster, decorative painting, gilding, and murals, was on-hand to explain how the art was uncovered and restored.

John Canning and his team used the painting technique "trompe l'oeil," a method that tricks the eye into seeing three dimensions on a flat surface. In the 1980's, evidence of the technique was found on original pieces of the ceiling and walls. The design and

arrangement of the 19th century images are modeled after an image from a July 6, 1861 illustration in *Harpers Weekly* and sketches of the original artwork done in the 1980s after the art was uncovered in paint layers taken from the walls and ceiling. Paint chips were put through electrical analysis to determine the original colors used in the courtroom.

Visitors will now be able to see a roughly 20-foot-by-20-foot section of wall featuring the original "trompe l'oeil" as well as pencil cartoons of animals that the original artist painted above the main entrance to the courtroom.



*Independence Hall Courtroom – the wall behind the judge's desk.
Photo courtesy of Independence Hall.*

Showcasing Our Wonderful State at Her Best

From The Governor's Desk: A weekly column by Gov. Earl Ray Tomblin.

West Virginia stands out as a family-friendly, adventure-driven, yet relaxing place to be, in any season. Our restaurants, hotels and motels, bed and breakfasts, and all the aspects that make West Virginia unique continually strengthen the tourism, hospitality, and travel industries.

Some of the community's favorites are becoming well-known to tourists. A place like Dee Jay's Restaurant in Weirton, known for its ribs, is growing in popularity among both the locals and visitors. In Wheeling, Figaretti's Restaurant offers a taste of old-world Italy as the family-owned business has not changed its famous spaghetti sauce since Anna Figaretti started selling it to her neighbors in the early 1940's. In Charleston, one can enjoy the distinctive West Virginia made delicacies at the Capitol Market where you can buy locally grown vegetables by area farmers or perhaps indulge in Holl's Swiss Chocolates. This past January, the Lewis County Chamber of Commerce named the Hickory House Restaurant as its Business of the Month. Established in 2005, the Hickory House previously received the People's Choice Award for the top 101 unique places to dine in the State from the West Virginia Division of Tourism. It is these neighborhood hallmarks which enables our State to offer visitors an experience to remember.

Tourism is a \$4.2 billion industry, employing more than 44,000 people across our State. The coming years will bring more opportunities to grow this economic driver by making new connections with people from far and wide. With West Virginia's 150th birthday occurring on June 20th of 2013,

"They brought out as much of the original artwork as possible, and we feel confident about the accuracy of the restored artwork," said Travis Henline, site manager for West Virginia Independence Hall.

The art restoration project is the last step in the courtroom's restoration that began back in 1965.

"Now, everything in the courtroom is completed," Henline said. "It's restored as much as possible to its 19th century condition."

West Virginia Independence Hall was originally built to serve as a federal custom house in 1859. It was home to pro-Union state conventions of Virginia during the spring and summer of 1861 and served as the capitol of loyal Virginia from June 1861 to June 1863. It is also the site of the first constitutional conven-

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COURT – Cont. from Page 5

tion for West Virginia. In 1988, the building was designated as a National Historic Landmark.

The museum is maintained and operated by the West Virginia Division of Culture and History, with the cooperation and assistance of the West Virginia Independence Hall Foundation. The museum is located on the corner of 16th and Market Streets in Wheeling. It's open Monday through Saturday, 10 AM to 4 PM (except on major holidays).

For more information about the restoration project, contact Henline at 304-238-1300.



Governor Earl Ray Tomblin presents Senate Clerk Darrell Holmes of Charleston with a personal message and newspaper clipping of the 2012 State of the State Address delivered on January 11, 2012. The personalized note reads, "Darrell, you have been a true friend over the years. Best Wishes!! Your Friend, Earl Ray Tomblin, Governor". Photo courtesy of Governor's Office.



Shortly after our last issue was published, former Governor Hulett C. Smith passed away. To his family and friends, we acknowledge his passing and offer our deepest sympathies.

LEAN – Cont. from Page 2

“For the size of our agency, we have a very good participation rate, and the participants are very supportive of each other. Sometimes it seems like they’re really competitive, but it’s all in good fun,” Carter continued.

“This is something that’s good for the well-being of the employees, so I feel very good about this program,” said Commissioner Douglass. “In the long run, they are healthier, happier, and more productive.”

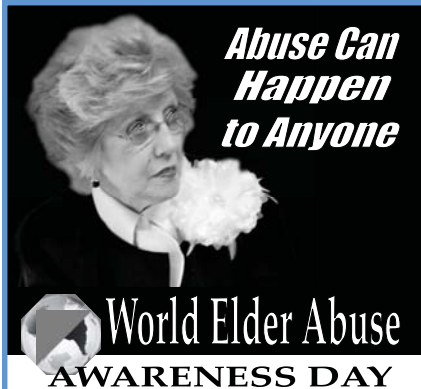
Because of the program’s success last year, the WVDA has launched a new Lean Challenge program for this year. Comprising 30 participants as well as a maintenance program for 10, the group has already lost over 60 pounds at press time!

Congratulations to everyone!

ENROLL – Continued from Page 1

6. Adds a \$500 copayment for medically necessary dental services and for bariatric surgery. These copayments are in addition to the deductible and 20% coinsurance; and
 7. Increases the non-preferred drug copayment from \$50 to 75% coinsurance. The plan pays 25% and the member pays 75%.
- ❖ **The Improve Your Score Program** expanded for Plan Year 2013. There are now two steps: screening and engagement. Members who received an overall score of Yellow or Red in their screening must report their engagement activity before April 30, 2012 to continue their premium discount for Plan Year 2013. To report engagement, go to PEIA’s website at www.wvpeia.com and click on the green ‘Manage My Benefits’ button.
 - ❖ **PEIA has added Plan D – the West Virginia ONLY Plan:** Members enrolling in this plan must be West Virginia residents, and all care provided under this plan must be provided in West Virginia. The only care allowed outside the State of West Virginia will be emergency care to stabilize the patient, and a limited number of procedures that are not available from any health care provider inside West Virginia. The benefits (copayments, coinsurance, deductible, and out-of-pocket maximum) of Plan D will be identical to PEIA PPB Plan A, but there will be no out-of-state coverage.

For information on these topics and all things related to Open Enrollment, check your Shopper’s Guide (which should have arrived in late March but at least within the next few days) or attend a benefit fair. Dates and locations can be found at www.wvpeia.com.



Abuse Can Happen to Anyone

World Elder Abuse AWARENESS DAY

Elder abuse is, sadly, more common than anyone would like to imagine. Think it only happens to "other" people? Think abuse is only in physical form? Think there is no recourse? Think again!

Last year's keynote speaker, Southern District U.S. Attorney Booth Goodwin, told the story of a gentleman from Huntington who was scammed by overseas persons for over \$120,000.

Join us – become a part of our efforts to stamp out elder abuse.

Elder Abuse is a single or repeated act or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

June 15, 2012

PHOTO COURTESY OF STERLING SNYDER IMAGING



When he finally cut off funding, they threatened to have him thrown in an overseas jail.

Goodwin told the audience that his office could be contacted anytime there are questions about scams. In addition, there are other resources available for all types of elder abuse.

www.wvdhhr.org/bcf/children_adult/aps/default.asp

Students Participate in MS-ISAC Art Contest

Contributed by Danielle Cox of the West Virginia Office of Technology.

The Office of Information Security Controls and Compliance from West Virginia Office of Technology (WVOT) recently encouraged students across the State to participate in a nationwide art contest to promote safe Internet and technology practices.

The contest is a yearly event hosted by MS-ISAC (Multi-State Information Sharing and Analysis Center). Each state can submit up to three winners in each of three age categories. Winners of the national contest are produced as calendars and distributed to state and local governments.

West Virginia received approximately 300 entries that ranged from every grade – kindergarten through 12th. Employees from the WVOT voted on the entries and selected their favorites. We all hope that West Virginia will have many students win at the national level.

To view the our State's winning entries, visit the **Facebook page** for Office of Information Security Controls and Compliance at <https://www.facebook.com/media/set/?set=a.371010956243078.97474.370980609579446&type=1>.

SAFETY – Cont. from Page 4

Home Fire Sprinkler

Sprinklers can extinguish a home fire in less time than it takes for the fire department to arrive. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system.

For more information about home sprinkler systems, please visit www.homefiresprinkler.org/hfsc.html. Additional fire safety tips can be found at www.nfpa.org/factsheets.

**It's finally Spring!
Dust off those clubs,
bats, and gloves!**

HERE'S A PITCH FOR YOU!

The State Employee Softball League begins its season at the end of May. The league consists of 10 teams and plays games through August.

The league is Open to full- or part-time employees, current interns, legislative per diem employees, State contract employees, and county school teachers. Employee family members (including in-laws), fiancés, and life partners are also welcome.

We're hoping to add new players and new teams. If you or any agency are interested, please contact Adam Higginbotham at: adam.l.higginbotham@wv.gov by April 18.



Games are played at the Rehab Center fields in Institute. All must be 18 years or older.

21st ANNUAL PUBLIC EMPLOYEES GOLF TOURNAMENT

Sat., May 12, 2012 – 2 P.M.
Pipestem Resort State Park

Entry Deadline May 10

- > \$50/person, inc. greens fees, shared cart, cookout, and pre-tourney range balls
- > Open to federal/state/city/county/public education employees - retirees welcome
- > Rooms \$62/night plus tax - call by May 11 and identify yourself as a tourney participant: 1-800-CALLWVA
- > Prizes for men's & women's divisions
- > Low Gross /Net Scores (Callaway System)
- > Closest to Pin/Longest Drive Contest
- > Optional Skins Game
- !! DOOR PRIZES !!**
- > Want a practice round? May 11 - \$28.50 - Tee times begin at 1 P.M.

Make it a family weekend – Family activities also planned!

For more information, contact **Bob Biroscak, PGA, Pipestem Resort at 304-466-1800 ext 474 or bob.b.biroscak@wv.gov**



SHOWCASING – Continued from Page 5

events will be scheduled throughout our towns and cities leading up to the date, making it a year to remember and attracting both in-state and out-of-state visitors to all four corners of the State.

Over in “America’s newest coolest small town,” Lewisburg continues to receive new visitors thanks to that designation by Budget Travel magazine. In the Eastern Panhandle, Shepherdstown is full of activity as it is in the midst of celebrating the town’s 250th birthday. These are just some of the distinctions we have to celebrate and reasons visitors have to come explore our friendly hometowns.

We must continue to invest in our tourism, hospitality, and travel sectors. That is why I, along with the Legislature and the Tourism Commission, support the West Virginia Department of Commerce’s goal to develop a strategic plan for long-range growth and continued development of the tourism industry. The people of West Virginia – those who work in our rafting, ski, lodging, and dining sectors, among many others, deserve praise for showcasing our wonderful State at her best.

Last year alone, our Welcome Centers saw more than 3 million visitors who travelled here. While each attraction is worthy of praise, it is the quality of service provided by members of our hospitality and travel industry that lure people back again and again.

For an extensive list of upcoming events throughout West Virginia, visit www.wvtourism.com.

Every season is vacation season in West Virginia, and you and your family can reap the benefits while being a part of our State’s growing tourist economy at the same time!

Whether it’s a few short weekend jaunts or an extended stay at a State park or resort, consider traveling West Virginia. You can watch the springtime explode with vibrance, laze away those summer moments, enjoy the warm days and cool nights of fall, and participate in any number of winter activities.



Div. of Banking Says: Know Your Credit Score

A major life focus over the past few years has been to “know your credit score.” You hear it on the radio, see it on TV and internet pop-ups, and even read it in magazines and other publications. Most of us skip right over the warnings. Why? Because we’re not sure we understand exactly what we need to do.

The Division of Banking provides a great place to start with its online “Know Your Credit” brochure. This easy-to-understand publication describes what a credit score actually is, what information is used to compute it, why it’s important, what to do about disputes and identity theft, and things you can do to improve your score. It even provides contact information if you need questions answered or require additional assistance.

Knowing their credit information is important for everyone, but it can be key for those who are trying to recover from financial difficulties such as frequent late/missed payments, bankruptcy, or identity theft. The first step in that recovery is to be armed with accurate information.

View and/or download the brochure at www.wvdob.org/consumers/docs/credit%20brochure.pdf.



Photo from brochure.

Pencil In ...




The Consolidated Public Retirement Board is sponsoring its regional Retirement Planning Seminars for members of the **West Virginia Public Employees Retirement System**.

The regional schedule provides multiple seminar locations across the State for our members and their beneficiaries to learn about retirement benefits and options. Seminars are open to PERS members at all levels in their careers. Registration is not necessary to attend. You’ll find the schedule at www.wvretirement.com/Forms/2012PERSfl.pdf.

Tolstoy said, “Spring is the time of plans and projects.” That’s more than true for employees involved with the **Division of Personnel’s PLANS Project!** You can keep on top of the progress made by checking for updates at the project website: www.plans.wv.us!



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