



KENTUCKY

Employee Connection

News for the state government workforce

March 2015

Top Headlines

Get money for your suggestions!



The Kentucky Employee Suggestion System (KESS) rewards you for ideas that improve the productivity and services offered by the state. No one knows better than you - so submit those ideas! [Learn more.](#)

KEHP helps reduce diabetes risk

Are you ready to reduce your risk for Type 2 diabetes, look and feel healthier? The Kentucky Employees' Health Plan offers eligible members the opportunity to participate in a free, approved Diabetes Prevention Program. You can improve your health through stress reduction, weight loss and increased physical activity with the support of a certified lifestyle instructor. [Learn more.](#)

Information for tax season

Need a copy of your W-2? Want to find ways to trim your tax liability? [Get some tips here.](#)

Go green

Earth Day event

Celebrate Earth Day at an event in downtown Frankfort April 9. State employees can receive two hours paid time off to attend the 2015 Earth Day Celebration at the Kentucky History Center. [Learn more.](#)



Tree seedlings available

The Kentucky Division of Forestry provides low-cost seedlings and assistance for landowners who want to plant trees. Spring is the best time to plant! [Learn more.](#)

Enhance your health

Mental health assistance for veterans

A new facility in western Kentucky will be providing mental health assistance to veterans through interactive videoconferencing. [Learn more.](#)

Things to do

Celebrate Women Veterans at conference

The Kentucky Department of Veterans Affairs hosts a conference, "Kentucky Women Veterans Unite!" April 11 at Cardinal Stadium in Louisville. [Learn more.](#)

Easter events

Several Kentucky State Parks are hosting events on Easter weekend, including special buffets, egg hunts and more. Learn about them [here.](#)

Welcome Spring at KY State Parks

The parks have numerous activities and discounts planned for April and May: wildflower walks, canoeing, camping discounts, and more! [Enjoy the great outdoors.](#) And don't miss the [Commonwealth Connection](#) discount! Deadline is March 31.

Support victims of domestic violence

"Shop and Share" is a one-day goods drive sponsored by First Lady Jane Beshear that benefits Kentucky Coalition Against Domestic Violence shelters March 28. [Learn more.](#)

Time is running out to complete your LivingWell Promise!



If you chose a LivingWell health plan for 2015, complete your Vitality Check (biometric screening) or online Health Assessment by May 1. [Learn more.](#)



Questions?
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