DEHYDRATION: THE SIGNS and SYMPTOMS

Dehydration occurs when you lose more fluid than you take in, and your body doesn’t have enough water and other fluids to carry out its normal functions. If you don’t replace lost fluids, you may take the chance of getting dehydrated.

Common causes of dehydration include intense diarrhea, vomiting, fever or excessive sweating. Not drinking enough water during hot weather or exercise also may cause dehydration. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. The safest approach is prevention of dehydration. Monitor your fluid during hot weather, illness or exercise, and drink enough liquids to replace what you lose.

SYMPTOMS:

Mild to moderate dehydration is likely to cause:

- Lack of sweating
- Little or no urination - any urine that is produced will be dark yellow or amber
- Sunken eyes
- Shriveled and dry skin that lacks elasticity and doesn’t “bounce back” when pinched into a fold
- In infants, sunken fontanels - the soft spots on the top of a baby’s head
- Low blood pressure
- Rapid heartbeat
- Rapid breathing
- No tears when crying
- Fever
- In the most serious cases, delirium or unconsciousness

Unfortunately, thirst isn’t always a reliable gauge of the body’s need for water, especially in children and older adults. A better indicator is the color of your urine. Clear or light-colored urine means you’re well hydrated, whereas a dark yellow or amber color usually signals dehydration.

If you’re a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids, such as water or a sports drink (Gatorade, Powerade, others). Get immediate medical care if you develop more severe signs and symptoms.

Treat children and older adults with greater caution. Call your family doctor right away if they:

- Develop severe diarrhea, with or without vomiting or fever
- Has bloody stool
- Has had moderate diarrhea for three days or more
- Can’t keep down fluids
- Is irritable or disoriented and much sleepier or less active than usual
- Has any of the signs or symptoms of mild or moderate dehydration

Go to the nearest hospital emergency room or call 911 if you think a child or older adult is severely dehydrated.

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KENTUCKY RACING HEALTH & WELFARE FUND, INC.

A non-profit charitable organization
Established 1978

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ALCOHOL OR DRUG ABUSE?
T.A.C.K. CAN HELP!

The Thoroughbred Addiction Council of Kentucky provides FREE on-track counseling and has access to no-fee or low-fee treatment and rehabilitation centers.

For more information call:

LOUISVILLE
Mujahid Abdul-Rashid
(502) 583 - 3951

LEXINGTON
Emily Hixson
(859) 231-8385

FLORENCE
Doretta Powell
(859) 816-3446

HENDERSON & OTHER AREAS
Ron McKiernan
(502) 635-2008

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The Kentucky Racing Health & Welfare Fund is a non-profit charitable organization that receives no government funding or public tax revenue. It is not an insurance company and does not assume responsibility for any incurred charges nor does it guarantee approval for any request for assistance. This newsletter should not be construed as a policy and shall not be considered as an offer to extend assistance, benefits, coverage, payment, or medical advice. The Fund’s guidelines are changed at the sole discretion of the Fund and are modified, extended, altered, and revised from time to time without prior notice. Therefore, any information supplied in any form must not be construed or regarded as creating an expressed or implied right to the services, coverage, or benefits the Fund may offer. A copy of the Fund’s current guidelines can be obtained by a written request submitted to the Fund.

OFFICE HOURS
Monday - Friday
9:00 am - 3:00 pm

Health benefits provided since 1978
$35.1 Million

Kentucky Race Track Retirement contributions since 2001
$4.4 Million
KENTUCKY RACE TRACK RETIREMENT PLAN
2011 SIGN-UP SCHEDULE

TRAINERS must have one of the following at time of sign-up:
- 2010 Federal Income Tax Return and Schedule C or
- 2010 Form 1099 from owner(s) you trained for in Kentucky during 2010 or
- A letter from your tax preparer stating your racing stable operation had gross revenues of at least $5,200 from racing in Kentucky during 2010 or
- If you are a licensed owner/trainer you can submit 1099(s) from Kentucky race tracks that documents income of at least $5,200 while racing in Kentucky during 2010.

ASSISTANT TRAINERS and STABLE EMPLOYEES must have one of the following at time of sign-up:
- 2010 Form W2(s) and/or 1099(s) from trainers you worked for in Kentucky or
- Self Employed pony people and those working as free-lance stable employees must provide a complete copy of their 2010 Federal Income Tax Return and written documentation (Day Book).

Turfway Park Friday March 18, 2011 10:00 am - 2:00 pm
Turfway Park Friday March 25, 2011 10:00 am - 2:00 pm
Keeneland Tuesday April 5, 2011 10:00 am - 2:00 pm
Keeneland Tuesday April 12, 2011 10:00 am - 2:00 pm
Keeneland Tuesday April 19, 2011 10:00 am - 2:00 pm
Churchill Downs Wednesday May 11, 2011 10:00 am - 1:00 pm
Churchill Downs Thursday May 12, 2011 10:00 am - 1:00 pm
Thoroughbred Center Tuesday June 7, 2011 9:00 am - 1:00 pm
Thoroughbred Center Wednesday June 8, 2011 9:00 am - 1:00 pm
Ellis Park Friday July 22, 2011 9:00 am - 1:00 pm
Ellis Park Friday July 29, 2011 9:00 am - 1:00 pm

LAST CHANCE (GRACE PERIOD) SIGN-UPS

Ellis Park Friday August 19, 2011 9:00 am - 1:00 pm
Turfway Park Thursday September 15, 2011 10:00 am - 2:00 pm
Turfway Park Thursday September 22, 2011 10:00 am - 2:00 pm
Thoroughbred Center Tuesday October 11, 2011 9:00 am - 1:00 pm
Keeneland Wednesday October 12, 2011 10:00 am - 2:00 pm
Churchill Downs Thursday November 10, 2011 10:00 am - 1:00 pm

You may also sign-up at the Kentucky Racing Health & Welfare Fund, 422 Heywood Avenue, Louisville, KY 40208, from January 31, 2011 to November 15, 2011 Monday through Friday, 9:00 am - 3:00 pm.

ALL DATES AND TIMES SUBJECT TO CHANGE! Call (502) 636-2646 if you have any questions.
2011 GUIDELINE CHANGES

The following is a summary of important guideline changes that took place in 2010. Please contact the Kentucky Racing Health & Welfare Fund for a copy of its guidelines or a copy of the 14th edition of the guideline booklet.

DENTAL: Benefits will be provided up to a total maximum as shown below for each eligible licensee (including dependents) in accordance with the number of years licensed by the KHRC:

- $500 One year (current year) out of five prior years
- $600 Two out of five prior years
- $700 Three out of five prior years
- $800 Four out of five prior years
- $900 Five out of five prior years
- $1,000 More than five prior consecutive years (current year is included as one year)

MENTAL HEALTH: The Fund will provide the following benefits:

- Assessment/Evaluation: $135 per visit up to limit
- Psychiatrist Visit: $170 per visit up to limit
- Therapy: $105 per visit up to limit
- Medicine check-up: $90 per visit up to limit
- ADD/ADHD Evaluation: $500 per visit up to limit

PARI-MUTUEL CLERK: A pari-mutuel clerk applying for benefits must have worked as a pari-mutuel clerk in Kentucky at least one hundred fifty (150) days in the twelve (12) month period prior to illness/injury/treatment and meet all other guidelines.

RACE RECORD FOR LICENSED OWNERS: A licensed owner who is applying for benefits must provide evidence that the horse(s) he/she claims to own has/have made at least:

1. Three (3) starts in Kentucky in the six (6) month period prior to illness/injury/treatment or
2. Five (5) starts in Kentucky in the twelve (12) month period prior to illness/injury/treatment and
3. One (1) Kentucky start in the seventy-five (75) day period prior to illness/injury/treatment

RACE RECORD FOR LICENSED TRAINERS (and EMPLOYEES): A licensed trainer and his/her licensed employees will be eligible for consideration of benefits once that trainer has made at least:

1. Three (3) starts in Kentucky in the six (6) month period prior to illness/injury/treatment or
2. Five (5) starts in Kentucky in the twelve (12) month period prior to illness/injury/treatment and
3. One (1) Kentucky start in the seventy-five (75) day period prior to illness/injury/treatment

VACCINES: Benefits for DPT vaccine, measles, mumps and rubella, pneumonia, shingles, and flu vaccine will be provided for eligible applicants and their dependents under the age of nineteen (19) years old. The Fund will pay up to $50 for the office visit (if there is a charge) and up to $10 per immunization, or whatever the current health department cost per immunization is. Clients will be referred to the Family Health Center of Health Department.

Kentucky Race Track Retirement Plan

SO, WHAT’S YOUR EXCUSE?

There are a number of reasons why backside workers have not yet signed up for the free Kentucky Race Track Retirement Plan including:

- “I’m too young to think about retirement, I’ll wait until I’m older.”
- “I hear people talking about it; I don’t know why I haven’t been signing up all these years.”
- “It’s not enough money for me to fool with the paper work.”
- “I don’t plan on working in Kentucky racing for long.”

If you haven’t been signing up for the Retirement Plan for one of the above reasons you may want to reconsider.

As of May 2011 there are 23 racetrack and former racetrack workers collecting $407 a month from the Kentucky Race Track Retirement Plan. Since the Plan started in 2001 nearly 200 individuals have received a distribution for retirement, disability or death.

The only way to collect is to sign-up every year. A person who was 55 years or older when the Plan started and who has signed up every year, currently has $18,463.29 in their account. An individual who was younger than 55 at the beginning of the Plan now has an account balance of $16,159.73 by being eligible each year. Compare this to the $2,293.22 account balance for a person who signed up and was eligible for the first time last year.

Currently the Plan has 445 active members with 76 percent being men and 24 percent being women. 64 percent are currently vested, meaning that even if a vested member leaves racing before age 60 they can begin to collect their monthly payments once they reach retirement age.

Signing up is quick and easy. See all the details on page 3.
Gone……..But Not FORGOTTEN

The Kentucky Racing Health and Welfare Fund pays tribute to the following dedicated individuals who have recently passed away after dedicating many years in the Kentucky racing industry:

Beth Clark - Asst. Trainer
Fred “Foots” Davis - Trainer
Chris Day - Trainer
Janette Flogaus - Trainer
John Flowers - Stable Employee
Jesse Ford - Trainer
Francisco Martinez - Stable Employee
Kevin Pipes - Trainer

MAINTAINING HEALTHY TEETH

As so many foods and carbonated drinks can damage teeth in the long run, it is vital to maintain a cleaning regime to keep teeth in good pearly white condition. To avoid tooth decay and expensive dental work, here are a few steps to keep teeth strong and healthy.

Brushing
Brushing teeth is something that should be done twice daily. As plaque can build up easily, it is important to keep it off. While most people generally brush their teeth in the morning some tend to lack the routine of brushing before bed. During sleep, the mouth does not produce as much saliva, which can produce bad breath easily. By brushing before bed, the teeth and tongue are far cleaner and less likely to cause a stronger smell overnight. Having a good toothbrush is fundamental too. With several brands, shapes and sizes to choose from, it is best to go with a medium sized head with strong bristles and a tongue scraper. Toothpaste is another important element to consider. Again, like toothbrushes, it is always best to go with a good brand that provides all the cleaning agents that help. With fluoride being the most active ingredient in toothpaste, finding brands that protect enamel, boost whitening and are kind to sensitive teeth are also beneficial.

Flossing
Clean between teeth daily with floss or an interdental cleaner. Decay causing bacteria still linger between teeth where toothbrush bristles can’t reach. This helps remove plaque and food particles between teeth and under the gum line.

Clean Teeth
Plaque builds up very easily. This is due to food coming in contact with the bacteria in the mouth. Plaque thrives on high sugary foods and if not brushed and flossed away regularly, it will form into tartar, which is far harder to remove. To prevent large amounts of plaque building up, it is best to keep sugary foods to a minimum.

But while sweets, chocolate and carbonated drinks are obvious examples of things to avoid, foods high in acidity should also be balanced. Most fruit, such as apples, oranges and lemons, carry high amounts of acid which break down tooth enamel. In the long run, this can cause teeth to fade and become soft.

Dental Visits
Even for those that keep their teeth in good condition, visiting the dentist is very important. As teeth age, problems can build up with their strength and sensitivity, which cause problems to occur. Booking check-ups every six months is the normal, recommended time period to go with. This way if anything does occur, dentist or hygienists are more likely to pick up on it and prevent any more damage from occurring.

Contact the Kentucky Racing Health and Welfare Fund to see if you may be eligible for assistance with dental related charges.
Ron E. McKiernan, Counselor Coordinator for the Thoroughbred Addiction Council of Kentucky (T.A.C.K.), is the recipient of the 2010 Counselor of the Year award presented by the Kentucky Board of Certification of Alcohol and Drug Counselors. The award is given annually to recognize “dedication, commitment and excellence in the delivery of drug, alcohol and other drug counseling services.”

Ron started working in the alcohol and drug counseling profession in 1982, and has been in recovery himself for over 30 years. In 1986 Ron founded Certified Counseling Services which assists a variety of clients including those seeking an alternative to incarceration. Since its inception in 1989, Ron has been the lead Counselor and Coordinator for T.A.C.K.; a non-profit organization which offers access to no cost or low cost evaluation, detoxification and treatment programs to assist people who are working in Kentucky’s thoroughbred racing industry.

Ron has a fierce dedication to the treatment of the disease of alcoholism. “That is why I do what I do every day”, he said. “Most people don’t see it as a disease. They don’t understand how devastating it is to the person as well to those around them.” Ron states the biggest challenge he faces as a counselor is denial of the disease. Although alcohol is socially accepted, it is still taboo to admit to addiction and dependency.

The first step to take if you or someone you know suspects they may have a drug/alcohol addiction is to have an assessment with a qualified counselor. Ron is a strong supporter of treatment and said research has shown that the longer a person stays in treatment the greater chance of recovery. “Treatment does not fail, people do”, he claims.

Ron lives in Louisville with his wife and is the proud father of five children and the grandfather of eleven. Two of Ron’s children assist him with his business including Laura Gaeta, Vice President of Certified Counseling Services and Pat McKiernan, Ph.D, who does consulting and research work.

If you would like to talk with Ron or one of TACK’s qualified counselors you may contact him at 635-2008 or contact the Kentucky Racing Health & Welfare Fund at 636-2900 for a free and confidential appointment.

Ron E. McKiernan
Named Counselor Of The Year

The Old School Apartments
422 Heywood Avenue
Louisville, KY 40208
(502) 636-5950
Contact: Michael Loy

Office Hours
Monday, Wednesday, Friday
8:00 am - 4:00 pm

- Studio Apartment - $355
- 1 Bedroom Apartment - $390
- All utilities included in rent
- On-site laundry facility
- Appliances furnished with carpet & blinds

OOPS
DON’T FORGET YOUR MONTHLY MEDICINE

If you take monthly medications for asthma, diabetes, epilepsy, heart disease, hypertension, cancer, hormones, mental health, psoriasis, thyroid, glaucoma, acid reflux, ulcer’s or certain other chronic conditions the Kentucky Racing Health and Welfare Fund may be able to continue to assist you when you ship out of Kentucky.

To be eligible you must meet the following criteria:

1. Must pre-register with the Fund prior to leaving Kentucky
2. Currently receiving benefits from the Fund.
3. Currently taking medication for one or more of the above illnesses.
4. Must have been licensed and worked in Kentucky during seven of the twelve months prior to applying for the OOPS program.
5. Must contact the racing jurisdiction to which you are shipping to see if you are eligible to receive prescription benefits.
6. Must continue to work for the same employer for whom you last worked for in Kentucky during the period you are out-of-state.
7. Benefits are on a reimbursement basis.