



# Wellness & Safety @ Work

## CLACKAMAS COUNTY

April / May 2016  
Inside this issue:

### Shopping Cart Road Rage?

By: Joe Marek, Traffic Engineering Supervisor, DTD

For many years, I've been puzzled about how people can get so angry at one another while in their vehicles. While I believe people are generally quite cordial, sometimes they are quite rude when using the transportation system. At one point, I was joking about the aggressive tactics we see sometimes on the road with our Traffic Safety Commission and commented that people would never act in this manner in a grocery store, like ramming their cart into another cart. Why do they do it on the road? This concept has been in my head for ten (10) plus years. I believe people are good at the core, but something of being in the vehicle, changes how they interact.

As a way to point out the absurdity of what occurs when we get mad at another driver, I think about how funny it would be to show it in a grocery store setting. Imagine being rammed by a cart, being flipped off and passed in the aisle! Would it really happen in a store? Clackamas County Department of Transportation came up with a video [Drive to Zero: Distracted Driving](#) that shows just that.



Joe Marek, Transportation and Engineering Supervisor



This is a good reminder that we all need to be courteous drivers both on and off the job and for sure at the grocery store!



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# Wellness & Safety @ Work

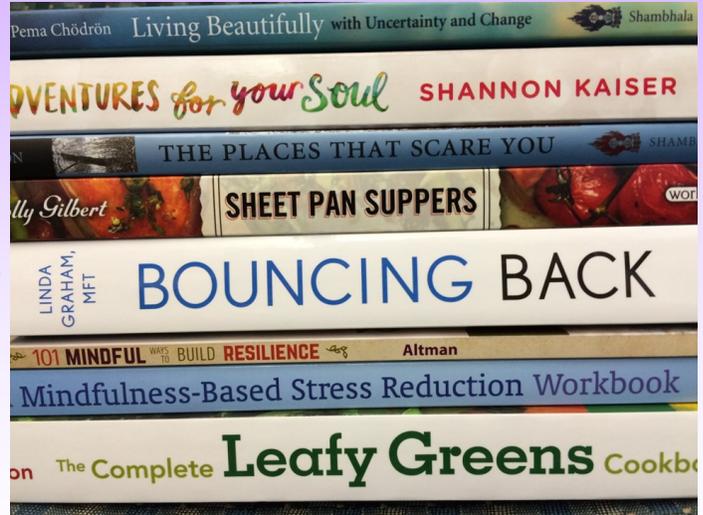
## New Wellness books! By: Tamra Dickinson, Wellness Coordinator

We now have four Wellness Libraries throughout the County; Community Corrections Residential Center is the newest. Thank you Charlotte Krebs and Joy Thalman for hosting it for employees. If your site would like a Wellness Library and you can be the host\*, please contact [Tamra Dickinson](#).

Here are our new books this month. They will be placed on the shelves next week, so if you want to borrow one now, send me an e-mail.

We also have Wellness Libraries in the PSB lunchroom, Law Library, 821 Main Street in downtown Oregon City, and the Sunnyside Clinic. **THERE IS NO SIGN OUT.** Take the book, enjoy it, and return it within four weeks. Please send book requests to [Tamra Dickinson](#).

\*The host job is receiving books from Wellness to place on the shelves, and sending me requests for books that employees want to read.



Title	Author
The Complete <b>Leafy Greens Cookbook</b> - 67 Leafy Greens & 250 Recipes	Sampson, Susan
<b>The Places That Scare You</b> - A guide to Fearlessness in Difficult Times	Chodron, Pema
<b>101 Mindful Ways to Build Resilience</b> - Cultivate Calm, Clarity, Optimism & Happiness Each Day	Altman, MA, LPC, Donald
<b>Adventures for your Soul</b> - 21 Ways to Transform Your Habits and Reach your Full Potential	Kaiser, Shannon
<b>Living Beautifully with Uncertainty and Change</b>	Chodron, Pema
<b>Bouncing Back</b> - Rewiring Your Brain for Maximum Resilience and Well-Being	Graham, MFT, Linda
<b>A Mindfulness-Based Stress Reduction Workbook</b> - mindful breathing, mindful eating, mindfulness in everyday life, body scan meditation, mindfulness meditation, mindful yoga, mindful self-inquiry, mindful walking, mindfulness of emotions, loving-kindness meditation, mindful interpersonal communication, the gift of rest, the gift of connection	Stahl, Ph.D, Bob and Goldstein, Ph.D., Elisha
<b>Sheet Pan Suppers</b> - 120 Recipes for Simple, Surprising, Hands-Off Meals Straight from the Oven	Gilbert, Molly

## Keep Your Safety Submissions Coming

Submit your safety incentive forms online: [Safety Incentive Recognition Form](#)

**February 2016: 22 winners**

### Top 3 observations:

- ❶ Wearing proper PPE (76)
- ❷ Backing/pulling through parking spot (72)
- ❸ Stretching (20)



# Wellness & Safety @ Work

## Did You Know – The Oregon College Savings Plan

By: Jason Morrill, Benefits Analyst

“Did you know” has had a regular appearance in the Wellness & Safety @ Work newsletter. In the past Nina Smith provided interesting and important information about your benefits through the County with her regular articles. Nina has moved to a new position in Employee Services, Compensation Analyst. I have accepted the challenge of continuing the “did you know” series in her stead.



This month’s “did you know” is about the Oregon College Savings Plan (OCSP). Did you know that as a Clackamas County employee, you can have regular payments sent directly from your paycheck to your OCSP account? Accounts can be opened for as little as \$15 per month. When you open an account with the OCSP, you will be provided with an

account number. You can then use that account number to set up the automatic contribution through employee self service (ESS). You simply log-on to your ESS account, navigate to the “direct deposit” screen and enter the OCSP account information for your contribution. You can designate a percentage of your pay or a flat amount. That amount will be paid into the Oregon College Savings account each time you receive a paycheck.



I don’t need to ask you if you knew that college is expensive. That is common knowledge. However, did you know that the [average student expenses for the 2015-2016](#) school year is over \$24,000 for in-state college students at 4-year public institution? That is just for one year, and those expenses only go up if you are an out-of-state student or plan to attend a private college. Yikes! How does anyone afford that? Thankfully, the State of Oregon provided us with the OCSP.

Did you know that you could claim a tax deduction for your contributions to an OCSP account on your state taxes up to roughly \$4500? Additionally, the money is invested while in the account and can continue to build value over time. As long as the funds are used for qualified expenses, the contributions and interest earned will not be taxed by the State or Federal Government.

Did you know that the State has a [website specifically designated for the OCSP](#)? You can find information about the benefits of the plan, how it works and how to start your own account. You can sign up any time during the year. However you decide to manage the expenses, college costs for our children are something many of us need to think about. While the costs are high now, they are likely to continue going up and you need to plan for this expense if you hope to help your children pay for college.



# Wellness & Safety @ Work

## An Employee uses a Providence Health Coach

By: A County Employee who wishes to remain anonymous

Thank you Clackamas County Benefits for providing health plan members with the wonderful health coaching benefit! I signed up for [health coaching through Providence](#) in February (Kaiser also has health coaches). I was able to choose the type of health coach which would be most helpful to me. Because of my dietary restrictions, I chose a nutritionist.

My health coach sent me a packet of information including a Fitbit Zip and a new book "Heart to Start" by Dr. James, Beckerman, Providence Cardiologist. This amazing book is "*An Eight Week Exercise Prescription to Live Longer, Beat Heart Disease and Run Your Best Race.*"

My health coach and I now check in by phone once a month; we talk about my goals and challenges. I'm able to schedule the phone calls after work and during my lunch hour. I understand that you can also do it by e-mail. It's a very positive conversation. The book has provided me with much encouragement; Dr. Beckerman is a local doctor, I've had the pleasure of hearing him speak about heart health in the past. The Fitbit Zip has really helped me to see how much I am moving, and encourages me to increase my steps each day. It's easy to use - I have mine synced to my smart phone where I can see results, receive positive messages about meeting my goals and also track additional information as I choose.

My Providence Health Coach, the Fitbit Zip and this book are all inspiring me and encouraging me to meet my health goals and make them a priority. I encourage all Clackamas County Providence members to check into this wonderful new benefit. It's completely free and part of our Providence benefits package.



**Health Coach:** Both of our health plans give you access to a personal health consultant or coach. **Kaiser members:** Call [503-286-6816](tel:503-286-6816) and [Select option 2](#). **Providence members:** Call [888-819-8999](tel:888-819-8999)

## Clackamas County employees rank high in the State for giving Blood

By: Tamra Dickinson, Wellness Coordinator, reviewing information sent to us from the Red Cross

Thank you Clackamas County employees who give blood; your donations place us among the top tier of givers in the region. Thanks also to Roxann Fisher who coordinates the bloodmobile!

Here are some stats:

- Since 2004, Clackamas County employees have contributed to the community's blood supply helping to save as many as 8,898 lives, providing an invaluable resource to the patients whose lives depend on it.
- In 2015, Clackamas County was among five other employers in the 250 – 499 unit sponsors! We are above 20 employers in Oregon who are in the 100 – 249 unit sponsors. Thanks again for all your donations!
- **The next blood drive is April 13, 2016. Register at the [Red Cross Website](#).**  
Sponsor code: ClackCo



Pictured: Roxann Fisher, Finance

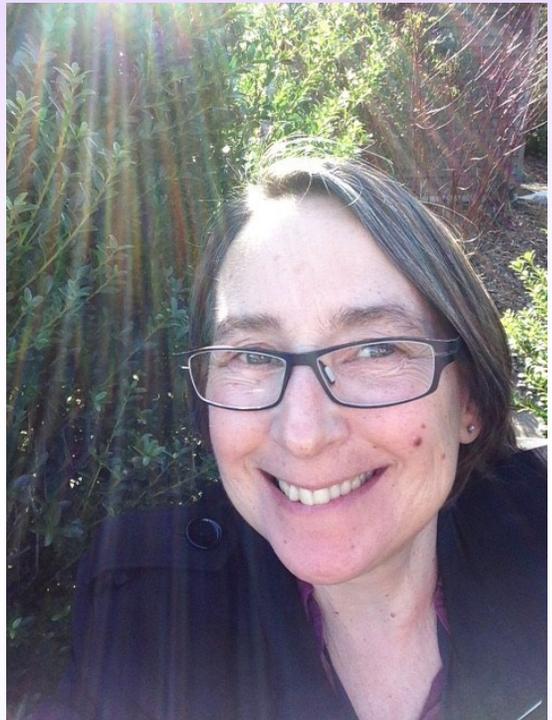
# Wellness & Safety @ Work

## Where to Walk - Douglas Loop By: Martha Spiers , Finance Department

Attached are some pictures of my morning walk. I tried to take some in the dark (when I am usually there), but they didn't work out, so I went back and got these.

This walk is beautiful, meditative and interesting. I pass the community gardens, the orchards, the observatory. I walk through a wooded area through fields, by greenhouses, "green roof" and home composting demonstration projects - to name a few of the highlights. Among the creatures I've seen are turtles, rabbits, friendly and benign snakes, ducks, deer, a heron, an owl, a coyote, frogs, Frank Berry and his little dog, Jennifer Stone, Brooke Gelfand, Tom Lin and the woman from the County Clerk's office who was so kind when we went in to get our marriage license (you know who you are!)

The trail can be accessed from several points on the [Douglas Loop at Clackamas Community college](#) and basically runs parallel to the loop on the outskirts of the college. The walk itself I think is a little less than 2 miles.



## Share your walk with us and win a jacket courtesy of Kaiser Permanente

We asked people to tell us where they have been walking. People who responded with a story, link or map, and pictures were rewarded with a Jacket provided by Kaiser Permanente. The stories we heard have motivated us to keep the offer open. So, share with us!

See the [collection of walks we have received on the Wellness Website](#).

**Winning submissions must be a new location (not already listed on the website at the link above) and will include:**

- Where you walked (ideally local within Clackamas County, or within an hour's drive of the metro area);
- A link or map to get there;
- Pictures from your walk;
- A couple of sentences about your experience;
- Bonus (not required): A picture of you.

Send your submissions to [Michelle Raethke](#).

People who submit "complete walks" may choose from a selection of jackets/fleeces in their size:



# Wellness & Safety @ Work

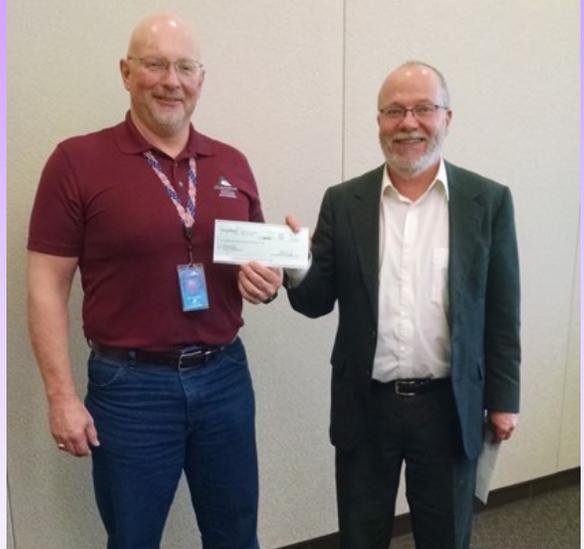
## Save Energy, Save Money

By: Eli Seely, Resource Conservation & Solid Waste

Since November 2014, the County has been saving energy with our Strategic Energy Management program. In the first year, we saved 229,000 kilowatt-hours of electricity and 4,600 therms of natural gas. That lowered our bills by almost **\$21,000** and earned **\$6,884** in incentives from the Energy Trust of Oregon.

You have the power to help us save even more with these easy ideas:

- \*Set your computer to go to sleep after 15 minutes
- \*Switch off the lights on your way out of a room
- \*Avoid using automated door openers whenever possible, to keep too-hot or too-cold air out of the lobbies



On 2/3/16, Jeff Jorgensen (Facilities) received a \$6,884 check from Skip Schick at Energy Trust of Oregon

## Sauerkraut at Caldwell Farms -DSB lobby Thursday Farm Stand

By: Tamra Dickinson, Wellness Coordinator

My parents didn't introduce me to sauerkraut when I was growing up, so it was one of those things I never tried. When Brett Caldwell asked me if I wanted to try some, unfortunately I said no, even though I hope to be someone who tries new things. Apparently I wasn't thinking that day.

Luckily, as Wellness Coordinator, I'm supposed to eat any kind of vegetable, especially something with a reputation for health. ("Sauerkraut is finely cut cabbage that has been fermented." [It has lots of health benefits.](#))

Redeeming myself from my initial lapse of not trying sauerkraut, I visited Caldwell Farms to buy 4 jars. Two of the jars were devoured by Employee Services employees during a recent potluck (picture below.) Delicious!



The Spring DSB Lobby Farm Stand with Caldwell Farms has at least two more Thursdays! Visit 11:15 am – 2 pm on April 14 or 28. Wellness coupons for the farm stand will be available at the "Pre-Fair" on April 14, or at the Wellness, Safety, and Sustainability Fair on April 27<sup>th</sup> for bringing your own bag.



Pictured above: Here are the cabbage rows about 3.5 miles from Red Soils where organic cabbage for sauerkraut is grown.  
Pictured on the left: Pre-cooked sausage, under the broiler for 6 – 9 mins until sizzling, then top with sauerkraut.

# Wellness & Safety @ Work

## Upcoming Events/Classes 2016

- **Pre-Fair.** Thurs, Apr 14, 11:15 – 2:15, DSB lobby. Buy LED light bulb 6 pack and showerhead \$10. Free coupon for shopping at the farm stand, a reusable bag, and samples from Our Table.
- **LGBTQ Macroaggressions Training with Barbara Diamond.** Mon, Apr 18, 11:30-1:00. DSB 119/120. Supervisor approval and registration required. To register, email Kevin Moss @ [KMoss@clackamas.us](mailto:KMoss@clackamas.us) . *Sponsored by DEIC.*
- **Wellness, Safety & Sustainability Fair.** Wed April 27, 2016 10 a.m. – 4 p.m. DSB 1<sup>st</sup> floor conference rooms. Employees are allowed 1 hour to attend the fair and must schedule the time with their supervisor.
- **Spring Farm Stand** every other Thursday 11:15 a.m. – 2 p.m., DSB lobby with Caldwell Organic Family Farms, April 14 and 28.
- **Trivia Night!** Thurs May 12, 6 – 8 p.m. Pizza served at 5:45 pm. Trivia starts at 6:15. DSB Auditorium. Hosted by Dylan Blaylock, PGA, sponsored by the A-Team. Reservations required with [dblaylock@clackamas.us](mailto:dblaylock@clackamas.us). More info coming from A-Team.
- **Take a Break! Brain Teasers.** Mon May 23, 2:30 – 4 p.m. PSB 369 A&B. Come for snacks, fun, and thinking differently. Hosted by Marco Enciso, H3S-Public Health, sponsored by the A-Team.
- **Cook with what you Have, Spring Greens:** Join Katherine for a cooking class and lunch. Tues Jun 7, Noon – 1 p.m. CUP Kitchen. Cost: \$3. Registration required: Sign up with Suzy Falk in DES [sfalk@clackamas.us](mailto:sfalk@clackamas.us). Send cash or check made out to Clackamas County.
- **Walk-Connect Red Soils.** Tues June 21, 2016. Noon – 2 p.m. Sandwich and Smoothie for \$2 each. *Rest of cost subsidized by your A-Team*
- **Blueberries/Ice Cream** – Wed July 20, 2016. All County delivery *from your A-Team*
- **Employee Picnic** - Thurs August 4, 2016. Red Soils Campus. 11:30 a.m. – 2 p.m. *from your A-Team*
- **Clackamas County Q&A (Queers and Allies) Employee Networking Group.** First Monday of every month, noon in Resolution Services, PSB.
- **Caregiver Lunch and Support Group** meets second Monday of each month from 12-1 p.m. in PSB-255. Lunch is provided/please RSVP. Questions or registration e-mail [Jennifer Jungenberg](mailto:Jennifer.Jungenberg) or call 503.650.5724.

## Wellness & Safety Classified Ads

### MASSAGE for relaxation and stress reduction:

**Chair Massage** is available every Thursday at the PSB suite 310 (DES) by Licensed Massage Therapist, Maggie Doolan. (Member of the ASH network.)

A 15-minute session costs \$22 (check or cash). Contact her at 503.245.0275 or [mmdoolan@comcast.net](mailto:mmdoolan@comcast.net) to set an appointment.

# Wellness & Safety @ Work

## Great recipes from a local cook– FREE subscription

By: Tamra Dickinson, Wellness Coordinator

Spring is in the air and with that greens are coming up and we have a season's worth of beautiful produce awaiting us. Clackamas County offers you a subscription to the Seasonal Recipe Collection by Cook With What You Have—the host of our onsite cooking classes as well. The Recipe Collection is chock full of simple ideas and tips to eat well and inexpensively every day of

the week. If you already subscribe [you can just log-in with your existing username](#)—if you've forgotten your username please contact Katherine Deumling of Cook With What You Have and she can send it to you--or you can take a minute and subscribe for the first time. It's free and easy!



The **discount code** for employees is **00B85EA086**. To access the subscription log on to [www.cookwithwhatyouhave.com](http://www.cookwithwhatyouhave.com) and select an Individual Membership (on the Memberships page <http://www.cookwithwhatyouhave.com/classes/>) and enter your discount code, above, instead of any payment information. You will also need to enable “cookies” in your browser to access the site. This is the way

Wordpress tracks users and does not present any security problems for subscribers.

Join Katherine for a cooking class and lunch!

**Date:** Tuesday, June 7, 2016. Noon – 1 pm

**Cost:** \$3 for lunch

**Place:** Red Soils Campus, CUP Kitchen

**Registration required:** Sign up with Suzy Falk in DES [sfalk@clackamas.us](mailto:sfalk@clackamas.us). Send cash or check made out to Clackamas County.

Happy Cooking and Spring!



**Clackamas County Presents:**

# **BE YOUR HERO**

**Employee Wellness, Safety & Sustainability Fair**  
**Retirees, Family & Public Welcome**

**Date: Wed April 27, 2016 10:00am – 4:00pm**

**Location: Development Services Bldg.**

- Massage & Acupuncture
- Posture Evaluations
- Chinese Pulse Readings
- Blood Pressure Readings
- Glucose Testing
- Naturopathic Medicine
- Ergonomic Work Station
- Dental & Vision Health
- Bike Helmet Safety \$5
- Emergency Preparedness
- Vitamin B12 Shots
- Behavioral Health
- Healthy Cooking Demos
- Benefit Providers
- Work Zone Safety
- Farmers Market
- Energy Savings / \$10 LED Packs
- Master Gardeners
- Financial Wellness
- House Hold Battery Recycling
- Household Green Cleaners
- \*\*\*Remember your Bag
- Plant Starters
- Commuter Options

*Prizes & Much More!!!*

*Healthy Snacks & Fun!!!*

We all have the capability to be a superhero. To become one, find your own unique ability, use it everyday, and take care of yourself!

The cape and mask are optional.

## **Your Hero Starts From Within!**

### **Brought to you By:**

Employee Services, A Team, Resource Conservation & Solid Waste. With support from H3S, DTD, WES, Community Corrections, and Emergency Management



### **Tasty Samples**

#### **Offered by:**

The Current Crop, KIND, Costco, Just a Bite

# Wellness & Safety @ Work

## Adventures in Retirement By: Jason Morrill, Benefits Analyst

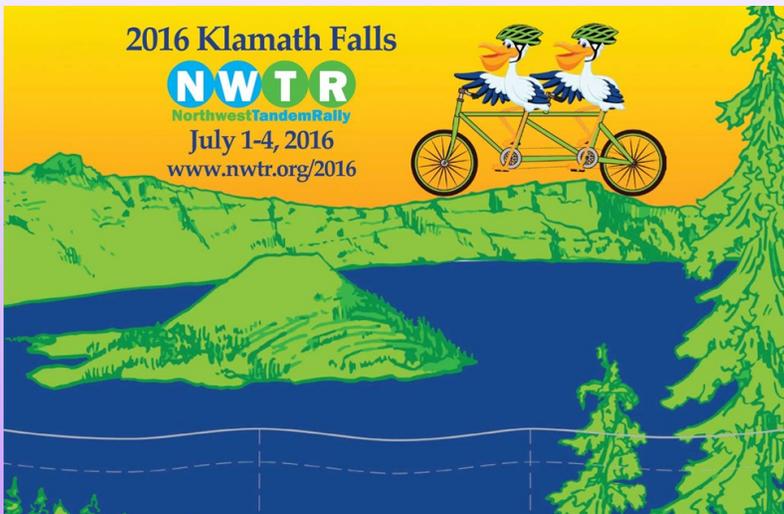
Have you ever wondered what you may do in retirement? Or have you thought about your County coworkers and friends who have retired? This section is a chance to catch up and think about what may come in retirement! *Retirees, please feel free to send in updates and pictures to [Jason Morrill](#).*

Martha Nielsen (Retiree, 2013 – H3S Beaver Creek Clinic): “Costa Rica was amazing!!! I have tons of pictures.”



Left: Martha and her husband in San Jose Costa Rica near a Historic building. Right: Martha and her husband climbing, zip lining, and rappelling!

## Tandem Invitation By: Kevin Ko, H3S



Do you ride tandem? Kevin Ko (H3S - Housing and Community Development Manager) invites you to join him and his wife, Val, at the 2016 [Northwest Tandem Rally](#), July 1-4 in the Klamath Falls area. Kevin applied for the Wellness ½ fee reimbursement, so send Kevin your receipts, a picture, and a sentence about your ride experience. Wellness reimburses half of your and your families' registration fees (up to \$75 per person). There are 4 days of very well organized and supported rides.

If you would like to know more about the tandem rally, riding a tandem or any other tandem related information, please contact Kevin at x8359 or [kko@clackamas.us](mailto:kko@clackamas.us)."

Interested in other walks, runs, or bikes? [Check out our current list of events and team captains online.](#)

# Wellness & Safety @ Work

## Quiz Box

The February/ March quiz box winners are...

Lori Stomps, Carla Atwood, Kayla Christian and Leslie Davies!



Kayla Christian won a Gel Palm Support



Leslie Davies won a Lumbar Support Cushion



Lori Stomps won a Footrest



Carla Atwood won a Roller Mouse

Everyone who submitted a response will also receive a farm token! Congratulations to Martha Spiers, Krysta Criss, Jan Oyama, Dienne Irwin, Chelsea Lee, and Micheline D'Angelis

Here are a few of the responses to **“What are you doing to reduce excessive sitting while at work?”**

- Since getting a sit/stand keyboard I haven't sat at my desk once. Highly recommended (if your program can afford it).
- During my work day I try to walk as much as I can. I bring files to co-workers offices' instead of placing it in their boxes. I opt to use the stairs vs. the elevator on a daily basis... and stretch! I stretch whenever possible throughout the day.. which can be challenging because I am front desk reception.
- Sitting for long period of time can cause low back pain, and worsen existing pain in the back. Having had chronic back pain since the age of 18, I can attest to this! I made a goal for myself: every 15 minutes I stand up for 30 seconds, and sometimes I throw in a few simple stretches for good measure. Even a small break from sitting makes a big difference! Without even leaving my desk I can prevent back pain.
- When sitting at my desk, I stand up approximately every 30 minutes. When I have a phone conversation, I stand instead of sitting.
- I walk to other employee's offices to deliver documents, ask questions, or give information to them. I also stand and shift weight from one leg to another while reading papers at my desk instead of sitting in front of my computer to read printed information.
- I do a few things since I do not have a sit/stand station. I use a foot rest when sitting. I print to a distant printer to force myself to walk further. I take walking breaks outside. I check my communications box downstairs at least once a day and take the stairs. I park towards the back of the parking lot. I put my lunch in the fridge which forces me to walk to the lunch room which encourages water bottle refills.

While thinking about Ergonomics please take a few minutes and check out the [Go Ergo! Video](#) put out by SAIF Corporation. It is a fun way to look at Ergonomics in the office!

## April's quiz box question:

As a follow-up to last month's Drive to 0 article: What suggestions do you have for “road rage Coney” to be a calm and safe driver?

Send your response to: [Michelle Raethke](#) by April 24th. Answers and winners will be highlighted in the next newsletter.

*\*Gift card prizes are taxable and reported to payroll.*



# Wellness & Safety @ Work

## My Muddy Valentine February 2016



Mike and Caryn Anderson (Social Services)

"Thank you Wellness! My husband and I enjoyed our first obstacle race as a different way to celebrate being a couple! It felt exhilarating to make it through some tough obstacles, such as the plank wall, and crawling through the tunnel of mud and wading through the pond. The fire pits at the end were a great way to warm up and share some laughs!" *Caryn Anderson, Social Services*



Nicole and Cory Smith (CCSO)



Colette Stiff and Shannon Boyette (Behavioral Health)

"This was my first obstacle course that I have participated in and it was amazing. I learned that I can push myself farther than I thought I could. What a great challenge!" *Colette Stiff, Behavioral Health*

"I would say the Muddy Valentine is always a fun experience. I'm not a person who likes to get dirty but I sure enjoy this!" *Shannon Boyette, Contracted Worker, H3S*

## Dirty Leprechaun March 2016

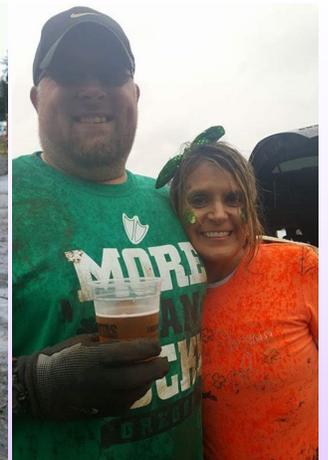
By: Corey Smith CCSO

"Had a fun day at the Leprechaun with family and friends and even got to see Eric Anderson from parole and probation tearing through the course." *Corey Smith, CCSO*

"Ran in my first race ever with my wife and friends at the Dirty Leprechaun 5k mud run. It was a rainy, challenging course of hills, obstacles, and plenty of mud. It was good to see Corey Smith from the Jail, and nice to know that the County will sponsor employees and their families in these events." *Eric Anderson, Community Corrections*



Corey Smith (CCSO) with daughter and wife, Nicole.



Eric Anderson, and wife, Marcie

## Heartbreaker 10K February 2016 By: Kelly Neumeier, Technology Services

This year's Heartbreaker Race was exactly the rolling hills training that we all needed to keep on track for this summer's Cascade Lakes Relay. The rain held off for the most part so it wasn't nearly as cold or wet as we anticipated. Karen and I had a great run and finished with what is now, after 5 years of running together, our very consistent 10k time. Pat on the other hand ran into parking struggles and packet pick-up lines and ended up starting his 10k with the 5k runners! After making his way through the crowds (he's a very speedy runner) he realized that the 5k didn't start in the same place as the 10k, so he ran at least an extra mile more than his planned 10k! What an athlete...he took it in stride and finished faster than many anyway.

# Wellness & Safety @ Work

## Shamrock Run March 2016 By: Mark Spross, CCOM

Shamrock Run 2016 is water under the bridge. So it's only water under the bridge because we were all washed away by the rain and wind. Despite the interesting weather, employees from numerous departments in Clackamas County joined thousands of runners and walkers for the unofficial kick off to the running & walking season. Our group braved moments of high wind, rain, and for about 20 seconds, clear weather to participate in a fun run through downtown Portland.

Despite the cold and rain everyone had a great time and some completed their first distance events including the ½ marathon. It was fun to see folks from all over the county have a good time training and realizing how quickly time flies as you prep for these events. A big thank you to the county wellness program for the extra encouragement to get out there and exercise with co-workers, family and friends.



Ralph Williams, Facilities



Renee Gierman Poulsen , DTD



Left to right: Ryan Kersey , Juvenile and Lorenzo Medina, Sheriff's Office



Kelly Neumeier (TS) and Karen Buehrig (DTD)

## Vortex Trail Run March 2016

"When you get to race day and realize you don't have childcare, what do you do? Bring your family with you! My daughter Lulamae and I completed our first 10K together, and couldn't be prouder!" **Ilsa Watson H3S-DD Program**



Colette Stiff and Shannon Boyette (Behavioral Health)



Ilsa Watson (H3S) and daughter Lilamae.

The Wellness Program provides 1/2 of the race reimbursement fees (up to \$75.00) for County teams of at least 3 employees/family. Email [Tamra Dickinson](mailto:Tamra.Dickinson) for reimbursement approval for your run/walk/bike. Here's a list of events that are already approved, and the details you need to know for reimbursement: <http://www.clackamas.us/wellness/racesummary.html>

# Wellness & Safety @ Work

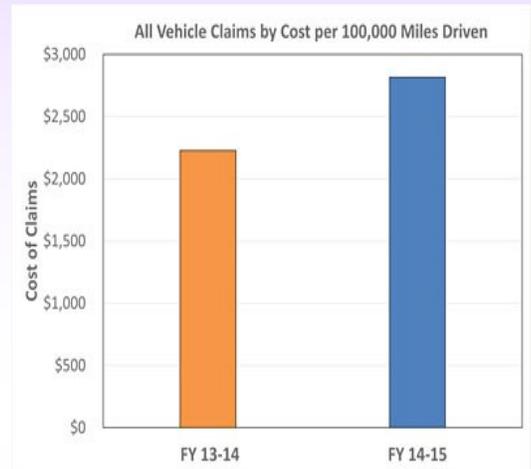
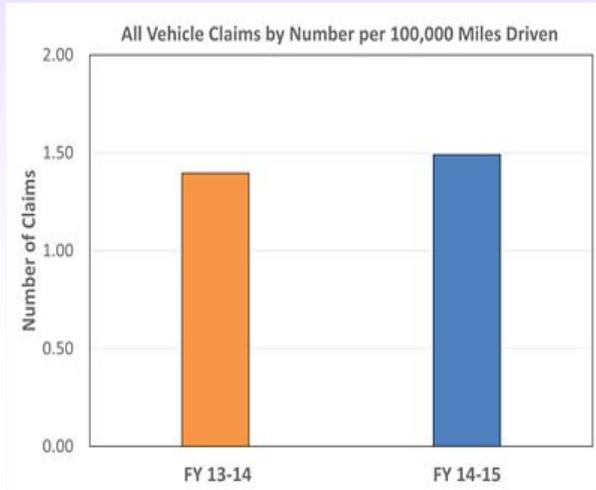
## Excerpt from Risk Management Report

By Trish Bafus, Risk and Loss Control Analyst

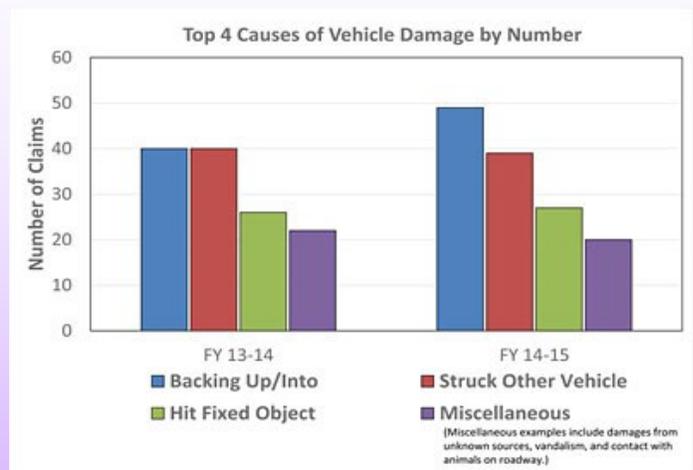
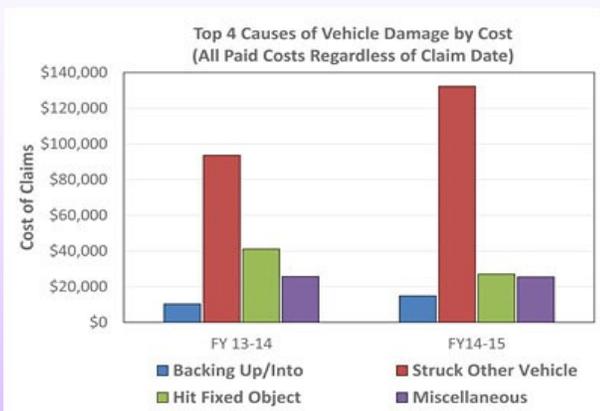
Every year, Risk Management puts together an annual report. It contains graphs and statistics spanning a five-year period. For the purpose of this article, we are going to highlight specifics pertaining to Vehicle Claims for the five-year period of July 1, 2010 through June 30, 2015.



County personnel drove in excess of 7,300,000 miles during FY 14/15. This was a reduction from FY 13/14 of 4%.



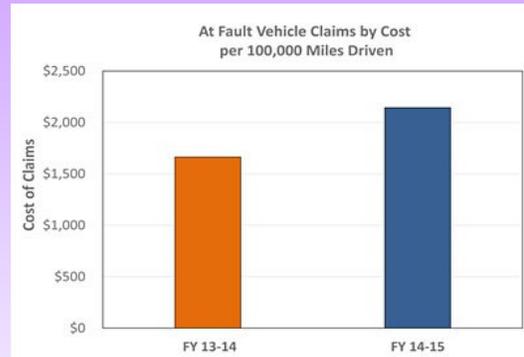
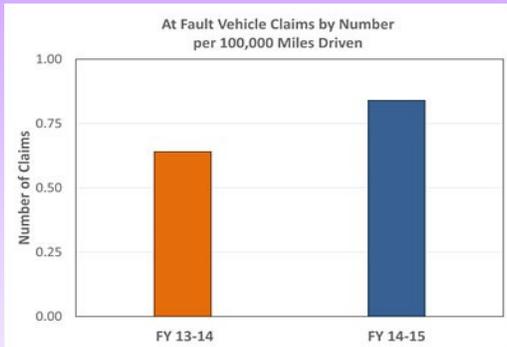
However, we still saw a cost increase of 20%. The total number of vehicle accidents (both fault and no-fault) increased from 109 to 110. Clackamas County's FY 14/15 rate per total number of claims was 1.49 as compared with 1.41 in FY 13/14. The cost per claim rate in FY 14/15 was \$2,816.60 as compared with \$2,226.62 in FY 13/14.



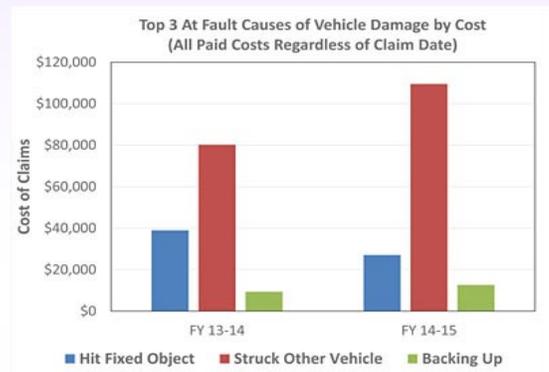
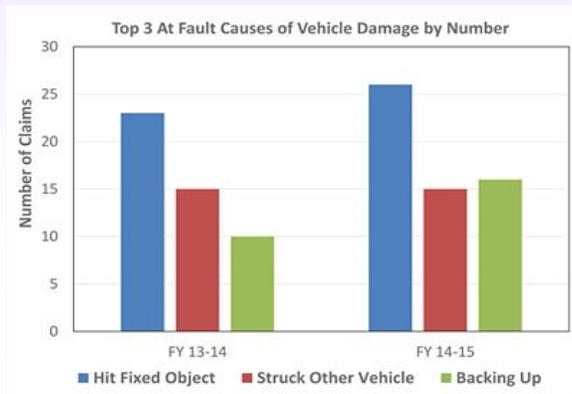
The top four causes by number of claims remained the same as last year. Backing remained number one. However, the highest cost that was paid out was in the "struck other vehicle" category. We feel it is important to distinguish between "no-fault" and "fault" accidents. This will help us focus on those accidents that result from error on the part of a County driver and look for loss prevention methods to address it.

# Wellness & Safety @ Work

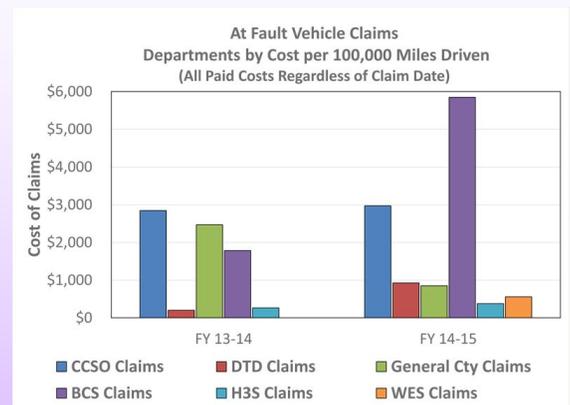
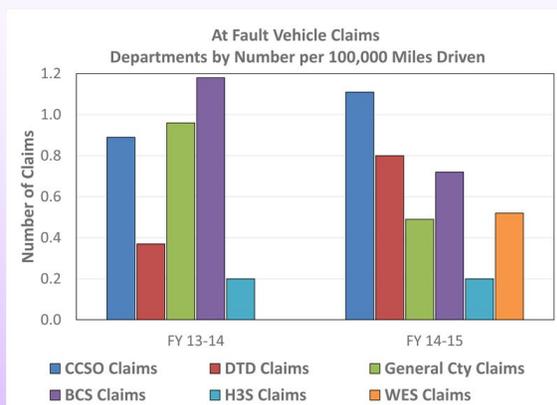
## Excerpt from Risk Management Report Continued



Clackamas County's FY 14/15 rate per number of at fault claims was 0.84 as compared with 0.64 in FY 13/14. The cost per at fault claim rate in FY 14/15 was \$2,143.99 as compared with \$1,663.95 in FY 13/14.

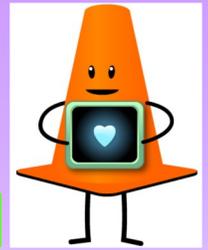


Not only are vehicle claims increasing in general but those caused due to the fault of our employees are also increasing. The preceding graphs capture the areas where our loss control efforts need to be focused. These are all causes that resulted from driver errors. From an analysis of the data, driver distractions and poor judgment were the primary causes.



Data reflects each department's relative to other departments based on miles driven. These totals include the costs related to the liability portion of a claim. The two departments that drive the most (CCSO and DTD) incurred the most vehicle incidents. However, while BCS had less claims than the Sheriff's Office or DTD, the cost was much higher. Proper follow-up training after a preventable accident and regular refresher training are important for all departments. If you are interested in reading the [Clackamas County Risk Management Annual Report](#) in its entirety on topics such as: Liability Claims, Workers Compensation Claims, our OSHA rate, Cost of Risk, etc.

# Wellness & Safety @ Work



## Wellness, energy for life

CLACKAMAS COUNTY

**Wellness Resources:** (Visit our Wellness Website at [www.clackamas.us/wellness](http://www.clackamas.us/wellness))

**Personal Best Newsletter:** Your Wellness & Safety Team provides a monthly newsletter for employees through [Personal Best Healthlines](#) with a wide array of articles focusing on different aspects of your safety and wellness.

**Discounts on Fun & Fitness from our Health Plans:**

- Employees, retirees and eligible dependents enrolled in [Providence health plans](#) are also members of [LifeBalance](#). Members receive reduced fees and prices, free trial memberships and a myriad of other benefits from local fitness clubs, yoga & Pilates studios, cycling shops and more.
- Employees, retirees and eligible dependents enrolled in [Kaiser Permanente](#) are eligible for discounts on gym memberships, sports, dance, outdoor pursuits, weight management programs, gardening, and more through [CHP Active and Healthy](#). You will need to enter your Kaiser ID number and create an account.

**Health Education:** Thinking about improving your health or managing a disease? There is a wealth of classes for everything from exercise to eating, smoking cessation to diabetes management. These resources are for families as well as employees. Check out these websites:

[Providence Health Education](#)

[Kaiser Health Education](#)

**Health Consultant / Coach:** Both of our health plans give you access to a personal health consultant or coach.

**Kaiser members:** Call [503-286-6816](tel:503-286-6816) and [Select option 2](#).

**Providence members:** Call [888-819-8999](tel:888-819-8999)

**24-Hour Nurse:** Got something going on and not sure whether to schedule a doctor's appointment, visit urgent care, or just ride it out? A **FREE** call to a registered nurse will be able to help you figure out the best care options. Providence and Kaiser have a RN Medical advice line which is available 24 hours a day seven days a week.

**Providence 24-Hour Nurse**  
[503-574-6520](tel:503-574-6520)

**Kaiser 24-Hour Nurse**  
[503-813-2000](tel:503-813-2000)

**Employee Assistance Program (EAP):** To access services call: [1-877-851-1631](tel:1-877-851-1631) or go online at: <http://www.eapbda.com> (login: standard6; Password: eap4u6).

## Your Wellness & Safety Team:



From Left:

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