



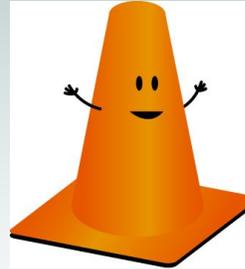
Wellness & Safety @ Work

CLACKAMAS COUNTY

February / March 2016

An Introduction To Coney By: Tamra Dickinson, Wellness Coordinator

We found Coney's baby pic! So in the new year, we had to share the original, never published, first draft of our safety and wellness mascot.



Welcome to 241 new employees who started in 2015 and early 2016! You will meet Coney in many forms, usually trying to do something safe and well, but not always, such as our scariest Coney ever, in a road rage.

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Be a Hero: Drive to Zero! By: Jeremy Tovey and Joe Marek

The World Health Organization reports that road deaths are projected to be the fifth leading cause of death in the world by 2030.

We have a new County-wide safe driving campaign, called **Drive to Zero**. This campaigns' main goal is to reduce fatal and serious injury crashes by 50% by 2022.



For the last several months, our Drive to Zero Committee has been working with Risk Management to bring defensive driver training to all county employees and one of their family members this year.

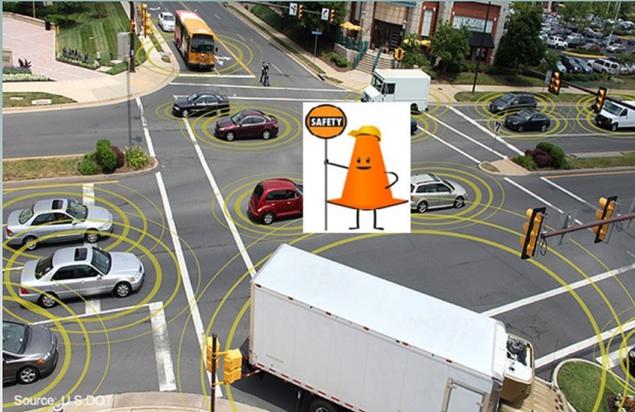
Why? Because, crashes affect all of us! In fact traffic crashes are the number one risk for us here at the County.

Education and training is one way Clackamas County, with the aid of our on-line training partner Alert Driving, will work to improve focus on unsafe driving behaviors. As mentioned above, each employee will be able to sign up one relative for this training. So if you think about it, we'll be training approximate 4,000 people on defensive driving and hopefully making Clackamas County roadways that much safer. There will be more information in the upcoming months so please stay tuned. (Continued on next page)



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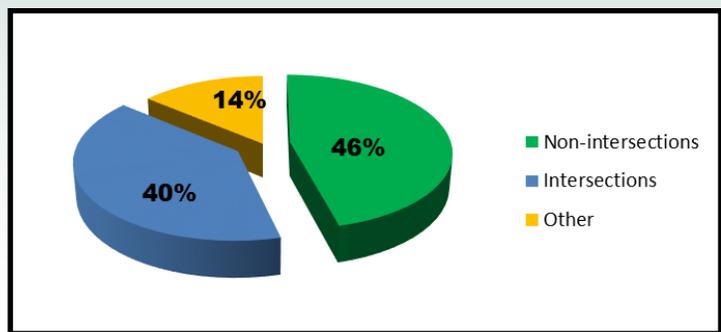
Be a Hero: Drive to Zero! Continued By: Jeremy Tovey and Joe Marek



Defensive Driving Topic #1: Intersections

- One of the leading crash locations year after year is intersections. Simply defined an intersection is any place where two or more roads connect. To reduce the possibility of being involved in an intersection collision follow these tips:
 - As you approach cover your brake pedal and watch for stale green lights
 - Stop before the white line

Where Vehicle Accidents Occur:



- If you plan on turning, keep your wheels straight until you begin your turn
 - Scan left, right and left again before moving from a stopped position at a red light or stop sign, or before completing a turn at an intersection
- Be sure to turn into the correct lane at an intersection

Stretch While You Work By: Michelle Raethke

As your work week fills up, it can be hard to find the time to do things like stretching and walking. Knowing the benefits of getting up and moving throughout your day, the Wellness and Safety Team decided to plan this edition of the newsletter during a stretching meeting. We were able to creatively plan our articles while getting in stretching. If your work group does walking or stretching meetings please let us know! It's great to be able to incorporate physical activity into our daily work routine.



Keep Your Safety Submissions Coming

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

December 2015: 37 winners

Top 3 observations:

- 1 Backing/pulling through parking spot (71),
- 2 Taking stairs vs. elevator (67),
- 3 Wearing proper PPE (63)



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Employees raise \$519 for Shop with a Cop By: Tamra Dickinson, DES A-Team Co-Rep

Big thanks to all the dessert creators, buyers, and Marco Enciso (H3S-Public Health) for organizing the Deliciously Decadent Dessert Duke-out on December 17th. The money raised means five more children will spend an hour with a Deputy buying presents for their family next holiday season during the 10th annual 2016 Shop with a Cop event.

The winning desserts:

Barbara Stringham, County Clerk's Office	Cranberry Bliss Bars
Hazel Barrett, H3S- Behavioral Health, Finance	Chocolate Cake
Matt Westbrook, Finance, Grants	Whiskey Pecan Pie
(Still searching-let us know who you are)	Lemon Zucchini Bread



Do deliciously decadent desserts belong in the Wellness&Safety@Work newsletter? Of course! We believe in whole person wellness. Love, joy, service to others, giving, and fun are all part of being well. \$519 is a tremendous investment in our local community's safety. The children selected to participate have parents who have been in trouble with the law. We can imagine what these children hear about cops. By spending time with a Deputy, in an activity that is supportive to the child, they experience a warm, caring person, and their perspective is broadened about who cops are. It's harder to stereotype and hate when we have an experience that shows us a new view.

Shop with a Cop is organized and funded by the Clackamas County Peace Officers Benevolent Foundation, a charitable 501(c)(3) non-profit. The CCPOBF is a volunteer-run organization. 100% of donations for the Shop with a Cop are used for that program. Thank you to Mark Koberstein, President, who attended the event and was the cashier. More information can be found at the website: www.CCPOBF.org or e-mail CCPOBF@CCPOBF.ORG

Marco used the A-Team activities fund for the gift cards that supported this activity. (If you brought a dessert, and didn't get your \$10 gift card, please contact MRaethke@clackamas.us . Remember, we need to tax you on the income.)



You too can apply for support for an event that brings people together: [A-Team Activities Fund Application](#) . Thanks again!

Wellness & Safety @ Work

Call Before you Dig! By: Dawn Hickson, DTD-Land Use, Development, and Permitting

Dawn is an inspector of new developments – Commercial, Subdivisions, Partitions, Multi-Family and Industrial. She inspects the construction of roadways, property frontages, driveways, and parking areas, as well as the installation of the utilities for developments in Clackamas County.

She also represents Clackamas County as a member of the Metro Utility Coordinating Council (MUCC) and serves on the MUCC Board as the Damage Chair. The goal of the MUCC is to educate the public (private and construction) to “Call or Click Before You Dig.” We hope to reduce the number of damaged utilities by making sure everyone calls or goes online to get locates before doing any digging. **It’s also important to your safety, since an unintended slice through a gas line or an electrical line is a dangerous problem.**

Now is winter tree planting time, or if you are planning your spring landscaping projects, this information will be helpful if you are thinking of digging.

Q - What is the toll free phone number to call for free locates of your utilities from the main lines to the meters serving your house?

A – 811

Q – What do the paint colors stand for when a locate is done?

- A – White – Shows the proposed excavation
- Pink – Shows temporary Survey markings
- Red – Shows electric power lines, cables and conduits
- Yellow – Shows gas, oil, steam, petroleum or gaseous material
- Orange – Shows communication, alarm or signal lines, cables or conduits
- Blue – Shows potable water lines
- Purple – Shows reclaimed water, irrigation and slurry lines
- Green – Shows sewers (storm and sanitary) and drain lines



Dawn Hickson, DTD



Q – Do you have to call in locates when planting landscaping in your yard?

A – Yes, your contractor needs to call in locates if you have hired the work out.

A – Yes if you are digging deeper than 12 inches deep.

A – No if you are doing your own work and it meets ALL of the following requirements:

- You are the owner/tenant;
- The excavation is on private property;
- The excavation is less than 12 inches deep AND
- The excavation is not within an established easement.

Q – How long do you have to wait after calling in a locate before you can begin to plant your landscaping?

A – After waiting the full two (2) business day waiting period.

Additional info about the Dig Laws can be found at:

<http://www.oucc.net/> - Oregon Utilities Coordinating Council

<http://digsafelyoregon.com/> - Oregon Utility Notification Center

<http://www.oucc.net/downloads/Standards-Manual-July-2014.pdf> - Standards Manual

<http://www.callbeforeyoudig.org/> - Utility Notification Center for OR, WA, MT and HI

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Where to Walk - Stone Creek Golf Club By: Lori Bell, Juvenile Department

A great path we love to walk along in Clackamas County circles the [Stone Creek Golf Club](#). It is dog friendly and has a bark dust path beginning in the parking lot of the pro shop. No matter what direction you go, you'll find lots of trees along the way, a few great hills, and a pretty stream to walk along. It is just under 3 miles and has a porta-potty conveniently located about half way through.



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: <http://www.clackamas.us/wellness/walking.html#Where>

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: mraethke@clackamas.us.

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



Wellness & Safety @ Work

Gym Discount Program By: Michelle Raethke, Wellness and Safety Assistant

If you did not know Clackamas County has a large list of local gyms who participate in [our gym discount program](#). We have a variety of gyms from boxing to yoga studios and locations all around Clackamas County. Tamra and I have had the opportunity to visit most of these gyms and encourage you to check out the [Wellness internet page](#) to see what gyms are in your area. Gyms not on the list are welcome to contact [Tamra Dickinson](#) or [myself](#) to be added.



Today I am excited to tell you about two new Gyms that we've added to our [Gym Discount](#) page.

Located in Milwaukie, [YogaRIOT](#) has a new modern feel and a great location. The studio is kept at a temperature between 95 and 100. It may sound hot but it helps your muscles relax. I would definitely suggest bringing a water bottle. But don't worry, if you forget they will loan you one. On the day that I attended class I was able to drink some of their filtered flavored water. It was refreshing and tasted wonderful. The class I took was an hour and a half. Before going I thought it seemed like a long time to be doing yoga. When it was over I was surprised at how fast the class went. We ended with a cool lavender scented towel on our faces and it was rejuvenating. The individual instruction provided was great for someone who is learning Yoga and the instructor was knowledgeable and friendly. The studio has a focus on sustainability which I personally connected to. The classes range from an hour to an hour and a half with all levels of Yoga experience welcomed. If you live in the area or work in one of our Milwaukie locations I would suggest trying out a class.

Located in Happy Valley and West Linn is a traditional Hot Yoga studio called [Bikram Yoga](#). It is smartly designed as an entry level class that even the most experienced Yoga participant can be challenged by. They keep the room at 105 degrees which improves flexibility and helps flush your body of toxins. This is definitely one class you will want to have water! Being my first Hot Yoga class I was delighted by the class's welcoming structure and the unique style that the class provided. I also really enjoyed the group atmosphere, specifically with the breathing exercises. The class challenged me but felt relaxed enough that I could alter poses I was not comfortable with. The facilities were beautifully designed and had a safe and luxurious feel to the space. If you have ever had any interest in Hot Yoga I would suggest trying out these classes. It's a great addition to our discount program.



Photo Credit Sheryl with Birkham Yoga located in Happy Valley and West Linn

Wellness & Safety @ Work

Upcoming Events/Classes 2016

- **Winter Farm Stand** every other Thursday 11:15 am – 2 pm, DSB lobby with Caldwell Organic Family Farms February 4th, 18th; March 3rd, 17th, 31st and April 14th, 28th.
- **Clackamas County Q&A (Queers and Allies) Employee Networking Group.** Monday March 7th, noon in Resolution Services, Public Services Building (2051 Kaen Road Oregon City, OR 97045), First Monday of every month.
- **LGBTQ Bridge 13 Training with SMYRC and NAFY.** SMYRC's Bridge 13 community education is designed to address root causes of discrimination impacting the LGBTQ community and to create safer spaces for queer and trans people of all ages. The Bridge 13 curriculum is broad in scope and covers topics related to sexual orientation, sex, gender identity, and gender expression. Wednesday, March 9th, noon-2 pm, DSB, Room 119/120. Limited spots available, registration required with MandahTay@clackamas.us. For more info, contact Laurel Butman at LButman@clackamas.us. *From Q&A ENG.*
- **Wellness, Safety & Sustainability Fair: Wed April 27, 2016** 10 am – 4 pm
- **Caregiver Lunch and Support Group** meets 2nd 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@clackamas.us) or call 503.650.5724.
- **Walk-Connect Red Soils. Tues June 21, 2016.** Noon – 2 pm. 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 am – 2 pm *from your A-Team*

Wellness & Safety Classified Ads

Looking for Carpool Partner

Hi Everyone! I'm looking for a carpool partner to the Red Soils campus, Monday-Wednesday, approximately 8:00-3:00 (some flexibility) from near Cedaroak Dr. and Hwy 43 (Willamette Dr.) in West Linn. Even if it is only one way or one day/week, I would appreciate reducing car trips. Please contact me at LClifton@clackamas.us

Massage Therapy

Greetings, I am an experienced medical massage therapist of 7 years, graduating from Western States Chiropractic College. I am offering county employees a special price on massage to encourage more relaxation and better health. My one hour rate is \$45 and \$65 for 90. Please email or call to get more info on days available and modalities.

Thank you, Tanneke Z. Dalesandro LMT#16408, practicing at Rosa Wellness Clinic. 4016 SE 31st Ave. Portland, OR 97202 tannekezoe@hotmail.com or 971-678-4296

Pictured to the right you may recognize our multi-talented employee, Tanneke, who also works at the DSB and PSB lobby desks.

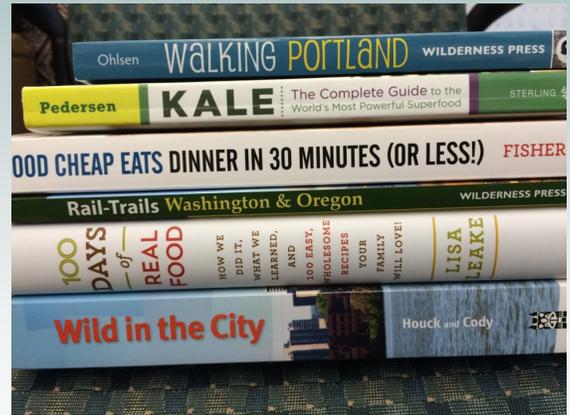


Wellness & Safety @ Work

More Wellness Books By: Tamra Dickinson, Wellness Coordinator

The Sunnyside Health Center is our newest library location. Thank you Olivia McClelland for hosting it for employees. If your site would like a Wellness library and you can be the host*, please contact tamradic@clackamas.us. Below is a list of the new books that are going on the shelves next week, so if you want to borrow one now, send me an e-mail.

Good Cheap Eats/Dinner in 30 Minutes or Less
Kale (The Complete Guide to the World's Most Powerful Superfood)
100 Days of Real Food. How we did it, what we learned, and 100 easy, wholesome recipes your family will love.
Grow Harvest Cook (280 recipes from the ground up)
Wild in the City, Exploring the Intertwine, The Portland/Vancouver Region's Network of Parks, Trails, and Natural Areas
Rail-Trails Washington & Oregon, The Official Rails-to-Trails Conservancy Guidebook
Walking Portland, 30 tours of Stumptown's funky neighborhoods, historic landmarks, parks, farmers' markets, and brewpubs



We also have Wellness libraries in the PSB lunchroom and the Law Library, 821 Main Street in downtown Oregon City. **THERE IS NO SIGN OUT.** Take the book, enjoy it, and return it within four weeks. Please send me requests: tamradic@clackamas.us

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

Quiz Box

The December/ January quiz box winner is... Janet Lowe from the Sheriffs Office!

For the December/January question, we asked you to describe an activity you have done to prepare in case of an emergency.

Janet received an Glow Safety Cup courtesy of Emergency Management. All other participants received a farm token. Thank you for your responses Krysta Criss, Jeri Oswalt, David Sohm, Kathleen Rastetter, Chelsea Lee, Micheline D'Angelis, Diane Karst, Naomi Richard, and Jennifer Kenny!

Here are some of their responses:

- In my purse I always carry two granola bars, at work I have 5 bars and two bottles of water, and in my car I have glow sticks, water, a warm coat and more snack bars.
- We have canned food from the garden this summer so we will have something to eat in case of an emergency. We also have a wood stove and cast iron pans to cook with. The next step is to buy a generator so we will still have water from the pump... It's a work in progress!
- I put together an emergency box including a newly purchased wind up phone charger/flashlight/radio combo, a water filter, food and water. In our house we made emergency backpacks with first aid, food, clothes and hygiene products, etc. So we can just take them and leave if we can't stay put in case of an emergency.
- We are taking classes and researching a variety of topics (wilderness first aid, wild plants, homesteading, etc.) in case an emergency happens where we end up off the grid. We have also discussed safe locations and ways to get there in case disaster strikes.
- I bought my husband a hand crank emergency radio for Christmas to prepare for emergencies and power outages.

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Quiz Box Continued

Here are the rest of the quiz box responses:

- We (my household) just got waterproof matches, waterproof sticks and a bag of fire starter, for warmth in an emergency to add to the packs we have filled with protein and carb snacks, iodine tabs for water purification, extra moisture wicking clothing, outside blankets and poncho's, first aid, etc. so that we could grab and leave in a moment if needed.
- We just purchased Emergency kits for each of our cars and our garage. They each weigh a ton. We are working on making one for our dog, Riley. I also purchased an extra pair of glasses for my desk drawer in case I need to shelter here longer than my daily wear contacts can make it.
- My family and I have a written out route for exiting our house in case of an emergency (fire, earthquake, flood, ect.) Also, we have emergency kits in our house... they have water, MRE's, rope, matches, ponchos, blankets, etc.
- In our house we made emergency backpacks with first aid, food, clothes and hygiene products, etc. So we can just take them and leave if we can't stay put in case of an emergency.
- To prepare for an emergency I have acquired a proper wrench and learned the location and method for turning off the gas to the house when necessary.....

February's quiz box question:

As a follow up to last year's ERGO CORNER sit/stand articles, Risk Management would like to know: "What you are doing to reduce excessive sitting while at work?"

Send your response and preferred prize to: [Michelle Raethke](#) by March 2nd. Answers and winners will be highlighted in the next newsletter. Here are the prizes up for grabs:

1 – Elevates feet and legs to relieve lower back pressure and improve posture. Vented platform allows for refreshing air circulation while oversized massaging panels help to relieve stress and rejuvenate tired feet.



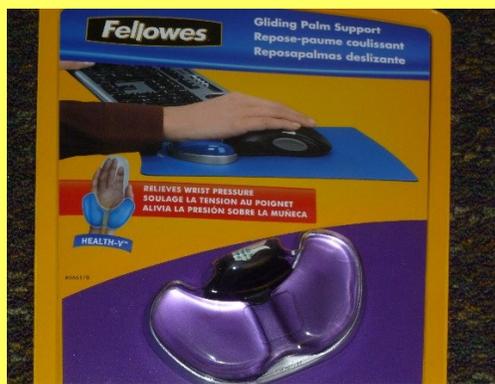
1 Footrest to use while sitting or standing

2 - The Roller Mouse is an ergonomic alternative the traditional mouse that sits directly in front of your keyboard. You move the cursor by touching the rollerbar lightly with your fingertips. Every movement is made from a central position.



2 Roller Mouse

3 – Relieves wrist pressure and is coated with an antimicrobial product protection to reduce germs.



3 Gel Palm Support

4 – Lower lumbar support with three memory foam sections to conform comfortably to natural body curvature. Tri-Tachment system ensures stability and eliminates the need for adjustment.



4 Lumbar support cushion for chair/stool

The answer and winner will be highlighted in the next newsletter. ****Gift card prizes are taxable and reported to payroll.***

Wellness & Safety @ Work

Holiday Half and 5K By: Mark Spross, CCOM



Left to right: Ralph Williams (Facilities), Mark Spross (CCOM), Jeff Jorgensen (Facilities)

The Holiday Half & 5K was a great event and a healthy distraction during the busy holiday season. County employees representing several departments got up way too early on a Sunday morning to go for a walk/run along the bluff in North Portland. Although it was a little cold at the beginning, the weather was near perfect for walking or running. Unfortunately some runners and walkers were unable to complete the entire half marathon course (5K course was not impacted) because of a large industrial fire in the area; but everyone still had a good time and went at least 10 miles or completed the full 13.1. As with other events it is a lot of fun participating in these with other county employees. Some



Left to right: Annie Stuck & Caryn Anderson (Social Services)

in our group were running their first ever half marathon, even though they have been on teams for a triathlon. Another participant was using this event as a training run for the Disney Dopey Challenge. The Dopey challenge is a crazy, but fun weekend of running events at Disneyworld. At the end of the weekend you will have completed 48.6 miles as you walk/run through most of the property and all of the parks at Disney World.

Everyone in our group commented on how fun this event was and how lucky we were to have great weather. A big thank you to the wellness program which helps make these events more affordable and for that extra encouragement to get out there and just start moving .

Turkey Trot 2015

It was an exhilarating (and cold) experience to see the Christmas lights at PIR with my friends and coworkers. What a great way to start the holiday season! **Colette Stiff**



Left to right: Liane Kinne (H3S), Colette Stiff (H3S), Shannon Boyette (Contract Worker)



Top left – Jennifer Joslin-Brown (DES), Top right – Trish Bafus (DES) and their friends

Wellness & Safety @ Work

Join the Shamrock Run/ Walk! Two invitations written by: Mark Spross, CCOM

Make your health in 2016 a priority! A fun event and goal is the 2016 Portland Shamrock Run and Walk. For those experienced walkers/runners to those who have never participated in an organized run/walk, this event is a great chance to meet some colleagues and help set a goal to work toward. The Shamrock has events ranging from a 5K (3.1 miles) to a ½ marathon (13.1 miles). If you have never done a run/walk before consider a “couch to 5K” program. Yes, the training takes some time but not as much as you might think and it is a great way to help improve your health. The Clackamas County Wellness team will reimburse ½ of your registration fees at the end of the event. Go to www.shamrockrunportland.com and click on the “Register Now” link. On the first page select “Team Registration.” On the next page enter team 1975 when it asks for the “Team Registration Number.” Once registered be sure to send a copy of your receipt along with your employee number to Mark Spross at C-COM (markspr@clackamas.us). He will process all of your paperwork and submit it to the Wellness team for reimbursement. Family members are also eligible for the ½ reimbursement. Please contact Mark Spross with any questions.



Sgt. Doug Burgess (CCSO), Mark Spross (C-COM); Tina Burgess (C-COM); Sarah Eckman (Emergency Management) at the Shamrock Run

Be one of the few to walk/ run on a PDX runway!

Have you ever wondered what you can see from the restricted area of an airport? Come join us for one of the least expensive trips you can ever take at Portland International Airport by walking or running a 6K course on the runway. That’s right, the main runway at PDX will be opened to a limited field of walkers and runners on Saturday, September 24, 2016. We are fairly confident they will be landing jets on the other runway so we shouldn’t have to compete for room to run/walk. They have limited the number of participants to 2,500 so if you are interested don’t wait too long to register. Visit <http://htcraceseries.com/event/pdx-runway-run-2016/> to register and then send a copy of your registration to Mark Spross at C-COM (markspr@co.clackamas.or.us) along with your employee number. Don’t pack your bags but come out to PDX for a fun wellness event.

Extra Security:

To complete the registration process, each participant and volunteer must provide his or her full legal name and date of birth so a background check can be completed. The first, middle and last name entered at online registration must match a valid, government-issued photo identification presented during the day of the event. If your identity cannot be verified, or if you do not pass the background check, you will not be allowed to participate in the event.



The Wellness Program provides 1/2 race reimbursement (up to \$75.00) for County teams of at least 3 employees/ family. Email (tamradic@clackamas.us) 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>

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Wellness, energy for life

CLACKAMAS COUNTY

Wellness Resources: (Visit our Wellness Website at 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 [877-330-2746](tel:877-330-2746)

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 and 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:

Tamra Dickinson is the Wellness and EAP Coordinator. 503-742-5486 or tamradic@clackamas.us.

Jeremy Tovey is a Risk and Loss Control Analyst. 503-742-5475 or jtovey@clackamas.us.

Trish Bafus is a Risk and Loss Control Analyst. 503-742-5482 or trishabaf@clackamas.us.

Michelle Raethke is the Wellness and Safety Program Assistant. 503-655-8354 or mraethke@clackamas.us.

Larry Lancaster is the Risk and Loss Control Analyst for WES. 503-742-4618 or llancaster@clackamas.us.