



Wellness & Safety @ Work

CLACKAMAS COUNTY

County Volleyball Teams

By: Scott Anderson and Maria Magallon, Health, Housing, and Human Services

Last week, the [Clackamas County Aces](#), a volleyball team comprised of Clackamas County employees, had their first match of the season at Eastmoreland Courts in Portland – and came out with a win!

Here’s what Maria Magallon said about playing in the league: “The best part was getting to know Clackamas employees from other departments that we would not otherwise interact with. Kudos to the A-Team and the Wellness program for funding and helping with logistics for this great opportunity. There are over 30 county employees participating from county-wide departments; I am grateful to work for Clackamas County and really value team building and networking opportunities.” Continued Page 2



Back row, from left: Edith Balbuena (H3S), Connie Haider (CCSO), Ken Haider (CCSO), Lee Tate (CCSO), Wendi Coryell (DTD), Mark Aitken (H3S), and Glenda Gould (H3S). Front row: Captain Maria Magallon (H3S) and John Coryell

June/ July 2016 Inside this issue:

VOLLEYBALL	1
VOLLEYBALL/ STEPS TO HEALTH	2
MIND BENDERS	3
FRUIT	4
WHERE TO WALK– MARY S YOUNG STATE	5
CHRONIC PAIN	6
UPCOMING EVENTS / STAR WARS DAY	7
DID YOU KNOW– FSA AND HRA	8-9
COMMUTER CHALLENGE	10
FOOD BANK/ STRETCHING	11
WELLNESS BOOKS	12
QUIZ BOX	13
MAY RACES	14-15
WELLNESS, SAFETY AND SUSTAINABILITY FAIR	16-19
WELLNESS RESOURCES, WELLNESS/SAFETY TEAM	20

Wellness & Safety @ Work

Volleyball continued By: Scott Anderson and Maria Magallon, Health, Housing, and Human Services

There are also a couple of other teams from Clackamas County – [Mission Unblockable](#) and the [Happy Hoppers](#). You can find out all the info at [UnderdogPortland.com](#). Feel free to go and root the teams on throughout the season!

Maria Magallon organized the volleyball teams with an [A-Team Activities Fund Application](#), and the help of captains, Kimberly Sticka (DA's Office) and Jeanne Weber (H3S-Public Health), who stepped up to lead a wonderful group of 30 people.



Back row Left to right: Matt Westbrook (Finance), Jeanne Weber (PH), Devlin Moeller (Residential Services), John Weber, Sara Johnson, Ed Johnson(H3S)
Front Row Left to Right: Donna Patlan (Residential Services), Kimberly Cota (Social Services), Caryn Anderson (Social Services), April Everist (SO Investigations), Missing from photo: Tina Kennedy (Social Services)



Team members from left to right: Mike Martinez (Weatherization), Kim Sticka (DA's Office), Scott Vandecoevering (Community Solutions), Patricia Walker (Residential Services), Stacie Martinez (Community Corrections), Lisa Shipley (SO Investigations), Penny Barrick (SO Jail), Ben Malone (SO Jail)

Steps to Health

By: Michelle Raethke, Wellness and Safety Assistant

Congratulations to Marianne Russo (H3S Sunnyside) and Emily Horn (Retired from CCOM) for completing our pedometer program Steps to Health and walking the Oregon Trail! They walked the 4,300,000 steps or 2,150 miles from Independence Rock to Ft. Dalles in Oregon City. Along the way they collected some great prizes including a Liberty water bottle! If you are interested in walking the trail please check out the [steps to health flyer](#) and our [enrollment form](#).



Marianne Russo (H3S Sunnyside) Emily Horn (Retired from CCOM)

Keep Your Safety Submissions Coming

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

April 2016: 25 winners

Top 3 observations:

- 1 Backing into or pulling through a parking spot (72)
- 2 Taking Stairs/ Elevator (48)
- 3 Exercising during breaks (47)



Wellness & Safety @ Work

Mind Bender Brain Stretching Summarized By: Tamra Dickinson, DES A-Team representative

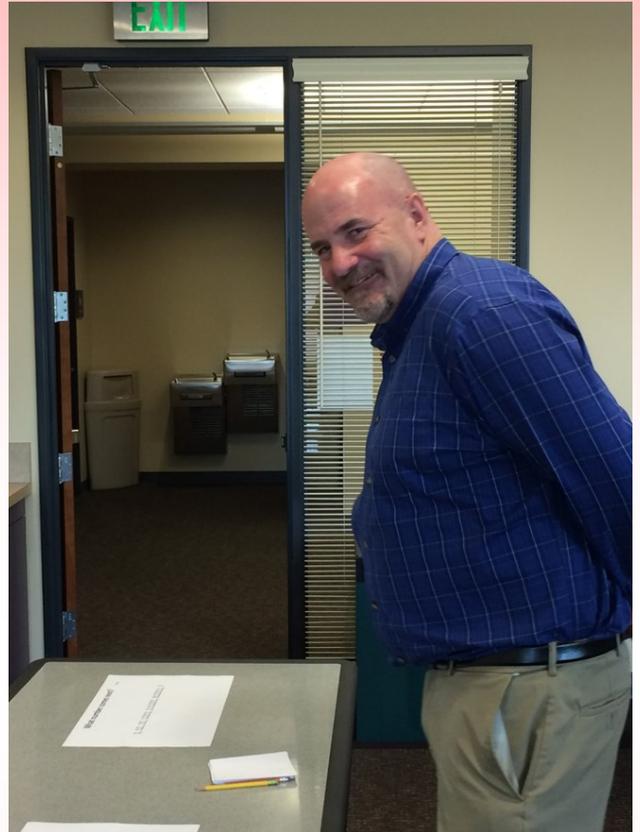
Thank you to Marco Enciso (H3S-Public Health) for putting together an A-Team event with [A-Team Activities Funds](#) * to help us think better at our desks! A quick break to move around, think in different patterns, socialize, and snack can really help our productivity.

If you are beyond the Red Soils campus and want a chance to participate, please find an hour for us in one of your conference rooms, and make sure that 20 people will spend their break with us! We bring the mind benders and the snacks!

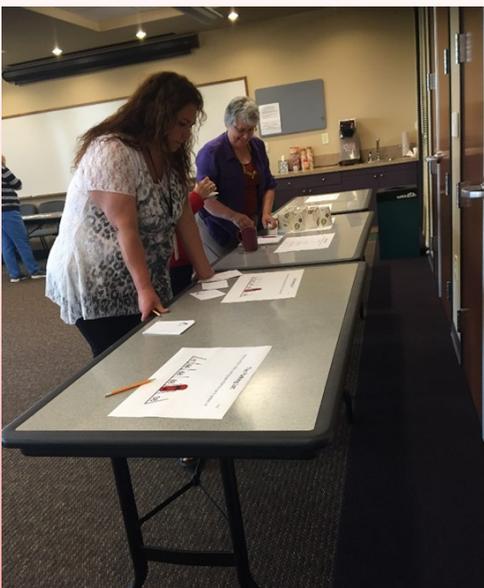
*this is an intranet link that will work from a County computer



We ate cookies too.



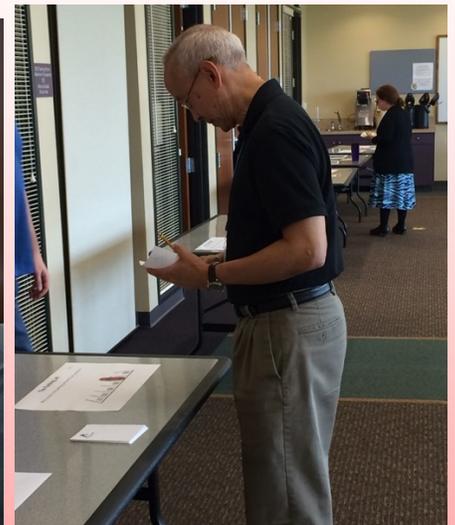
Dan Chandler (Assistant County Administrator) seeks fresh insight to complex dilemmas.



Kathy Thompson (H3S-Public Health) and co-worker work on solving problems.



Erin Braman and Marta Trinidad (both Employee Services) contemplate a number pattern



Kevin Ko (H3S-Community Development) writes, "Thanks for the mental calisthenics. They made me appreciate the relative simplicity of federal regulations!"

Wellness & Safety @ Work

Be a Fruit Coordinator for your Office! By: Tamra Dickinson, Wellness Coordinator

Are you able to shop for fruit or veggies for your office mates at the Thursday DSB Farm Stand or the Saturday Oregon City Farmers Market? If so, the Wellness Program has started a pilot “fruit coordinator” project, giving a volunteer within an office farm coupons or farm tokens to buy the produce. It’s a small bit of work in addition to the shopping. Fruit may need to be washed, and old fruit needs to be managed to keep away those pesky fruit flies. Still, it’s worth an experiment to see what kind of wellbeing we can create through fruit.

If your office is interested, please let me know who is your “fruit coordinator.” You’ll receive the coupons/tokens once a month through September. Each month you need to send a picture (of the fruit, your co-workers, etc.) or “a statement” (like race reimbursement), and then you receive your next batch of tokens.

If you are not on the Red Soils campus, and close to another farmers market, let me know and I can see if they will sell us tokens for you to use.

Thank you to Manuel Padilla (Juvenile Department) for being the first “fruit coordinator” to volunteer for the job.



It's strawberry time at Parsons Farms at the DSB lobby farm stand. Open Thursdays from 11:15 –2:00 p.m.

Wellness & Safety @ Work

Where to Walk - Mary S. Young State Park

By: Samantha Wolf , Business and Community Services

I went for a walk with my husband in the [Mary S. Young State Park in West Linn](#). We are new to the area and were pleased to find a lovely park minutes from our home. We walked along the Riverside Loop Trail and then along the south end of the Heron Creek Loop Trail which traverses the south edge of the park. We enjoyed views of the Willamette River, wildlife, streams, waterfalls, and lovely spring vegetation.



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

Chronic pain is a problem, but the prescription doesn't have to be.

By: Apryl Herron, H3S- Public Health

In Oregon, more drug poisoning deaths involve prescription opioids than any other type of drug, including alcohol, methamphetamines, heroin and cocaine. An average of 3 Oregonians die every week from prescription opioid overdose, and many more develop opioid use disorder.

It's time to shift our approach in managing chronic pain. [Research has shown](#) that opioids lack efficacy in relieving chronic non-cancer pain long-term and also contribute to many undesirable side effects. We now know that many alternative/complementary treatments are just as effective, safer, and can help improve quality of life! If you or a loved one is living with persistent chronic pain, talk with your doctor about the following alternative types of pain management:

Cognitive Behavioral Therapy (CBT)- Changes the thoughts, emotions, and behaviors related to pain, improves coping strategies, and puts the discomfort of pain in a better context. It can include addressing the emotional aspects of the problem and how to incorporate relaxation and meditation techniques into daily life. For many conditions, this approach, along with **chiropractic treatment, acupuncture, massage or physical therapy** can be very effective.

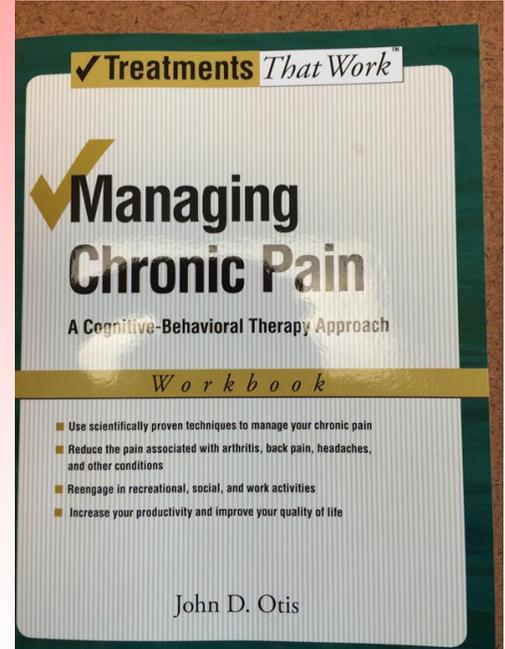
Healthy Eating- Nutrition is an important part of the pain management process. Incorporating foods that contain omega-3 fatty acids, tryptophan, fiber, soy and green tea may help reduce inflammation and neuropathic pain, increase energy levels, and improve mood.

Get moving! Exercise may be the last thing you feel like doing when plagued with chronic pain, but there are many benefits to living an active lifestyle: It keeps your joints moving well, it keeps your muscles strong, it's good for your mental health and it helps maintain a healthy weight.

Both [Kaiser](#) and [Providence health plans](#) offer alternative options for helping you manage your pain.

Public Health staff had a great time engaging fellow employees in conversations around the problem of prescription drug overdose at the April 27th Wellness Fair. Here is what employees shared about managing their chronic pain without a prescription:

- Breathing, rest or aromatherapy
- Yoga
- Massage
- No wheat, soy, corn or dairy
- Mind over matter! I focus on other things
- Jogging
- Stretching
- Advil
- Weekly acupuncture
- Massages
- Taking my dog on walks
- Make your own essential oil salves/rubs



This workbook is in our libraries, recommended by Dr. Joe Merrill, of the University of Washington. We are ordering more, so if you can't find it please e-mail tamradic@clackamas.us to request a copy.



Erica Gillespie and Apryl Herron at the Public Health table at the Fair, exploring pain.

Wellness & Safety @ Work

Upcoming Events/Classes 2016

Commuter Challenge (June 1-August 31): Join your colleagues in seeing how many days you can leave your single occupancy vehicle at home. [See Commuter Challenge Flyer for more info.](#)

Walk-Connect Red Soils. (Tue June 21): Noon -2 pm. Sandwich and Smoothie for \$2 each (*subsidized by your A-Team.*) Walk a mile loop –earn a farm coupon/get a token donated. See flyer: [WALK! Connect!](#)

Relay for Life – Oregon City/West Linn 5K (Sat June 25): [See walk/run/bike list](#) for all the events that have team captains. Wellness reimburses ½ your race fees, or in the case of a fundraiser like this, we make a donation to the organization, or give you farm tokens. [See Form](#)

Benefits After Retirement. (Thu July 7): Noon-1 & 1-2 pm. PSB 369B. Jason Morrill, Benefits Analyst specializing in retiree benefits, presents costs and considerations for health and dental insurance after retiring. Please register with sfalk@clackamas.us.

Retirement Readiness. (Wed July 27): Noon-1 & 1-2 pm. PSB 369B. Wendy Stefani, VOYA representative, presents information how to plan for your PERS, social security, and deferred comp working together to provide your retirement income. Please register with sfalk@clackamas.us.

Blueberries/Ice Cream (Wed July 20): All County delivery *from your A-Team*

Employee Picnic (Thu August 4): Red Soils Campus. 11:30 am-2 pm *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 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) or call 503.650.5724.

Star Wars Day at the Library

By: Patricio Ramirez, TS

May 4th is Star Wars Day and Clackamas County employees and family members helped the Oregon City Library celebrate it in style. There was food and crafts for the kids to make Star Wars themed light-sabers and headbands. They won great prizes via a passport system similar to the Wellness Fair.



Captain O'Shaughnessy (CCSO) with Darth Vader (Patricio Ramirez, TS) Anna Ramirez (Treasurer) is the photographer, and the Stormtrooper is her daughter, Summer Lynn.

Wellness & Safety @ Work

Did You Know? How to differentiate between an FSA & HRA.

By: Jason Morrill, Benefits Analyst

Did you know that people often confuse two of the County's benefits with each other? We often talk with employees who mistake the **Health Reimbursement Arrangement (HRA VEBA)** and the **Flexible Spending Account (FSA)**. With this edition of "did you know", I hope to distinguish these two benefits.

I think the confusion originates in the fact that both accounts can be used to reimburse you for out-of-pocket qualified medical expenses. The funds in your HRA and FSA can be used to reimburse you for things like deductibles, copays and coinsurance. There are also a wide variety of other expenses that qualify under both plans. However, these two plans vary in significant ways. Here is a high level look at the two plans side by side:



	HRA VEBA	FSA
What is it?	A health reimbursement arrangement (HRA) is a type of health plan that reimburses out-of-pocket health care costs incurred by you, your spouse and qualified dependents.	A Flexible Spending Account (FSA) is a special account you put money into that you use to pay for certain out-of-pocket health care costs and/or dependent care costs. The County's FSA vendor is Navia.
Who can participate?	Benefit eligible EA, POA, non-rep, and AFCME-CCOM/WES/DTD regular status employees.	Benefit eligible regular status employees, with exception of POA union members.
How is the plan funded?	Contributions to your account are made by Clackamas County according to bargained agreements. More information: Funding methods	Contributions to your account are made by the employee through payroll deductions. Contributions are made each paycheck and are based on your annual elected amount.
What is the benefit of participating in this program?	Contributions are made by the County, so it doesn't cost you a dime. Money goes in tax free and comes out tax free. Funds are invested, so they can accrue interest or lose value. You retain access to the funds as long as they are in your account regardless of your employment status. Excess vacation over the annual cap can be paid into the account instead of losing it altogether.	Contributions are spread out over the entire year. The annual pledged amount is accessible from day one for the health care spending account. Money goes in tax free and comes out tax free. Reduces your tax liability (check with your tax professional to decide if the FSA is more beneficial for you than the Childcare tax credit, since you cannot take advantage of both).
Are there different accounts?	One account	Two accounts: Health care spending account and dependent care spending account (you may participate in just one or both).
What can I use the money for?	Qualified medical expenses	Health care spending account: Qualified medical Expenses Dependent care spending account: Qualified dependent care expenses
How do I use the money?	Submit a completed claim form with supporting documents to be reimbursed.	Health care spending account: Use your issued account debit card (keep your receipts) or submit a claim form with supporting documents for reimbursement either electronically, by mail or fax. Dependent care spending account: Submit a claim form with supporting documents for reimbursement either electronically, by mail or fax.

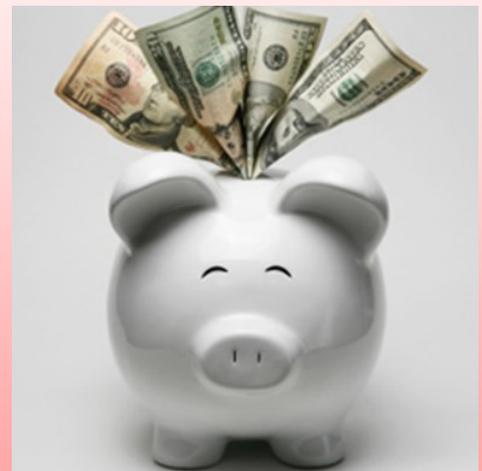
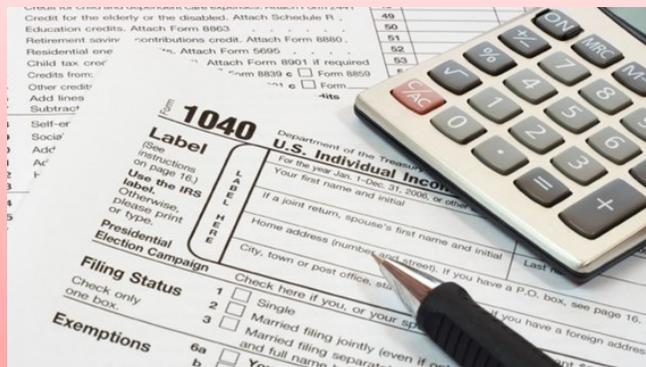
Wellness & Safety @ Work

Did You Know? How to differentiate between an FSA & HRA, Cont.

By: Jason Morrill, Benefits Analyst

	HRA VEBA	FSA
When can I join?	You may enroll at any time: Enrollment kit	You must enroll during your initial enrollment as a new hire, during the annual open enrollment for the coming year or during a qualified life event.
Do I need to reenroll each year?	No, once you are enrolled, you do not need to enroll again.	Yes, you must enroll each year you wish to participate and choose your contribution amount for the year.
Are there any contribution amount limits?	Only County contributions are permitted. Employees cannot make contributions. See Funding methods for more details.	Both accounts: \$5 per pay period minimum contribution. Health care spending account: \$2,500 annual maximum. Dependent care spending account: \$5,000 annual maximum per family or \$2,500 if married and filing separately.
What happens if I don't use all the money by the end of the year?	Nothing, the money remains in your account until your balance is zero.	Up to \$500 can be rolled over to the next plan year for the health care spending account. The rolled over amount will be accessible after April 1 st of the following year to allow for submission of late claims. You lose any amounts remaining in the dependent care spending account as well as any amount over \$500 in the health care spending account.
What if I leave the County?	The account is fully portable. As long as there is a balance, you keep the account when you leave.	You may still submit claims for expenses you incurred through the end of the month in which your employment with the County ends; you cannot incur any new claims after that time unless you elect COBRA and continue to pay the contributions on an after-tax basis. Any amount that has not been reimbursed is forfeited back to the plan.
Where can I find more information?	Additional information about the HRA VEBA can be found on the County's website .	Additional information about the FSA can be found on the County's website .

Did you know you can contact the Benefits staff with any questions you have about your benefit options? If you still have questions about the HRA VEBA or the FSA, please contact [Jennifer Joslin-Brown](#) (FSA) or [Jason Morrill](#) (HRA VEBA). You may also call the employee services main number (503-655-8459) and ask to speak with someone from Benefits.



Wellness & Safety @ Work

Commuter Challenge By: Michelle Raethke, Wellness and Safety Assistant

The Commuter Challenge has begun! We invite you to participate by visiting our [Commuting Webpage](#). To enter, download the commuter challenge registration/log book from the County intranet (Commuter Challenge Log Book), fill in the information, keep track of your days worked, days commuted, and miles commuted. Between September 1st and September 12th, 2016 you can submit your [form to me](#). I will compile data and employees have the opportunity to win some great prizes.

Here are some highlights of the program:

- Find out how much money you can save
- People who are able to walk or bike to work often report “great energy” for the day
- Meet new colleagues through ride sharing
- Additional time for music, reading or napping
- Winning gift cards is great, and the challenge helps us meet our DEQ emissions and congestion reduction goals.



Curtis Barton (WES) – Riding by the Falls

Wondering about “**what if there’s an emergency at home**” and not having your car at work? Tri-Met has a **free taxi ride** home program for alternative commuters (not just public transit, walkers and bikers too) who **LIVE and WORK** in the Tri-Met service district. We have more information on [emergency ride vouchers](#) on the commuting webpage.

Why do we do this?

The Oregon Department of Environmental Quality has the Employee Commute Options (ECO) Program which requires larger employers to provide commute options to encourage employees to reduce single occupancy vehicle trips to the work site. ECO is one of several strategies included in the Ozone Maintenance Plan for the Portland Air Quality Maintenance Area (Oregon City is included in this area). The Ozone Maintenance Plan will keep the area in compliance with the federal ozone standard. Plus, walking, biking, and connecting can help our wellness.

Also please do not forget that this year we have more frequent bus services to the Red Soils Campus running every 15 minutes.



Suzanne Lapidus (Community Health)



Erika Silver (Social Services), Samantha Wolf (BCS) & Gail Shaloum (WES)

Thank you for participating!

Wellness & Safety @ Work

Eat Well, Do Good, and Dunk a Director!

By: Scott France on behalf of Public Health and the H3S Food Drive

Don't miss the fun filled Food Drive this June sponsored by Health, Housing and Human Services (H3S). Eat, drink and play while your dollars go to the Oregon Food Bank's work in Clackamas County.

The big day will be the carnival at the PSB/DSB courtyard on June 16th. Play games, enjoy a savory lunch from local food carts and dunk a director. Other county events during the month will include: Ice Cream Social, Walk-Connect, Darts for Donuts, a raffle, awesome bake sales, Silent Auction with great prizes, and a fundraiser at Oregon City Burgerville June 29th from 5-8p.m. Watch for more details in all county emails.

This fun and important event only comes once a year so don't miss participating while helping us meet a great need in our community.

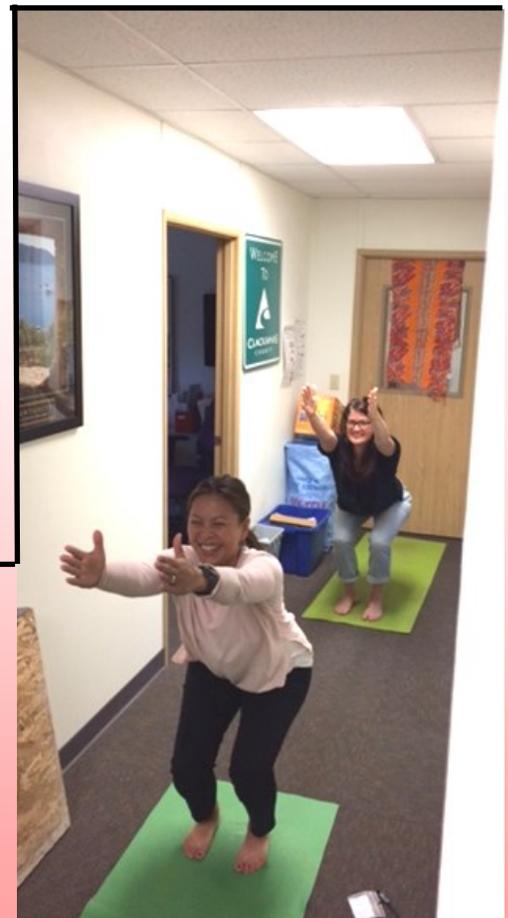
Hunger in Oregon remains a challenging problem that Oregon Food Bank is working tirelessly to solve. In Oregon:

- **270,000 people** per month ate meals from emergency food boxes. *A typical emergency food box provides a three - to five-day supply of groceries. Most food pantries serve a specific geographic area and limit the number of times a family can receive help. On average, families access emergency food boxes four times per year.*
- In an average month, **92,000 children** eat meals from emergency food boxes.
- **3.9-million emergency meals** were served at soup kitchens and shelters.
- And more than **105,000 people** received food through other programs in the OFB Network.



When you're hungry you can't take summer off.

Just \$25 provides 75 meals for people in need.



Stretching for Great Work and Productivity!

By: Lori Bell, Volunteer, Intern & Outreach Coordinator, Juvenile Department

A couple of my colleagues, you can only see one here (Pictured on right), did some yoga this morning before work. Thought it would be fun to share how we started our day in the Juvenile trailer.

Wellness & Safety @ Work

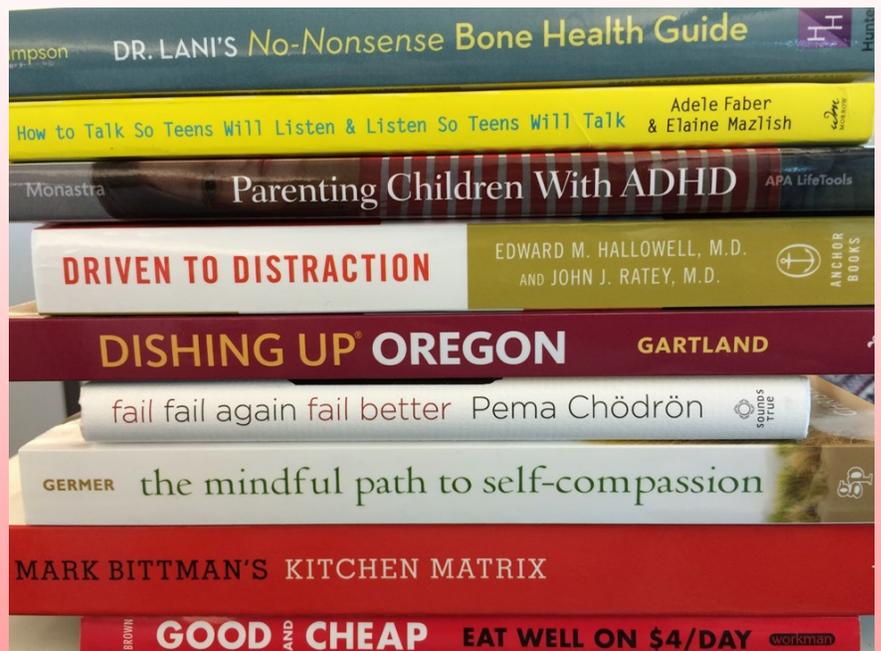
More Wellness Books! By: Tamra Dickinson, Wellness Coordinator

Here are our new books this month. We're glad that a parent requested the ADHD books, an employee thinking about aging requested the Bone Health Guide, and one of our Mental Health Specialists recommended the mindfulness books. They are going on the shelves June 23rd, so if you want to borrow one now, send me an e-mail. If your site would like a Wellness Library and you can be the host*, please contact [Tamra Dickinson](mailto:Tamra.Dickinson@psb.org).

Title	Author
Dishing up Oregon , 145 Recipes that Celebrate Farm-To-Table Flavors	Ashley Gartland
Dr. Lani's No-Nonsense Bone Health Guide - The Truth about Density Testing, Osteoporosis Drugs and Building Bone Quality at Any Age	Lani Simpson, DC, CCD
Driven to Distraction , Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood	Hallowell, M.D., Edward M. & Ratey, M.D., John J.
Fail fail again fail better - wise advice for leaning into the unknown	Pema Chodron
Good and Cheap , eat well on \$4/day	Leanne Brown
How to Talk so Teens will Listen & Listen so Teens will Talk	Adele Faber & Elaine Mazlish
Kitchen Matrix - More Than 700 Simple Recipes and Techniques to Mix and Match for Endless Possibilities	Mark Bittman
Parenting Children with ADHD , 10 Lessons That Medicine Cannot Teach	Vincent J. Monastra, PhD.
The mindful path to self-compassion - Freeing Yourself from Destructive Thoughts and Emotions	Christopher K. Germer, PhD.

Wellness libraries are in the PSB lunchroom, Law Library, 821 Main Street in downtown Oregon City, Sunnyside Clinic, and Community Corrections Residential Center. **THERE IS NO SIGN OUT.** Take the book, enjoy it, and return it within four weeks. Please send me requests.

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



Wellness & Safety @ Work

Quiz Box

The April/ May quiz box winner is... Ramona Ekholm

Ramona won a car storage container. Everyone who submitted a response also received a farm token! Congratulations Chelsea Lee, Dawn Haase, Krysta Criss, Erika Silver, Kayla Christian, Micheline D'Angelis, Elizabeth Leighton, Tiffany Hicks, Diane Karst, and Michelle Newell.

Here are a few of the responses to "As a follow-up to last month's Drive to Zero article: What suggestions do you have for "road rage Coney" to be a calm and safe driver?"

"I find it useful to change my music station when I feel tense. Sometimes my rock music is just too much and it's time to go to a different style of music to help calm my nerves."

"Leave early to give yourself enough time to get to your destination, listen to calming music, and remember that it's not personal when someone cuts you off."

"I encourage 'Road Rage Coney' and everyone to leave for your destination early enough that you can be a patient and courteous driver. When we get in a hurry we tend to fall into the rushed trap of frustration. Take your time and challenge yourself to be the one who lets that extra car into the line when traffic is heavy."

"Coney needs to get his Zzzzzzz's as well as watch Drive to Zero: Aggressive Driving video. You wouldn't do it at a grocery store; why are you doing it on the road."

"If you're upset, wait it out! For example: If you are stressed or upset after a long day of work, stop by the wellness room and sit for at least five minutes before getting in your vehicle. This small five minute rest could end up saving you money... or even a life."

June's quiz box question:

The A-Team just had a Mind Benders event. This event inspired April's Quiz Box questions. Please answer one (or all) of the mind benders and send in your response. Right or wrong a prize can still be won so give it a try!

1. How many months have 28 days?
2. Two mothers and two daughters went out to eat. Everyone ate one burger, yet only three burgers were eaten in all. How is this possible?
3. If there are 3 apples and you take away 2, how many do you have?
4. Using only addition, how do you add eight 8's and get the number 1000?

Send your response to: [Michelle Raethke](#) by June 21st. Answers and winners will be highlighted in the next newsletter.

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



Ramona Ekholm from WES receives her prize.

Wellness & Safety @ Work

Lake Run May 2016 By: Kelly Neumeier, Technology Services

What a gorgeous morning we had for the 40th anniversary of Lake Oswego's Lake Run! The youngest runners didn't take on the 10k with Karen and Kelly, but instead did the 400m dash – which started by running uphill! Alex asked right after the race when he could do it again. I'm not sure his buddy is ready to go again yet.



Left to right: Kelly Neumeier (TS) and Karen Buehrig (Engineering)

Left to right: friend of Alex and Alex (son of Kelly Neumeier, TS)

Left to right back: Elizabeth (daughter of Kathy), Kathy Cook (HC – Beaver Creek) Front center: Ramone (spouse of Kathy)

Vortex Half Marathon & 10K May 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!"

Ilisa Watson, Social Services

"I thought the event was treacherous. It was more of a hike than the typical 10k. Definitely a work out!" **Shannon Boyette, Contracted Worker**

"I loved the natural beauty of the Vortex. It reminded me of completing an obstacle course." **Collette Stiff, Behavioral Health**



Ilisa Watson (Social Services) right, with daughter Lulamae



Left to right: Colette Stiff (Behavioral Health) and Shannon Boyette (Contracted Worker)

Wellness & Safety @ Work

Hippy Chick 2016 By: Caryn Anderson, Social Services

"This was my second time at the Hippy Chick. I did the half marathon last year and 10K with sister Jonelle this year. It was a most beautiful day spent with other Hip Chicks!! Thank you County Wellness for continuing to sponsor events with 'fun' and 'healthy' in the same sentence." *Shelia Burnum (Sheriff's Office)*

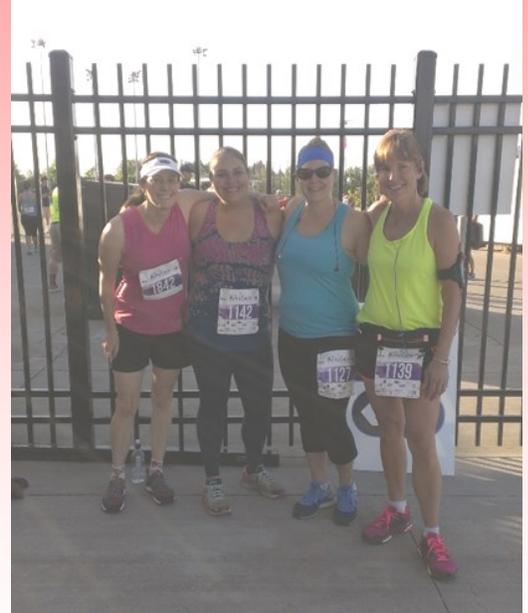
"It is such an amazing feeling to finish a race with such supportive people around you." *Nancy Robertson (Social Services)*

"It was a fun race and I would totally recommend it especially for first time halfers! Beautiful course and lovely necklace for finishing. I set a new PR and finished stronger than I'd hoped. Looking forward to doing it again next year!" *Amy Jackson (Social Services)*

"Hippie Chick was a fun event hosted with live music and treats for finishing the race! It was great to have new co-workers join in on the fun and meet up prior and after the race...great job ladies! Thank you Wellness for bringing us together in a fun event! Loved the finishing necklace!" *Caryn Anderson (Social Services)*

"The Hippie Chick was an amazing event for my first attempt at anything over a 5k! It was fun and motivating and I look forward to doing the full Half M. next year!" *Kim Cota (Social Services)*

"I'm proud of completing my first half marathon! It was tough getting through that last couple of miles and I'm pretty sure the mimosa at the end was the most delicious thing on the planet!" *Ilsa Watson (Social Services)*



Left to right: Nancy Robertson, Ilsa Watson, Amy Jackson, Caryn Anderson (all from Social Services)



Shelia Burnum (Sheriff's Office) and sister, Jonelle



Left to Right: Caryn, Amy, Ilsa, Kim

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@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>

Wellness & Safety @ Work

Wellness, Safety and Sustainability Fair

Compiled by Tamra Dickinson, Wellness Coordinator

Most Photos by Larry Lancaster, DES and WES Safety and Loss Control Analyst

Thank you to over 600 employees, family, volunteers, and citizens who joined us on April 27, 2016 at the fair! You invested in your health, safety, and sustainability, and learned ways to “Be Your Hero.”

Who won the prizes? Check out our list of [prize winners](#) located on the [Wellness Webpage!](#)



Steve Kelly and Mark Siros (H3S-Community Development) volunteer at the registration table.



Meet our new Benefits Manager, Kristi Durham (left). You all have likely asked Billie Hurley (right) a Benefits question, and received her knowledgeable customer service.



Pictured above left: Gari Johnson's (WES) message is: “NO Wipes in Pipes.” Did you see the wipe that hadn't disintegrated for 9 months?

Pictured center right: The OSU Extension Service offers a wide variety of educational programs, including those that cover the “garden to the plate” Sheryl Hall (left – Facilities) also volunteers as a Master Food Preserver with the Family Food Education Program. Jordis Yost (right) is Program Coordinator for the Clackamas County Master Gardener Program.

Pictured to the right: Dave Dixon (Transportation Maintenance) urges us all to slow down in construction zones. Please don't run over your co-workers!



Wellness & Safety @ Work

Wellness, Safety and Sustainability Fair Cont.

Compiled by Tamra Dickinson, Wellness Coordinator

Pictured on the right: Employees donated 67 pairs of glasses and 2 boxes of contacts. Refractive errors can be easily corrected with eyeglasses, yet millions living in low and middle income countries lack access to basic eye care services. Lions volunteers collect usable glasses in their communities to support the Lions Recycle for Sight program. Thank you Marilyn Dailey in TS for starting the tradition of collecting at the fair!



Sarah Holcombe (DTD - Dog Services) shares information about making sure our pets are ready for an emergency. How would you provide for your pets if you had to evacuate suddenly?

Pictured to the right: The Behavioral Health Team talks with employees and encourages each and every one of us to create space for the sometimes difficult, yet absolutely crucial, conversations and questions about mental health and suicide. Questions such as, "Are you thinking about suicide?" do make a difference in the lives of our friends, our families, our neighbors, our co-workers. During the fair, a number of employees shared very personal stories of the ways in which mental health issues and suicide have impacted their lives.



Teri Jarmon (H3S-Behavioral Health) and Cindy Trumpower (Finance) sample a variety of KIND bars.



Wellness & Safety @ Work

Wellness, Safety and Sustainability Fair Cont.

Compiled by Tamra Dickinson, Wellness Coordinator

Pictured to the right: Galli Murray and Nina Danielsen, Behavioral Health. Thank you for reminding us about the power of being an ordinary superhero by asking the question, "Are you having thoughts of suicide?" If yes, stay with the person and call the Clackamas County Crisis Line at 503-655-8585 for immediate support and next steps. For non-urgent assistance and if you are an employee or family member, call the Employee Assistance Program at 1.877.851.1631.



Pictured bottom Left: Vicky Anderson, center, (you all should know her; she's responsible for your paycheck!) Payroll Manager, works up her fierceness for a punch. Greta Nickerson (Finance) looks on. Rex Mercer (Community Corrections) teaches self-defense.

Pictured lower right: Brett Caldwell from Caldwell Family Farms and Jackie Hammond-Williams from the Oregon City Farmers Market gave out bags of kale and talked about the great vitamins found in leafy greens.

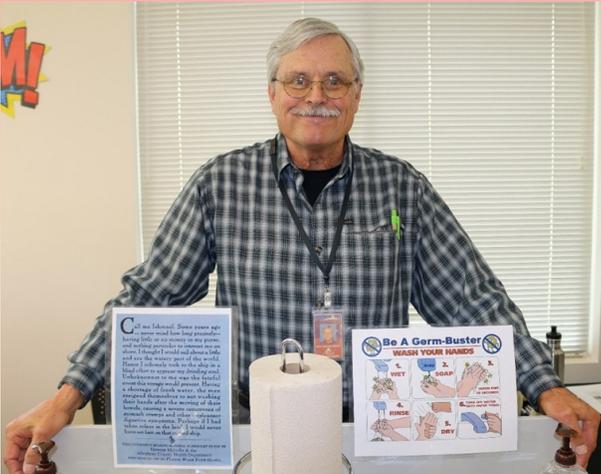
17 employees brought used batteries.

Forgot your used batteries? They can be taken to Metro's Hazardous Waste Facility at the Metro South Transfer Station, 2001 Washington St, Oregon City, Mon – Sat, 9 am – 4 pm. A small fee of \$5 covers any batteries and other household hazardous waste brought in. <http://www.oregonmetro.gov/tools-living/healthy-home>

Wellness & Safety @ Work

Wellness, Safety and Sustainability Fair Cont.

Compiled by Tamra Dickinson, Wellness Coordinator



Pictured above: Dan Leasure, Environmental Health Specialist from H3S-Public Health Division runs a hand wash station designed to let us see how well we remove the germs from our hands. Dan and his 7 colleagues inspect restaurants and pools throughout the County.

Pictured top right: Left to right: Kristen from Standard (our Employee Assistance Program provider) and Jamie Hays, (Emergency Management)

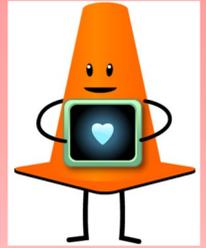
Pictured to the right: Christian Snuffin, Civil Engineer, (Transportation & Development) explains the inside of a traffic signal. The team talked with visitors about traffic safety engineering and the driver's role in safety.



Pictured above Left: The PeopleGrowers crew who help us put on the Fair bought kale raab from Caldwell Family farms. (Raab is the clustered flower buds from plants in the brassica family before they set seed in the spring) They cooked it up in a delicious stir fry.

Pictured above right: Wendy Stefani from VOYA talks with employees about the deferred compensation plan, Oregon PERS options and Social Security benefits. VOYA offers free financial planning to estimate your retirement income, goals and objectives. Take advantage of the County's tax deferred savings program today. Just \$13 a paycheck or 1% of your pay is all it takes to get started.

Wellness & Safety @ Work



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 and 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 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: www.eapbda.com (login: standard6; password: eap4u6).

Your Wellness & Safety Team:



From Left:

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