



# Wellness & Safety @ Work

## CLACKAMAS COUNTY

### New Meditation Class Being Offered!

By: Alison Wesley, Working with Yoga

Meditation has become popular in our modern world. It's become a source of calm for many as the balance to our multi-tasking lives. We've all heard the benefits before (stress-reduction, improved focus, heart health, better immunity, to name a few)...but what do these things actually DO for you?

When the mind is relaxed, and the breathing/heart rate slows, everything improves. We switch from the "fight-or-flight" state governed by the sympathetic nervous system to the "rest and digest" state of the parasympathetic nervous system. This means your cells can regenerate. Digestion, circulation, lymph flow all improve. Things like chronic headaches, stomach pain, back pain, dizziness (all linked to stress) start to subside. Sleep improves.

Is it magic? No, it's a tool. Meditation is a tool to bring a sense of reset to the system. If you wake up at 3am unable to sleep, you can create a breathing practice to bring you back to rest. When you have an overwhelming number of emails and deadlines, you have already practiced staying focused on one thing at a time and will be able to complete a project in a focused way, instead of making mistakes from feeling mentally scattered.



Danielle Hanna will be leading our new Meditation Class starting November 24th

Do you say to yourself, "I could never meditate. I think too much." Well, guess what? Everyone's brain thinks when we try to clear the mind. It's all about learning the tools and practicing them, so they are there for you when you need them.

This term Danielle Hanna will be leading a 5 week session on meditation at the Red Soils Campus. She has had years of trainings and is one of the only Masters in Ayurveda here in Portland, along with being a wonderful yoga/meditation teacher. Her classes are open to folks who have never meditated as well as those who have been practicing for years. She teaches in a very step-by-step manner so you will learn how to use the focus of your breathing as a tool to help you release the stress of everyday life.

Come try it out and see if it changes your day! To register fill out the [Meditation Class Enrollment form](#) and send it to [Michelle Raethke](#) in DES by October 25th.

### October 2016

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# Wellness & Safety @ Work

## Don't succumb to the Aggressive Driving Disease!

By: Jeremy Tovey, Risk Management

In our last Wellness & Safety Newsletter, Joe Marek, Traffic Engineering Supervisor for DTD, discussed in his article, "Shopping Cart Road Rage?" the concept of aggressive driving and how absurd it would be if we pushed around shopping carts with such aggression. I decided to continue this topic on aggressive driving.

I grew up in the small town of Irrigon, Oregon, along the Columbia River with a population of around 1,000 people. There's a gas station/ convenience store and a truck stop, basically a small farming community. While driving recently on a family trip to visit my parents in Irrigon, I noticed that pretty much every vehicle in front of me had a bad case of the "I'm in no hurry to get anywhere disease." Did I drive this slowly when I lived here? After complaining for a while I finally realized that maybe I was the problem. Most of the cars were doing the speed limit with maybe just a few doing 5 MPH below the limit. Was I in that big of a hurry to risk causing a rear-end collision from following too closely (tailgating)?

### Aggressive driving may include any of the following:

- Failure to obey a traffic control device.
- Overtaking and passing another vehicle on the right by driving off the pavement.
- Unsafe lane changing.
- Following a vehicle too closely (or tailgating).
- Failure to yield the right-of-way.

In some states, such as Arizona, aggressive driving is a misdemeanor criminal offense. In Oregon you could be cited for careless and /or reckless driving (depending on severity or if you caused an accident).

Use this as a good self-check to see if you might fall into one of these categories below:

**The Speeder** – This driver wants to get from point A to point B as quickly as possible and will become enraged if forced to slow down.

**The Competitor** – This person sees the speeder coming and decides to race that driver.

**The Passive Aggressor** – This driver blocks other drivers and does not let them pass or merge.

**The Narcissist** – This person takes a dislike to another driver because of race, sex or type of car.

**The Vigilante** – This person is going to make a violator of the rules pay.



**Quick Fact:** Approximately 57% of all fatal and serious injury crashes – and more than 40% of all crashes -- on roads in Clackamas County are at least partially attributable to aggressive driving.



### CHOOSE SAFE BEHAVIORS

Wear your seatbelt, and be sure your passengers do too

Follow speed limits

Plan enough time to safely travel to your destination, include traffic time

Be sure to give other drivers enough space on the road

Stay calm behind the wheel



# Wellness & Safety @ Work

## Marquam Trail from Terwilliger Blvd (Portland) to Council Crest Park

By: Marc Gonzales, Finance

I took this hike to try out and break in the new boots I bought for this year's demanding August hike in the Beartooth – Absaroka wilderness in Montana. The boots worked fine; this trail was great! This is uphill one direction and downhill on the return – an out and back 6 - 7 mile adventure. The rewards include a cool and shady trail walk through open woods with lots of long views through the trees, discovery of hidden places as you cross Fairmount Boulevard and finally ascend to the jewel of the west hills of Portland, Council Crest Park. You can see a huge view of Portland from this highest spot in the City, and from there look forward to walking a little easier on the descent to return to the [Terwilliger Boulevard parking turnout](#).



### 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

## Steps to Health Pedometer Program

By: Michelle Raethke, Wellness and Safety Assistant

Congratulations to Mark Spross (CCOM), Bethany Lasko (Juvenile) and Michelle Newell (Finance) for completing 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](#).



Mark Spross (CCOM)



Bethany Lasko (Juvenile)



Michelle Newell (Finance)

## Keep Your Safety Submissions Coming

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

**August 2016: 20 winners**

**Top 3 observations:**

- 1 Backing into or pulling through a parking spot (86)
- 2 Exercising during breaks (55)
- 3 Stretching (51)



# Wellness & Safety @ Work

**National Prescription Drug Take-Back Day** Saturday, October 22, 10:00 AM - 2:00 PM  
By: Apryl Herron, Public Health and Sara McClurg, CCSO

On Saturday, October 22, from 10 a.m. to 2 p.m. the Drug Enforcement Administration (DEA) in partnership with local law enforcement will host another National Prescription Take-Back Day at various locations in



Reserve Officer Richard Coffman, CCSO, Spring 2016 Prescription Drug Take-Back Event.

Clackamas County and around the nation.

This is a great opportunity to rid your home of unwanted or unused opioid prescriptions - the pills left in our medicine cabinets. To ensure these unused drugs do not cause harm, safe and convenient disposal is essential. This is a very timely initiative that supports the efforts of County Public Health and Sheriff's Office staff who are working to address the negative impact of prescription opioids on our community. According to the Oregon Health Authority:

- Oregon has one of the highest rates of prescription opioid abuse in the nation.
- 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 a prescription opioid overdose, and many more develop opioid use disorder.

In addition, proper disposal helps reduce the number of accidental poisonings in children and protects the environment. Water treatment plants are not designed to remove medications, so flushing prescriptions down the toilet or throwing them in the trash both pose potential safety and health hazards by contaminating surface and groundwater supplies.

**Pitch in! Help keep yourself, your loved ones and community safe by disposing of your unused medications on October 22nd.**

## Drug Take-Back Day: 10.22.16 Clackamas County Locations

Lake Oswego Adult Community Center:  
505 G Ave, Lake Oswego

Canby Police Department:  
1175 NW 3rd Ave, Canby

Public Safety Training Center:  
12700 SE 82nd Ave, Clackamas

Sandy Community Center:  
38348 Pioneer Blvd., Sandy

For questions, contact Officer Sara McClurg  
at 503-785-5077

## Acceptable items for Disposal:

Prescription medications  
Over-the-counter medications  
Vitamins  
Pet Medications  
Medicated ointment tubes

## These items will NOT be accepted:

Thermometers/sharps/syringes  
Aerosol cans  
Inhalers  
EpiPens  
IV bags

# Wellness & Safety @ Work

## Alternate Commute

Summarized By: Michelle Raethke, Wellness and Safety Assistant

This summer the Clackamas County Department of Disaster Management (formerly Emergency Management) encouraged Clackamas County Employees to think about alternate routes and alternate methods to and from home and work, following a large catastrophic earthquake.

On June 7<sup>th</sup> employees explored what it would be like to have a 9.0 magnitude earthquake. Employees practiced what it would be like to have road closures and see how it would affect their commutes. Thank you to everyone who participated. Here are some photos we received along with some of your fellow employee's quotes from the drill.



"I drive May Rd. to South End Rd. to Warner Parrott Rd. and Warner Milne Rd. to DSB. As the crow flies it's about 2.5 miles. If the 9.0 earth quake takes out the PGE twin High Voltage power pole and lines, I most likely will not be able to get to work by car, as the lines cross the intersection of May Rd. and South End Rd. diagonally. If the lines fall uphill to the north, then I might be able to drive or ride my bike south on South End Rd. to Hwy 99E and ride/ drive to Oregon City to work if the cliffs along Hwy 99E have not given way and covered 99-E with debris. If the voltage lines fall to the south I might be able

to cross over neighbors property walking my bike uphill cross country toward Oregon City until I find a way to a road, which might be Impala Ct to South End or really go cross country up and down hills to S. Central Point Road to the intersection of Warner Parrott Rd. and Warner Milne Rd., then to DSB on Warner Milne Rd."

### **Employee in DTD**

"Based on the drill road closure information, it doesn't appear that my route to work would be impacted – BUT – I did come up with some alternate routes to work (4).

I also figured out that from where I live (Gladstone), there is no way to get to work without crossing a bridge over the Clackamas River, and then very few options where I don't either go under/over an overpass. Then there's the risk of landslides of even getting to the top of the hill. If it was a huge earthquake – ultimately, I think my safest way to work would be by walking, which depending on the amount of damage would probably take about 2 hours (and I've only walked about half my route, not the whole thing). Here's a picture of me in my walking shoes!" **Employee in DES**



"In case of an emergency, I travel with a cooler in my car, water and hopefully, a cup of coffee to get to my destination." **Employee in Assessment & Taxation**

"I counted the bridges/overpasses on my drive home (there were 3) and then came up with a couple alternate routes (99E and 82<sup>nd</sup>/92<sup>nd</sup>). Thanks- this was an informative exercise!" **Employee in Behavioral Health**

Remember to practice on Shake-Out Day: Tuesday October 20, 2016 at 10:20am. Drop, Cover and Hold on, right where you are.

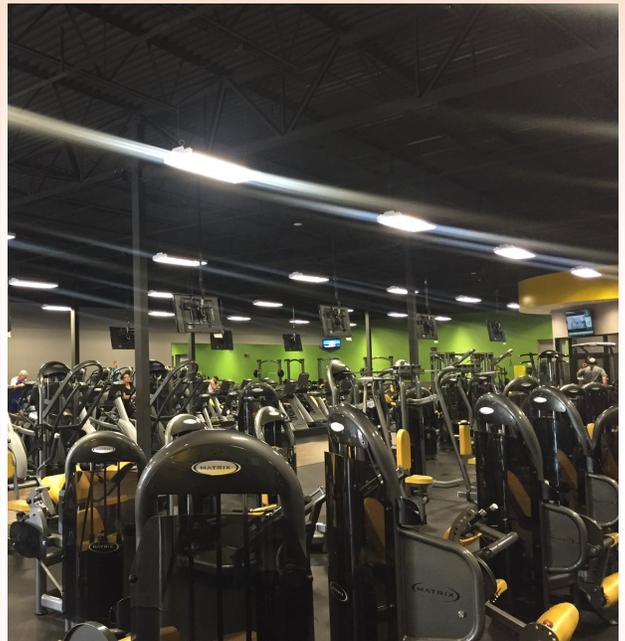
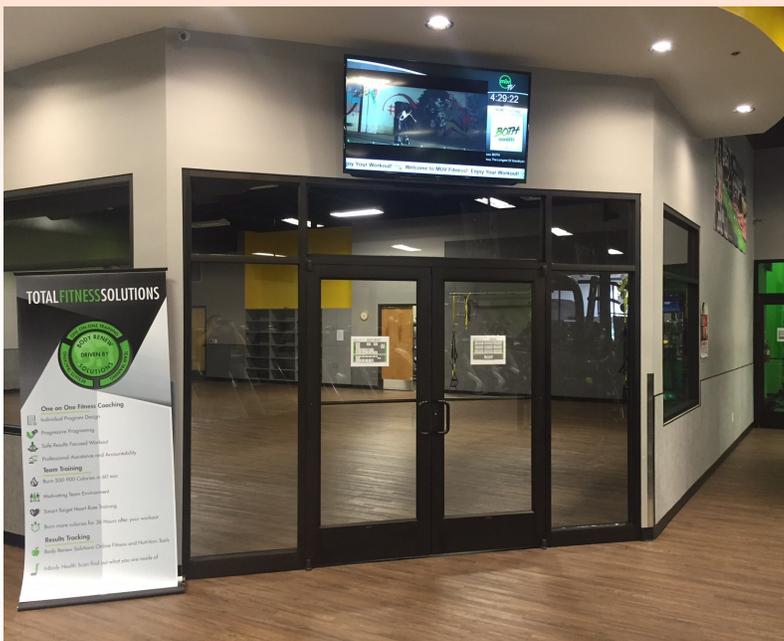
# Wellness & Safety @ Work

## New Gym close to Centerstone on the Gym Discount List

By: Michelle Raethke, Wellness and Safety Assistant

We are happy to announce our latest addition to our Gym Discount Program. Located near Clackamas Town Center and close to our very own Centerstone Clinic is Müv Fitness. The gym focus is for individuals who are starting their workout journey. They focus on cardio, circuit training, personal training and have a variety of classes they offer. Their available classes range from senior fitness classes to hip hop dance.

One unique class they offer is called BRZ. The focus of this workout is to keep you in a target heart range. They monitor your heart range throughout the workout so you can see how hard you are exercising. Another free amenity is hydro massage. They are open weekdays from 5am to 11pm and weekends from 8am to 8pm. If you would like more information check out [our gym discount](#) page for a link to their website.



## Upcoming Events/Classes 2016

**Benefits After Retirement** (October 12th: Noon-1 & 1-2 pm. PSB 369A. Jason Morrill, Benefits Analyst specializing in retiree benefits, presents costs and considerations for health and dental insurance after retiring. Please register with [Suzy Falk](#).

**Retirement Readiness** (October 19th: Noon-1 & 1-2 pm. PSB 369A. Wendy Stefani, VOYA representative, presents information on how to plan for your PERS, social security, and deferred comp working together to provide your retirement income. Please register with [Suzy Falk](#).

**Open Enrollment Open Houses** (November 2nd and 8th) DSB first floor conference rooms. 11:00 am-3 pm

**Wills and Trusts** with Tom and Richard Noble. November 3rd, Noon only, PSB 369. No registration necessary.

**Flu Shots are now going on.** The [Wellness website](#) has a link to the upcoming dates and times if you would like to sign up.

**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 2<sup>nd</sup> Monday of each month from 12-1 p.m. in PSB-255. Lunch is provided/please RSVP. Questions or registration e-mail [Shelly Reid](#) or call 503-650-5797.

# Wellness & Safety @ Work

## 2016 Commuter Challenge

By: Michelle Raethke, Wellness and Safety Assistant

This year for the Commuter Challenge we had 59 total participants. These participants came together to walk a total of 942 miles (more than doubling last year's totals), biked 6,085 miles and took public transportation for 8,697.5 miles.

We saved over 19,000 miles of driving from county employees carpooling and had an estimated gas savings of \$3,964. Thank you to everyone who participated. For a list of winners please click [here](#) and to see our emission reductions please click [here](#).

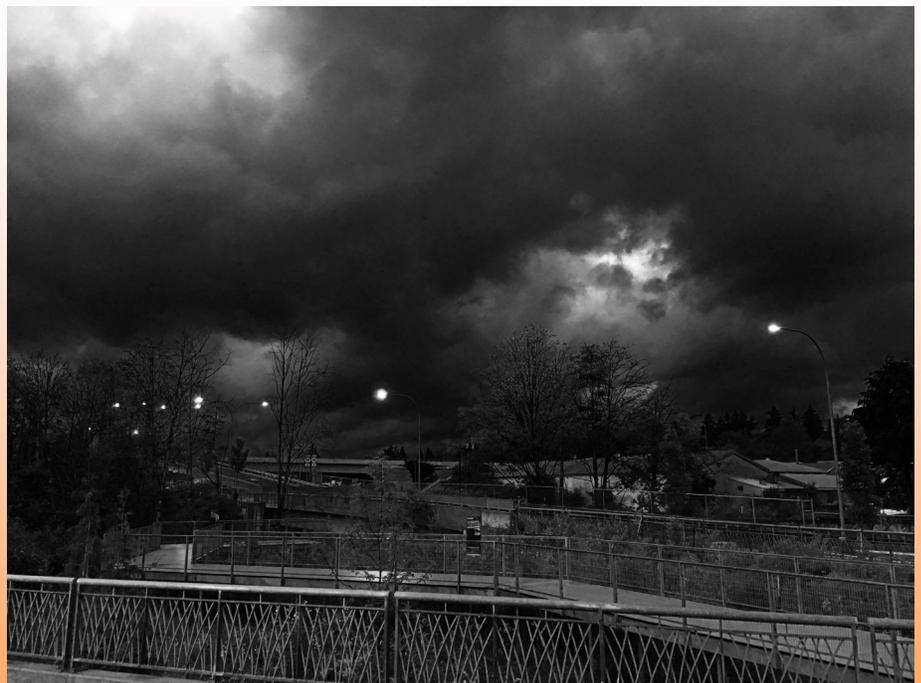
### Some interesting facts:

- There were a total of 59 participants in the challenge this year.
- Our combined average commute percentage was 64%.
- Together we commuted alternatively for a total of 36,736 miles during the Commuter Challenge.
- We calculated an estimate of 32,096 miles that were not driven by participants during the challenge in relation to gas savings. (100% of the miles commuted by walking, biking, telecommute and transit were included in this total. 66% of the miles commuted by carpool or vanpool were included in this total based on an average carpool of 3 people.)
- From the estimated 32,096 miles not driven by participants, we estimated a total gas savings of \$3,694 for 1,561 gallons of gasoline (based on an average cost per gallon of \$2.53 and average miles per gallon of 20.56).
- We calculated that 32,096 of the miles not driven contributed to less emissions. For some incredible stats regarding reduced emissions as a result of the 32,096 miles not driven, see the attached emission reduction totals.

We would also like to congratulate Paul Schultz and Dee Lebaron for their winning submissions for the Commuter Challenge photo contest. Their photos can be seen to the right. Assessment and Tax employees voted on the winning submissions. It was wonderful to see all of the creative and inspiring submissions.



Commuter Challenge Photo from Dee Lebaron (Community Solutions)



Commuter Challenge photo from Paul Schultz (Community Corrections)

# Wellness & Safety @ Work

## Quiz Box

### The June quiz box winner is... Greg Radinovich

Greg won a book called Shifting Gears. Everyone who submitted a response also received a farm token! Congratulations Laura Acton, Shannon Barkley, Loretta Bayley, Ansel Bayley, Mike Bickerton, Steven Bloemer, Susan Brookshire, Merry Broughal, Richard Carlson, Kayla Christian, Krysta Criss, Micheline D'Angelis, Leslie Davies, David Dixon, Allyson Eells, Dean Engelman, Sarah Hamilton, Patti Hutcheson, Charlene Kasch-McIntyre, Brent Kellner, Elizabeth Krager, Chelsea Lee, Michael Martinez, Debbie McCoy, Molly McKnight, Deena Mehdikhan, Margaret Moore, Jason Morrill, Michelle Newell, Jesus Perez, Greg Radinovich, Michelle Raethke, Patrick Ramirez, Darcy Renhard, Joan Reynolds, Shari Riedman, Jenyfer Smith, Amber Staley, Lori Stomps, Kathy Swanson, Erica Thygesen, Cindy Trumpower, Jeanne Weber, Fred Wienberg, and Sandy Weijland.

#### Here are the answers to last month's Quiz Box Questions on Mind Benders:

1. How many months have 28 days? **12**
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? **There was a grandmother, mother and daughter.**
3. If there are 3 apples and you take away 2, how many do you have? **2**
4. Using only addition, how do you add eight 8's and get the number 1000? **888 + 88+8+8+8**

### October's quiz box question:

Over this past summer we have focused on commuting and safe driving. Please answer as many of the following questions as you can about driver safety and commuting. Right or wrong, a prize can still be won so give it a try!

1. What percent of Clackamas County driver accidents can be at least partially attributed to aggressive driving?
2. Name some examples of what can be considered aggressive driving.
3. The odds you could die in a plane crash are 1 in 11 million. What are the odds for driving in a vehicle?
4. Teen Drivers ages 16-19 are \_\_\_\_\_ times more likely to be in a fatal crash than drivers over 20 years old.

Hint: Some answers can be found in Jeremy's article, [Don't succumb to the Aggressive Driving Disease](#) and on the county [Drive to Zero webpage](#).

Send your response to: [Michelle Raethke](#) by October 27th. Answers and winners will be highlighted in the next newsletter.

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

## Texting While Driving Is



## Like Being Blindfolded

Drive to Zero photo contest winner submitted by Alyssa Bigelow of Sandy High School.

# Wellness & Safety @ Work

## Employee Week events – Grand Slam Caps, Epic Pickles Comeback, and Cornhole From the Activities Team (A-Team)

Dawn Gilbert (H3S-Behavioral Health at Hilltop) organized a variety of Employee Week events. If you went to the Clackamas County day at the County Fair, bowled, or attended the Pickles game, please thank Dawn! It was an exciting time at the baseball game: “With a 4-2 deficit entering the bottom of the ninth, the Pickles (28-24) got a leadoff single from J.T. Navarro and a Joey Sanchez hit-by-pitch to put the tying run on base. Navarro then stole third and scored on a Nick Grimes single, and Sanchez scored the tying run from third on a squeeze bunt by pinch-hitter Joey Cooper. A bunt single by Carson Breshears then loaded the bases for Hardy with none out against reliever Brian Morley (0-2). The home run was the first walk-off homer in team history, as well as the Pickles’ first-ever grand slam.”



Clackamas County employees enjoy a Portland Pickles Baseball Game



Dawn and Pickle



Texas Cornados Ryan Johnson and Garrett Teague (PGA) won the annual cornhole championship on August 4, 2016.



Being that it was our first time ever playing cornhole, I think our team "Toss Me Safely" did pretty good with a 3rd place finish. Trish Bafus and Jeremy Tovey (Risk Management)

# Wellness & Safety @ Work

## Mind Your Mind - Mental Health Strategies Are Similar to Physical Health

By Galli Murray, Suicide Prevention Coordinator and Tamra Dickinson, Wellness/EAP Coordinator

Galli Murray, Suicide Prevention Coordinator, H3S-Behavioral Health and Tamra Dickinson, Wellness/EAP Coordinator, Department of Employee Services

Mental and emotional well-being is essential to our overall health. Galli works as part of the Behavioral Health Division and is leading the [Zero Suicide](#) initiative within the larger H3S Department. She's a great advocate for all our whole wellbeing.

"Think about making mental health strategies such as taking your break at work, journaling, connecting with others and yoga a part of our daily routine, along with brushing our teeth, taking a walk, and getting a good night's sleep. Mental health is just as important as our physical health."

Here are some tips from the [Mind Your Mind Project](#) :

### Top 10 Easy, Everyday Ways to Improve Your Mental Health

- 1) Spend Time Outdoors
- 2) Share a Laugh
- 3) Express Gratitude
- 4) Get Quality Sleep
- 5) Exercise
- 6) Dance
- 7) Talk (to a friend, to your cat...)
- 8) Take a Break
- 9) Sing (in a choir, in the shower...)
- 10) Your idea here!

Check out the [Mental-Health-First-Aid-Kit-Checklist](#)



### Save-the-Date! Benefits Open Houses for Open Enrollment!

Clackamas County benefits-eligible employees: This year's Open Enrollment period, which is your annual opportunity to make benefit plan changes, runs from Oct. 31 through Nov. 16.

Join us at the Open Enrollment open houses to learn more from our benefits vendors in order to choose the medical, dental, and insurance coverage that best suits you and your family.

Open houses are **Wednesday, Nov. 2**, and **Tuesday, Nov. 8**. Each will take place from 11 a.m. to 3 p.m. in the first floor of the county's Development Services Building on the Red Soils campus in Oregon City.

Please come join us on one of the days. In addition to our benefits partners and staff, we also have flu shots, gyms, massage therapists, and other ways to invest in your health.

Your Clackamas County Benefits Team

# Wellness & Safety @ Work

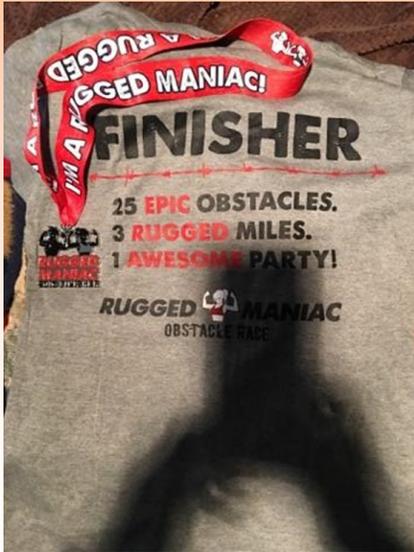
## Rugged Maniac– July 2016

Compiled by Susan Titus, Behavioral Health

“That was more fun than I expected it to be.” *Tim Browning CCI*

“What a great swim! That’s not sweat, it’s liquid awesome!”

*Kali Steppe CCI*



“ Rugged Maniac is something I look forward to every year! This is such a fun event to do with co-workers and family.” *Tracy Goodrich, Victim Assistance*



Colette Stiff and Susan Titus, both Behavioral Health

“Fun as usual. We will see you again next year Rugged Maniac.” *Mark Lundervold CCI*

“I could not stop laughing. I had a blast going through the challenges and giving it my all. I hit “the wall” running and made it up and over, with the help of the magic hands at the top, on my first try. I was so excited and felt triumphant.” *Colette Stiff Behavioral Health*

## Hood to Coast / Cascade Lakes Relay– August 2016

Thank you to all of the teams who participated in this years Cascade Lakes Relay, Hood to Coast and Portland to Coast teams. Here are a few pictures from the events. We also have a [race album](#) published if you would like to see them all.



Bottom row left to right: Jamie Hays, Tiffany Druba, Sarah Ashby, Corrin Rowe, Nicole Unck, Brandy Ritter  
Top row left to right: Laura Pliska, Jordan Zaitz, Mona Copenhagen, Brenda Moyle, Kelli Newcomb, Hilary Scott



Top row left to right: Don Anderson, Karen Anderson, Sara Jasmin, Crystal Kersey  
Bottom row left to right: Angie Anderson, Jana Wiseman, Lily Ho, Courtney Shrifter, Amber Kersey

# Wellness & Safety @ Work

## Healing Hearts– September 2016

By Jennifer Snook, H3S– Social Services Division

Here is a picture from the Healing Heart walk on Sunday September 25<sup>th</sup>. We had a great turn out! 170 people registered for the walk. Some of the top finishers were our own county employees or family members!

- 1<sup>st</sup> place Men's 5K – Silas Kidd Myers (Father is Ron Myers from WES Water Quality Lab)
- 3<sup>rd</sup> place Men's 5K– Ron Myers
- 5<sup>th</sup> place Men's 5k – Sawyer Kidd Myers (Father is Ron Myers from WES Water Quality Lab)
- 8<sup>th</sup> place Men's 5k– John Wentworth– District Attorney's Office
- 10<sup>th</sup> place Men's 5k– Kevin Ko–Community Development
  
- 3<sup>rd</sup> Place Women's 5K– Heather Pederson- DES
- 5<sup>th</sup> Place Women's 5k– Grace Pederson – (Mother is Heather Pederson from DES)
- 6<sup>th</sup> Place Women's 5k– Erika Silver– Social Services
  
- 1<sup>st</sup> Place Women's 10K– Abby Ahern– Community Development
- 2<sup>nd</sup> Place Men's 10k– Pat Greene– Technology Services

We raised just over \$8,000 after expenses that will be split between Angels in the Outfield and Social Services of Clackamas County. The winner of the John Mullin Distinguished Career award went to Marianne Kersten from Northwest Family Services. We want to thank everyone who participated, volunteered or donated to this event and a special thank you to the Wellness program and the Juvenile Fresh Start Cart!



Runners at the start of the Healing Hearts Race

The Wellness Program provides 1/2 of the race reimbursement fees (up to \$75.00) for County teams of at least 3 employees/family members. Email [Jennifer Joslin Brown](mailto:Jennifer.Joslin.Brown@clackamas.gov) for reimbursement approval for your run/walk/bike. A list of events that are already approved and the details you need to know for reimbursement can be found on the [Wellness website](#).

# Wellness & Safety @ Work

## PDX Runway Run – September 2016

Compiled by Mark Spross, CCOM

Several county employees and their family members took the rare opportunity to run down the runway at Portland International Airport. In celebration of the 150<sup>th</sup> Anniversary of the Port, they shut down runway 28R and allowed participants to run a 6k on the tarmac. What a great and fun experience for all that joined. The event started with two PDX fire engines spraying water into the air to welcome us to the start of the event. Along the side of the runway they had signs telling us what everything was there

for and had different maintenance equipment and aircraft on display. These types of events are fun and a great way to help stay in shape. **Mark Spross, CCOM**



Jennifer Joslin-Brown (DES) in the middle and friends

Enjoyed the PDX Runway Run 2016 at the Portland Airport with daughter Monica Wright. What's the chance of running on the runway – without having the police chase you? Thank you County Wellness for sponsoring this race. Next up -- the Rock n Roll Half in Las Vegas. **Sheila Burnum, Sheriff's Office.**



Sheila Burnum (SO) and daughter

The PDX Runway race was fun and not too challenging (no hills on this race). It was a nice race to help keep me motivated as we enter into the rainy fall and winter months. **Jennifer Joslin-Brown, DES**

## Spartan Race– August 2016

Compiled by Mark Lundervold, Clackamas County Jail

**Mark Lundervold:** "I had so much fun playing in the mud with good people. Next year I might just have to try the Spartan Super too."

**Corey Smith:** "Tried to keep up with a college athlete at the Spartan Race, not a good idea... but it was fun seeing Lundervold and Hohensee at the event also! - AROO AROO AROO"

**Steve Hohensee:** "It gets easier every year."



Corey Smith, CCJ



Steve Hohensee, friend, Mark Lundervold

# Wellness & Safety @ Work

## Other Races/ Photos from employees



Nancy Robertson,-Social Services, with her friend at the Bridge of the Gods Half Marathon



Valerie Skinner (Social Svcs), Allie Stiff, Colette Stiff (BH) at the Red, White and Blues Run/Walk.



Shelia Burnum (SO) on right with sister Jonelle at the Red, White and Blues Run/Walk.



Renee Gierman, Building Codes at the Bridge of the Gods Half Marathon. This was one of two marathons she completed in a weekend!



Race for the Cure run/walk September 2016



Carolee Asher, Public Health (middle) with family members- Race for the Cure



Kelly Neumeier (in blue), TS with family members

# 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 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.

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

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

**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](http://www.eapbda.com) (login: standard6; password: eap4u6).

## Your Wellness & Safety Team:



From Left:

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